SERVICE NAME	DIALECTICAL BEHAVIOR THERAPY (DBT) INFORMED SKILLS GROUP
Funding Source	Reporting Center funding, or if available, Behavioral Health funding
Setting	Reporting Center/Service Center/Satellite Center
Basic Definition	Psychoeducational training groups in which skills are taught in the areas of: Mindfulness; Emotion Regulation; Distress Tolerance; and Interpersonal Effectiveness. The focus of this group is teaching effective skill use for regulating emotions, changing destructive patterns of thinking and behavior, improving relationship skills, and building the life one desires.

Service Expectations (include EBP)	• Open Group
	• Use Motivational Interviewing
	• Facilitator sets the tone of a supportive, empathetic, trauma informed, and respectful environment
	• Focused and skill-based interventions to target:
	  • Mindfulness
	  • Emotional Regulation
	  • Distress Tolerance
	  • Interpersonal Effectiveness
	• Follow DBT Skills Group Structure Group facilitator shall complete documentation within 3 business days of completion of weekly session, and immediately relay any concerns to supervising officer and/or Reporting Center Coordinator.
	• Provide referral recommendations to supervising officer, if applicable.
	• All facilitators must submit a *Program Plan Overview* with their RFQ application to AOCP at the beginning of each procurement cycle and utilize the approved AOCP curriculum.
	• <u>AOCP Approved Curriculum:</u>
	  1. DBT Skills Training Manual Revised Edition **with** the DBT Skills Training Handouts and Worksheets Revised Edition by Marsha Linehan.
	• Curriculum and handouts utilized are to be provided by the facilitator

Length of Services	Minimum of 24 weekly sessions per group cycle 1–2-hour session per week 1 hour preparation/documentation per 2-hour weekly session (.50hrs per 1.0hr of group, if group time is shortened in anyway, doc/prep time shall also be shortened) 1 hour staffing/consultation with supervising officers monthly. Participants have successfully completed the group when they've successfully completed all 24 weekly sessions.
Staffing Requirements	2 facilitators- 1 of which must be a licensed clinician and fully certified in DBT Comprehensive Model with proof of certification, is preferred, however, if not certified in the full DBT Comprehensive model, clinical facilitator will show at minimum and submit to AOCP… • Proof of Completion for both the Introduction to DBT Training **AND** • DBT Skills Training • Attest to 6 months of observation of a DBT Skills Group Appropriately licensed and credentialed professionals (Psychiatrist, APRN, P.A., Psychologist, Provisionally Licensed Psychologist, LIMHP/LICSW, LMHP/LCSW, PLMHP/PLCSW and/or LADC/PLADC) that use DBT within their scope of practice. A dually licensed clinician is preferred for any client with a co-occurring diagnosis. All provisionally licensed/credentialed professionals must be supervised by an appropriately licensed professional pursuant to State licensing requirements. ***All facilitators and any clinical supervisor must be a Registered Service Provider with Probation***.
Maximum Class Size	12

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Minimum Class Size	6 *Minimum Class Size* refers to the number of referrals needed to schedule the group. If fewer than the minimum (6) attend, the class may still be held. However, if attendance falls below the minimum (6) for two consecutive weeks, the class cannot be held in the third week until at least the minimum (6) number of participants are present. As a result, a class may need to be temporarily suspended due to insufficient attendance.
Hours	Most groups will be scheduled outside of normal working hours, including evenings and weekends.
May be facilitated through Teleservices	Yes – with a maximum of 12 participants between all sites
Desired Participant Outcome	• Stabilization with behavioral health symptoms and decrease in self-harm/suicidal behaviors • Decrease in therapy-interfering behaviors • Increase in use of coping skills to support emotion regulation, distress tolerance and interpersonal effectiveness • Improved quality of life and better social functioning • Increased self-compassion
Rate	$157.00 per hour (If DBT 2nd facilitator is a treatment probation officer/probation officer/ probation staff, rate will be adjusted to the standard clinical rate of $110.00 per hour)

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