



## DBT for Adolescents

### What is DBT and How Can it Help Teens?

Dialectical Behavior Therapy (DBT) is a therapeutic approach in a group setting that combines cognitive-behavioral techniques with mindfulness practices to help individuals manage intense emotions, improve relationships, and develop coping skills.

Through techniques like mindfulness, emotion regulation, and interpersonal effectiveness, DBT can equip teens with tools to navigate challenges effectively, foster emotional well-being, make healthier decisions, and foster resilience.

### What Can DBT Help?

- Depression
- Anxiety
- Self-care concerns
- Emotion dysregulation
- Suicidal thoughts or self-harm
- Impulsivity
- Relationship issues
- Ineffective communication
- Trauma history
- Issues at home or at school

### What is Different About DBT at MHS?

At MHS, our Adolescent DBT Program allows clients to keep their external individual therapists if they choose.

We work collaboratively with treatment teams by coordinating care with existing individual therapists to give clients the integrated care they deserve.

Don't have an individual therapist? MHS also has individual therapists for group clients.

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



### Early Adolescent DBT:

- Ages 12-14
- Meets twice weekly (M/W or T/Th, 4:30-6pm)
- In-person or virtual (depending on location)
- Skills teaching, daily log, and skills application time
- Required parent/caregiver session on non-adolescent night (75 minutes; virtual only)

### Adolescent DBT:

- Ages 14-18
- Meets twice weekly (M/W or T/Th, 4:30-6:30pm)
- In-person or virtual
- Skills teaching, diary card, and skills application time
- Optional monthly parent/caregiver education series (virtual)

### Adolescent Waypoint - DBT for Mental Health and Substance Use:

- Ages 14-18
- 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.



VISIT [mhs-dbt.com](https://mhs-dbt.com) or scan the QR code to learn more about our programs. Call 952-835-2002 to schedule an intake assessment.

**Prioritize your needs today!**

