

Frequently Asked Questions – Nurture First

What services are part of the Nurture First approach, and do clients need to do all services?

We define Nurture First as a flexible package of mental health support to include Adolescent Day Treatment programming, individual therapy, family therapy and multiple family therapy. Core service offerings within the Day Treatment program include skills training, group psychotherapy, treatment planning, crisis planning and discharge planning. We also include standard measures and tools as part of all Nurture First offerings. Clients do not need to participate in all services available as we individually tailor each treatment plan.

What differentiates this program from other Adolescent Day Treatment programs?

The key differentiators of the Nurture First program from other Adolescent Day Treatment programs are its strong emphasis on family and caregiver involvement and its personalized, flexible approach to treatment. Nurture First recognizes that the best outcomes are achieved when the skills learned in therapy are reinforced and supported across environments. Unlike other programs, Nurture First tailors its services to meet the unique needs of everyone. This includes creating a flexible schedule for participation that works best for the family, ensuring that both adolescents and their caregivers are actively engaged in the process. Should a parent/caregiver need to request a leave of absence from work, program staff will be able to complete FMLA documents as well.

If the adolescent does not participate in Day Treatment, can parents/caregivers still get help?

Yes. Multiple Family Psychotherapy and Family Psychoeducation are available options for parents and/or caregivers. Typical time commitment is about one-hour each, depending on which supportive services are identified.

What is Multiple Family Group Psychotherapy?

Multiple Family Group Psychotherapy offers psychotherapy services to families or caregivers simultaneously with the intended purpose of being an effective intervention for individual treatment plan goals and objectives. This may serve to better support adolescents and their parents/caregivers with Treatment Plan goal attainment.

Who is a good fit for Nurture First?

We do not believe in providing support for a mental health condition or emotional disturbance with a “one-size” fits all approach. Our dedicated team of providers is available to answer any specific questions you may have regarding an adolescent's condition and which services or level of care may be best for them.

What is the age range for the Adolescent Day Treatment program?

Day Treatment is intended for adolescents aged 13-18, 18 if still in high school. This is the same age range as other Nurture First services.

Will an individual miss school to participate in Adolescent Day Treatment or other services?

Yes, this is a possibility. Parents and caregivers are strongly encouraged to communicate with the individual's school if/when the need arises due to mental health concerns. Many schools will offer full or partial credit during their admission period. The program can provide total hours and programming offered, in addition to coordinating with the school. Parents and caregivers are encouraged to sign Releases of Information to allow this coordination.

What insurance organizations is MMHC in-network with?

We always recommend clients calling the number on the back of the insurance card or going online to check for in-network status. We are currently in-network with UHC, Cigna, Ucare, BCBS-MN, Aetna, HealthPartners and Medicare. Our team can also support eligibility checks to verify insurance coverage.

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How do you see Nurture First not adding to parental or caregiver their burnout?

We understand the difficulty parents experience trying to manage multiple demands in daily life. These interventions are aimed to decrease burnout by providing skills and education at a critical time of need through flexible scheduling and offering clinically indicated interventions based on individualized treatment plans.

Is Adolescent Day Treatment a good option to avoid hospitalization?

Day Treatment is often described as an intensive outpatient program and *may be* an alternative to hospitalization if it's clinically indicated. This program can also be leveraged as a step-down stabilization program to make the transition back to day-to-day life more seamless and successful. Following completion of an intake diagnostic assessment, recommendations for care will be offered to individuals, families and caregivers.

Where do I go to participate in Nurture First?

Currently this program is offered virtually. We continue to explore other options and are open to evaluating in-person sessions based on community needs.

Can clients go on vacation or take an extended absence from Adolescent Day Treatment once admitted?

Unfortunately, no. Absences of this nature are not permitted due to admission and authorization requirements at this level of care. Should you encounter barriers, please discuss them with the program Intake Coordinator.

How is an individual admitted to Adolescent Day Treatment or other services?

After a referral is received and if an individual meets admission criteria, an intake assessment will be scheduled. Required program materials will need to be returned the *day prior* to ensure adequate processing. In the event these materials are not received, the intake appointment will be rescheduled. Following completion of the assessment, recommendation(s) for care will be provided within 24 hours. Shall Adolescent Day Treatment be clinically indicated; an admission date will be determined, and additional appointments will be scheduled as needed. A treatment plan will also be created and implemented prior to starting program. A Diagnostic Assessment is also required prior to starting all other services, even if not being admitted to day treatment.

Are there limitations to Adolescent Day Treatment admission?

Yes. Due to the intense level of care, the program intends to admit individuals immediately following completion of the assessment. As such, the program will not complete an intake assessment for individuals who are unable to start within 7 days of assessment completion. Individuals who have vacation(s) or other extended absences planned may not be admitted due to authorization requirements. For safety reasons, an adult must be accessible throughout the admission period.

Are there conditions the program does not serve?

Yes. The program does not serve individuals with psychosis, substance use or eating disorder(s) if primary, violence or aggression and cognitive deficits which may inhibit meaningful participation, retention or application of material. While this is not an exhaustive list, the program will make all efforts necessary to ensure individuals receive proper care and treatment based on their needs.