

# MINNESOTA MENTAL HEALTH CLINICS

## Urgent Care:

- Next day assessments,
- immediate admission to Adult Short-term Assessment and Treatment Program (STAT)
- Referral to a less urgent option as soon as possible.

## Day Treatment Services:

- Short-Term Assessment and Treatment Program for Adults.
- Day Treatment Program for Adults

## Therapy Services:

- Individual Therapy
- Marriage and Family Therapy
- Psychiatric Services for Adults coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adults.
- Skills Group Therapy (CBT/DBT) for Adults
- 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.

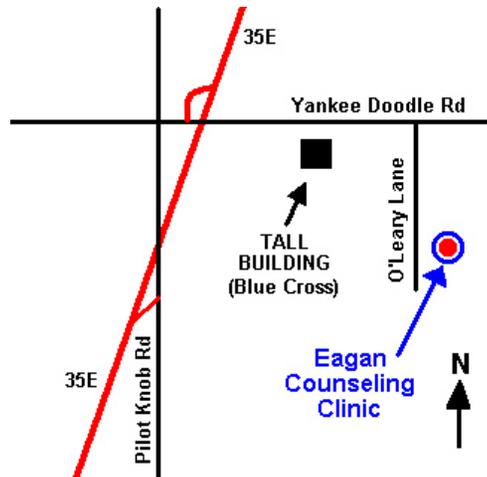
## To Eagan Location:

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.



3450 O'Leary Lane  
Eagan, MN 55123

Phone: 651-454-0114

Fax: 651-454-3492

Web site:

[www.mnmentalhealth.com](http://www.mnmentalhealth.com)

# ADULT DAY TREATMENT PROGRAM

(DATRAC)



# MINNESOTA MENTAL HEALTH CLINICS



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## ADULT DAY TREATMENT PROGRAM (DATRAC)

### INTRODUCTION

The Adult Day Treatment Program (DaTRAC) is composed of two primary groups. These include of 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 program offers multidisciplinary and multimodal services in individualized treatment programs. All treatment participants complete an 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. 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 two to three days per week for a minimum of three hours per day. In addition, Minnesota Mental Health Clinics offers individual, family, and couples therapy as well as psychiatry services.

### Skills Group Therapy (CBT/DBT)

This group is our cognitive behavioral group with components of DBT and other skills, and 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. Depending on their readiness clients can attend from two to three days per week of intensive skills training services. Groups are offered during the day and the evening. In this track clients are required to be in ongoing individual therapy which will guide them in using the learned skills.

#### **Group Hours:**

Morning: Monday, Wednesday, Thursday from 9:00am-12:00pm.

Afternoon: Monday, Tuesday, Thursday from 1:00pm-4:00pm.

Evening: Monday and Thursday from 5:00pm-8:00pm

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

This group 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 group 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.

#### **Group Hours:**

Afternoons: Monday, Tuesday, Thursdays from 1:00pm- 4:00pm

### 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 Minnesota Mental Health Clinics intake coordinator at 651-365-8255. The intake coordinator will schedule an assessment. If someone would like to get more information about one of the treatment programs please call 651-365-8255.

### 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**

### 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.

### FIRST STEP

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

**651-365-8255.**