

Successfully Implementing DBT at your agency

A wooden balance scale is shown against a light grey background. The scale is in a state of balance. On the left pan, there is a single smooth, grey, oval-shaped stone. On the right pan, there is a stack of four similar smooth, grey, oval-shaped stones. Below the right pan, a single smooth, grey, oval-shaped stone rests on the surface. In the top right corner of the image, there is a solid yellow square.

NEAL MOGLOWSKY, L.P.C.
LESLEY CHAPIN, PSYD.

What is the value of implementing DBT to Fidelity?

► DBT Saves Lives

- In a randomized controlled trial (RCT), **those receiving DBT were half as likely to make a suicide attempt. They required less hospitalization for suicidal ideation and had lower medical risk across all suicide attempts and self-harm acts.**¹Linehan, M.M., Comtois, K.A., Murray, A.M., Brown, M.Z., Gallop, R.J., Heard, H.L., Korslund, K.E., Tutek, D.A., Reynolds, S.K., & Lindenboim, N. (2006).
- An RCT showed that **for every 2 months spent in DBT, the risk of self-harm decreased by 9% relative to treatment-as-usual.**²Priebe, S.A., Bhatti, N.B., Barnicot, K.A., Bremner, S.A., Gaglia, A.B., Katsakou, C.A., Molosankwe, I.E., McCrone, P.C., & Zinkler, M.A. (2012).
- In an RCT for heroin dependence in women, **those who received DBT maintained heroin use reductions through 1 year of treatment while those not in DBT significantly increased opiate use during the last 4 months of treatment.**³Linehan, M.M., Dimeff, L.A., Reynolds, S.K., Comtois, K.A., Welch, S.S., Heagerty, P., & Kivlahan, D.R. (2002).
- A meta-analysis **of adolescent DBT revealed significant decreases in self-harm behavior.** Overview of research on suicide: DeCou, C.R., & Carmel, A. (2020).

What is the value of implementing DBT to Fidelity?

► DBT Saves Money

Comprehensive DBT can significantly reduce inpatient hospitalization days, Emergency Department visits, and use of crisis services, translating to cost savings.

- An RCT demonstrated that **those receiving DBT were less likely to drop out of treatment, had fewer costly psychiatric hospitalizations, and fewer psychiatric Emergency Department visits.**¹¹Linehan, M.M., Comtois, K.A., Murray, A.M., Brown, M.Z., Gallop, R.J., Heard, H.L., Korslund, K.E., Tutek, D.A., Reynolds, S.K., & Lindenboim, N. (2006).
- A financial projected cost/benefit analysis estimated that **for each dollar invested in DBT, \$1.52 would be gained within 1 year** including direct and indirect costs.⁴⁴Wunsch, E., Kleim, S., & Kroger, C. (2014).
- A U.S. Veterans Affairs Medical Center reported that **a year following the implementation of DBT, there was a 28% reduction in overall health costs per client.** The cost of providing DBT was found to be the same as the cost of pre-DBT mental health treatment.⁵⁵Meyers, L.L., Landes, S.J., & Thuras, P. (2014).

What is “Comprehensive DBT?”

- ▶ It is not simply a set of skills and therapeutic techniques.
- ▶ It is a comprehensive system of treatment with multiple components, each serving a specific function.

Connecting the dots...



Treatment Modalities and Functions of Comprehensive Treatment

DBT Skills Training Group

- Enhancing client's capabilities and skills

Individual Therapy

- Improve client motivation to change

Telephone Consultation

- Facilitate skills generalization to environment

Consultation Team

- Increase skill and motivation of the therapist

Ancillary Treatments
(e.g., acute inpatient,
pharmacotherapy, family skills training)

- Structure the environment so that therapy can be effective

What is our Objective with this training?

- ▶ So often, clinicians go to trainings, and they bring their knowledge back with no support or technical assistance to implement what they have learned.
 - ▶ We want to set up comprehensive **teams** throughout the state that are doing the treatment to fidelity.
 - ▶ We want to assist and support **teams** in getting their programs up and running and then offer more ongoing modeling and training to actually conduct skills training and individual therapy sessions to fidelity
 - ▶ We want programs to gather data and outcome measures.
 - ▶ We want to save lives, increase access to services, save financial resources, and decrease professional liability.

What questions to you have about
this training opportunity?

