



Adult DBT Groups 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.

Jefferson Center for Mental Health

303-425-0300

www.jcmh.org

- Must be a client with Jefferson Center
- Contact your Care Coordinator for a referral
- There may be a waiting list

Jefferson County

Deer Creek Counseling (Kathy Higgins, LPC)

720-663-7702

KathyHigginsLPC@gmail.com

6901 S Pierce St., Suite 100F, Littleton CO 80128

<https://deercreekcounseling.com/dbt-skills/>

- Offers a DBT skills group for adults 18+
- Group takes place on Thursday evenings from 6 PM – 7:30 PM as three eight-week modules (visit website for updates/changes)

Denver Affordable Counseling

720-485-3756

777 S Wadsworth Blvd, Building 2, Suite 103A, Lakewood, CO 80226

<https://www.denveraffordablecounseling.com/group-counseling>

- Offers DBT Skills Group and Radically Open Dialectical Behavioral Therapy (RO-DBT)
- Call or check website for current group information

Westside Behavioral Care

303-986-4197

www.westsidebehavioralcare.com

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

Whitian House

720-287-4461

1439 Estes Street, Lakewood, CO 80215

<https://whitianhouse.com/services/>

- Offers a DBT skills group

Psychology Today

<https://www.psychologytoday.com/us/therapists/co/jefferson-county?category=dialectical-dbt>

- Search for local therapists offering DBT skills groups and individual counseling

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Other Counties

All Health Network

303-730-8858

www.allhealthnetwork.org

- Locations throughout Arapahoe and Douglas Counties
- Must be a client with All Health Network.
- Call number above to schedule an intake.

Aurora Mental Health Center

303-617-2300

www.aumhc.org

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

Behavioral Health Services at Porter Adventist Hospital

303-715-2300

2465 S Downing St, Denver, CO 80216

<https://www.centura.org/locations/porter-adventist-hospital/medical-services/behavioral-health-services/dialectical-behavior-therapy-intensive-outpatient-program>

- Offers an intensive outpatient DBT group for six weeks
- Must be 19 years and older
- Involves weekly individual therapy and group skills training.

Ben Digati LPCC, MFTC

720-699-8353

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

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

- Offers co-ed DBT groups for Young Adults (ages 15-26)
- Please see website for dates, times and how to register

CBT Denver

303-355-5133

600 S. Cherry St., Suite 825, Denver, CO 80246

<https://cbtdenver.com>

- DBT groups available, please see website for more details
- Does not accept Medicare (can provide receipts to Medicare for reimbursement) or Medicaid

Center for Healing and Transformation

720-443-1547

1616 17th St., Suite 379, Denver, CO 80202

<https://centerforhealingandtransformation.com/>

- Check website for more details

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Cherry Creek Collective for Mental Health

303-909-9054

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

<https://cherrycreekpsychotherapy.com>

- DBT groups for young adults ages 18-29
- See website for more details and how to enroll

Community Reach

303-853-3500

www.communityreachcenter.org

- Please see website for more locations
- Must be a client with Community Reach to access groups
- Call number above to schedule an intake.

Denver DBT and Psychotherapy

303-332-8704

Lower Highlands Office: 2150 W 29th Ave, Suite 230, Denver, CO 80211

Southeast Denver Office: 1780 S Bellaire St., Suite 270, Denver, CO 80222

<https://denverdbt.com/dbtgroups/>

- Calendar of DBT groups: <https://denverdbt.com/availability-fees/>
- \$200 for an intake and \$85 per group session and payment is collected at the beginning of each month.
- Sliding scale options available on limited basis; please enquire before scheduling

Front Range Treatment Center

720-390-6932

6075 S Quebec St, Centennial, CO

<https://frtc.ltd/dialectical-behavior-therapy>

- Offers in person and online DBT skills groups for children, adults, couples, and families

Green Couch Counseling

720-779-0351

2311 S Platte River Dr. Denver, CO 80223

1100 W. 38th Ave, Denver CO 80211

<https://www.greencouchcounseling.com/dbt-groups>

- DBT group costs \$400 for an 8 week session and accepts wide range of insurance
- Please check website for group dates and times; groups are currently being conducted via telehealth video

Improve Counseling LLC

720-675-7235

6200 S Syracuse Way, Suite 260 Greenwood Village, CO 80111

<https://improvecounseling.com/services/dbt-groups/>

- Groups are held via telehealth video only
- Cost: \$400 per 8-week module
- Please see website for group dates and times

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Michelle Simons Counseling

303-732-6881

11059 E. Bethany Drive #210

Aurora, CO 80014

<https://www.mrscounseling.com/group-therapy>

- DBT+ Skills Group tailored for those stepping down from an Intensive DBT-IOP or who have had DBT skills practice in the past 2 years. Group is open enrollment for Adults.
- Accepts Medicaid

Original Path Counseling

720-735-7444

6551 S. Revere Pkwy #160, Centennial, CO 80111

<https://denvercounseling.com/services/>

- DBT groups for adults and adolescents
- See website for more details about enrolling