



Now Offering:

DBT for Acute Stabilization

The DBT for Acute Stabilization program at MHS provides intensive, short-term treatment designed to help individuals stabilize quickly after a psychiatric crisis or hospitalization. Individuals can join this program following a partial hospitalization program or other higher level of care.

Over six weeks, individuals will participate in daily DBT skills training and learn to apply those skills to prevent further crises.

These skills include:

- Mindfulness
- Distress tolerance
- Emotion Regulation
- Interpersonal Effectiveness

Why DBT for Acute Stabilization

This program is for individuals following a hospitalization or crisis. It helps them avoid these events again in the future.

In our program, individuals will participate in group therapy and check-ins with therapists.

They will learn essential DBT skills and manage their emotions, reduce stress, and improve their relationships. This program does not have an internal medication management components, and so candidates should already have psychiatric medication management services in place.

Following this program, clients will either be released with a transition plan to community-based therapeutic and supportive services or to a longer-term IOP level of care.



Who Is DBT for Acute Stabilization For?

Individuals must commit to safety and follow a safety plan, and either have an individual therapist assigned or have an intake scheduled. Individuals should not be in an active suicidal or safety-related crisis, and should have received either hospitalization or partial hospitalization in the event of a recent suicide attempt or similar safety incident.

This program is ideally for those who either do not qualify for longer-term programming at an IOP level due to insurance restrictions but would benefit from intensive DBT skills training, or for individuals whose mental health symptoms require regular monitoring beyond once a day.

DBT for Acute Stabilization

- Meets 5 times a week for 3 hours per session
- Skills teaching, diary card, and skills application hour
- This program is offered virtually.

Call now to schedule an intake



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

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

Prioritize your needs today!



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

