

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of 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

CS Approved— April 2021



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 meant for people with borderline personality disorder (BPD). It is especially for those who have shown behavior that is self-harmful. A person does not have to have BPD to be a part of DBT.

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 wishes to:

- Help people feel better about their feelings.
- Help people feel better about the way they act.
- Look closely at the way they are acting and feeling and how that has had a bad impact on their lives.
- Try to bring about good changes.



Four Stages of DBT Treatment

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

To Learn More

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