



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, specifically children and adolescence.

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 and inquire about group availability

Ben Digati, LPCC

720-699-8353

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

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

- Offer two DBT groups for adolescents, one for ages 15-18 years and another for 18-26 years
- Also offers parent support workshops.

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.

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.

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Colorado Teen Therapy

720-441-3714

9034 E Easter Place, Suite, 203, Centennial, CO 80112

<https://coloradoteentherapy.com/teen-dbt-group/>

- DBT groups for teens 11 to 17 years old
- Cost is \$40 per session for group DBT
- Accept Colorado Access Medicaid

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 and inquire about group availability

Denver DBT

(303) 332-8704

2150 West 29th Ave. Suite #320 Denver, CO 80211

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

<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 \$185 per intake session.
- Groups cost \$75/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.

Elizabeth Wellington, LPC

856-220-4489

Email: elizabethwellington@gmail.com

<http://elizabethwellingtonpsychotherapy.com/>

- Visit website or email for DBT group availability

Grace Counseling Services

720-489-8555

7921 Southpark Plaza, #204 Littleton, CO 80120

<http://gracecounseling.net/>

- Offers adolescent DBT groups for teens 13-18 years old
- This group is facilitated by Dr. Jessica Pae. email jpae@gracecounseling.net for more information.

Jefferson Center for Mental Health

303-425-0300

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

- Locations throughout Jefferson County
- Must be a client with Jefferson Center
- Call number above to schedule an intake and inquire about group availability

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Joyful Living Family Counseling

720-606-3202

7000 E. Belleview Ave., Suite 350, Greenwood Village, CO 80111

<https://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

Peregrine Counseling and Wellness

720-949-7250

8811 E Hampden Ave, Suite 100, Denver CO 80231

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

- Some insurances accepted, private pay options available.

Pam Snyder, LCSW

720-838-4531

5738 Olde Wadsworth Blvd, Arvada, CO 80002

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

- Offers a modification of traditional DBT treatment. Traditional treatment includes weekly individual therapy, weekly skills training (usually in group), as needed consultation outside of sessions, and weekly therapist consultation meetings.
- Modified DBT is a less intense form of treatment. Offers individual therapy and individual skills training. Individuals can choose to attend once or twice a week. Individuals may be referred to a DBT skills group in the community or a formal DBT program if necessary.