Adolescent Mental Health Programs

Allina Health
CAMBRIDGE MEDICAL CENTER

Partial Hospitalization Program (PHP)

Program Highlights

Teenagers 13-18 years old still currently attending school and experiencing a mental health condition.

Work with a psychiatric provider to assess need for medications during the program and provide referrals for continued care.

Teenagers experience a group therapy environment to help increase self-awareness, improve coping skills, develop interpersonal effectiveness strategies, improve family communication, and learn to manage school, work, and family issues.

Partnership with the teenager's home district or Cambridge-Isanti school district for academic credit and support in transitioning back into the classroom.

Family support meeting available throughout program duration.

Program Logistics

Care is provided onsite at Cambridge Medical Center.

Programming is offered Monday-Friday 8a-3:45p

School is offered onsite from 8a-9:50a.

Program duration is approximately 15 business days.

Lunch and snacks provided

Support in setting up transportation as needed.

Aftercare Programs - Day Treatment & Intensive Outpatient Program

Program Highlights

Teenagers ages 13-18 years old, still currently attending school, and experiencing a mental health condition. Groups can consist of up to 8 participants. Clients of this program are typically looking for additional outpatient mental health supports.

Teenagers experience a group therapy environment to help increase self-awareness, improve coping skills, develop interpersonal effectiveness strategies, improve family communication, and learn to manage school, work, and family issues.

Clients will work with a mental health professional and program staff throughout the program duration and can be assisted with referrals as needed for continued care. Psychiatry and nursing services are included in Intensive Outpatient Program, and are not available in Day Treatment Program.

Program Logistics

Care is provided on-site at Cambridge Medical Center.

Programming is offered Mondays, Tuesdays, and Thursdays 1:30pm-5pm during the school year (September-May) and runs 8:30am-12pm during the summer months.

Group programming consists of group psychotherapy and education/skills group.

Duration is approximately 6-8 weeks depending on individual needs.



How to participate:

Referrals for adolescent programs may come from a variety of healthcare workers, family, or teenage clients. Call our 24/7 scheduling line to set up an assessment with our program today at:

1-866-603-0016

Our hospital billing staff can help you check your coverage before starting the program and/or provide additional financial resources for support.

701 Dellwood Street South

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