



virtu-clinic™
Intensive Outpatient Programs Without Walls

By all means, connect

This is not virtual therapy. This is therapy conducted virtually, with all of our Dialectical Behavior Therapy (DBT) and specialty programs available online via our Virtu-Clinic platform.

We believe you should have access to caring and professional therapeutic treatment no matter where you live and no matter your mobility issues.

Connecting by all means

Technically speaking ... it's easy

Simply have an Internet connection, a camera and a quiet space, and attend your session by way of computer, tablet or smartphone.

Our video conferencing platform will not be a barrier to your treatment because we make it simple and stress-free. Your program group converses and interacts like any other in-person experience. And because your personal privacy is critical to us, the MHS Virtu-Clinic uses privacy-protected, HIPAA-compliant technology.

This is a road to recovery, without actually taking a road.



Passionate, professional and real therapists

At MHS our online services deliver the same evidence-based care as our in-person services, and use the same outcome measures. That means our Virtu-Clinic results are every bit as real as the results we achieve in our physical clinic settings.

Our skilled therapists have certification training in remote services, and they operate as a true consultation team to provide you tangible and exceptional care.

So whether it's your clinical care, or walking you through a technical issue, our Virtu-Clinic therapists provide the support you need, conveniently in your home.



VISIT 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