

How to access services:

If not currently participating in services with C&A, the first step is to set up an intake appointment by calling a C&A office. You will then be scheduled for an appointment with an assessor to complete a Comprehensive Assessment. Once this assessment is completed, the assessor can recommend the appropriate services and make the needed referrals.

Current C&A clients can be referred to DBT informed services by their ongoing C&A provider as appropriate based on the client's symptoms and functioning.



Additional Support

Services that are also available to those participating in the include Peer Support Services and services for treatment of substance use disorders.

The DBT program serves youth in Stark County and the surrounding communities. Services provided are outpatient services and not crisis services.

**For more information,
please contact
330-433-6075**

Visit us at www.childandadolescent.org



Improving Lives Since 1976.

Dialectal Behavior Therapy (DBT)



Program Overview

C&A offers DBT informed treatment services designed for clients aged 13 years and older who are exhibiting significant difficulties regulating their emotions. C&A offers DBT informed therapy as part of the Care Pathway to address significant mood dysregulation, the inability to appropriately manage emotional responses. Adolescents may be appropriate for DBT informed services if they are exhibiting any of the following:

- Extreme mood swings
- Making your own problems worse
- Black and white thinking
- Poor boundaries
- Quick to “fly off the handle”
- Stormy relationships
- History of self-abusive behaviors including but not limited to cutting, suicidal thinking/attempt, extreme food issues or substance abuse

If an adolescent is experiencing any of the symptoms listed above and these symptoms are creating difficulties in an adolescent’s everyday functioning, DBT informed therapy services can teach them the skills they need to respond to their intense emotions in productive ways to get those emotional needs met.

Assessment:

Clients will undergo a comprehensive diagnostic assessment to identify the appropriate level of care. The youth will then be placed into an appropriate Care Pathway for treatment depending on their needs and/or risk as identified in the assessment. The assessment of needs/risk is an ongoing process during client participation in DBT informed services. Referral to the program can occur immediately following assessment or the client can be identified as being appropriate for DBT informed services while involved in treatment with another program at C&A.

Treatment:

DBT is the primary modality of treatment. This program provides DBT informed care through the utilization of the principles of DBT, along with the Zero Suicide Framework principles to provide for the ongoing assessment and management of the client’s needs.

The focus of informed treatment is to teach and equip clients with the skills they need to be able to manage intense emotions, increase healthy responses to these emotions, and reduce at risk behaviors.

DBT Group and individual DBT informed therapy services are offered through this program. Participation in the DBT Group requires a client to also participate in individual therapy as part of the DBT informed treatment model. Appropriateness for group treatment will be based on assessment of the client’s needs and functioning by the assessor or the individual therapy provider.

