

## What are the core DBT skills?

DBT focuses on learning and applying four core skills—Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness—to help participants manage their emotions, tolerate distress, and have effective personal relationships.

Each module of the multi-family skills group focuses on mindfulness and one of the three other core skills. Participants learn new skills each week with many different exercises.

## What does it cost?

The DBT Program is covered by Medicaid and most private insurance companies. After visiting with you and your insurance company, our intake coordinator will provide a Good Faith Estimate of your out-of-pocket costs.

## Getting started

To find out if the DBT Program is right for your adolescent, contact Dakota Family Services at 701-551-7015.

If you decide to move forward, we'll set up the initial therapy appointments. Adolescents meet with their potential DBT therapist once a week for about four weeks prior to joining the multi-family skills group. This gives your child time to learn about DBT, understand how they can benefit, and build a relationship with their therapist. This will allow you, your child, and the therapist to better understand if DBT and/or the therapist is right for your family, and make sure everyone is ready to commit to the process. We will then enroll you in the multi-family skills group and let you know when you can begin.

**For more information,  
call 701-551-7015.**

# Adolescent Dialectical Behavior Therapy Program

**Intensive, Comprehensive  
Dialectical Behavior Therapy  
Program to help adolescents  
manage and regulate their  
emotions and behaviors.**



**Six-month program available  
in-person and virtually for  
adolescents and their families.**



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**Dialectical Behavior Therapy (DBT)** is an evidence-based, intensive treatment recognized as the gold standard for adolescents struggling with serious and persistent mental health issues. DBT is proven to reduce self-harm, aggression, depression, and suicide—and can bridge the gap between individual therapy and residential treatment for adolescents who are not responding to weekly mental health therapy. While many mental health providers use aspects of DBT in their practices, Dakota Family Services provides the only comprehensive DBT program in North Dakota.

## Who can benefit from the DBT Program?

Dakota Family Services' DBT Program is for adolescents, ages 13-18, who are “stuck” in therapy, or engaging in dangerous behaviors like suicide attempts, aggression, and self-harm, that cause severe impairment to their (and their family's) quality of life.

The intensity of the program, along with its focus on skill-building and parent involvement, make it an effective treatment with long-lasting results.

## Adhering to the Evidence-Based DBT Model

As clinical director of the DBT program, Dr. Hannah Baczynski leads weekly consultation team meetings to ensure all aspects of the program adhere to the DBT model developed by American psychologist Dr. Marsha Linehan.

Dr. Baczynski said, “When you only use pieces of DBT, it's effectiveness decreases significantly. It's like making brownies without the flour and then wondering why they don't taste good.”

Dakota Family Services' DBT group comprehensively integrates all aspects of DBT to achieve optimal outcomes.

## DBT Program components

Our six-month DBT program is available both in-person (in Fargo) and virtually using sophisticated technology to optimize the group experience. It consists of three treatment components.

1. Weekly individual therapy for the adolescent.
2. Weekly multi-family skills group where adolescents and parents/caregivers learn core DBT skills. Adolescents learn skills to help them regulate their emotions. Parents enhance their own coping skills and learn how to effectively communicate with and support their child. A DBT binder with handouts and resources guides participants through the skill-building exercises in the classroom and at home.
3. Skills coaching with DBT therapist between sessions. Adolescents and parents can text or call their DBT therapist when they need help using their newly-learned skills in real-world situations.

