Adolescent DBT Counseling

**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

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**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.
  o 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. 88th 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
- 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
- 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.