

What to Expect:

Adult Day Treatment Program (ADT)

ADT is an intensive group psychotherapy experience that focuses on individual participant needs as well as offering added support and learning through the group dynamics. Participants will have the opportunity to connect with peers who can relate to and understand their mental health concerns in a non-judgmental, supportive environment.

ADULT DAY TREATMENT (ADT) PROGRAM DETAILS

ADT Program availability may vary per location. Typically each location only offers either AM or PM group.

- ▶ Groups are held Monday – Friday
- ▶ Morning Group: 9:00am – 12:00pm or Afternoon Group: 1:00pm – 4:00pm
- ▶ Participants typically come between 3 – 5 days per week for 8-12 weeks

Who is eligible?

- ▶ Adults ages 18+
- ▶ Individuals needing more intensive and structured support as a step down from inpatient or partial hospitalization or a step up from less intensive services
- ▶ Individuals experiencing symptoms that are impairing their thoughts, mood, behavior, or perception and that interfere with their ability to function in daily life
- ▶ Most health insurance plans, including Medical Assistance and pre-paid Medical Assistance plans cover ADT services

What can I expect?

ADT consists of group psychotherapy and intensive therapeutic services for adults who are struggling with mental illness. The purpose of ADT is to help patients by:

- ▶ Developing and enhancing psychiatric stability, independent living, community living, and socialization skills
- ▶ Providing group therapy to support personal and emotional adjustments and growth
- ▶ Fostering healthy coping skills to enhance quality of life

What topics are covered during group?

- ▶ What is mental illness?
- ▶ Stress management
- ▶ Mindfulness
- ▶ Crisis planning
- ▶ Relaxation
- ▶ Social skill building
- ▶ Emotion regulation
- ▶ Independent living skills
- ▶ Thought distortions
- ▶ Health and wellness
- ▶ Coping strategies
- ▶ And MUCH MORE!

If you feel you would benefit from our ADT program, please call the clinic nearest you for more information or to make an appointment:

MORE INFORMATION

Read about our full program at:

www.nystromcounseling.com

	New Brighton 651-628-9566	Maple Grove 763-274-3120	Coon Rapids 763-767-3350	Woodbury 651-714-9646
Sartell/St. Cloud 320-253-3512	Eden Prairie 952-746-2522	Duluth 218-722-4379	Otsego 763-746-9492	Baxter 218-829-9307