



DBT-BASED SKILLS GROUP FOR TEENS

This low-intensity, mindfulness-based group for teens aged 14-18 addresses depression, anxiety, and other mental health diagnoses, utilizing components of Dialectical Behavior Therapy (DBT).

More about the group

This adolescent mental health group provides focused, systematic, supportive treatment for a variety of mental health issues for teens who are seeking clinically proven and effective skills to manage mental health concerns. Teens face increased pressure and challenges today, and this group provides struggling teens with the skills needed to cope effectively with their emotions, problem-solve, and make healthy decisions.

What skills are taught in the group?

- **Mindfulness**—learning skills to help us experience our current environment, sensations, feelings, and thoughts in a non-judgmental way
- **Interpersonal effectiveness**—learning skills to help reduce painful and chaotic relationships
- **Emotion regulation**—learning skills to help understand and regulate emotions and impulses
- **Distress tolerance**—learning skills to help survive crises as well as tolerate and deal with pain in a more effective way

Who is eligible for the group?

Our group is designed as a low-intensity co-ed outpatient group for adolescents (ages 14-18) who may have one or more of the following:

- received a referral from their individual therapist, and participation in other therapy services has not been helpful
- struggled to regulate their behaviors and emotions effectively, causing impairment to their quality of life
- diagnoses that do not improve with outpatient therapy alone (*such as anxiety, depressive, or mood disorders; or trauma-related disorders*)
- a history of self-harm or suicidal behavior
- a need for follow-up care after inpatient treatment or other higher levels of care

Most health insurance plans, including Medicaid and Medicare, cover DBT services.

more information on back



Our DBT group includes:

- Weekly 90-minute skills training group
- Weekly individual therapy sessions
- Consultation team of DBT therapists
- Commitment to a 26-week program

Meeting times

Wednesdays from 5:00-6:30 pm

Group location

4351 W. College Avenue
Suite 410
Appleton, WI 54914

Getting started

Call us at 800.438.1772 to speak with a member of our intake staff.

Program staff

Each staff member at Christian Family Solutions has an extensive background in treating teens with depression and anxiety issues and brings unique experience to the group setting.

More about Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy (DBT) is an evidence-based treatment created by Dr. Marsha Linehan. DBT is designed for people to learn to manage their emotions and to know that it is possible to build a life worth living. We have adapted this treatment model and incorporate evidence-based practices into a program that best meets the needs of teenagers struggling with their mental health.

Our program is unique in that it integrates evidence-based counseling techniques with a Christian perspective to support clients both emotionally and spiritually.