



Tellurian

Recovery Begins Here

Tellurian Day Treatment Program

The Tellurian Day Treatment Program is for patients that have a supportive living environment but require more intensive treatment than what traditional outpatient treatment programs offer. Our program includes, but is not limited to individual and group therapy, cognitive behavioral therapy, dialectical behavioral therapy, stages of change, person-centered and strength-based therapies, mindfulness, and motivational interviewing.

Group size is limited to 8 participants each session, and counseling sessions are facilitated by state certified, dually licensed, Masters-degreed therapists specializing in substance use and co-occurring mental health disorders.



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Recovery is being able to heal from whatever illness and/or pain you experience, at some point throughout life.

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Day Treatment provides patients with the opportunity to practice recovery skills within the community, while utilizing peer and staff support to maintain sobriety.

Morning and evening group sessions are available, allowing patients to accommodate work and home schedules. Groups are held four hours per day, four days per week. In addition to the daily group sessions, Day Treatment patients receive one hour each week of one-on-one individual therapy.

Family counseling is also available, and recommended, to help loved ones understand the nature of addiction and mental illness. Participants are taught essential recovery tools that will enhance family functionality while supporting the patient's recovery.

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