

# INTEGRATIVE A-DBT INTENSIVE OUTPATIENT PROGRAM



**PrairieCare**  
A Division of Newport Healthcare

## Adapted Dialectical Behavior Therapy (A-DBT)

### PROGRAM DETAILS

<b>SKILL BUILDING GROUP</b>	This group is facilitated by the program social worker and is designed to offer specific education and A-DBT skills that will help individuals learn coping strategies to help decrease the severity and duration of symptoms.
<b>INDIVIDUAL THERAPY</b>	Individuals will meet with an individual therapist throughout programming to review treatment goals and progress. Individual therapy is strongly encouraged throughout this program, and the therapist will collaborate with the individual's outpatient therapist, if desired, or provide support in the referral process to establish individual therapy.
<b>SOCIAL WORK</b>	The adult social worker will help guide treatment planning, establishing areas of focus, discharge planning, and facilitate skill building groups, as well as provide necessary care coordination and referrals, as needed.
<b>PSYCHIATRIC CARE</b>	Individuals will meet weekly with a psychiatrist throughout programming. Medication is often a useful tool in managing symptoms and improving quality of life.
<b>THERAPEUTIC APPLICATION GROUP</b>	Facilitated by the program therapist, this group provides a safe place for individuals for support, process, increased self-awareness, and integration of skills learned in the Skill Building Group.
<b>PROGRAM INFORMATION</b>	<ul style="list-style-type: none"><li>• Monday through Thursday</li><li>• 1:00-4:00 pm</li></ul>
<b>LOCATIONS</b>	<ul style="list-style-type: none"><li>• Edina: 4510 W 77th St., Edina, MN 55435</li><li>• Woodbury: 659 Bielenberg Dr., Woodbury, MN 55125</li></ul>
<b>PROGRAM LENGTH</b>	Length of stay is individualized for patient and is approximately 8–10 weeks

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## INTEGRATIVE A-DBT LOCATIONS



### EDINA LOCATION:

4510 W 77th St., Edina, MN 55435

### WOODBURY LOCATION:

659 Bielenberg Dr., Woodbury, MN 55125



No cost mental health  
screening, program  
information, and referrals.

**LEARN MORE:** [prairie-care.com](http://prairie-care.com) | 952-826-8475