

DayBridge

A PARTIAL HOSPITALIZATION PROGRAM

Encouraging
personal strength
for recovery
through intensive
daily therapy.

DayBridge is a mental health program for adults 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 and return to their home at night and on weekends.

We assist individuals with:

- Developing effective patterns of thinking, feeling and behaving
- Reducing stress
- Resolving problems through goal achievements
- Skillfully coping with current and future stresses
- Utilizing personal strengths and resources

DayBridge difference

Individuals are involved in every step of the healing process. We focus on rehabilitation and personal strengths to begin or resume recovery. Families are an integral part of treatment and are encouraged to participate. We offer:

- Access to psychiatrists and psychologists five days per week
- Customized treatment plans for each person based on individual needs
- Evidence-based treatment components

If necessary, Regions Hospital can provide short-term, acute stabilization of psychiatric symptoms on an inpatient unit.

Appropriate level of care

It is important to make sure partial hospitalization is right for an individual.

DayBridge program participants are:

- Adults, 18 years or older with a GAF score less than 45
- Declared medically stable by a licensed physician
- Demonstrating a willingness to receive treatment and a desire to recover
- Experiencing acute symptoms of mental illness
- Having family and/or community resources available to support a safe residence during involvement in the program
- Not in immediate/imminent danger to self, others or property

Contact us to determine if partial hospitalization is right for your client.

Program schedule

Daily programming with five structured group activities is held Monday through Friday. Psychiatric consultations are added on a regular basis, typically two or three times a week. Individual psychotherapy and family therapy sessions with staff psychologists are available upon request, provided availability. Psychotherapy sessions are from 8:15 to 9 a.m., not during programming hours.

Program components

Program components may include:

- Discharge planning and coordination of care
- Education on recovery, nutritional health and wellness
- Family therapy or education
- Group and individual therapy
- Individualized treatment planning
- Music, art, yoga and movement therapies
- Psychiatric assessment and medication management
- Sensory integration modalities

With client consent, we will provide ongoing communication on the progress and coordination of care of your patient. The DayBridge team will also assist you with discharge plans and resources for continuing care.

Provider/referral information

For more information, or to refer an individual to DayBridge, please call **651-254-2402** or fax **651-254-6655**. Information is also available at regionshospital.com/daybridge. We are located in the northeast section of Regions Hospital. We will contact your client's insurance to determine eligibility and coverage.



640 Jackson Street
St. Paul, MN 55101
regionshospital.com
651-254-2402