



DBT Skills Group for Teens

Offered via telehealth in Wisconsin

Mondays | 4-5:30 p.m.

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

More about the program

Teens face increased pressure and challenges today, and this program provides struggling teens with the clinically proven skills needed to cope effectively with their emotions, problem-solve, and make healthy decisions. Our program integrates evidence-based counseling techniques with a Christian perspective to support clients both emotionally and spiritually.

Who is eligible for the program?

Our program is designed as a co-ed outpatient program for adolescents (ages 14-18) who have:

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

This DBT program includes:

- Weekly 90-minute skills training group
- Weekly individual therapy sessions
- Commitment to a 26-week program

[OVER]

Skills taught in the program:

- **Mindfulness**—learning skills to experience the 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, tolerate and deal with pain in a more effective way

GETTING STARTED

Call us at 800-438-1772 to speak with a member of our intake staff.

Please note that program days and times may change. Confirm the day and time when you inquire with our intake staff.

This group is offered via telehealth. Upon enrolling in this group, participants will receive information for how to connect to the group via secure video.

This service may be covered by insurance. CFS offers a prompt pay discount for those that wish to pay privately.

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.

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800 438-1772 | [ChristianFamilySolutions.org](https://www.ChristianFamilySolutions.org)