

DBT OUTPATIENT PROGRAM ELEMENTS :

- ▶ **SIX HOURS MINIMUM** of clinical services per week.
- ▶ **DBT SKILLS TRAINING GROUP**
Once per week (Thursdays, 5PM-7PM). Skills Training Group. Includes training in five "modules" of DBT behavioral skills. Also includes substance-specific behavioral skills for substance abuse treatment.
- ▶ **BI-WEEKLY FAMILY THERAPY**
(1 hour)
- ▶ **WEEKLY INDIVIDUAL THERAPY**
(1 hour)
- ▶ **MONTHLY MULTI-FAMILY SKILLS GROUP**
(Third Thursday of each month, 5PM-7PM)
- ▶ **PEER MENTORS**, who are clean & sober young adults, and receive training in peer counseling from Potomac Pathways, are present in all groups and activities
- ▶ **AA/NA 12-STEP SPEAKER MEETING**
conducted in-house on Fridays from 5PM-6PM
- ▶ **CLINICAL CASE MANAGEMENT**
(consulting with other treating professionals, schools, etc.)
- ▶ **RANDOM SUBSTANCE ABUSE TESTING.** Frequency determined by severity of use.
- ▶ **FIVE PRE-TREATMENT SESSIONS**
(Initial Assessment, Bio-psycho-social Assessment, Family Therapy Session, Parent Orientation Session, and Individual Therapy Session). "Pre-treatment" is the preparatory phase of every DBT program that is adherent to the evidence-based model. The pre-treatment phase is usually completed in approximately one week.
- ▶ **PHONE COACHING** for both clients (with individual therapist) and for the parents (with the family therapist). Phone coaching is a required part of evidence-based DBT. The therapist is on-call 24 hours/day for DBT skills crisis consultation to the client.
- ▶ **BI-WEEKLY COMMUNITY ACTIVITIES**
usually every other Saturday afternoon (see online calendar)
- ▶ **LICENSED CLINICIANS AND STAFF**
conduct outings in the community in order to help "generalize" the practice of DBT behavioral skills from the program into the wider community environment.
- ▶ **TWO MASTERS LEVEL CLINICIANS** in each group "intensively-trained" by Behavioral Tech in Dialectical Behavioral Therapy.

potomac  *pathways*

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DBT OUTPATIENT PROGRAM

"Standard DBT" Program
Continuing Care for Teens + Young Adults

Potomac Pathways' DBT Outpatient program is an "outpatient level-of-care" program for teens and young adults with a substance use disorder and co-occurring mental health disorders which may be best treated with **Dialectical Behavior Therapy** (DBT).

Issues addressed in the program may include: mild-to-moderate emotional dysregulation; history of non-suicidal self injury; history of suicide attempt; eating disorder; mood disorder (mood disorders may include depression, anxiety, or bipolar disorder, for example).

THE DBT OUTPATIENT PROGRAM IS APPROPRIATE FOR: TEENS AND YOUNG ADULTS WHO HAVE SUCCESSFULLY COMPLETED OUR 4-MONTH INTENSIVE OUTPATIENT PROGRAM AND CAN CONTINUE TO BENEFIT FROM DBT CONTINUING CARE OR "AFTERCARE."

THE PROGRAM MAY ALSO BE APPROPRIATE FOR: YOUNG PEOPLE WHO ARE RETURNING HOME FROM RESIDENTIAL TREATMENT OR THOSE WHO HAVE ESTABLISHED A PERIOD OF SOBRIETY AND CAN BENEFIT FROM CONTINUING WITH DBT TREATMENT.

The treatment goals for these clients may focus on (what is termed in DBT) "quality-of-life" issues including:

- strengthening the use of DBT behavioral skills in the "real-life" environment
- counseling to improve family relationships and to "accumulate positive life accomplishments."
- maintaining abstinence from substance use
- improving effectiveness in interpersonal relationships

