



Adolescent DBT Counseling Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

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

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 for all age groups, especially children and adolescents.

Aurora Mental Health Center

303-617-2300

<https://www.auroramhr.org>

- Locations throughout Aurora
- Must be an open client with Aurora Mental Health Center
- Call to schedule an intake and inquire about DBT group availability.

Ben Digati, LPCC

720-699-8353

2150 W. 29th Avenue #310, Denver, CO 80211

<https://www.bendigati.com/>

- Offers DBT groups for ages 15-26 years old.
- Also offers parent support workshops and other services.

Charlie Health

1-866-671-0572

<https://www.charliehealth.com/treatment-modalities/dialectical-behavior-therapy>

- Provides personalized intensive mental healthcare to teens and young adults.
- Provides individual and family therapy and intensive outpatient groups, including DBT and CBT
- Accepts all insurances, including Medicaid, Tricare, and all commercial insurances.

Cherry Creek Psychotherapy

303-909-9054

1325 S Colorado Blvd, Suite B-108, Denver, CO 80222

<https://cherrycreekpsychotherapy.com/>

- Group therapy programs for adolescents, ages 12–17, and young adults ages 18–29
- Cherry Creek Psychotherapy has created and uses a unique, “hybrid” version of Dialectical Behavior Therapy (DBT) that has modified the traditional DBT teachings to be more age-appropriate while incorporating Cognitive Behavior Therapy (CBT) and other types of therapeutic practices.

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Children's Hospital – Outpatient Services

720-777-6200

<https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/outpatient-services-therapy/group-therapy/>

- Dialectical Behavior Therapy Group for teens 13 to 17 years old
- The Depressed/Bipolar Dysregulated Dialectical Behavior Therapy (DBT) Group provides treatment for adolescents with mood difficulties such as depression or bipolar disorder. Teens and parents learn coping skills to regulate their emotions, tolerate distress, engage with others effectively, be mindful, and use relaxation strategies.

Community Reach Center

303-853-3500

Multiple Locations Available

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

- Must be an open client with Community Reach Center to access groups.
- Call number above to schedule an intake and inquire about DBT group availability.

Denver DBT

(303) 332-8704

1780 S. Bellaire St Suite #270/270B Denver, CO 80222

777 29th St. Suite #200, Boulder CO 80303

<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.
- Groups cost \$90/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. *Medicaid not accepted at this time.*

Front Range Treatment Center, Ltd

720-390-6932

8301 E. Prentice Ave. #300 Greenwood Village, CO 80111

<https://frtc.ltd/teen-dbt>

- Offers comprehensive DBT classes, with parents/guardians attending.

Grace Counseling

720-489-8555

8301 E. Prentice Ave. #300, Greenwood Village 80111

<http://gracecounseling.net/>

- Offers adolescent DBT groups for teens 13-18 years old
- Groups cost \$70/session, *Medicaid not accepted at this time*, sliding scale services available.
- Group members are required to participate in weekly individual psychotherapy with either Elizabeth or an outside therapist.
- Intake session required to determine eligibility for group.

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Jefferson Center for Mental Health

303-425-0300

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

- Locations throughout Jefferson County
- Must be an open client with Jefferson Center to access DBT groups.
- Call to schedule an intake and inquire about DBT group availability.

Joyful Living Family Counseling

720-606-3202

6021 S Syracuse Way Greenwood Village, CO 80111

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

- Individual adolescent DBT services with skills training available

Original Path Counseling

720-735-7444

6551 S. Revere Pkwy, Suite 160, Centennial 80111

<https://denvercounseling.com/>

- Individual, family, and group DBT classes for adolescents; groups are 12-weeks.
- Accepts Colorado Access Medicaid, Aetna, Tricare, self-pay and some reduced fee.

Peregrine Counseling and Wellness

720-949-7250

8811 E Hampden Ave, Suite 100, Denver CO 80231

<https://www.peregrinecounseling.org/>

- For all groups, accepted insurances can be billed or private pay at \$25/session.
- Has DBT groups for middle school or high school aged students.
- Offers parenting DBT groups.

Pam Snyder, LCSW

720-838-4531

Pamsnyderlcsw@msn.com

<https://www.pamsnyderlcsw.com/adolescent-counseling-arvada/>

- Offers a modification of traditional DBT treatment.
- Online therapy available.

Westside Behavioral Care

303-986-4197

<https://www.westsidebehavioralcare.com/specialty/dialectical-behavioral-therapy-dbt/>

- Can search for DBT providers based on insurance type and location.