



Adolescent DBT Program

Adolescents in our program will attend:

1 Individual Therapy Weekly Session & Family Therapy Sessions as needed

Each adolescent must engage in weekly therapy.

Family therapy sessions depend on the needs of each individual family. These sessions may occur every other week, or one time per month. Please speak with your individual therapist about scheduling.

1 Adolescent DBT Skills Group Weekly

Each adolescent will attend one adolescent DBT skills group weekly.

Group Times:

Monday 5:00 PM – 6:30 PM (H.S.) In-Person
Monday 5:00 PM – 6:30 PM (H.S.) Virtual
Tuesday 5:00 PM – 6:30 PM (M.S.) In-Person
Wednesday 5:30 PM – 7:00 PM (H.S.) In-Person

Parents/Guardians of adolescents enrolled in our program will attend:

1 Parent DBT Skills Group Weekly

Parents/Guardians are required to attend one Parent DBT Skills group session weekly.

Group Times:

Monday 5:00 PM – 6:30 PM
Wednesday 8:30 AM – 10:00 AM
Wednesday 5:00 PM – 6:30 PM
Thursday 6:00 PM – 7:30 PM

When adolescent and parent/guardian have completed their individual skills groups, they will enter a five-week course called the Middle Path where they will work together to master DBT skills.