



**virtu-clinic**<sup>TM</sup>  
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](http://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