



**ADDITIONAL COMPASS HEALTH
SERVICES CAN BE FOUND ONLINE
AT CompassHealthNetwork.org**

- To meet our providers, click on About Us and Our Providers
- Adult/Adolescent CPR-Community Support
- Adult/Adolescent Substance Abuse Counseling—Inpatient and Outpatient
- School-based prevention services
- Mental health therapy



**REFERRAL TO COMPASS HEALTH:
(888) 403-1071**



844.853.8937
compasshealthnetwork.org



DBT
Dialectical
Behavior
Therapy





WHAT IS DBT?

Dialectical Behavior Therapy (DBT) is a form of cognitive behavioral therapy developed by Dr. Marsha Linehan to help stabilize clients who experience dysregulated moods, have frequent crises, and have developed chronic mental health symptoms.

Often, these combinations of crises and symptoms lead to self harm, hospitalizations, and unsuccessful treatments.

The comprehensive Adolescent DBT program offered by Compass Health provides skills training in:

- Core Mindfulness
- Distress Tolerance
- Emotion regulation
- Interpersonal Effectiveness
- Walking the Middle Path

The treatment program includes:

- DBT Skills Training Classes
- DBT Individual Therapy
- Telephone coaching
- Family Therapy Sessions as needed

The program is a minimum of a year commitment with the client attending weekly individual therapy sessions, and weekly skills training classes.

STRONG RESEARCH & EVIDENCE BASED

Dr. Linehan's research demonstrates that clients who participate in DBT experience a significant reduction in hospitalizations, self-injurious behavior, substance use, trauma-related symptoms, anxiety and depression, along with overall improvement in quality of life.

DBT treatment principles combine cognitive behavioral therapy with eastern philosophical approaches, especially the mindfulness part of the treatment and skills training.

DBT IS FOR ADOLESCENTS WHO:

1. Are between the ages of 12—17
2. Need skills to manage emotions (e.g., frequent fights with parents or peers, self-harm behaviors, suicidal thoughts or gestures, occasional drug use, minor law violations or frequent depressive episodes.
3. Have a parent or other reliable adult to participate in the weekly skills classes with them.
4. Are willing to attend individual therapy and skills training classes on a weekly basis.
5. May have a history of being unresponsive to past treatments.

Compass Health partners with area schools, churches, synagogues and other agencies to provide mental health services, including DBT, to local adolescents and their families.

Schools and other agencies/institutions working with high risk youth will see the following outcomes of our Adolescent DBT Program:

1. Reduction in unnecessary hospitalizations, suicidal ideation, depression, anger, anxiety, and interpersonal sensitivity.
2. Reduction in the development of mental health disorders that are expensive and difficult to treat.
3. Reduction in school drop-out rates as adolescents and their families learn and use new coping skills.
4. Improvement in quality of life for the participating adolescent and their family.