



Resident Room



Dining



DBT Institute of Michigan

Residential Program

FOR WOMEN 18+

If you suffer from suicidal thoughts and urges, self-harm, an inability to manage your emotions or have not been diagnosed contact us.

DBTIMI is a trauma informed agency that recognizes the inherent vulnerability of all human beings to the effects of trauma.

We provide high quality comprehensive mental health treatment to help you build your life worth living.

Your journey begins here...

"As I leave the residential program here at DBTIMI, I have hope. I am genuinely happy. I am confident and I am growing every day. I have a life worth living."

—PAST RESIDENT

About Us:

- CARF Accredited
- Accept many insurance plans
- Largest DBT provider in the State of Michigan
- The developer of DBTIMI's Residential Program is Certified in DBT by the Linehan-Board of Certifiers as well as a national expert, trainer, and consultant on DBT
- We also offer, IOP, PHP and outpatient therapy services
- Additional clinics in Grand Rapids and Metro Detroit



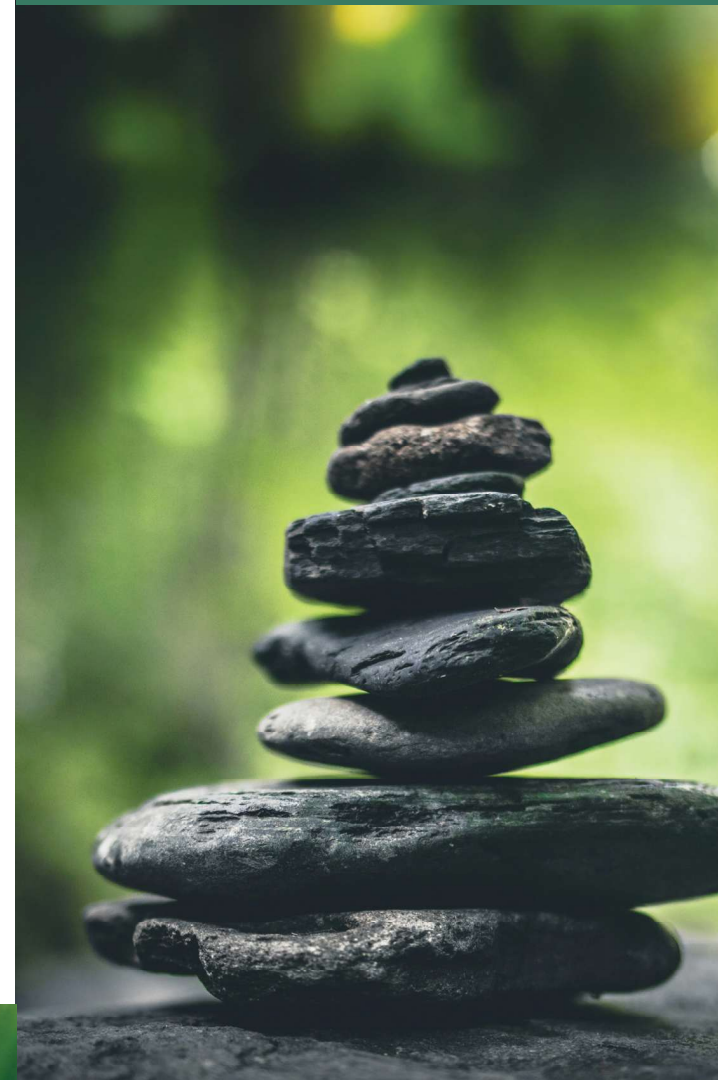
DBT Institute of Michigan

517-367-0670

2950 W Howell Road, Mason, MI

www.dbtimi.com

adminstaff@dbtimi.com



Program Overview

The DBT Residential Program at DBTIMI is an intense and comprehensive program for women aged 18 and over that implements evidence-based Dialectical Behavior Therapy (DBT). The program consists of:

- Multiple DBT skills groups daily
- Twice a week individual DBT therapy sessions
- 24-7 DBT skills coaching when needed from front line staff
- Medication management session, twice a week, with a psychiatrist
- On-site nursing
- Weekly family therapy sessions
- Daily mindfulness practice
- Weekly Friends and Family group



Nestled on a serene 18-acre lot, this 16 bed personalized residential facility offers a peaceful, supportive environment. Surrounded by lush greenery and tranquil views, it provides a safe and comfortable space for residents to thrive. With ample outdoor space for relaxation and reflection, the facility combines privacy with a sense of community, making it an ideal setting for personal growth and well-being.

"These walls and all the people within them will give you hope and a strength you never knew you had if you have the willingness to try."

—PAST RESIDENT

Who We Treat

The DBTIMI Residential Program serves women suffering from severe and complex mental health disorders who have been diagnosed with any of the following:

- Borderline Personality Disorder
- Suicidal and or non-suicidal self-injurious behavior
- Depression
- Anxiety
- Difficulties with emotion regulation
- General dysfunctional coping behavior (such as disordered eating, substance use, etc.)

With a unique focus on intensive and comprehensive DBT, we have developed a modern and integrated program that enables residents to heal and begin their journey to a life worth living. Based on clinical data collected on current and past residents; the above listed conditions have shown to benefit the most from our DBT Residential Program.



"This program gave me hope after not having it for so long. For the first time, I am interested in seeing what my life has to offer and discovering more about what I have to offer the world, and myself."

—PAST RESIDENT



Here at DBTIMI, you will learn the skills necessary to manage intense emotions, improve your relationships, and create a more fulfilling life—your life worth living!

Why Choose Our DBT Residential Program?

- Our staff are highly trained in DBT and create a safe, nurturing environment needed for healing and growth.
- DBT is an evidence-based treatment that has helped thousands of individuals build lasting change. The data on our residential program shows that people who complete treatment are getting better!
- Starting with a high quality and thorough assessment, we tailor your treatment plan to meet your specific needs, goals, and challenges.
- Our program not only supports immediate stabilization and improvement, but also prepares you for sustained growth and success after treatment.

