

## Waypoint Programs

### Waypoint - DBT for Mental Health and Chemical Dependency

The Waypoint DBT program is an intensive outpatient program for adults and adolescents looking to work towards and maintain sobriety from substances as well as improve their mental health.

Clients participate in this program on average for 9-12 months, but completion is dependent on treatment plan goals and overall progress. We have separate programs for adults and adolescents.

In this program, individuals will learn how to apply skills from the following modules in order to manage their own mental health and chemical dependency needs:

- Mindfulness
- Distress tolerance
- Emotion Regulation
- Interpersonal Effectiveness

In addition to chemical dependency, DBT skills can help with:

- Depression
- Suicidal thoughts or self-harm
- History of trauma
- Emotion dysregulation
- Impulsivity
- Self-care concerns
- Relationship issues



### Waypoint (For Adults) - DBT for Mental Health and Chemical Dependency

- Meets 3 hours per day, 3 days a week  
9am-12pm or 1pm-4pm (hours vary by location)
- Skills teaching, diary card, and skills application hour

### Adolescent Waypoint - DBT for Mental Health and Chemical Dependency

- Meets twice weekly (M/W, 3pm-5pm)
- Skills teaching, diary card, and skills application hour
- At this time, this program is only offered at our Plymouth location

**Immediate Openings Available!**

[Call now to schedule an intake](#)



## Dialectical Behavior Therapy (DBT)

### What is DBT?

Dialectical Behavior Therapy (DBT) is a comprehensive and evidence-based psychotherapy.

Dialectical Behavior Therapy (DBT) is structured as a skills-based, intensive outpatient program that integrates elements of cognitive-behavioral therapy (CBT) with concepts of mindfulness and acceptance.

DBT aims to empower individuals to better manage their emotions, tolerate distress, improve relationships, and ultimately lead more fulfilling lives.

### What is Taught in DBT?

DBT consists of teaching and generalizing skill use in 4 main modules, each targeting different aspects of emotion regulation and interpersonal effectiveness:

- 1 Mindfulness: Helps stay focused on the present, managing emotional reactions and coping with challenges effectively.
- 2 Distress Tolerance: Provides tools to manage crises and intense emotions without worsening symptoms.
- 3 Emotion Regulation: Aims to build emotional resilience by recognizing patterns and creating healthy routines.
- 4 Interpersonal Effectiveness: Teaches skills to help improve quality of relationships by focusing on communication, boundary setting, and self-worth.

DBT Skills  
Card

