

# DayBridge

DayBridge is a partial hospitalization program that encourages 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 and in a secure online format (based on eligibility criteria, client preference and space available). DayBridge clients participate in five structured groups, led by our competent, experienced and caring staff, five days a week, beginning at 9 a.m. and ending at 3:30 p.m.

Client meets individually with our psychiatric provider for medication management up to three times each week. Clients are encouraged to involve family members in their plan of care.

## 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 Day Bridge peers. We'll help you to create a balanced lifestyle that you can continue after you have completed the program.

## The team at Day Bridge

Day Bridge is part of Regions Hospital Mental Health Services, a recognized leader in providing diagnosis, treatment and crisis intervention services. We are supported by a full-service, Level 1 Trauma Center to provide for any additional health care needs. The DayBridge team includes

professionals from the following disciplines:

- Psychiatry
- Nursing
- Social Work
- Occupational Therapy, Movement/Dance Therapy, and Music Therapy
- Yoga Therapy (for participants in online format)

## More information

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