

CONTACT INFORMATION

VONA CENTER FOR MENTAL HEALTH
9220 Bass Lake Road Suite 255
New Hope, MN 55428
DBT intake: 763-225-4052

PROGRAM OUTCOMES

OVER 88% CLIENT SATISFACTION RATING

80% success in achieving:

- Learning to cope with stress and difficult emotions
- Improving satisfaction with relationships
- Reducing risk of hospitalization or needing other forms of higher care
- Re-engaging in activities like school, work, volunteering, and socializing



All-inclusive services



Art made by service participants

DIALECTICAL BEHAVIOR THERAPY DBT OUTPATIENT THERAPY

Tweens 11-14 | Adolescents 15-18 | Young adults 18-25

Here's what we've heard from recent program participants and their families:

"I was very pleased to be able to be a part of a wonderful clinic like this!"

"I've been super happy with the services here. It's the best place for therapy that I've been to. I appreciate ALL the staff here."

 voamn.org

 763-225-4052

VONA

CENTER FOR MENTAL HEALTH™



Volunteers of America®
MINNESOTA AND WISCONSIN

HOW WE HELP

DIALECTICAL BEHAVIOR THERAPY

DBT is an evidence-based, cognitive-behavioral treatment developed by Marsha Linehan, Ph.D. DBT is specifically designed to treat individuals with patterns of emotional dysregulation, suicidal urges, and/ or self-harming behaviors. Clients often will meet criteria for diagnoses such as: major depression, anxiety disorders, post-traumatic stress disorder, bipolar disorder, and/ or exhibit personality disorder traits.

TREATMENT PROGRAMS

We offer coordinated individual therapy and group skills training services that provide an intensive long-term intervention with an average length of six-months to one-year or longer. Our programming is adherent to the researched DBT model and offers all four DBT components. Clients participate in weekly individual therapy as well as weekly skills groups which are divided into the following age groups in order to meet developmental needs:

Tweens, Ages 11-14

Weekly 1.5 hour, multi-family skills training group where at least one parent (or guardian) accompanies client.

Adolescents, Ages 15-18

Weekly 1.5 hour, multi-family skills training group where at least one parent (or guardian) accompanies client.

Young Adults, Ages 18-25

Weekly 2 hour skills training group.

DBT COMPONENTS

Individual therapy

Clients participate in weekly individual therapy with a DBT trained therapist where the focus is on addressing self-defeating behaviors. Clients must be willing to transfer to a DBT therapist if they already have an established individual therapist.

Skills training group

Clients attend weekly skills training group aimed at teaching skills in the following areas: core mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance.

Telephone consultation

DBT skills phone coaching is provided to all clients as needed.

Consultation group

Each individual DBT therapist and skills trainer participates in a weekly consultation group in order for them to provide optimal treatment.

STAFF

Our team includes Licensed Mental Health Professionals and Practitioners who have pursued training in the DBT model. Several members of the team have been intensively trained through Behavioral Tech, LLC and have participated in the Practice Improvement Project through the Minnesota Department of Human Services to achieve program certification for DBT services.

FEES

Our clinic accepts and are in-network with most insurance companies, including Medical Assistance and Medicare. Private Pay and contractual agreements with counties are also accepted.

REQUESTING SERVICES

The first step is to schedule an intake assessment. Contact our intake coordinator to request services.

763-225-4052
voamnwi.org/mh