Psychiatric Residential Treatment Facility (PRTF): Accessing a New Level of Care

PRTFs provide an inpatient psychiatric level of care in a residential facility to children and youth under 21 with complex mental health conditions. These services are more intensive than other services, such as day treatment or residential 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 and youth are admitted based on medical necessity.

Who may benefit

To be admitted, 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 their condition or prevent further regression

Referral for PRTF

- Referrals to PRTF may be made by a licensed mental health professional from the community or acute care settings. Family participation in treatment planning is required
- Members of a recipient’s treatment team, such as case managers and other providers, may also have a role in facilitating the referral
- For Medicaid (fee-for-service) recipients, the referring licensed mental health professional submit a request for pre-admission eligibility to the state’s medical review agent (*see flowchart)
- For individuals with other coverage, the referring licensed mental health professional complete authorization requirements of the individual’s health plan or payer
- The referring licensed mental health professional and treatment team coordinates admission with the PRTF, based on bed availability and population served

*Flowchart represents process for Medicaid fee-for-service recipients
**PRTF 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

**Individualized Plan of Care**

The PRTF must provide, or arrange for, other professional services as specified in the resident’s individual plan of care.

- A resident’s plan of care may also include arranged services or specialty therapies, such as occupational therapy, physical therapy or speech therapy
- Psychological or neuropsychological testing may be determined necessary

Concurrent services are services delivered by a community provider while the individual is admitted to a PRTF, or while the recipient is on a therapeutic leave. These services support continuity of care and successful discharge from the facility.

Comprehensive discharge planning begins at the time of admission and requires coordination with the individuals, their families, support people, the treatment team, and community-based service providers.

**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.

![Mental Health Continuum of Services](image)

**For more information, visit** [http://mn.gov/dhs](http://mn.gov/dhs)