



**PEAK VIEW**  
BEHAVIORAL HEALTH

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[www.peakviewbh.com](http://www.peakviewbh.com)

## **ADOLESCENT OUTPATIENT DIALECTICAL BEHAVIORAL THERAPY (DBT) CLOSED GROUP**

Outpatient Services are designed for individuals who would benefit from a structured day program to assist with the development of more adaptive life skills training. Peak View accepts most major insurances including Blue Cross/Blue Shield Tricare, Medicaid and most commercial insurances and self-pay rates are also available.

### **GENERAL CRITERIA**

12-17 years or older

Willingness to commit to a 9 week program

### **REFERRAL SYMPTOMS**

Self-harm behaviors

Gender identity concerns

Re-occurring suicidal thoughts

Relationship challenges

Potential for relapse (previous diagnosis)

### **DEVELOPMENT GOALS**

Mindfulness– the practice of being fully aware and present in the moment

Distress tolerance– how to tolerate pain in stressful situations, not change it

Interpersonal effectiveness- how to ask for what you want and say no while maintaining self-respect and relationships with others

Emotion regulation- how to change emotions that you want to change

### **LENGTH OF PROGRAM**

9 Weeks

Life skills group session 3x week (M-W, 3:30-5:30)

Scheduled individual session 1x week

Next step: Please call Peak View at 719.355-.1025 to schedule an assessment.

Thank you!!!

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