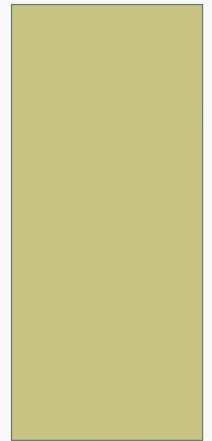


COMPREHENSIVE DBT

DBT OUTPATIENT PROGRAM FOR SBHCS



OVERVIEW

- What is Comprehensive DBT
- Why we implemented this in our community
- Why we implemented it in SBHC
- What is the DBT program: an in depth look
- How we implemented the program: an in depth look
- Where we are now
- Q& A



WHY IN OUR COMMUNITY?

- Increased number of kids with high risk behaviors
- Increased isolation and lack of belongingness
- No treatment options for kids who need higher level of care, but not a hospital
- Help make the culture of school feel safer
- Crisis Cycle
- Need to find a treatment that worked: research/evidence

WHY IN OUR SBHC?

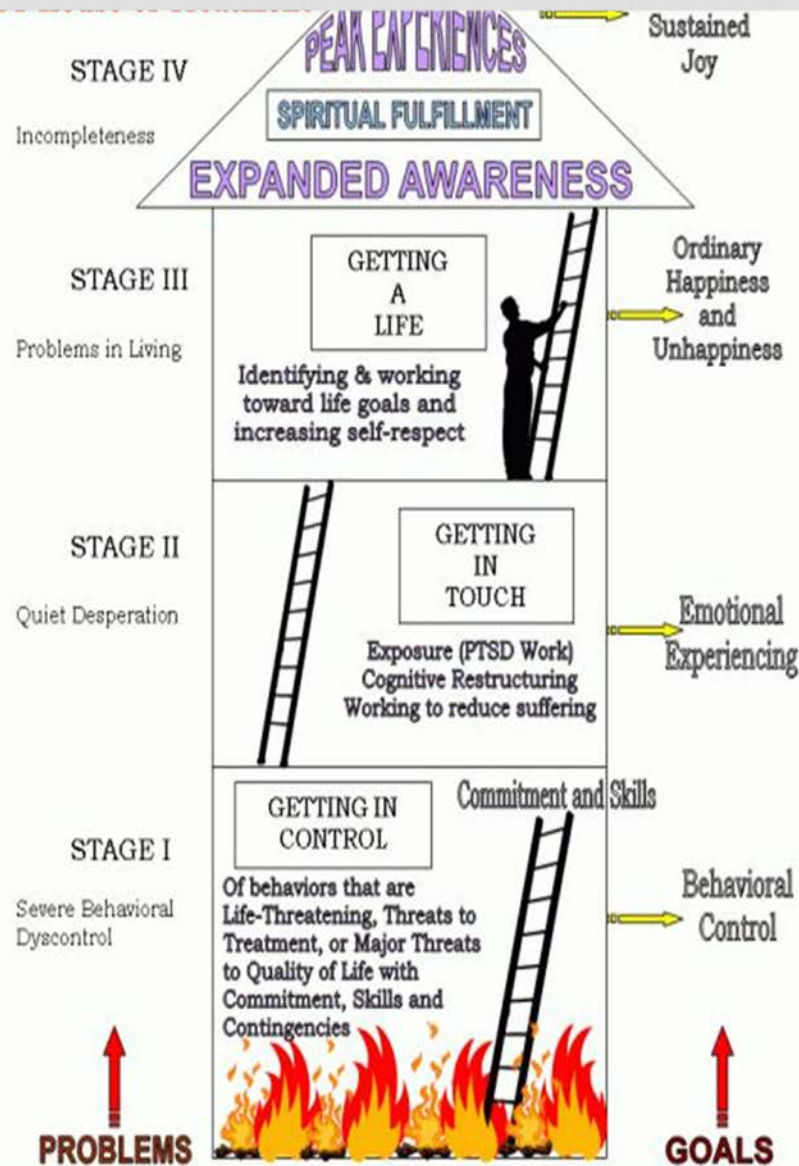
- In our community we are the BH providers
- Access in SBHCs is incredible
- Penetration rates to risk pops are high
- Need to further reduce barriers, high need populations don't get services elsewhere
- Link between DBT goal of keeping people living their life & SBHC goal of providing needed care where kids are
- School Support and community support

WHAT IS COMPREHENSIVE DBT?

- 8 week sessions, likely complete 2-4
- Pretreatment & Intake
- Referral: who is it for
- Assessment & Initial Consult
- Consult Team
- Case Management Team
- Commitment & Orientation
- Elements of pretreatment-Timing Dependent

INDIVIDUAL DBT THERAPY

- Individual therapy
- Weekly
- Agenda based
- Life worth living goal
- Target Hierarchy/Stages
- Behaviorally focused: chain analysis, contingencies, reinforcement, trouble shooting, skills
- Diary Cards



SKILLS CARD

Name: _____

*0 = least intense, 5 = most intense
TIB=Treatment Interfering Behavior

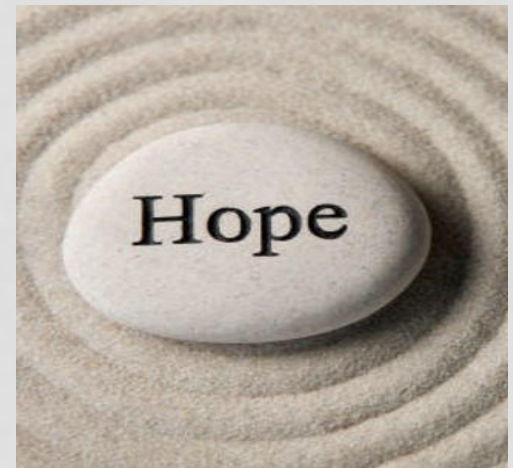
	Target Behaviors					Emotions (Highest Intensity/Lowest Intensity)						Self-Care/Other						
	Suicidal Thinking (0-5)	Suicidal Planning (Y/N)	Self-Harm Urge (0-5)	Self-Harm Action (Y/N)	TIB (Y/N)	Anger (0-5)	Shame (0-5)	Anxiety (0-5)	Joy (0-5)	Sadness (0-5)	Other (0-5)	Lying (Y/N)	Urge to Quit Therapy (0-5)	Meds as Prescribed (Y/N)	Sleep # Hours	Energy Level (0-5)	Alcohol (Y/N)	Drug Use (Y/N)
Mon						/	/	/	/	/	/							
Tues						/	/	/	/	/	/							
Wed						/	/	/	/	/	/							
Thurs						/	/	/	/	/	/							
Fri						/	/	/	/	/	/							
Sat						/	/	/	/	/	/							
Sun						/	/	/	/	/	/							

	<u>Skill</u>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>Mindfulness</i>	<u>Wise Mind</u>							
	<u>Observe</u> : Just notice							
	<u>Describe</u> : put words on							
	<u>Participate</u> : enter into the experience							
	<u>Nonjudgmentally</u> : "just the facts"							
	<u>One-Mindfully</u> : In the moment							
<i>Interpersonal Effectiveness</i>	<u>Effectively</u> : focus on what works							
	<u>Identify Objective</u> : Outcome, Relationship, Self-Respect							
	<u>DEAR MAN</u> : Describe, Express feeling/opinion, Assert request, Reinforce (Mindfully), Appear confident, Negotiate							
	<u>GIVE</u> : Gentle, Interested, Validate, Easy Manner							
	<u>FAST</u> : be Fair, no Apologies, Stick to values, be Truthful							
	<u>Walking the middle path</u>							

	<u>Skill</u>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>Emotion Regulation</i>	<u>Describe emotions</u> : put words to them							
	<u>"Check the Facts"</u>							
	<u>Opposite Action</u>							
	<u>Problem Solving</u>							
	<u>Build positive experiences</u> (short or long term)							
	<u>Cope Ahead</u>							
<i>Distress Tolerance</i>	<u>PLEASE</u> : Treat Physical Illness, balance Eating, avoid Mood Altering substances, balance Sleep, and get Exercise							
	<u>Build Mastery</u>							
	<u>STOP</u> : Stop, Take a step back, Observe, Proceed mindfully							
	<u>TIP</u> : Facial Temp, Intense Exercise, Paced breathing, Paired muscle relaxation)							
	<u>Self-Soothe with the 5 senses</u>							
	<u>Radical Acceptance</u>							
<i>Distress Tolerance</i>	<u>Turn the Mind</u>							
	<u>Pros & Cons</u>							
	<u>Distract with Wise Mind</u>							
	<u>ACCEPTS</u>							
<i>Distress Tolerance</i>	<u>IMPROVE</u> the moment							

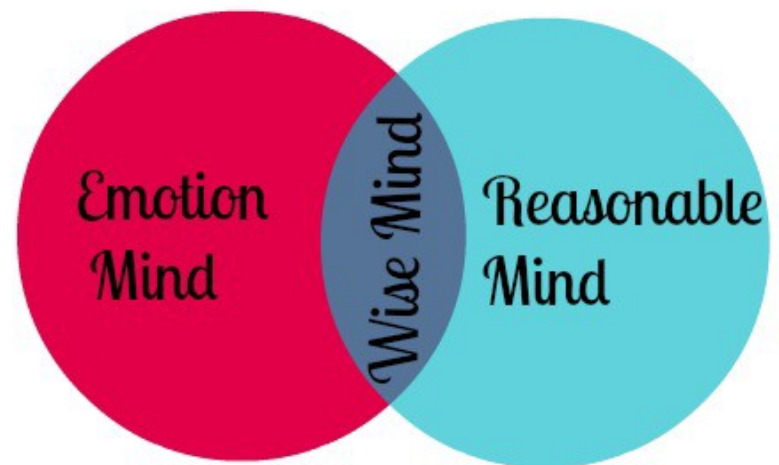
MULTIFAMILY SKILLS GROUP

- 5 core skills modules:
- Mindfulness: How & What
- Middle Path: Dialectics & Validation
- Emotional Regulation
- Distress Tolerance
- Interpersonal Effectiveness



WHAT IS COMPREHENSIVE DBT?

- Med Management
- Academic Support
- Substance Abuse Treatment
- Case Management
- Phone Coaching
- Evaluation



IMPLEMENTATION

- Community Support
- 100 hr intensive training thru Linehan Institute- 6 BHPs
- Fundraising for training (on-going)
- Fundraising: 3 year grant from Colorado Health Access Fund- work plan
- Team Based Program Development
- Professional Program Evaluator
- Individual Participant Evaluation
- Formative and Summative Program Evaluation
- Picked a date to start: October 22nd, 2018

PROGRAM EVALUATION

- Evaluation Questions
- Inputs and Outputs
- Data
- Measures
- Findings
- Successes: kids are enrolled and improving, completed a whole cohort, parent engagement, amazing DBT coordinator
- Challenges: learning and adhering to the model, commitment, magnitude of change, population

QUESTIONS?

