NORTHERN NEVADA ADULT MENTAL HEALTH SERVICES

POLICY AND PROCEDURE DIRECTIVE

SUBJECT: DIALECTICAL BEHAVIOR TREATMENT TRACT ADMISSIONS CRITERIA AND TREATMENT COURSE

NUMBER: NN-PC-PD-03

ORIGINAL DATE: 02/07/02

REVIEW/REVISE DATE: 08/03/06, 5/21/09

APPROVAL: Rosalyne Reynolds *{s}*, Agency Director

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I. PURPOSE

The purpose of this directive is to set the guidelines by which consumers will be selected for the Dialectical Behavioral Therapy (DBT) tract.

II. POLICY:

It is the policy of Northern Nevada Adult Mental Health Services (NNAMHS) to identify consumers who may benefit from the dialectical behavior treatment approach at the point of admission or whenever it becomes obvious that the consumer fits the criteria for entry into the DBT tract. Once a consumer has been identified as meeting the criteria the consumer will then be offered DBT model.

III. REFERENCES:

1. Cognitive Behavioral Treatment of Borderline Personality Disorder, Marsha Linehan.
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2. Skills Training Manual for Treating Borderline Personality Disorder, Marsha Linehan. Psychotraumatology, George Everly
3. NNAMHS Policy and Procedure Directive #NN-IM-MR-13 entitled, “Inpatient Person-Centered Treatment Plan.”
4. NNAMHS Policy and Procedure Directive #NN-PC-PL-02 entitled, “Outpatient Service Plan.”
5. NNAMHS Policy and Procedure Directive #NN-PC-AD-02 entitled, “Admission Process.”
6. NNAMHS Policy and Procedure Directive #NN-PC-PD-04 entitled, “Dialectical Behavior Treatment (DBT) Consultation Team.”

IV. DEFINITIONS:

1. Dialectical Behavior Treatment (DBT): A treatment approach developed by Marsha Linehan for Borderline personality Disorder (the approach has since been applied with other diagnostic categories, i.e., affective disorders and substance abuse, adjustment disorders, PTSD, etc.)
2. Dialectics: as applied to behavior therapy dialectics has two meanings: that of the fundamental nature of reality and that of persuasive dialogue and relationship.
3. Consultation Team: A team composed of professional staff trained in the DBT approach. The team functions as a support unit or treatment team for all staff utilizing the DBT approach.

V. PROCEDURE:

1. Criteria for admission to the DBT tract – the following diagnoses or features should be considered for referral to the department of psychological services for evaluation of appropriateness for the DBT tract:
   a. Borderline Personality Disorder or features as well as other personality disorders

b. Posttraumatic Stress Disorder

c. Bipolar Disorder without psychotic features

d. Adjustment Disorder

e. Dual Diagnoses (affective disorder/substance abuse)

f. Consumers with a history of emotional, physical or sexual abuse

g. Consumers with a domestic abuse history

h. Consumers with severe trauma experience of various natures

i. General motivation for treatment

j. All services are provided by NNAMHS

2 Criteria for exclusion from consideration for DBT tract:

a. Active psychosis

b. Active mania

d. Refusal of treatment

3. Referral Process – all referrals will be reviewed by a psychologist. Referrals of currently open outpatient, PES, POU, and inpatient consumers to the DBT tract can be made by any clinician based on the outlined criteria utilizing the DBT referral form (see attachment A). The following information will need to be provided on this form:

(A) Consumer's name

(B) Consumer's location/address

(C) Consumer's phone number or how to contact consumer

(D) Reason for referral

The consumers will be referred to the Psychology Orientation group conducted every Monday at 10:00 a.m. In this orientation group, consumers will be provided pertinent information about the DBT and other therapeutic groups. Consumers are expected to call the psychologist and indicate their interest to participate in the Group. Consumers list will be

shared in the weekly Psychology meeting on Wednesday and they will be assigned to a psychologist. Assigned Psychologist will contact the consumer and will conduct screening session and provide specific information about the groups and their expectations.

4. Treatment modalities applied with clients enrolled in the DBT tract:
   a. Each consumer enrolled in the DBT tract will receive individual therapy, when clinically indicated, as well as a DBT skills training group regardless of being an inpatient or outpatient. These DBT treatment modalities will be provided in addition to psychopharmacotherapy. Individual therapy will be conducted by a psychologist while the skills training groups may be conducted by a number of licensed mental health professionals. Also crisis intervention and service coordination will be conducted by nurses, LCSWs, psychologists and service coordinators trained in the DBT modality.
5. Identification of consumer enrolled in the DBT tract
   a. The department of psychological services will provide an updated list weekly of consumers enrolled in the DBT tract. This is to enable each respective service area to treat clients enrolled in the DBT tract with the most effective modality (DBT).
6. Documentation of DBT treatment approach
   a. Once the referral of a consumer has been reviewed by a psychologist and deemed appropriate for the DBT tract that psychologist will enter "lack of effectiveness skills" on the respective treatment plan.
7. DBT tract program design
   a. Inpatient DBT tract program – each day Monday through Friday the department of psychological services will review newly referred consumers and if appropriate orient them to the DBT program. They will then be seen individually by a psychologist or LCSW trained in DBT.

b. Outpatient DBT tract program – in the outpatient area, the DBT individual therapy and DBT skills training groups are conducted by the department of psychological services. There are multiple skills training groups conducted weekly. Each group has room for eight to ten clients. Other components of the DBT tract, i.e., crisis intervention, skills coaching are carried out by service coordinators, registered nurses, LCSWs and other mental health professionals trained in DBT.

8. Supervision of DBT tract:
   a. All participating staff trained in the DBT modality will be supervised within the context of the consultation team (see Consultation Team Policy and Procedures, #NN-PC-PD-04)

REFERRAL TO DBT TRACT **Date: ____/____/____**

Name of Referring Clinician: _____

Phone/Pager of Referring Clinician: _____

Name of Consumer: _____

Phone Number: _____

Location of Consumer/Address: _____

Other Method of Contacting: _____

Reason for Referral: _____

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Diagnosis: _____

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