



## DBT FOR ADOLESCENTS

**Our DBT programs** teach skills for healthy coping in a supportive, strengths-based environment.

MHS works collaboratively with community professionals and treatment teams to integrate care. **Individual therapy can also be requested.**

Connecting by all means



### Adolescent DBT Ages 14- 18

Provides clients with comprehensive skills training to reduce symptoms, increase safety and improve quality of life.

- Meets twice weekly (4:30- 6:30PM)
- In-person and virtual options
- Optional monthly parent component

### Early Adolescent DBT Ages 12- 14

Designed for clients who experience significant emotional difficulties such as sadness, anxiety and isolation as well as behavioral challenges at home, school and in other settings.

- Meets twice weekly (4:30- 6PM)
- Virtual only (no in-person sessions)
- Mandatory weekly parent components



VISIT [mhs-dbt.com](https://mhs-dbt.com) or CLICK the LINKS to learn more about our programs. Call 952-835-2002 to schedule an intake assessment.

#### In-Network Insurance:

- HealthPartners
- Medica
- Preferred One
- United Healthcare
- Aetna
- BCBS
- Cigna

- Early Adolescent DBT
- Adolescent DBT
- State-certified Adherent DBT
- Intensive Outpatient (IOP) DBT
- Dual Disorder DBT for Chemical and Mental Health
- Horizons DBT for Development Disabilities
- Intensive Outpatient (IOP) Cognitive Behavioral Therapy (CBT)
- Thrive for Chronic Pain and Mental Health