

Teen DBT at CCMH

What is DBT?

Dialectical Behavioral Therapy (DBT) is a cognitive behavioral skills training program that was created by Marsha Linehan for chronically suicidal women. It is an effective, evidence-based therapy designed to treat individuals with severe mental and emotional disorders. Since it was created in the mid 1990s, it has been adapted for suicidal or self-injurious adolescents. DBT requires clients to attend weekly skills training group and individual therapy sessions. DBT teaches 4 sets of skills, including mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. These skills will help teens modulate their emotions, survive life crises without making things worse, stay in the here and now and have more positive relationships.

Who is our Teen DBT program for?

Our teen DBT program is designed for adolescent **females** between the ages of **14-18** with current or past history of suicidality, self-injurious behavior (i.e. cutting) and high risk behaviors (i.e. sexual behaviors, alcohol or drug use/ abuse (client must be simultaneously engaged in A & D treatment), other unsafe lifestyle choices). Typical diagnoses that we treat with DBT may include mood disorders, anxiety disorders and borderline personality disorder traits. DBT candidates must be able to cognitively comprehend and apply written materials and behavioral concepts.

Who is our Teen DBT program *Not* for?

Our DBT program is not appropriate for the following persons: mental retardation/ pervasive developmental disorders, active psychosis, conduct disorder or antisocial personality disorder traits.

When and Where does DBT occur?

DBT skills training group is currently offered at CCMH Creekside Clinic in St. Helens on Wednesdays from 3:30 pm to 5:00 pm. It is a closed group that has open enrollment once every 3 months. Individual therapy sessions are scheduled as appropriate with the client's individual DBT therapist. Clients must be willing to commit to DBT for at least a 3 month duration. It will take a minimum of 1.5 years to successfully complete this program. Parents and guardians are expected to participate in a monthly parent group that occurs on the first Thursday of every month from 10:00 am to 11:30 am. During this group, parents or guardians will be taught DBT skills in a condensed format in order assist their teen in generalizing and applying their DBT skills.

How to Make a DBT Referral:

1. Identify possible client
2. Have client call CCMH (503-397-5211) to request a phone assessment with **Katy Ham** or **Marlissa Dix**. *For St. Helens students:* Please make your referrals to Kathleen Petrauskas at the high school
3. Parent/ guardian or client will schedule and complete mental health assessment at CCMH.
4. Screening to determine client appropriateness for DBT by a DBT therapist (this could occur as part of the mental health assessment or may be an ongoing process during individual therapy). The referral process could take up to 3 months from the initial phone call to the start of group because of the closed structure of the DBT group.

For all Questions please call:

Marlissa Dix at 503-397-5211 ext. 212

Katy Ham at 503-397-5211 ext. 120 or 503-728-2416 (Clatskanie office)