



Psychiatry and Psychology

Mayo Clinic Pediatric Transitions Program



Program overview

Mayo Clinic’s Pediatric Transitions Program (PTP) is a half-day outpatient program for adolescents in high school (grades 9 through 12) who are having difficulty managing their emotions and behavior.

The goals of this program include helping adolescents:

- 1) Experience a range of emotions in a healthy way
- 2) Replace problem behaviors with skillful behaviors
- 3) More successfully navigate relationships at home, school, and in other social settings
- 4) Create a life worth living

Date and Time: Monday through Friday 12:50 p.m. - 3:50 p.m.*

The program’s half-day schedule allows adolescents to spend their mornings applying real-life skills in school and other activities while attending structured therapeutic group activities in the afternoon to learn and refine skills in a safe and supportive environment.

Length: The Pediatric Transitions Program is four weeks but can be adapted depending on individual needs.

** Weekly individual therapy, family therapy, and parent skills groups will occur outside group therapy times.*

DAILY PROGRAM SCHEDULE

12:50 p.m.	Check in at Desk 2W, Generose Building, Mayo Clinic Hospital – Saint Mary’s Campus
1:00–1:50 p.m.	Self-Assessment Group (sharing treatment progress and goals)
10-minute break	
2:00–2:50 p.m.	Occupational Therapy
10-minute break	
3:00–3:50 p.m.	Dialectical Behavioral Therapy Skills Group



Pediatric Transitions Program Contact Information
507-255-0078
www.mayoclinic.org/psychiatry-psychology

IF YOU NEED SUPPORT AFTER PROGRAM HOURS

- Crisis Response for Southeast Minnesota: 844-274-7472
- Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- Go to your local Emergency Department

