



See yourself in a healthy, joyful place

Vision assists clients diagnosed with Schizophrenia, Schizoaffective Disorder, and other thought disorders to realize recovery, build quality of life, and manage symptoms where you live and no matter your mobility issues.

Connecting by all means

The program integrates DBT skills into an Illness Management and Recovery (IMR) curriculum, with focuses on relapse prevention, symptom management, self-advocacy, building social support, and personalized goal setting to help reduce hospitalizations and increase participation in the community.

Connect with MHS and take a closer look into how Vision can help you visualize and realize a life of possibility and joy.



Envision a life of control and confidence

Mental health symptoms often occur when individuals are stepping into their adult lives. This is when you discover that yours is a more challenging path to travel, as you struggle to cope with thoughts and feelings that often make no sense to others. Vision provides a dynamic route through the realities of your mental health disorder, and the insightful tools to deal with them. Having a better understanding of your disorder and how it impacts you is critical. Vision allows you to learn the lessons of life that were interrupted. These lessons become skills needed to succeed, and form supportive, lifetime relationships. Our Vision program can be a revelation on your journey.

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



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

Other Programs:

Early Adolescent DBT
Adolescent DBT
State Certified Adherent DBT
Intensive Outpatient (IOP) DBT
Dual Diagnosis DBT for Chemical and Mental Health
Intensive Outpatient (IOP) Cognitive Behavior Therapy (CBT)
Horizons DBT for Developmental Disabilities
Thrive for Chronic Pain and Mental Health
DBT for Health Care Professionals
Vision of Wellness for Psychotic Disorders

Prioritize your needs TODAY!

*Schedule an in-person or online appointment
Share your story
Get started on the path back*

