

Referrals and Intakes

Referrals and intakes are coordinated through our West Metro Clinic. Call 952.835.2002 to schedule an intake appointment at any of our clinics.

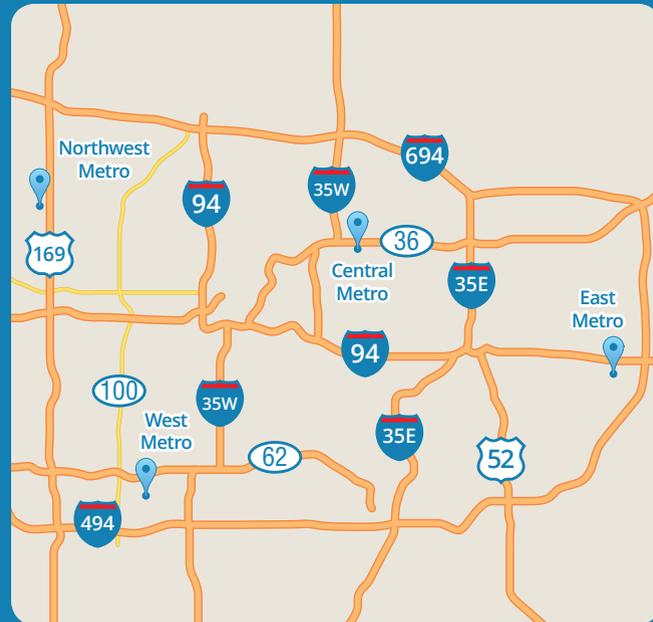
Intake appointments can usually be scheduled within two weeks. If appropriate for treatment, most clients will receive an immediate start date following the intake assessment.

MHS accepts Medical Assistance (MA) and is in-network with most major insurance companies.

Call Today 952.835.2002

Medical Fax: 651.383.4935

Clinic Locations



Northwest Metro

9800 Rockford Rd, Suite 100
Plymouth, MN 55442

Phone: 763.416.0915
Fax: 763.416.0916

Central Metro

1700 Highway 36 West, Suite 130
Roseville, MN 55113

Phone: 651.633.0888
Fax: 651.633.0060

East Metro

6063 Hudson Rd, Suite 200
Woodbury, MN 55125

Phone: 651.714.9437
Fax: 651.714.9029

West Metro

6600 France Ave. S, Suite 230
Edina, MN 55435

Phone: 952.835.2002
Fax: 952.835.9889

About Us

MHS is a mental health provider in Minnesota specializing in Dialectical Behavioral Therapy (DBT), Chemical Health Services and Behavioral Health Interventions. Our unique approach to mental health treatment is designed to support the coordination of care between the multiple providers our clients may have, or to function as a single care provider of treatments. MHS is committed to providing each of our clients high-quality, individualized psychological care in a supportive, non-judgmental environment.

Founded in 2002, MHS is owned by Dr. Mark Carlson and Dr. Lane Pederson, nationally and internationally recognized DBT experts and trainers. Mark is the author of the internationally published *CBT for Chronic Pain and Psychological Well-Being*, and Lane is the author of multiple books including *The Expanded Dialectical Behavior Therapy Skills Manual*, *Dialectical Behavior Therapy Skills for Integrated Dual Disorder Treatment Settings* and the internationally published *Dialectical Behavior Therapy: A Contemporary Guide for Practitioners*.

As a leader in practice-based evidence, MHS tracks clinical outcomes with the Treatment Outcome Package® and with a longitudinal hospitalization study. Our outcome data shows that our clients achieve clinically significant improvement in depression, anxiety, and substance use, and that our clients who have a history of mental health hospitalization show a statistically significant reduction in mental health hospitalization rates. MHS clients also rate our quality of services and therapist skill level above industry benchmarks in client satisfaction.



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Mission Statement

MHS provides high quality, outcome-based therapeutic services and skills training in a supportive and validating environment to enhance our clients' quality of life.

Comprehensive DBT at MHS

Since 2002, MHS has provided intensive Dialectical Behavior Therapy services for individuals with significant difficulties in daily functioning. Many of our clients struggle with severe depression, anxiety, post-traumatic stress, relationship problems, and safety issues that require ongoing monitoring and treatment. Our programs can be an alternative to frequent mental health hospitalizations by providing skills training and support designed to manage emotions, thoughts, behaviors, and crises while remaining safe in the community. We collaborate with our clients and their treatment teams with the goal of long-term symptom reduction and improved mental health.

MHS clients rate our quality of services and therapist skill level above industry benchmarks in client satisfaction.

MHS is Minnesota Department of Human Services (DHS) certified and a nationally accredited provider of Dialectical Behavior Therapy (DBT) with treatment clinics in the West Metro, Central Metro, Northwest Metro and East Metro of the Twin Cities. Although MHS is well known for DBT services, our clinics also have other specialty programs, psychological assessments, and provide individual therapy services.

Treatment Outcomes

MHS specializes in DBT with an emphasis on customizing clinical services to each individual. The combination of ongoing attention to clinical outcomes and individualized care makes for high-quality psychological services.

As a leader in practice-based evidence, MHS tracks clinical outcomes with the Treatment Outcome Package® and a longitudinal hospitalization study. Our outcome data shows that our clients achieve clinically significant improvement in depression, anxiety, and substance use, and that our clients who have a history of mental health hospitalization show a statistically significant reduction in hospitalization rates. MHS clients also rate our quality of services and therapist skill level above industry benchmarks in client satisfaction.

Customizing treatment to individuals, monitoring progress, and adjusting treatment as needed are the essentials of evidence-based practice.

Coordination of Care

MHS provides ongoing collaboration with individual therapists, case managers, psychiatrists, physicians, and other members of clients' treatment teams to ensure clients receive the highest level of comprehensive mental health services that meet their individual needs. Our DBT and other mental and chemical health programs are designed to work with clients' existing individual therapists and other providers. If needed, clients who attend our programs can be seen for individual therapy by an MHS provider.

Our DBT programs serve individuals with:

Depression, bipolar or manic-depression, anxiety, panic disorder, generalized anxiety disorder, post-traumatic stress, substance use disorders and/or personality disorders including borderline personality disorder.

Our programs also address:

- Chronic suicidal thinking and/or a history of suicide attempts
- Self-injurious urges and self-injury behaviors
- Impulsive and/or self-sabotaging behaviors
- Frequent mental health related hospitalization and/or use of crisis services
- Functional difficulties at home, school, work, and/or socially
- Tumultuous relationships with family, loved ones, and/or care providers
- Distress tolerance and emotion regulation difficulties



Our mental health services emphasize the following areas:

- Mindfulness/Self-awareness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness
- Symptom reduction
- Quality of life behaviors
- Effective goal attainment
- Effective use of community resources

Adult DBT Programs

- Comprehensive intensive outpatient, standard DBT, and one day weekly options based on level of need
- Coordinated care with other providers
- Aftercare program available

Our Adult DBT Programs provide comprehensive therapy and skills that help individuals decrease symptoms and maintain safety. Our programs teach mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills that improve quality of life. Programming is provided in a supportive yet challenging environment and is customized to each individual's needs. We are Minnesota Department of Human Services (DHS) certified and a nationally accredited provider of DBT.

Placement is based on assessed medical necessity that includes safety concerns, severity of symptoms, degree of functional impairment, and amount of existing structure and support. We also offer a DBT aftercare program for clients that graduate from a more intensive option.

Adolescent DBT Program

- Ages 14 to 18
- Meets twice weekly
- Monthly parent education component

Our Adolescent DBT Program provides comprehensive therapy and skills that help teenagers ages 14 to 18 decrease symptoms, maintain safety and improve quality of life. Our supportive yet challenging program motivates clients to practice skills in and out of therapy sessions. Adolescents learn skills such as mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness and life balance.

This program meets twice weekly with a parent education and support component that meets monthly. Our programs are designed to work closely with other providers to ensure our clients receive the highest level of comprehensive mental health services to meet their individual needs. Length of treatment is variable based on medical necessity and goal attainment.

Early Adolescent DBT Program

- Ages 12 to 14
- Meets twice weekly
- Weekly parent involvement

Our Early Adolescent DBT Program provides comprehensive therapy and skills that help young adolescents ages 12 to 14 who experience significant emotional difficulties such as sadness, anxiety, and isolation as well as behavioral challenges at home, school, and in other settings. This program has ongoing assessment and therapy to help manage emotions, symptoms, and to create effective behavioral changes.

The comprehensive Early Adolescent DBT program meets two times per week, with one day focused exclusively on adolescents and the other day including parents to increase home-based support and treatment benefits. This program requires individual therapy for its members but is designed to work with existing individual therapists. Our program therapists collaborate with other providers to create a coordinated treatment team for our members and their parents. Family therapy may also be recommended in some cases.

Assessment Services

MHS provides comprehensive psychological assessment for children, adolescents, and adults at all of our Twin Cities locations. Psychological evaluation can be used to improve client case conceptualization, solidify a diagnosis and create personalized treatment recommendations.

Horizons DBT Program

- DBT treatment presented at a basic level
- Meets three times weekly
- Treatment coordinated with other providers and professionals

Our Horizons Program offers modified DBT treatment and skills customized for developmentally-disabled/mentally-ill (DD/MI) clients and for clients in the borderline range of intelligence. The Horizons Program presents mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness at a basic level. Goals, objectives, and target behaviors are tracked with a program book that travels between all treatment providers including individual therapists, group homes, foster homes and supportive work placements. Symptoms and safety are monitored at each group session, and progress is supported through positive reinforcement techniques. Length of treatment is variable based on medical necessity and goal attainment.

Integrated Dual Disorder DBT

- Eligible clients will meet DSM 5 criteria for co-occurring mental health and substance use disorders
- Meets three times weekly
- For clients 18+ years

Our Integrated Dual Disorder DBT Program for co-occurring MI/CD treats mental and chemical health issues concurrently. This program follows national guidelines for Integrated Dual Disorder Treatment (IDDT) and uses a Dialectical Behavior Therapy (DBT) curriculum specially adapted and researched for dual disorders. Clients in this comprehensive therapy program learn skills to improve mental health, decrease substance use, and to build more satisfying relationships and lives.

The IDD DBT Program meets three days weekly and serves clients 18 and over. Eligible clients will meet DSM 5 criteria for both mental health and substance use disorders and be able to attend and participate effectively in the program. Services that supplement the IDD DBT Program include individuals, couples, and family therapy.

Thrive Program for Psychological Well-Being and Chronic Pain

- Follows a CBT and DBT curriculum
- Meets twice weekly plus individual therapy
- Works in collaboration with physicians and medical care

Thrive is an intensive outpatient treatment program that helps people with co-occurring mental health disorders and chronic pain to effectively manage symptoms, improve functioning, and create fuller and more satisfying lives. Each day incorporates one session of cognitive-behavioral skills training, one session of self-monitoring and behavioral activation, and one session of therapy and problem-solving to generalize skills and improve functioning. Individuals with substance abuse or dependency issues can attend additional programming to specifically address those problems.

Eligible clients must be 18 and over and have been diagnosed with a mental health disorder and chronic pain. Clients must also meet level of care requirements and be able to attend and effectively participate in the program.



Thrive Program for Psychological Well-Being in Cancer

- Follows a CBT and DBT curriculum
- Meets twice weekly plus individual therapy
- Works in collaboration with physicians and medical care

This unique program supports people diagnosed with cancer and co-occurring mental health difficulties to help them increase functioning, well-being, and quality of life while also increasing compliance with treatment routines. In twice weekly group meetings, patients learn practical skills, practice them in session, and then work to generalize them to everyday life through self-monitoring and behavioral activation. Individual therapy is added to provide in-depth support, motivation, and problem-solving, and a family and friends component guides others in the support of their loved ones.

Eligible patients must be 18 and over and have been diagnosed with a mental health disorder and cancer. Clients must also meet level of care requirements and be able to attend and effectively participate in the program.

Vision of Wellness Program

- Assists people with psychotic disorders to realize recovery
- Meets twice weekly
- Follows an Illness Management and Recovery (IMR) curriculum

Our Vision of Wellness Program assists clients diagnosed with Schizophrenia, Schizoaffective Disorder, and other psychotic disorders realize their individual recovery vision. This program is based in Illness Management and Recovery (IMR), an evidence-based approach that focuses on developing personal strategies for coping with mental illness and moving forward with life.

Self-care skills, social skills, and other life skills paired with symptom management, relapse prevention planning, and realistic goal setting allow clients to build on their strengths and remain stable in the community.

Individual Therapy

Individual therapy services offered through MHS are designed to promote mindfulness, healthy relationships and improve the overall well-being of our clients. Individual therapy supports progress in our various programs or is offered as a stand-alone service. Therapy is available from a variety of evidence-based orientations including:

- DBT
- Cognitive-behavioral therapy (CBT)
- Humanistic and interpersonal approaches
- Eclectic and integrative approaches

Our therapists customize the orientation style based on individual assessment to best meet our clients' needs.

