

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Dialectical Behavioral Therapy (DBT)

An Evidence-Based Practice

What is Dialectical Behavior Therapy (DBT)?

Dialectical Behavior Therapy or DBT, is an Evidence-Based Practice intended for persons with borderline personality disorder, especially those who engage in suicidal behavior.

The model includes four modes of treatment:

- 1) Individual Therapy
- 2) Group Skills Training
- 3) Phone Coaching
- 4) Therapist Consultation

SCCMHA has offered DBT services for adults with borderline personality disorder since 2005.

Skills Taught in the DBT Model

- Core Mindfulness Skills
- Interpersonal Effectiveness Skills
- Emotional Regulation Skills
- Distress Tolerance Skills

DBT aims to help people validate their emotions and behaviors, examine those behaviors and emotions that have a negative impact on their lives, and make a conscious effort to bring about positive changes.



Four Stages of DBT Treatment

1. Pre-treatment assessment commitment and orientation to therapy
2. Focus on interfering behaviors and necessary skill development
3. Post-Traumatic Stress related to problems focus
4. Self-esteem and individual treatment goals focus

For More Information

Discuss DBT treatment contact your provider or Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.