



Frequently Asked Questions

Does PrairieCare offer any integrative therapies like art, drama, music, or yoga?

In addition to the traditional group modalities of group therapy, psychoeducation, nursing, social skills, etc., all PrairieCare programs incorporate alternative therapy modalities such as recreation therapy, yoga, art therapy, and occupational therapy. On our inpatient unit, patients work with recreation therapists, occupational therapists, as well as engage in yoga with a trained yoga instructor. Therapists work with patients both in groups and individually. Our PHP programs offer art therapy, occupational therapy, and recreation therapy. Our Adult IOP programs mainly utilize art therapy in addition to the traditional group therapy and psychoeducation groups. Our Behavior Development Program (BDP) incorporates yoga and recreation therapy into the program. Furthermore, group leaders often incorporate art, music, and drama into psychoeducation, wellness, nursing groups, etc.

What is the difference between PrairieCare's Partial Hospital Program (PHP) and a Day Treatment program?

Here at PrairieCare, we offer a Partial Hospitalization Program (PHP) which is a medically intensive treatment program led by psychiatrists. PrairieCare patients receive PHP care when symptoms become too acute to manage in their regular setting, or they may be in crisis. PrairieCare PHP may last anywhere from 3-5 weeks at a time. A Day Treatment Program is an alternative day placement often coordinated by school and mental health staff. Day Treatment is often behaviorally focused and can last anywhere from 6-10 months.

Who pays for treatment at PrairieCare?

PrairieCare accepts all insurances including: MA, PMAP's, BCBS, HealthPartners, UBH/Medica and others. Not all services are in-network, but PrairieCare does not pass through any adjustments to the patient. *PrairieCare will never hold a school responsible for payment for treatment, even if the school makes a direct referral.*

What are the outcomes like at PrairieCare?

The clinicians at PrairieCare track weekly progress related to treatment goals for each patient. Discharge for the program occurs when a patient achieves their goals or meets criteria for a different level of care. Most patients receiving care at PrairieCare are highly successful and are able to lead happy and healthy lives.

How do I get my child admitted to your Partial Hospital Program (PHP)?

Please call our scheduling center at 888-9-PRAIRIE to request an assessment appointment with a Needs Assessment Counselor. This assessment will determine if our Partial Hospital Program is the most appropriate level of care. If PHP is recommended, the Needs Assessment Counselor will be able to offer an intake date for your child to start the program.

Is there a wait list?

In general, Needs Assessment appointments can be scheduled within 1-3 days. Following the assessment appointment, we try to schedule patients to start our Partial Hospital Programs (PHP) and Intensive Outpatient Programs (IOP) anywhere from 1 day to 2 weeks from the assessment appointment.

Does insurance cover the Needs Assessment?

The Needs Assessment is offered free of cost. No charges will be billed to you for this service.

Are you in-network with my insurance company?

At the time of the Needs Assessment appointment, The Needs Assessment Counselor will assist you in identifying if your insurance company covers PrairieCare's programs. You can also call the customer service number on the back of your insurance card, and an insurance representative will be able to assist you. Further insurance questions can be answered by calling our Billing Department at 952-826-8398.

How do I know if a Needs Assessment is right for my child?

In general, a Needs Assessment can be beneficial if parents have concerns about their child's mood or behaviors, and would like some direction about what level of care would be best. Needs Assessments can also be helpful to determine if a higher level of care is needed if your child is already receiving outpatient services and behaviors/moods are not getting better.

What does a Needs Assessment determine?

A Needs Assessment determines what level of care would be the most beneficial for you or your child.

What do you mean by "Levels of Care"?

In the mental health and chemical dependency community there are numerous programs at all different levels. In general, the lowest level of care is outpatient care, which could consist of seeing a therapist weekly, seeing a psychiatrist monthly, attending a weekly group, etc. The highest level of care is an inpatient hospital stay where the patient is admitted to a hospital for further observation and stabilization. The Partial Hospital Program falls in between these, and can be the appropriate "step-down" from an inpatient hospital stay. A Partial Hospital Program can also be beneficial for those children who are not responding to outpatient levels of care and symptoms are interfering with daily functioning.

Is PHP right for my child?

Generally, PHP can be beneficial for those children who are "stepping down" from an inpatient stay at the hospital as a way to reintegrate into "normal" life. PHP can also be beneficial for children who are receiving outpatient services, but they are not yielding the results the patient or family would like. PHP can also be helpful for children whose behaviors have escalated to a point where daily functioning is impaired.

Does PrairieCare treat alcohol and substance abuse/dependency?

Substance abuse and dependency is not treated as a primary disorder at PrairieCare. At a Needs Assessment appointment, our Needs Assessment Counselors will consult with a psychiatrist to evaluate if an MICD (Mental Illness/Chemical Dependency) program would better support the needs of you or your child.

What happens at a Needs Assessment?

Generally, the Needs Assessment counselor will meet with your child and legal guardian(s). If necessary, the Needs Assessment counselor will ask to meet with either the child and/or the legal guardian(s) separately. Once the assessment portion is complete, the Needs Assessment Counselor reviews the information with a PrairieCare psychiatrist to evaluate the best level of care. The Needs Assessment Counselor will, then, present the recommendation to you. If Partial Hospital Program is recommended, the Needs Assessment Counselor can offer an intake date for PrairieCare's Partial Hospital Program or assist you in setting up an appointment with another Partial Hospital Program in the metro. If PHP is not the recommended level of care, the Needs Assessment Counselor will give you referrals from our Preferred Provider's List. This list contains professionals in the surrounding area that offer services at different levels of care than what PrairieCare offers. In general, the whole process takes about 90 minutes.