

PrairieCare Inpatient Hospital

Acute Care for Young Adults



WHAT TO BRING: Up to five (5) sets of clothing, undergarments, socks, and shoes without laces. Washing machines are available for patients to wash clothing during their stay. If you are unable bring personal care items, do not worry, we have everything that you will need!

WHAT NOT TO BRING: We appreciate your partnership in helping to keep our units as safe as possible. Please visit our website for a full list of unauthorized items.

PATIENT & FAMILY LIAISON INFO: If you have questions or concerns as you transition to our Inpatient Hospital, please reach out to our patient and family liaison, 612-274-7500.





We understand being in a mental health program can be overwhelming, and our hope is this brochure will provide information as you enter the young adult inpatient hospital program at PrairieCare. Our inpatient hospital program provides active and intensive therapeutic services in a coordinated and structured environment, as part of our continuum of care. This acute care setting is focused on the stabilization of your psychiatric needs related to the crisis preceding inpatient hospitalization.

ASSESSMENT & SAFETY: Upon admission, your safety is our first priority. Our team provides a diagnostic assessment, a psychiatric evaluation, a complete history and physical, and devises an individualized treatment plan during an average length of stay of 7–10 days.

PROGRAMMING & TREATMENT: You will receive individual therapy and will meet with a psychiatrist during your time here. In addition you will participate in therapeutic programming such as recreation therapy, art therapy, process group, and mindfulness. We offer family therapy when indicated or appropriate.

RECOMMENDATIONS & DISCHARGE: The inpatient treatment team will provide a recommendation on the next level of care that will be most appropriate and effective based on your individual needs.

Regular attendance and participation in daily programming and group activities is essential to treatment. You are expected to maintain appropriate physical boundaries with peers and staff, be respectful towards others, use appropriate language, and engage in appropriate conversations. All patients should maintain their personal confidentiality and we adhere to Health Insurance Portability and Accountability Act (HIPAA) guidelines.

Each day will include a variety of treatment modalities provided by a multi-disciplinary treatment team. The following is an example of what your daily schedule might look like.

DAILY SCHEDULE

TIME	PROGRAMMING
7:30 am	Morning Routine
8:00 am	Breakfast
9:00 am	Goal Setting
9:30 am	Recreation Therapy
10:30 am	Break
11:00 am	Art Therapy
12:00 pm	Lunch
12:45 pm	Process Group
2:00 pm	Gym/Outside
4:00 pm	Break
4:15 pm	Community Meeting
5:00 pm	Recreation Therapy
5:45 pm	Dinner
6:30 pm	Leisure Activities
8:00 pm	Mindfulness/Relaxation/Journal
10:00 pm	In Room

Visit prairie-care.com for more detailed information about our programs and photos of our hospital.