

ADULT DAY TREATMENT...

(Located in St. Cloud and Buffalo Clinics)

Day Treatment is a structured psychosocial rehabilitation program for people who experience persistent mental health difficulties. The program is often recommended following psychiatric hospitalization or, if appropriate, as an alternative to hospitalization, or as a supplement to individual therapy. **Day Treatment** is staffed by a multi-disciplinary team.

Day Treatment is for persons 18 years of age and older and includes individual assessment and treatment planning, group psychotherapy, daily living skills education, medication monitoring, therapeutic recreation, psychosocial educational classes, crisis planning and intervention, and direct referrals to work activities and community resources, when possible.

St. Cloud Location: Day Treatment meets Monday through Friday from 9 a.m. - Noon. The program is located in the **Day Treatment Building** of CMMHC, 1321 North 13th Street, St. Cloud, MN 56303. For further information or to make a referral, please call (320) 252-5010 and ask for Day Treatment Intake.

Buffalo Location: Day Treatment meets Monday, Wednesday and Thursday from 9 a.m. to 12 p.m. and is located at CMMHC, 308 12th Avenue South, Buffalo, MN 55313. To make a referral, please call (763) 682-4400 to schedule an Intake assessment.



**CENTRAL MINNESOTA
MENTAL HEALTH CENTER**

1321 North 13th Street
St. Cloud, MN 56303
320-252-5010

308 12th Avenue South
Buffalo, MN 55313
763-682-4400

253 8th St. N.W., Ste. A
Elk River, MN 55330
763-441-3770

407 Washington Street
Monticello, MN 55362
763-295-4001

After Hours Crisis Line: 1-800-635-8008 or 320-253-5555