

Chairman Damschen and Members of the Committee, thank you for considering the needs our behavioral health system.

My name is Monica McConkey and I am the Director of Business Development at Prairie St. John's in Fargo, North Dakota.

Prairie St. John's is a 94-inpatient bed facility providing mental health and chemical dependency services for children, adolescents and adults. We also offer a full psychiatric and addiction continuum of care beyond inpatient, which includes partial hospitalization, residential treatment, intensive outpatient services and clinic services.

We commend you for being open to hearing and responding to the current behavioral health challenges facing North Dakota. Each day at Prairie, we see the desperation and despair of those struggling to cope with mental illness and addictions. We hear the frustration of those seeking services which are out of reach or inaccessible due to lack of services and/or lack of funding. Prairie St. John's embraces the opportunity to be a collaborating partner as you address the difficult issues of mental health and chemical dependency treatment accessibility, workforce expansion, and funding for uninsured and underinsured.

We are eager to support the positive change that this effort will produce for our citizens.

# Continuum of Care

We Can Help We Can Help We Can Help We Can Help

Fargo, ND  
Moorhead, MN

Continuum of Care refers to the range of services available at Prairie St. John's. While techniques and treatment intensity vary with the different levels, our professionalism and deeply held commitment to our patients remains constant.



## Inpatient Hospitalization

Inpatient care provides overnight hospitalization for those needing the highest level of care. Patients participate in individual therapy sessions while also receiving group and family therapy.

**Fargo, ND** Mental Illness—Adults, Adolescents, Children  
Chemical Dependency/Dual Diagnosis—Adults, Adolescents



## Partial Hospital Programs

Partial Hospital Programs provide multi-disciplinary treatment through group, individual, and family therapy sessions. Patients receive intensive treatment (6-8 hours per day, Monday through Friday) without and overnight hospital stay.

**Fargo, ND** Mental Illness—Adults, Adolescents  
Chemical Dependency/Dual Diagnosis—Adults, Adolescents



## Residential Treatment

Residential Treatment provides a safe, structured living environment for patients who need continued care. Residential Treatment focuses on application of recovery skills which include emotional functioning, family dynamics, personal responsibility, work/school reintegration, and relapse prevention.

**Fargo, ND** Chemical Dependency/Dual Diagnosis—Adults



## Intensive Outpatient Programs I Day Treatment

Intensive Outpatient Programs (IOP) are designed for patients who need organized treatment services but are able to do this within the context of their usual environment and daily activities.

**Fargo, ND** Mental Illness—Adults  
Chemical Dependency/Dual Diagnosis—Adults, Adolescents



## Clinic Services

Clinic Services include: psychiatric diagnosis assessment and treatment, psychological testing and treatment, medication evaluation and treatment, individual therapy, family therapy and counseling. Play therapy is also available for children.

**Fargo, ND | Moorhead, MN** Adults, Adolescents, Children



PRAIRIE ST. JOHN'S™

www.prairie-stjohns.com

**Fargo, ND**  
Hospital Services  
Inpatient Hospitalization  
Partial Hospital Programs  
Residential Treatment  
Intensive Outpatient Programs  
701.476.7216  
  
Clinic Services  
Evaluations  
Individual and Family Therapy  
Medication Evaluation and Treatment  
701.476.7800

**Moorhead, MN**  
Clinic Services  
Evaluations  
Individual and Family Therapy  
Medication Evaluation and Treatment  
218.284.0300

To Schedule a Free Needs Assessment  
24 hours a day, 7 days a week  
701.476.7216  
877.333.9565 (Toll Free)

adults  
adolescents  
children

adults  
adolescents  
children

Inpatient Partial Hospital Residential Intensive Outpatient Day Treatment Clinic

Offering Hope and Healing  
to Those Suffering from Psychiatric Conditions and Addictions





## Welcome to Prairie St. John's

At Prairie St. John's our mission is to offer hope and healing to those suffering from psychiatric conditions and addictions.

We offer a full service psychiatric and addiction Continuum of Care. We offer services to Children, Adolescents and Adults in the forms of Inpatient, Partial Hospital, Residential, Intensive Outpatient and Clinic Services. We are proud of our staff and the contributions they make to our healing mission.

As a Catholic Healthcare Organization our mission driven care is based on the Ethical and Religious Directives of the Catholic Church. Our values are important to us. We constantly strive to bring value to our community by providing the highest quality of patient care.

## People who visit Prairie St. John's often have questions about mental health and addictions, such as:

### Why can't I handle this on my own?

Almost everyone feels some sense of failure, alienation or shame that they can't solve their problems on their own. These feelings are natural, but unwarranted. Everyone needs help at times. We want you to know that you are not alone. We know from experience that there is no situation that is beyond hope.

### Why me?

Often times, patients wonder why they are experiencing certain emotions or why they are the ones who need treatment for mental illness or addiction. They sometimes feel they must have done something wrong or that something is wrong with them. We are here to help search for answers to these questions. Sometimes, there are specific causes or biological explanations. Often times there are no definitive answers. In either case, we help the patient move past the question of why and move on to the more important question of what can be done to move forward.

### What kind of help do I need?

When you contact Prairie St. John's, we talk with you to discuss any problems you may have and help you decide what action to take. Our term for this is "Needs Assessment." Our Needs Assessment Counselors are on duty all day, every day. The Counselor has 24 hour access to an on-call Psychiatrist for consultation regarding treatment options and circumstances unique to your particular situation. Our goal at this point in the process is to make you aware of the options that are available and to advise you as to which treatment is the best fit for your situation.

### What kind of help can I get at Prairie?

Available treatments range from Clinic Services consisting of sessions with a Doctor or Therapist once a week or less, to Inpatient Care, which means 24 hour hospitalization with therapy sessions and a very structured environment. We also offer a wide range of

treatments that fall between these two choices. All of our treatments are customized for the individual. More intensive treatments consist of a combination of one-on-one sessions as well as group therapy with patients that suffer from similar symptoms. These group sessions can be especially enlightening and can ease the feelings of alienation that often accompany mental illness and/or addiction.

### You've taken the first step.

Ultimately, you are responsible for your health. The fact that you have contacted Prairie St. John's is a very important, positive step in the right direction. We have helped thousands facing similar situations as yours. We can work with you to get your life on track and develop skills that will help you keep it on track. There is hope. There is healing. Together, we can do it.

## How to Get Help at Prairie St. John's

It starts with a phone call to our Needs Assessment and Referral Center which is available 24 hours a day, 7 days a week. **This central service is for all Prairie St. John's locations.** A free and confidential assessment with a Needs Assessment Counselor helps identify what your needs are and, with psychiatric consultation, matches your needs to appropriate care at Prairie St. John's or other community resources. For some locations, the Needs Assessment can be conducted with videoconferencing telemedicine equipment. We provide assistance in obtaining effective and accessible treatment services as well as consultations regarding financial options.

To learn more or to visit with a Needs Assessment Counselor, please call us.

Needs Assessment	701.476.7216
Toll Free Needs Assessment	877.333.9565

[www.prairie-stjohns.com](http://www.prairie-stjohns.com)