



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?

- Motivated to change behaviour that causes problems in their relationships and learn healthy coping strategies
- A willingness to commit to 6 months of weekly skills group and individual therapy sessions
- A desire to stop self-harm and suicidal behaviour

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: Anscomb and Ledger Programs

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.

CONTACT

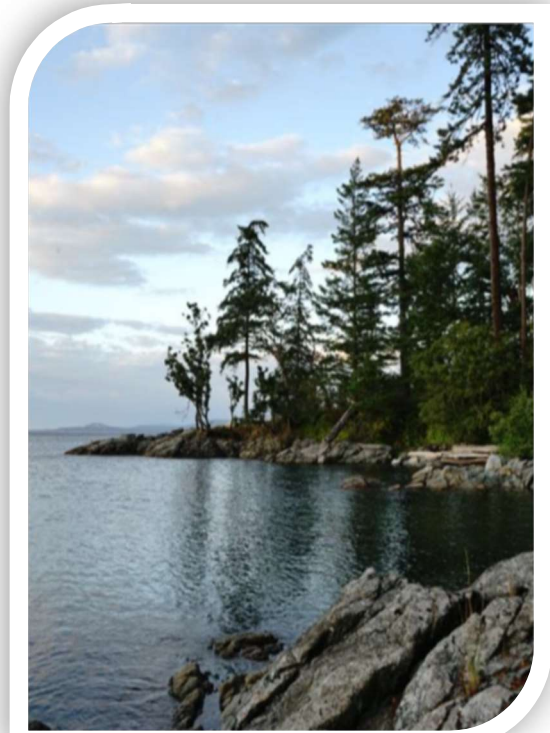
TO SPEAK TO AN INTAKE CLINICIAN,
PLEASE CALL

250 - 519 - 3041

We gratefully acknowledge that we are operating on the unceded traditional territories of the lək'wəṇən and W̱SÁNEĆ peoples



YOUTH DIALECTICAL BEHAVIOUR THERAPY PROGRAM



ABOUT THE PROGRAM

The Youth Dialectical Behaviour Therapy (YDBT) 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. It is possible that some youth will be offered services beyond the 6 months, at the discretion of the the program.

PROGRAM COMPONENTS

- Individual Therapy: Clients attend weekly, one-on-one counselling sessions with their therapist.
- Skills Group: Youth and thier caregiver(s) are expected to attend a multifamily DBT skills group. The groups take place one evening per week, run the entirety of the 6 months, and are 90 minutes in length
- 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 The Integrated Mobile Crisis Response Team (IMCRT) to provide this service after hours:
 - YDBT Team: Mon-Fri 9am-4pm
 - IMCRT: Daily 4pm-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.

