Day Treatment

A Day Treatment program is a group-based outpatient treatment program that includes group psychotherapy, psychoeducation groups, and therapeutic group activities. Day treatment does *not* include any psychiatric (i.e., medication) care. Clients can be in day treatment programs for up to 90 days, during which they receive 9-12 hours of services per week. The specific schedule varies by program but typically involves attendance 3-4 hours per day, 3 days per week. Day treatment is a great option for clients who need more support than weekly individual therapy but who require the scheduling flexibility to continue their employment or remain engaged in other family and life obligations.

Day treatment programs are accessible to clients on private insurance as well as those enrolled in a MN Healthcare program.  
\*\*Please note, Medicare does NOT cover services at the day treatment level.

A more detailed description about Day Treatment services can be found at the MN Department of Human Services website:<https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/programs-services/adt.jsp>

Below is an incomplete list of Day Treatment services in the twin cities metro area:

* **Hennepin Healthcare (HCMC) William J. Jepson Day Treatment Program**

900 S 8th St.

Minneapolis, MN 55404

612-873-4304

<https://www.hennepinhealthcare.org/specialty/psychiatry/william-w-jepson-day-treatment-program/>

* **Allina Health Mental Health**

United Clinic

Doctors Professional Building

280 Smith Ave N

Suite 450

St. Paul, MN 55102

Mercy Hospital

4050 Coon Rapids Blvd

Coon Rapids, MN 55433

<https://account.allinahealth.org/services/787#aboutThisService>

* **Prairie Care Adult IOP**—(four locations)

<https://www.prairie-care.com/services/intensive-outpatient/>

*Edina Location*

6363 France Ave S

Edina, MN 55435

(952) 230-9100

*Brooklyn Park Location*

5500 94th Ave N

Brooklyn Park, MN 55443

(763) 762-6800

*Woodbury Location*

659 Bielenberg Dr.

Woodbury, MN 55125

(651) 259-9710

*Maplewood Location*

2001 Beam Ave

Maplewood, MN 55109

(952) 737-4500

* **DayBridge IOP—Regions Hospital**

640 Jackson St.

St. Paul, MN 55101

(651) 254-2402

<https://www.healthpartners.com/care/hospitals/regions/specialties/mental-health/daybridge/>

* **Nystrom & Associates Adult Day Treatment** — (six locations)

<https://www.nystromcounseling.com/our-services/adult-day-treatment-adt/>

*New Brighton Location*

1900 Silver Lake Rd

Suite 110

New Brighton, MN 55112

(651) 419-5113

*Minnetonka Location*

13100 Wayzata Blvd

Minnetonka , MN 55305

(952) 333-4718

*Eden Prairie Location*

11010 Prairie Lakes Dr.

Suite 350

Eden Prairie, MN 55344

(952) 234-8606

*Woodbury Location*

1811 Weir Dr.

Suite 270

Woodbury, MN 55125

(651) 243-6087

*Maple Grove Location*

13603 80th Circle N

Maple Grove, MN 55369

(763) 402-9922

*Coon Rapids Location*

11660 Round Lake Blvd NW

Coon Rapids, MN 55443

(763) 317-0718