



## Expand your potential

New life skills come together

The horizon is where the earth meets the sky. Our Horizons program is where adults with developmental difficulties meet the skills and confidence to enhance their daily lives. Horizons is an intensive Dialectical Behavior Therapy (DBT) teaching basic level skills in a way that meets the client where they are. It is a flexible model of learning that is tailored directly to the needs of the individual.

Horizons is an intensive outpatient DBT program for adults with developmental difficulties & mental health issues. DBT skills training occurs at a basic level where each skill is taught in a manner that is concrete & experiential to enhance application & generalization.



## Connect on new level

Horizons is not suitable for clients with needs focused on anger management, traumatic brain injury treatment, or moderate/severe intellectual disabilities.

- Program meets three times weekly in our Edina and Woodbury locations.
- MHS coordinates with your other health providers, including housing staff, case managers, and can also assist with transportation services.

Horizons is designed to provide real skills that extend the vista of potential.

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



VISIT [mhs-dbt.com](https://mhs-dbt.com) to learn more about our programs.  
Call 952-835-2002 today 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 Behavioral 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

