

Adult Group Mental Health Programs That Meet You Where You Are

Skill-building, structure, and real support – whether you need short-term stabilization or long-term growth.

About Adult Group Programs

We support adults through structured group programs designed to build coping skills, improve emotional regulation, and strengthen overall mental wellness. Each program offers a supportive environment with guidance, education, and practical tools you can apply in daily life.

Our groups use evidence-based approaches including:

- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)

Programs are tailored based on individual needs, goals, and level of care.

Program Snapshot

- **Levels of Care:** Intensive Outpatient & Long-Term Support
- **Age:** Adults 18+
- **Format:** In Person Day Treatment & Track (DaTRAC) at Eagan Clinic and all others offered virtually

What you can expect:



- Evidence-based skill development
- Supportive group environment
- Real-life coping tools you can use immediately
- Structured programming matched to your needs



Covered by most major insurance, including: Aetna BCBS, Cigna, UnitedHealthcare, HealthPartners, Medicare & Medicaid



Ready to Get Started?



📞 651-395-5796

✉️ contactus@mnmentalhealth.com

🌐 mnmentalhealth.com

More about our Adult Group Programs



Day Treatment & Track (DaTRAC)

DaTRAC focuses on the four modules of DBT and emphasizes the development of health coping skills to address problems and promote mental wellness.

Morning Option:

- **Format:** In person at Eagan Clinic
- **Length:** 8 weeks
- **Schedule:** Tue, Wed, & Thurs - 9am - 12pm

Evening Option:

- **Format:** Virtual
- **Length:** 12 weeks
- **Schedule:** Mon & Wed - 5pm - 8pm

Reflections Program

Focused Long-Term Support

Reflections is designed to create a long-term, supportive environment that reinforces participants' exposure to Dialectical Behavioral Therapy (DBT) and supports them in applying these skills in daily life.

Format: Virtual

Length: 6 months

Schedule:

- Mon - 12pm - 3pm
- Tues - 4pm - 7pm
- Thurs - 9am - 12pm

Specialty Intensive Outpatient Programs (IOP)

- **TraumaWise**
 - Support to understand the impacts of trauma and build coping skills to heal.
- **Perinatal IOP**
 - Support for pregnant and postpartum individuals experiencing mood, anxiety, trauma, or adjustment challenges.

Anger Management Program

Anger Origins, Coping, & Skills Application

This program focuses on helping participants understand origins of anger, develop healthy coping responses, and apply these skills in real world scenarios.

Format: Virtual

Length: 8 weeks

Schedule: Tuesday, 5pm - 8pm

You don't have to navigate trauma alone.
Real tools and real support starts here.

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 **Minnesota**
Mental Health Clinics

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