

# Daybridge

## A PARTIAL HOSPITALIZATION PROGRAM

### Welcome to DayBridge

At times, extra support is needed to cope with life's stresses. DayBridge is a partial hospitalization program for adults who need intensive therapy but can return home at night with the support of family and friends. Our experienced and caring staff will work with you to create a personalized care plan. At DayBridge, we offer the expertise and support you need to start or continue to heal.

### How DayBridge Works

Most of our patients have just completed a hospital stay or are experiencing an influx of symptoms that may require a higher level of care. DayBridge is open Monday through Friday. Our highly skilled staff will work with you throughout the day. Patients attend DayBridge five days a week from 9 a.m. to 3:30 p.m. with a team of professionals. If possible, your family will be encouraged to participate in your therapy. Lunch will be provided.

### Help in Healing

DayBridge is located at Regions Hospital in a specially designed, healing and comfortable environment. We focus on your personal strengths for recovery. We can assist you with:

- Reducing stress
- Using your strength and resources for healing
- Developing effective ways to handle thoughts, feelings and behaviors
- Improving relationship skills
- Managing your medication
- Resolving problems as you reach your goals

## Customized Treatment Plans

We work with you to identify your personal goals for recovery. From there, we will target the symptoms and identify coping strategies for your unique situation. When you return home at night and on the weekends, you'll be encouraged to practice the skills you've learned. We'll help you create a balanced lifestyle that you can continue after you've completed the program.

## The Team at DayBridge

DayBridge is part of Regions Hospital's mental health services, a recognized leader in providing diagnosis, treatment and crisis intervention services. The DayBridge team includes professionals from the following disciplines:

- Psychiatry
- Psychology
- Social work
- Nursing
- Occupational therapy
- Music therapy
- Nutritional health
- Chaplaincy
- Yoga therapy

We are supported by a full-service, Level I trauma center to provide for any additional health care need.

## For More Information

To view a program video, visit [regionshospital.com/daybridge](http://regionshospital.com/daybridge). Regions Hospital accepts most health plans and self payment. Your care provider will need to refer you to DayBridge. For more information or assistance, please call **651-254-2402**. Our fax number is **651-254-6655**.



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