

# Minnesota Online Mental Health & Trauma Day Treatment Program for Teens

OFFERED VIA TELEHEALTH



*This program provides a safe, structured environment to help teens overcome emotional and behavioral challenges. Teens can enroll in the program at any time.  
This program is a qualifying CTSS service.*

## What is day treatment?

Year-round intensive mental health services are available to adolescents (ages 13-18) in a safe and structured setting.

## Our day treatment is:

- Trauma-informed and DBT-inspired therapy
- 2 hours per day of group therapy, plus individual and family therapy
- Groups that run Monday through Friday
- 5 days a week for a recommended stay of about 3 to 5 months

## This program can help with these problems:

- Aggressive behaviors
- Self-injurious behaviors
- High-risk behaviors
- Emotional outbursts
- Authority defiance
- Relational conflicts

## Where does day treatment take place?

Virtual day treatment makes it possible for clients to access treatment from home or school using a computer or portable device (tablet, smartphone) with webcam, microphone, and speakers. This program is offered to anyone in Minnesota, regardless of proximity to our clinics.

*Please note that program hours are subject to change.*

## Program overview

### The teen will:

- be assigned a therapist who is trained in the best evidence-based care for adolescents, who will work with them on their specific goals.
- spend much of their time learning and growing in group therapy.
- receive individualized educational programming coordinated with local school districts by our educational liaison.
- meet with a prescriber to see if medication might be helpful.
- meet with a psychologist to review comprehensive psychological testing.

### Parents will:

- be asked to meet for an hour each week with their teen and their teen's therapist.
- learn new parenting skills to meet the needs of their teen and understand their teen better.

A client may add **optional in-person clinic visits** to their online programming up to two times per week at our Rochester clinic.

After the teen completes treatment, the team will work to create an appropriate aftercare plan.

## How does payment work?

Most services are covered through commercial, Medicaid, or Medicare insurance policies.