



Dialectical Behavior Therapy at Evolve

DBT-Informed and Comprehensive DBT Programs for Teens

If you're the parent of a teenager diagnosed with a mental health and/or substance use disorder, you have one goal in mind: finding them the best possible treatment you can. At Evolve, we understand how hard this can be. This document describes how our programs utilize a therapeutic approach called Dialectical Behavior Therapy (DBT), an evidence-based therapy that's effective for treating a variety of mood and behavior disorder in adolescents.

If your teenager experiences:

- Suicidal ideation, suicidal behaviors, and/or non-suicidal self-injury
- Severe emotional and behavioral dysregulation
- Alcohol or substance use disorder
- Borderline personality disorder/symptoms
- Anger management
- Major depression

We encourage you to consider a Dialectical Behavior Therapy (DBT) program at Evolve.

DBT Works for Adolescents

Four decades of clinical evidence shows DBT is effective in treating all the mental health disorders listed above. Adolescents with high emotional sensitivity and high reactivity respond well to DBT. For teens with severe emotional dysregulation, DBT is often the only therapy that works. A structured, skills-based therapy, there are four core modules of DBT: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. These four practical, actionable skills-sets help teens change ineffective behavior patterns into effective ones.

At Evolve, we offer two types of DBT programs: DBT-Informed programs and Comprehensive DBT programs.

The difference between these two types of programs is the structure: our comprehensive DBT program follows a specific therapeutic model, developed by Dr. Marsha Linehan, the founder of DBT and Behavioral Tech, the premiere DBT training institute. This includes the four essential components of DBT, while our DBT-informed programs incorporate aspects of the DBT treatment model along with other therapeutic approaches.

DBT-Informed Programs at Evolve

Evolve's DBT-informed programs provide a strong skills-training component, in conjunction with other evidence-based treatment modalities such as Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Seeking Safety, and others. The combination of therapeutic approaches in each treatment plan depends on the specific needs of the adolescent in treatment. Research shows that for teens, DBT skills training itself can reduce suicidality, self-harming behavior, depression, and anxiety.

Evolve offers DBT-informed programming at most locations and at all three levels of care (RTC, PHP and IOP).

1-800-665-GROW
www.EvolveTreatment.com



Comprehensive DBT at Evolve Vanalden

Evolve Vanalden is a fully compliant Comprehensive DBT residential treatment center, designed for healing and growth. Our Program Director and therapists have been trained in DBT through Behavioral Tech and all staff members (even our chef) receive ongoing training in DBT techniques specific to the Comprehensive DBT model.

Our program at Vanalden includes the four core components of DBT:

- 1. Individual therapy:** In an individual session, therapists use DBT as the primary therapeutic modality. In between sessions, therapists instruct teens to track their emotions and behavior using the DBT Diary Card.
- 2. Skills training:** Teens learn the four core modules of DBT together with peers. Each group session focuses on one of the core modules. After each session, the facilitator will give homework. This homework usually consists of practicing and applying a certain DBT skill independently before the next session.
- 3. Skills coaching:** When a teen is experiencing intense emotions and/or crisis urges, they can request skills coaching from a counselor. This is important when a teen has an urge to engage in target behaviors or needs help implementing a coping skill. The coaching most often includes helping the teen problem-solve using DBT techniques they've covered in individual and group therapy sessions.
- 4. Consultation teams:** Vanalden staff meets weekly to evaluate their treatment administration and discuss the progress their patients make. The primary goals of the consultation teams are to enhance the motivation and capabilities of our DBT providers. All staff at Evolve Vanalden practice DBT skills in their own lives so they are able to authentically model them for the teens they support.

Each component of a DBT comprehensive program supports the other.

Which DBT Program is Best for My Teen?

Since every teen is unique, every DBT program at Evolve is unique. A Comprehensive DBT program may be appropriate for some teens, while others may benefit from the variety of therapeutic approaches a DBT-Informed program offers. All DBT programs at Evolve have the same goal: to help teens change extreme, negative, life-interrupting patterns of thought, emotion, and behavior into effective, positive, life-affirming ones.

**DBT programs at Evolve help teens create “a life worth living.”
To find the best DBT program for your teen, call us today for a free assessment.**

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