



Your New Way Begins Here

Change your direction and put these landmarks behind you.

Our Waypoint program starts with compassion. We understand that you're trapped in a raging battle with chemical dependency and mental health. Waypoint is a place to end the shame and suffering. Reimagine your life refreshed, and create a path to the future you deserve.

Redirect your life

We want to walk with you

From tentative steps to long confident strides, we're with you.

At Waypoint, we know that addiction is often an attempt to feel better. Unfortunately, these attempts only worsen the underlying mental health issues and addiction itself. The Waypoint program breaks the cycle with real tools to self-regulate, feel truly better, and recover yourself for the new journey ahead.

This is a road to recovery.



There is a better life ahead

We realize you've probably made many attempts at recovery. Let us give you the time and fresh tools for this to be your most determined and effective attempt at lasting change. We're ready to go.

With Waypoint, you're not on the clock. We base your participation on your progress and your needs, not by a predetermined 30-, 90-, or whatever-day timeframe. Get good on your own your own calendar.

Call us and schedule a time to meet and take the first step toward a better place. We'll customize your map of change and help you navigate your way to a brand new destination.



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