

Psychiatric Residential Treatment Facility: An Overview

Minnesota has struggled to meet the needs of children, youth and young adults with complex mental health conditions. The new Psychiatric Residential Treatment Facilities (PRTF) for individuals under 21 is an important part of filling this gap.

A new level of care

PRTFs provide services to children and youth with complex mental health conditions. PRTFs are more intensive than other services currently available in the state, such as residential treatment or day treatment, but less medically intensive than a psychiatric hospital or a psychiatric unit of a general hospital.

Children and youth are not placed in a PRTF by the county. Rather, children are referred to and admitted based on medical necessity. PRTFs are one part of a continuum of mental health services.

PRTFs deliver services under the direction of a physician, seven days per week, to residents and their families. Psychiatric residential treatment facility services include:

- Psychiatrist or physician services for development of an individual care plan, reviewed every 30 days
- Active treatment that may include individual, family, and group therapy
- Individual therapy a minimum of twice per week
- Family engagement activities a minimum of once per week
- 24-hour nursing
- Consultation with other professionals including case managers, primary care professionals, community-based mental health providers, school staff, or other support planners
- Coordination of educational services between local and resident school districts
- Supportive services for daily living and safety and positive behavior management

**Legislative
support for
PRTF
2015**



**Selection and
contracting
2017**



**First 48 beds
Spring 2018**



**Additional 40
beds
Summer 2018**



**150 total
beds
2019**



Who may benefit

To be admitted to a PRTF, the person needs to be under age 21 and have:

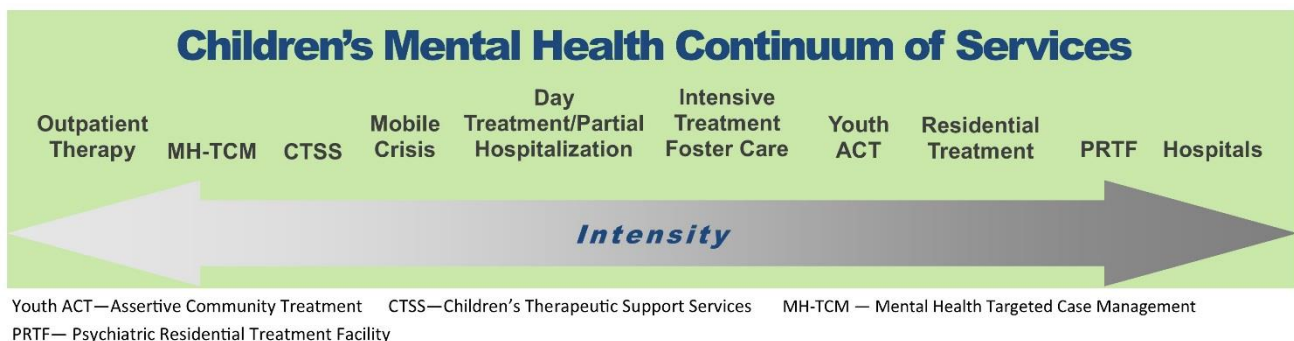
- Serious and complex mental health needs
- Severe aggression, or risk to self or others
- Difficulty functioning safely and successfully in the home school and community
- All other community-based mental health services utilized and exhausted
- Been found to require this level of care to improve the individual's condition or prevent further regression

Referral to PRTF

Referrals to PRTF may be made by a licensed mental health professional from the community or acute care settings, along with the parent or legal guardian. Family participation in treatment planning is required.

Mental Health at DHS

The Department of Human Services is dedicated to supporting adults, children and youth with a mental illness in their personal journey toward recovery, as well as preventing mental illness whenever possible.



For more information, visit <http://mn.gov/dhs>

The Need

Past reports illustrate the need for PRTFs.

In 2014, the Minnesota Association of County Social Services Administrators participated in a survey on how many children and youth within the previous two years fit the profile for PRTF. From the 53 counties (out of 87) who responded:

- 339 children and youth were unserved in 2012
- 385 children and youth were unserved in 2013

In August 2015, Wilder Research published a services gaps analysis. Key findings suggested a lack of access to psychiatric services, as well as residential and residential treatment services for youth with complex mental health conditions. Counties, in their role of lead agencies, rated residential child and youth psychiatry beds, psychiatric prescribers, and residential placements for children and youth with aggressive behaviors (particularly for youth under age 13) as the largest or most significant gaps.