

Jefferson Center for Mental Health: 303-425-0300

- 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
- Must be a client with Community Reach
- Call number above to schedule an intake.

Arapahoe/Douglas Mental Health Network: 303-730-8858

- 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

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

Dialectical Behavior Therapy for Teens and Young Adults: 303-380-7070

- 7000 E. Belleview Ave., Suite 350, Greenwood Village, CO 80111
- Run by Mary Costello Stevens, LPC, and Heather Young, LPC
- Does not accept Foothills Behavioral Healthcare, only Access Behavioral Care (Denver Medicaid).
- Call number above or e-mail marycostellostevens@gmail.com for more information

Front Range DBT: www.frontrangedbtandemdr.com

- 732 Front St, Suites 201 & 202, Louisville, 80027
- Offers DBT groups for adolescents and families. Accepts insurance and offers sliding scale fees.
- Contact Colleen Todd for adults: 720-684-9845

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.
- Cost is \$200/session and program is 18 weeks. Accepts private insurance. Does not accept Medicaid or offer sliding scale fees.

Westside Behavioral Care: (303)986-4197

- Referral service for mental health services in Arvada, Lakewood, Wheat Ridge, Denver and more.
- Can refer to providers who offer DBT



The Centre for Behavioral Health at Porter Adventist Hospital: (303) 778-5774

- 2465 S. Downing St., Ste 110, Denver
- Offers DBT groups for adults.
- Sliding scale based on income. Medicaid not accepted.

Whitian House: (720) 358-4130

- 1439 Estes St Lakewood, Colorado 80215
- Three DBT Programs: Relapse Prevention Skills, Strategies for Self Improvement, Intensive Outpatient Group
- Offers three phases of treatment in their adult intensive outpatient
 - Phase I - 9 hours of treatment per week, 6 weeks;
 - Phase II - 3-8 hours of treatment per week (based on ct. need), 8 weeks;
 - Phase III - 1-2 hours per week (based on ct. need), 6 weeks.
- Groups cost \$50 - \$120. Call about specific pricing

Dr. Emily Althaus: (720) 288-0982

- 3729 W. 32nd Avenue, Denver, Colorado, 80211
- DBT Skills Training Group Every Tuesday at 5:30 p.m. to 7:00 p.m
- Group cost \$60 per session
- Accepts most insurance

Mike Gathers, MA, MS, LPC: 303-956-7574

- 607 10th Street, Suite 208 Golden, CO 80401
- DBT Men's group
- Session cost \$50 - \$60

South Denver Psychotherapy, Christina Kennedy: (720) 606-4653

- 2305 E. Arapahoe Road, Suite 242, Centennial, CO 80122
- 16 week DBT Group
- Session cost \$30

