

## Referring patients to DayBridge

DayBridge is a partial hospitalization program that encourages personal strengths for recovery through intensive daily therapy.

### DayBridge

DayBridge is a mental health program for adults, 18 years or older, who need intensive therapy but can continue to live in their community with the support of family and friends.

Individuals participate in inpatient-like treatment during the day, while living at home. We assist individuals with:

- Using personal strengths and resources to reduce stress
- Developing effective patterns of thinking, feeling and behaving
- Skillfully coping with current and future stressors
- Identifying sensory preferences and strategies
- Resolving problems through goal achievement
- Evidence-based treatment components

### DayBridge difference

Individuals are involved in every step of the healing process.

We focus on rehabilitation and personal strengths to begin or resume recovery. If necessary, Regions Hospital can provide short-term, acute stabilization of psychiatric symptoms on an inpatient unit.

We offer:

- Opportunity to meet with a psychiatric practitioner up to three times per week.
- Customized treatment plans for each person based on

## Program schedule

DayBridge is currently offered in-person and based on eligibility criteria, client preference, and space available. Daily programming with five structured groups is held Monday through Friday. Psychiatric consultations for medication management are provided up to three times a week. Clients are encouraged to involve family members in their plan of care.

## Program components

With client consent, we will provide ongoing communication on the progress and coordination of care for your client.

Program components may include:

- Psychiatric assessment and medication management
- Group, therapy and education
- Music, yoga and movement therapies
- Education on recovery and wellness, and sensory integration modalities
- Planning, discharge planning and coordination of continued care Individualized treatment

## Appropriate level of care

It is important to make sure that partial hospitalization is right for an individual. Clients with primary substance use disorders often need a different level of care, focus and support than our program offers. Our programming does not address substance use disorders, however clients with substance use may be referred and screened for the program. All clients will be asked to abstain from substance use during the program.

DayBridge participants are:

- Adults 18 years or older, with moderate impairment in several areas of functioning and who are experiencing acute symptoms of mental illness
- Medically stable
- Demonstrating a willingness to receive treatment and a desire to recover
- Connected with family and/or community resources to support a safe residence during involvement in DayBridge
- Not posing immediate/imminent danger to self, others or property

## Referral information

DayBridge requires a referral from a mental health professional or medical practitioner. For more information, or to refer an individual to DayBridge, call 651-254-2402 or fax 651-254-6655. Information is also available at [healthpartners.com/daybridge](http://healthpartners.com/daybridge). We will contact your client's insurance to determine eligibility and coverage.

