

## MINNESOTA MENTAL HEALTH CLINICS

### Urgent Care:

- For clients who have urgent need for assessment and care:
- next day assessments,
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program (STAT), or
- referral to a less urgent option as soon as possible.

### Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adolescents and Adults.
- Day Treatment Programs for Adults and Adolescents

### Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

### Horizons Community Support Program

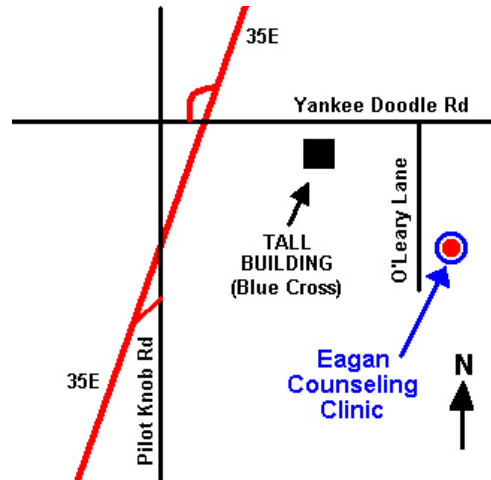
- Support services for Dakota County Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

### Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E
- Right on O'Leary Lane
- At the end of the block on left.

### Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



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Web site: [www.mnmentalhealth.com](http://www.mnmentalhealth.com)

TTY Relay: 1-800-627-3529

# DBT GROUP

## PHASE II



MINNESOTA  
MENTAL  
HEALTH  
CLINICS



## ADULT DAY TREATMENT PROGRAM DBT PHASE II

### DBT Phase II Group

This group is for clients who have completed an initial DBT Skills training course, show an understanding of the skills and commit to a consistent application of the skills. It will help clients with an advanced application and processing of the skills. This group focuses on greater integration of the skills into their lives.

Group members are expected to have made significant progress in reducing and or abstaining from their targeted Para suicidal (self harm) behaviors and are not actively suicidal.

Goals of the group are to strengthen their mindfulness practice (foundation skill) and interpersonal skills in order to enhance the group therapy process and to increase skillful behavior to improve one's quality of life.

Additional skills such as behavioral chain analysis and cognitive behavioral approaches will be taught along with skills covered in the four modules – Core Mindfulness; Interpersonal Effectiveness; Emotion Regulation; Distress Tolerance.

Clients are to be actively participating in individual therapy and will keep a diary card throughout the duration of group. Input will be obtained from the client's individual therapist to assist in the assessment for appropriateness for the group.

The group will be facilitated by Jocelyn Byrd, MSW, LGSW. Her practice includes individual and group therapy. She specializes in anxiety, depression, and other mental illnesses, relationship issues, stress management, and dialectical behavior therapy.

Most health insurance health plans provide coverage for group therapy. Please contact our office or your insurance carrier for information about your own coverage.

The group will meet Tuesday evenings from 5:30pm-7:30pm. For further information or to register for this group, please call 651-365-8281

### REFERRAL PROCESS

Referrals are accepted from social workers, mental health professionals, hospitals or potential clients. If a client wants to schedule an intake appointment please call the clinic intake coordinator at 651-365-8281. The intake coordinator will schedule a program assessment. If someone would like to get more information about one of the treatment programs please call the intake coordinator and the caller will be transferred to one of the DaTRAC therapists to answer questions.

### ELIGIBILITY

All clients must be **18 years of age or older** and have **a source of funding** for the services provided. They must also have **a diagnosed mental health problem** and **an assessed significant impairment in functioning** which supports the need for either a day treatment or a specialized treatment service. Clients must have **the physical and cognitive ability to benefit from the services provided**. And finally, **the other service providers on the client's treatment team must also agree and actively support placement in the day treatment program**.

### FUNDING INFORMATION

Most health insurance companies provide coverage for day treatment services. Clients will be fully advised as to the fees and possible payment plans. Whereas our staff verifies insurance eligibility, it is the client's responsibility to understand their benefit coverage and financial obligations.