

DBT for You

DBTventies

DBTeens

DBTweens

Services Offered:

- Two online Intensive Outpatient Programs (IOPs)
- Two educational online skills development programs
- Training for education and health professionals

DBTventies IOP

- 12-week Intensive Outpatient level treatment for young adults ages 18-29 in NH, ME, MA, and VT
- Sessions held 3 evenings/week

DBTventies IOP helps young adults build emotional strength, improve relationships, and create a life worth living – all from home.

DBTventies Skills

- 6 or 12-week skills class for young adults ages 18-29 residing in the U.S.
- Sessions held 1-2 evenings/week

DBTventies Skills is for young adults who are experiencing: difficulty managing emotions, maintaining employment/school obligations or have impulsive behaviors which impact daily responsibilities and relationships.

DBTeens IOP

Evening Program

- 12-week Intensive Outpatient level treatment for teenagers ages 12-18 in NH, ME, MA, and VT
- Sessions held 5 evenings/week

Morning Program

- 6-week Intensive Outpatient level treatment for teenagers ages 12-18 in NH, ME, MA, and VT
- Sessions held 5 mornings/week

DBTeens IOP helps teens and families build emotional strength, improve relationships, and create a life worth living – all from home. Parents and caregivers receive their own skills coaching and training.

DBTweens Skills

- 10-week skills class for caregivers of tweens residing in the U.S.
- Sessions held 1-2 evenings/week

For parents and caregivers who want to improve their skills at being a calm and steady presence when their child has BIG emotions.

DBT for You Training

- Customized training for your organization
- In-person trainings for large groups of school/hospital staff
- Online trainings for individual clinicians
- CEUs available

dbtforyou.org

Online Mental Health Programs, ages 9 to 29