

## Is this program right for you?

- We are a 6-12 month program, requiring ~3 hours/week commitment.
- Our main goal is reduction of life-threatening behaviors such as suicidal ideation/behaviors and/or non-suicidal self-injury.



**UPSTATE**  
MEDICAL UNIVERSITY

Parents/guardians, therapists, counselors, psychiatrists, and other health care providers may refer adolescents to the Comprehensive DBT Program.

## How to get started...



Families will be asked to complete introductory paperwork and to attend a screening interview with our Intake Coordinator. This appointment will determine whether the Comprehensive DBT Program is a good fit for the needs of the adolescent and family.



713 Harrison St, Syracuse, NY 13210



Scan the code below to learn more:



## Why Choose Us

- Recommended for teens ages 12-18 with mood dysregulation symptoms.
- We focus on decreasing intensity/duration while increasing tolerance of stressful emotions, as well as increasing validating practices at home/school.

*We do not discriminate against any person on the basis of race, color, national origin, sexual orientation, gender identity, religious background or physical ability.*



**CALL US**

**+1-315-464-2479**



**UPSTATE**  
MEDICAL UNIVERSITY

*Adolescent Comprehensive  
DBT Program*

# Skills Group Schedule

TUESDAY

WEDNESDAY

5:00-7:00 PM

5:00-7:00 PM

Teens and parents/guardians must attend 1 skills group per week for at least 24 weeks.

## Program Description:

Comprehensive DBT has 4 main components:

1

### DBT Skills Training Group

A weekly two-hour group (choose one of the options above) in which BOTH the adolescent and parent(s)/guardian(s) participate.

2

### Individual DBT

Weekly individual therapy sessions reinforce learning from skills group, and provide additional coaching and psychotherapy for the adolescent. Family involvement is often necessary and will be incorporated into treatment based on the needs of the adolescent.

3

### Telephone Coaching

May be provided to help the adolescent and parent(s)/guardian(s) use their DBT skills in times of distress.

4

### Medication Consultation

All program participants will meet with a psychiatric prescriber to assist with diagnostic clarification and consider medication adjustment, if indicated.

## About Our Groups

DBT Skills Training Groups meet weekly for two hours. These sessions utilize multiple approaches, including group discussion, in-session activities and take-home assignments, to teach and encourage practice of new skills. The format for group is based on Miller, Rathus and Linehan (2007) [Dialectical Behavior Therapy with Suicidal Adolescents](#). The following skills are taught in group:



### Mindfulness

A method of focusing one's mind in order to make thoughtful decisions



### Distress Tolerance

Skills for coping with stressful events in non-destructive ways



### Emotion Regulation

Strategies to identify and manage intense emotions effectively



### Interpersonal Effectiveness

Recognizing goals for interactions and learning to communicate effectively



### Walking the Middle Path

Strategies to reduce conflict and improve communication between adolescents and parents

## Program Staff:

- Include a child and adolescent psychiatrist, nurse practitioner, psychologists, licensed social workers, RN and LPN
- Have received intensive DBT training
- Meet weekly to discuss the treatment progress of each teen/family

## Dialectical Behavioral Therapy (DBT)

### Targets the following areas:

- Chronic or frequent suicidal thoughts/behavior
- Self-injury, defined as any intentional harm to self without suicidal intent
- Preventing psychiatric hospitalizations or emergency room visits

### By reducing:

- Problems managing intense, painful emotions
- Chronic or frequent impulsive and/or risk-taking behavior
- Persistent instability in social and family relationships