



Day Treatment Intensive & Day Rehabilitation Services

Day Treatment Intensive Services (DTI) and Day Rehabilitation Services are structured mental health treatment programs designed for members who might otherwise need hospital or a 24-hour care facility care. Programs last from three hours to a full day and members can go to their own homes at night. Both programs provide services designed to teach self-management skills **so that patients learn to effectively manage present and future problems and gain more independence in their everyday lives.**

What Services are provided?

Both programs are tailored to individual patient needs, plus access to coordinated mental health services including medication management, psychiatry, and therapists, and daily community meetings for staff and clients to ensure patients' needs are met.

Eligibility Requirements:

Enrollment in Medi-Cal without Medicare coverage.

Meet medical necessity criteria for SMHS as outlined by the County MHP.

A need for a structured treatment setting due to mental health symptoms that require more intensive care than outpatient services.

How can I access services?

Contact your County Mental Health Plan for an initial assessment to determine eligibility.

If you have any difficulties accessing services, call the HCA toll-free at 1.888.804.3536.

Day Rehabilitation and Day Treatment Intensive Services include:

- **Process Groups** provides
 - peer interaction and feedback to develop problem-solving strategies.
- **Skill-building Groups**
 - help clients identify barriers related to their individual experiences and uses group interaction to increase adaptive behaviors.
- **Adjunctive Therapies** (e.g., art, music, dance or other forms of self-expression to enhance skills supporting client goals.)



In addition to the other services, Day Treatment Intensive (DTI) also includes Psychotherapy:

- **Intensive therapy** provided by a licensed MHP
 - using **different methods of counseling/support** to assist clients with improving psychosocial adaptation (not including medication)
- Assists clients to **gain awareness and skills** around individual behavior, emotions and thinking effecting the individual and/or their interactions with the community or groups



Contact your local HCA partner for free help at 1.888.804.3536 Healthconsumer.org