WAYPOINT

DBT for Adolescent Substance Use

The Adolescent Waypoint DBT program is an intensive outpatient program for clients between the ages of 14 and 18 looking to change or improve their relationship with substances, as well as improve their mental health.

In this group, adolescents will learn how to apply skills from the following modules in order to manage their own mental health and substance use needs:

- Mindfulness
- Distress tolerance
- Emotion Regulation
- Interpersonal Effectiveness

In addition to substance use, DBT skills can help with:

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

Adolescent Waypoint DBT

- Meets twice weekly (M/W, 4pm-6pm)
- Skills teaching, diary card, and skills application hour
- At this time, this program is offered at our Plymouth location

Call now to schedule an intake

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Specialized DBT & Trauma Treatment

Visit mhs-dbt.com or scan the QR code to learn more about our programs. Call 952-299-6800 to schedule an intake assessment.

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

WAYPOINT

DBT for Adolescent Substance Use

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.

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