



## We believe you

**Your pain is real** and you're in the right place.

Chronic pain is more than results of scans, lab tests, or the standard definitions. Your pain is real, as valid, and as intense as any human condition. We don't claim to take your pain away, but we do claim to take your pain out of the constant spotlight.

Take pain out of the spotlight



## There is a better life ahead

Schedule a time when we can meet you and listen to your story. We don't require convincing, but we do require information. Then we customize a plan to help you recover your life and the joy of living it. Know that we are committed to you and getting you to a better place.

*Call us at 953.835.2002 to reclaim your life.*

## You deserve to feel more than hopeless

We listen. We hear. We deliver compassion, acceptance, and relief. Thrive is a program that guides you to a place of resilience, hope, and the means to sideline your physical and emotional pain. We help you take back your life.



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