



WHO IS THE YOUTH DBT PROGRAM FOR?

Teens, ages 15-18, who are struggling with the following:

- Self-injury and/or suicidal behaviour
- Feelings of abandonment
- Difficulty with relationships
- Difficulty controlling emotions
- Feelings of emptiness

WHAT IS REQUIRED OF YOUTH TO BE IN THE PROGRAM?

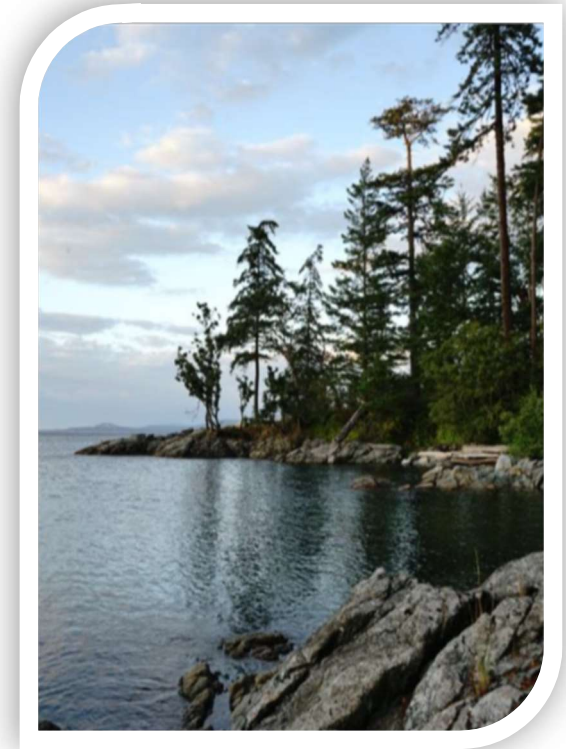
- A desire to stop self-harm and suicidal behaviour
- A willingness to commit to 6 months of weekly skills group and individual therapy sessions, with the possibility of extending those services for an additional 6 months at the discretion of the Youth DBT team
- Motivated to change behaviour that causes problems in their relationships and learn healthy coping strategies

HOW TO MAKE A REFERRAL

Referrals for this program are accepted from the MCFD-Greater Victoria Child and Youth Mental Health teams and Island Health Tertiary Services.

After a referral is reviewed by our intake team, up to four assessment sessions will be provided by a Youth DBT therapist to ensure DBT is the most appropriate service.

YOUTH DIALECTICAL BEHAVIOUR THERAPY PROGRAM



CONTACT

TO SPEAK TO AN INTAKE CLINICIAN,
PLEASE CALL

250-519-6704

We gratefully acknowledge that we are operating on the unceded traditional territories of the lək̓ʷəŋən and WSÁNEĆ peoples



ABOUT THE PROGRAM

The Youth Dialectical Behaviour Therapy (DBT) program is a 6-month specialized treatment program for youth and their families that focuses on helping youth overcome struggles related to self-harm and suicidal behaviour. There is the opportunity for youth to extend for another 6 months if it is considered beneficial.

PROGRAM COMPONENTS

- Individual Therapy: Clients attend weekly, one-on-one counselling sessions with their therapist.
- Skills Group: Youth are expected to attend a DBT skills group, occurring weekly for 90 minutes. The youth and their therapist will decide which group format best fits their needs; either a multifamily skills group in which youth and their caregiver(s) attend together, or separate teen-only and caregiver-only skills groups.
- Phone coaching: Youth will have the opportunity to reach out to a DBT trained clinician for additional support with implementing newly learned coping skills. The Youth DBT team has partnered with Integrated Mobile Crisis Response Team (IMCRT) to provide this service:
 - DBT Team: Mon-Fri 9am-4pm
 - IMCRT: Daily 1pm-midnight

WHO IS THE DBT PROGRAM NOT DESIGNED FOR?

Therapy can be hard work and the last thing anyone wants is for a young person to enter a specialized program, only to feel like it didn't work.

DBT is not designed for youth who struggle with any of the following:

- A psychotic disorder, brain injury, or intellectual disability that would make it difficult for them to comprehend the learning material
- Antisocial or conduct disorder behaviour
- Youth who demonstrate an unwillingness or disinterest in engaging in therapy or change initiatives
- Struggles with a non-stabilized mental health issue that is overly impairing (e.g., eating disorder, addiction, severe OCD)
- Any youth who engages in therapy-interfering behaviours that would prevent participation in the program; not attending therapy sessions, unwillingness to learn new skills, chronic substance abuse, agoraphobia, etc.

FAMILIES AND CAREGIVERS

We believe in the healing power of families and see parents/caregivers as partners in the treatment process. The success of treatment goals depend on our shared participation and commitment.

As such, we offer a range of family support in both individual and group formats.

Why is it so important for parents/caregivers to actively participate in the treatment process?

- We value your perspective, knowledge and expertise – you know your youth best!
- To ensure you are included in decisions about how to help your youth
- You will benefit from a better understanding of your youth's difficulties
- Your child will benefit greatly from your support
- We can help you develop strategies for how to support your youth at home
- Mental health challenges affect the whole family – parents need support too

What is DBT?

Dialectical behaviour therapy (DBT) is an evidence-based model of therapy that helps people learn and use new skills and strategies to build lives that are worth living.

