



## **Jefferson Center for Mental Health**

303-425-0300

<http://www.jcmh.org/>

- Locations throughout Jefferson County
- Must be a client with Jefferson Center for Mental Health
- Contact your Care Coordinator for a referral
- There may be a waiting list

## **Community Reach**

303-853-3500

8931 Huron St., Thornton, CO 80260

<http://www.communityreachcenter.org/>

- Must be a client with Community Reach
- Call number above to schedule an intake
- Ages 12-17

## **Arapahoe/Douglas Mental Health Network**

303-730-8858

<http://www.admhn.org/>

- Locations throughout Arapahoe and Douglas Counties
- Must be a client with Arapahoe/Douglas Mental Health Network
- Call number above to schedule an intake

## **Aurora Mental Health Center**

303-617-2300

<http://www.aumhc.org/>

- Locations throughout Aurora
- Must be a client with Aurora Mental Health Center
- Call number above to schedule an intake.

## **Joyful Living Family Counseling**

720-606-3202

7000 E. Belleview Ave., Suite 350, Greenwood Village, CO 80111

<http://www.joyfullivingfamilycounseling.com/>

- Adolescent groups run by Heather Young, LPC
- 2 hours of group weekly and 1 hour therapy weekly/bi-weekly
- Does not accept insurance but will provide a bill of service for reimbursement
- Call number above for a free phone consultation

## **What is DBT?**

- Teaches client skills to help regulate emotions, improve relationships, and prevent self-destructive behavior.
- Used largely for borderline personality disorder, eating disorders, and substance abuse.
- Can be used in a variety of settings, specifically children and adolescence.

\*\*If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



**Denver DBT**

303-507-5557

50 South Steele St., Suite #506, Denver, CO 80209

<http://denverdbt.com/>

- The program treats adolescents age 12 to 17 and includes: Weekly 1.5-hour skills training covering mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance; Monthly parent/primary caretaker support and skills information group; and Optional family DBT sessions, as needed.
- Available for free phone consultations and charge \$160 per intake session.
- Groups cost \$70/session and payment is collected at the beginning of each month.
  - Denver DBT does not directly bill insurance but provides receipts which may be submitted by group members for reimbursement.

**Centennial Peaks, Intensive Outpatient Program**

303-673-9990

2255 S. 88<sup>th</sup> St., Louisville, CO 80027

- Not specifically a DBT group but offers Cognitive Behavioral, Dialectical Behavioral Therapy, and other skills-based treatment methods to help adolescents develop interpersonal skills, coping skills, relaxation skills, management of symptoms and mood stabilization.
- Provides services to ages 13-17
- Up to 20 sessions.

**Deer Creek Counseling**

720-663-7702

5912 S. Cody Street, Suite #302, Littleton, CO 80123

[www.deercreekcounseling.com](http://www.deercreekcounseling.com)

- Teen DBT Skills training is held in one-on-one sessions.
- In order to attend, participants need to arrange Screening Intake appointment. Call the number above to talk to Kathy Higgins, LPC
- Accepts most insurance.

**Cherry Creek Psychotherapy**

303-909-9054

1660 South Albion Street, Suite 500, Denver, CO 80222

- Mindfulness-Based DBT Skills Training Group – for ages 11-13.
- This will be a 90 minute mindfulness skills training group for kids struggling with emotion regulation, distress tolerance and interpersonal interactions.
- Call to be placed on a waitlist for the next group session
- \*\*Please note that DBT/CBT group skills training is commonly added to augment existing therapy/psychiatric care, and is not recommended as a stand-alone modality. All members of group therapy are required to have an individual therapist/psychiatrist, in order to be accepted into our group therapy program.

