

DayBridge **A Department of Methodist Hospital*

A PARTIAL HOSPITALIZATION PROGRAM: Encouraging personal strengths for recovery through intensive daily therapy.

Welcome to DayBridge

At times, extra support is needed to cope with life's stresses. At DayBridge, we offer the expertise and support you need to begin or continue your healing process. DayBridge is a partial hospitalization program for adults, 18 years or older, who need intensive therapy but can safely live at home with the support of family and friends. Most DayBridge clients have just completed a hospital stay or have mental health symptoms that require a higher level of care than 1:1 therapy.

How DayBridge Works

DayBridge is currently offered in-person. DayBridge clients participate in five structured groups, led by our experienced and caring staff, five days a week, beginning at 9:00 a.m. and ending at 3:15 p.m. Clients meet individually with our psychiatric practitioner up to three times a week.

Help in Healing

We focus on your personal strengths to foster recovery, and can assist you with:

- Reducing stress; using your strengths and resources for healing
- Developing effective ways to handle thoughts, feelings and behaviors
- Managing medications
- Increasing awareness of sensory preferences and strategies
- Improving relationship skills, and resolving problems, to help you reach your goals

Customized Treatment Plans

We work with you to identify your personal goals for recovery. From there, we will target troubling symptoms and identify coping strategies for your unique situation. You will be encouraged to practice the skills you learn in the evening and on weekends and will receive support from your DayBridge peers. We'll help you to create a balanced lifestyle that you can continue after you have completed the program.

The Team at DayBridge

DayBridge is part of Park Nicollet's mental health services, operating as a department of Methodist Hospital, a recognized leader in providing diagnosis, treatment, and crisis intervention services. We are supported by a multi-specialty hospital, a large primary care clinic system, an extensive offering of medical specialties, and Urgent Care services to provide for any additional health care needs. The DayBridge team includes professionals who offer the following services:

- Psychiatric medication management
- Nursing
- Mental health therapy/skills/psycho-education
- Care Coordination/Social Work
- Art Therapy
- Music Therapy

For More Information

Your care provider will need to refer you to DayBridge. Park Nicollet and Methodist Hospital accepts most health plans and self-payment. For more information or assistance, please call **612-371-5400** or visit **healthpartners.com/daybridge**.

Fax: 952-993-1762