

Meeting the behavioral health needs of Minnesota youth with intellectual disabilities, developmental delay, and autism

Grafton Integrated Health Network supports people with intellectual, developmental, and complex mental health challenges. A Virginia-based, multi-state behavioral healthcare provider, Grafton has more than six decades of leadership in providing person-centered, trauma-informed, and data-driven care for people diagnosed with complex behavioral health challenges. Now, we are bringing that expertise to Minnesota.

Serving children and adolescents with:



Psychiatric disorders, including but not limited to:

- Trauma-related disorders
- Attachment disorders
- Mood disorders
- Disturbance of conduct



Developmental disabilities, including:

- Intellectual disability
- Autism spectrum
- Communication disorders



Helping to fill a critical need in Minnesota's system of care

The **trauma-informed psychiatric residential treatment** (PRT) center at Grafton's Cold Spring campus provides short-term, intensive residential therapeutic treatment, in direct partnership with families or guardians. It is designed to offer youth (ages 8-18) with education, life skills, and a range of therapy services that have been shown to improve outcomes for populations that are the most at-risk and vulnerable.

Grafton's Cold Spring campus features:

- A program capacity that accommodates up to 30 youth
- An outdoor play area
- Educational services provided in partnership with the [Benton-Stearns Education District](#)
- Individualized treatment plans designed to help youth build the skills necessary to be successful in a community and home setting
- Significant case management infrastructure to ensure adequate communication at the time of referral, throughout treatment, and beyond discharge
- A single point of contact for Grafton's services to guide referral sources through the process of initial contact, securing funding, state-mandated clearances, and admission
- A dedicated case manager who meets with all families and referral sources at least monthly in multidisciplinary treatment-planning meetings
- Family engagement including opportunities for daily phone contact or visitation, family therapy, and frequent activities organized by our staff
- 24/7 on-site nursing support
- Distinct, sub-specialized units of care designed to address the specific needs of small groups of clients
- A formal goal-mastery program that establishes clearly defined, meaningful, and measurable objectives for each individual
- A clinical model built on evidence-based practices, a trans-disciplinary approach, and core principles that underpin Grafton's entire approach to care



Comfort vs. Control®

Grafton embraces a philosophy of "comfort versus control," helping clients thrive in the least restrictive environment possible. This trauma-informed approach provides a supportive, caring environment sensitive to clients' past struggles and experiences.

We are so committed to this approach that we created [Ukeru Systems®](#), a trauma-informed crisis management technique rooted in the belief that physical restraints are not only unnecessary but also unproductive, and that all intervention should be built on an approach of comfort versus control.

Contact

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