

ADAPT: CHASKA A-DBT IOP

DESCRIPTION

ADAPT is an intensive outpatient program (IOP) for adults that utilizes Adapted Dialectical Behavior Therapy (A-DBT). A-DBT teaches clients mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills.

PROGRAM INFORMATION

6-8 Weeks

Monday - Thursday • 8:45am - 12:00pm

PrairieCare Chaska
111 Hundertmark Road 205N, Chaska, MN 55318
952.903.1350

PROGRAM INCLUDES:

- Psychiatric Medication Management
- Skill Development and Therapeutic Application Groups
- Individual Therapy Available Outside Program Hours
- Yoga

TREATMENT TEAM

Paul (Tim) Richardson
MD
Adult Psychiatrist

Erica Zielin Wurm
APRN, CNP, PMHNP
*Family Mental Health
Nurse Practitioner*

Michelle Purtle
PsyD., LP
Program Therapist

Peter Holmlund-Fluker
MSW, LGSW
Program Social Worker



To schedule a **FREE NEEDS ASSESSMENT** call: 888-9-prairie
To schedule a **RAPID REFERRAL** (hospitals/providers) call: 952.903.1319