



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 or CLICK the LINKS to learn more about our programs. Call 952-835-2002 to schedule an intake assessment.

Locations:

Apple Valley - Edina - Plymouth - Roseville
- Woodbury - Virtu Clinic

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

