

Adult Group Therapies



Day Treatment Types

Foundations – Monday, Tuesday, & Thursdays: 9 a.m.-12 p.m., 12-week program. CBT-based program for clients with depression, anxiety, suicidal ideation, Schizophrenia, Bipolar Disorder, or elevated level of symptoms. Clients frequently attend this program after discharge from hospitalization. **Offered in person at our Oakdale clinic.**

A virtual option also is available for anyone in Minnesota, and meets on Monday, Wednesday, and Fridays, 9 a.m.-12 p.m., 12-week program. Contact Raquel at reed@canvashealth.org to register.

DBT Skills Day Treatment - Monday, Wednesday, & Fridays: 10 a.m.-1 p.m., 12-week program. An evidence-based dialectical behavioral treatment that emphasizes mindfulness, emotion regulation, interpersonal effectiveness and distress tolerance. DBT is helpful for clients struggling with suicidal thoughts, or self-harm thoughts, impulsivity, difficulties managing emotions, or other difficult symptoms or emotions. Clients may attend this program if using harm reduction strategies for substances/alcohol at the provider's discretion. **Offered in person only at our Oakdale clinic.**

Adult Day Treatment takes place in groups of 8 to 12 people for 3 hours, meeting 3 times per week. Treatment typically lasts up to 12 weeks. Adult Day Treatment graduates may have the option to participate in weekly group offerings. Group is offered in person or virtually.

Group Therapy Options

PACE – Mondays: 1:30-3 p.m. For people who benefit from slower paced education on coping skills and wellness strategies. This program meets once per week for 1 hour per day. Acceptance into this programming is based on client's ability to process information, learn and retain skills. In this program you will learn DBT skills and symptom management in a structured format. **Offered in person at our Oakdale clinic. A virtual option also is available.**

DBT Aftercare – Wednesdays: 1:30-3 p.m., 12-week program. This program meets once per week for 1½ hours. This program is best for adults who struggle with trauma, ineffective decision making, emotional dysregulation, and tolerating distress. DBT Skills are reviewed and reinforced at each session. Group therapy is provided in a supportive, nonjudgmental environment. The program is for individuals who have completed a DBT-focused program or have been working individually with a DBT therapist. This is ideal for aftercare to DBT Adherent or DBT Day Treatment. **Offered in person at our Oakdale clinic. A virtual option also is available.**

Questions? Contact Morgan Phillips, MSW, LICSW, LADC, Adult Group Therapies Clinical Supervisor, at (651) 251-5052 or adt@canvashealth.org. Access referral forms at CanvasHealth.org/Client-Forms. Referral fax: (651) 251-5110. Referral mailing address: Canvas Health Adult Group Therapies; 7066 Stillwater Blvd. N.; Oakdale, MN 55128

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Group Therapy Options



Symptom Management – Fridays, 1-2:30 p.m. This is a combination of psycho-education and peer support for clients struggling with mental health symptoms and co-occurring disorders. This group is focused on sharing experiences, problem-solving, review and learning of additional coping skills and wellness strategies. **Offered in person at our Oakdale clinic. A virtual option also is available.**

Relapse Prevention – Wednesdays, 3:30-4:30 p.m. Programming focuses on mental health and substance use relapse prevention. This group may benefit clients who are transitioning out of substance use/co-occurring treatment programs. It may also benefit clients who do not wish to seek substance use treatment but would like to have a space to process and learn skills to talk about reducing or discontinuing substance use. **Offered in person at our Oakdale clinic. A virtual option also is available.**

Adult Interpersonal Skills Group – Mondays, 2-3 p.m., 12-week program. This group is an opportunity and space to learn and practice skills to enhance your social awareness, improve quality of communication with others, improve confidence in communicating and receive feedback and support on your behavior. This group may benefit clients who struggle with social anxiety, limited social interaction and/or awareness and have a desire to improve their effectiveness and confidence in communication. **Offered in person at our Oakdale location.**

Intro to DBT Skills – Tuesday & Thursdays: 1-2 p.m., 12-week program. This group is an opportunity to learn skills in the following areas: mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. The goal of this group is to provide clients with coping skills to manage negative situations and intense emotions while also learning to accept change, analyze behaviors, challenge thinking and learn to communicate more effectively. This programming meets twice per week. This group may benefit those who are interested in learning DBT skills, however, do not meet criteria for Adult Day Treatment or adherent DBT programming. **Offered in person at our Oakdale clinic.**

Transitions – Thursdays: 3:30-5 p.m., 16-week program. This group is an opportunity for individuals ages 18-25 to come together in a supportive environment and learn ways to navigate their transition into adulthood. This group will focus on the following areas: DBT skill education, substance use disorder education, communication and social skills, time management, relationships, self-care and career exploration. **Offered in person at our Oakdale clinic.**

LGBTQ+ Young Adult Group – Tuesdays: 4-5:30 p.m., 12-week program. This program aims to foster a safe and affirming space for LGBTQ+ young adults, aged 18-25. Psychotherapy and psycho-education based program with an emphasis on creative and art based interventions. Group therapy is provided to create a supportive community where individuals feel empowered to explore, celebrate, and affirm their unique identities and strengths. The group will focus on strategies to manage emotions and stressors, build and engage in healthy behaviors, develop advocacy skills, and create support networks. **This program is in person at our Oakdale clinic.**