



ARMOR DBT-BASED SKILLS GROUP FOR TEENS

A comprehensive, trauma-informed, Dialectical Behavior Therapy (DBT)-inspired program for adolescents ages 14-18 for the treatment of depression, anxiety, trauma, and other mental health disorders.

More about the group

- The ARMOR Program provides focused, gender-specific, time-limited, group-based treatment for a variety of mental health issues for teens and their families who are seeking clinically proven and effective skills to manage these disorders. Teens face increased pressure and challenges today, and this program provides struggling teens with the skills needed to cope effectively with their emotions, problem-solve, and make healthy decisions.
- Teens will attend a 1.5-hour group, one day per week, as well as one individual therapy session per week. In addition, teens and their parents will participate in at least one monthly family therapy session. These sessions create improved communication and understanding between the teens and their parents.

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

Our DBT inspired group includes:

- DBT-inspired, gender-specific programming
- Weekly individual therapy sessions
- Access to phone coaching
- Weekly skills training group
- Consultation team of therapists
- Commitment for a 26-week program

more information on back



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

Group location

44 Good Counsel Drive
Mankato, MN 56001

Getting started

- For more information on the group or to schedule a diagnostic assessment, contact us at **800.438.1772**.
- Many insurance plans, including Medicaid and Medicare, cover group services. Call us at **800.438.1772** so we can review your insurance and payment options.

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.