

## MINNESOTA MENTAL HEALTH CLINICS

### Urgent Care:

- For clients who have urgent need for assessment and care:
- next day assessments,
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program (STAT), or
- referral to a less urgent option as soon as possible.

### Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adolescents and Adults.
- Day Treatment Programs for Adults and Adolescents

### Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

### Horizons Community Support Program

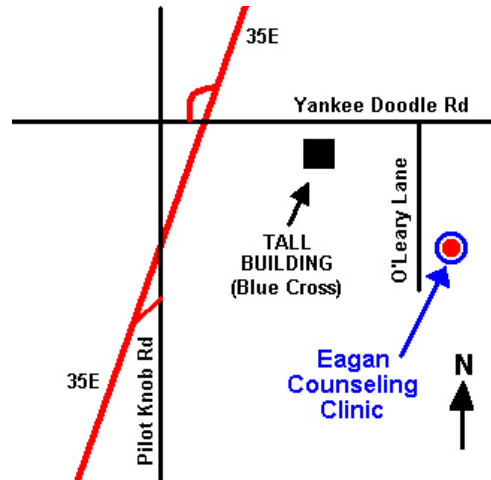
- Support services for Dakota County Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

### Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E
- Right on O'Leary Lane
- At the end of the block on left.

### Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



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# ADULT DAY TREATMENT PROGRAM

(DATRAC)



## MINNESOTA MENTAL HEALTH CLINICS



## ADULT DAY TREATMENT PROGRAM (DATRAC)

### INTRODUCTION

The Adult Day Treatment Program (DaTRAC) is composed of three primary treatment tracks. The three tracks of treatment are the Short-Term Assessment and Treatment (STAT), the Dialectical Behavior Therapy (DBT), and the Wellness and Recovery for Serious and/or Persistent Mental Health Problems (SPMI). DaTRAC provides concentrated mental health services for persons who are in transition from other levels of intensive care in order to begin or continue their progress toward improved day-to-day functioning.

### PROGRAM DESCRIPTION

The DaTRAC treatment tracks offer multidisciplinary and multimodal services in individualized treatment programs. All treatment participants complete a program assessment to determine the client's treatment needs and functional status. After this assessment the client's treatment plan is developed. Based on this treatment plan the client is scheduled in those day treatment and supplemental services which will address his or her treatment needs. In the treatment program the clients may receive individual as well as group services. All of the treatment groups are open therapy groups in which clients will enter and leave at different times. Depending on the client's treatment needs clients can expect to attend one to three days per week for a minimum of three hours per day.

### REFERRAL PROCESS

Referrals are accepted from social workers, mental health professionals, hospitals or potential clients. If a client wants to schedule an intake appointment please call the Eagan Counseling Clinic intake coordinator at 651-365-8281. The intake coordinator will schedule a program assessment. If someone would like to get more information about one of the treatment programs please call the intake coordinator and the caller will be transferred to one of the DaTRAC therapists to answer questions.

### ELIGIBILITY

All clients must be **18 years of age or older** and have **a source of funding** for the services provided. They must also have **a diagnosed mental health problem** and **an assessed significant impairment in functioning** which supports the need for either a day treatment or a specialized treatment service. Clients must have **the physical and cognitive ability to benefit from the services provided**. And finally, **the other service providers on the client's treatment team must also agree and actively support placement in the day treatment program**.

### **TRAC I – Short-Term Assessment And Treatment (STAT)**

This track provides an integrated and coordinated mental health assessment and intensive 10-day treatment component. It offers a cognitive behavioral, solution-focused approach, short-term therapeutic interventions and a written treatment plan that identifies short and long-term goals.

### **TRAC II – Dialectical Behavior Therapy (DBT)**

This track provides a therapeutic program based on the model developed by Marsha Linehan, Ph.D.. Effective coping skills are taught in four modules: emotion regulation, interpersonal effectiveness, distress tolerance, and mindfulness. Clients will be expected to complete all four modules in some combination. Depending on their readiness clients can attend from one to three days per week of intensive skills training services. In this track clients are required to be in ongoing individual therapy which will guide them in using the learned skills.

### **TRAC III – Wellness and Recovery for Serious and/or Persistent Mental Health Problems (WR/SPMI)**

This track provides treatment of serious and/or persistent mental health problems such as anxiety disorder, depression, schizophrenia, bipolar disorders, some personality disorders and other chronic mental health disorders. It focuses on understanding one's mental illness, managing one's symptoms, and increasing one's coping skills. This track offers a combination of psychotherapy and psycho-educational groups to help clients learn more about their mental illness and work towards achieving their therapeutic goals.

### FUNDING INFORMATION

Most health insurance companies provide coverage for day treatment services. Clients will be fully advised as to the fees and possible payment plans. Whereas our staff verifies insurance eligibility, it is the client's responsibility to understand their benefit coverage and financial obligations.

### OFFICE HOURS

The DaTRAC program offers services:

#### Daytime

- Monday through Thursday 8am to 5pm
- Friday 9am to 12pm

#### Evening

- Tuesday evening 5pm to 8pm Wellness and Recovery
- Wednesday evening 5pm to 8pm DBT

### FIRST STEP

*To schedule a program assessment please call the clinic intake coordinator at*

**651-365-8281.**