

Dialectical Behavioral Treatment (DBT) for Adolescents

For more information

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The Mental Health Center
of Greater Manchester

The Mental Health Center of Greater Manchester (MHCGM) is the largest outpatient provider of mental health services in the state of New Hampshire. MHCGM offers a full continuum of care for all levels of psychiatric and substance abuse services, which meet the needs of all age groups.

All information about persons served by The Center is kept confidential within the limits allowed by law. The Mental Health Center of Greater Manchester does not discriminate according to age, sex, disability, race, religion or national origin.

Dialectical Behavior Therapy (DBT)

Dialectical Behavioral Treatment, commonly known as DBT, assists individuals who have self-harming or self-defeating behaviors in learning and applying coping skills that improve their overall quality of life.

DBT was initially designed to treat suicidal behavior and borderline personality disorder, but it has been adapted for other mental health problems that threaten a person's safety, relationships, work, and emotional well-being.



Youths selected to participate must agree to the following:

- Willingness to work hard
- Committed to active participation for sixteen weeks
- Prepared to make difficult but healthy lifestyle changes
- Willingness to sign a behavioral contract and have an adult in his/her life who is willing to participate as a support person.

Who Is Eligible?

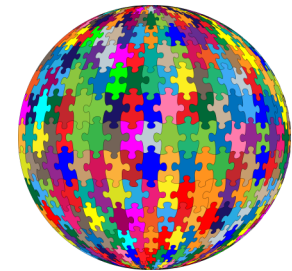
Youth with a history of conflicted relationships with peers and adults over a two-year period that includes the following:

- Quick and intense mood changes
- Recurring suicidal behavior, threats or self mutilation
- Harmful impulsivity (spending money, substance abuse, reckless driving, sex or binge eating)
- Intense and complicated relationships with others
- Uncontrollable and often destructive anger
- History of not succeeding in treatment.



Treatment Includes:

- At least one hour per week of individual or family therapy
- Two-hour weekly participation in education group therapy
- Additional services including medication management, strategic case management, telephone consultation and safety assessments



DBT Goals:

The goal is to reduce maladaptive behavior by increasing self-esteem and satisfaction with life.:

Patient will learn to:

- Reduce self-harming behaviors
- Reduce behaviors which interfere with developing positive relationships
- Tolerate painful emotions and self-soothe
- Communicate effectively with peers and adults