




# Flawless & Fallible: Culturally Responsive Dialectical Behavioral Therapy

DBT in School Based Health Centers



# UCSF Benioff School Based Behavioral Health Program

- 
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# School Base Health Centers in West and East Oakland



  
**CHAPPELL HAYES/  
MCCLYMONDS  
HEALTH CENTER**

2607 Myrtle Street Oakland 94607  
Phone: 510-428-3387

**SERVICES**

- Sports Physicals
- Immunizations
- General Exams
- First Aid
- Mental Health Counseling/Therapy
- STI Tests & Treatment
- Birth Control & Pregnancy Tests
- Wellness Groups
- Health Education

**Everyone ages 11-24  
is welcome**

If you don't have health insurance, we can help you apply

**We're still open during shelter-in-place!**

Please call for a video appointment or in-person visit at Teen Clinic 5220 Claremont Ave.



  
**YOUTH UPRISING/  
CASTLEMONT  
HEALTH CENTER**

8711 MacArthur Blvd. Oakland  
Phone: 510-428-3556

**SERVICES**

- Sports Physicals
- Immunizations
- General Exams
- First Aid
- Mental Health Counseling/Therapy
- STI Tests & Treatment
- Birth Control & Pregnancy Tests
- Wellness Groups
- Health Education

**Everyone ages 11-24  
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Please call to make an appointment



# School-Based Behavioral Health Program

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- **School Based Behavioral Health** is a program within **FQHC** and **Behavioral Health** and is integrated with **Primary Care**, **Medical Social Work**, **Psychiatry** and **Health Education** at **YU/Castlemont School Health Center** and **Chappell-Hayes Health Center** at **McClymond's High School**.

# School-Based Behavioral Health Services

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- We provide **integrated, trauma informed, evidenced-based and culturally responsive school-based behavioral health services to Adolescents and their families**
  - **Psychotherapy and Psychiatry services**
  - Linkage to **medical services** and collaboration with medical providers
  - **Training and Consultation** for school staff, medical providers, health education team and school partners
  - **Outreach**
  - ***On-call** assessment for suicidal behaviors when on location*
- 
- "Thank you so much for all your help, you know you are a part of our family now. You helped me so much with my parenting skills and supported me to take care of myself so I could take care of my family. We really appreciate you!"
  - – Parent, February 2018





## DBT in School Based Health Centers

# Acknowledgments

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- Young people, students and clients
- Ellen Muir and Alameda County School Based Behavioral Health
- All DBT skills group facilitators and curriculum design team members: Maria Mosqueda, LMFT, Monifa Willis, NP, Shelly Nakaishi, NP, Lisa Wild, LMFT, Edrica Coleman, LCSW, Ariana Sanchez, LMFT Genesis Ibarra, LCSW, Mirasol Ramirez, ASW, Tina Lu, Ashlyn Davis, LCSW, Eboni Ellis, LCSW, Stefany Menjivar, Meagun Jung, NP, and Kenia Domiguez
- Champions: Dr. Regina Graham, Dr. Petra Steinbuchel
- DBT certified instructors: Behavioral Tech  
Elizabeth Dexter-Mazza, PsyD  
Haleh Ghanizadeh, MD, MPH
- Barbara Krishna Stuart, PhD Nataliee Todd, PsyD



# Dialectical Behavioral Therapy



# What is DBT anyway?

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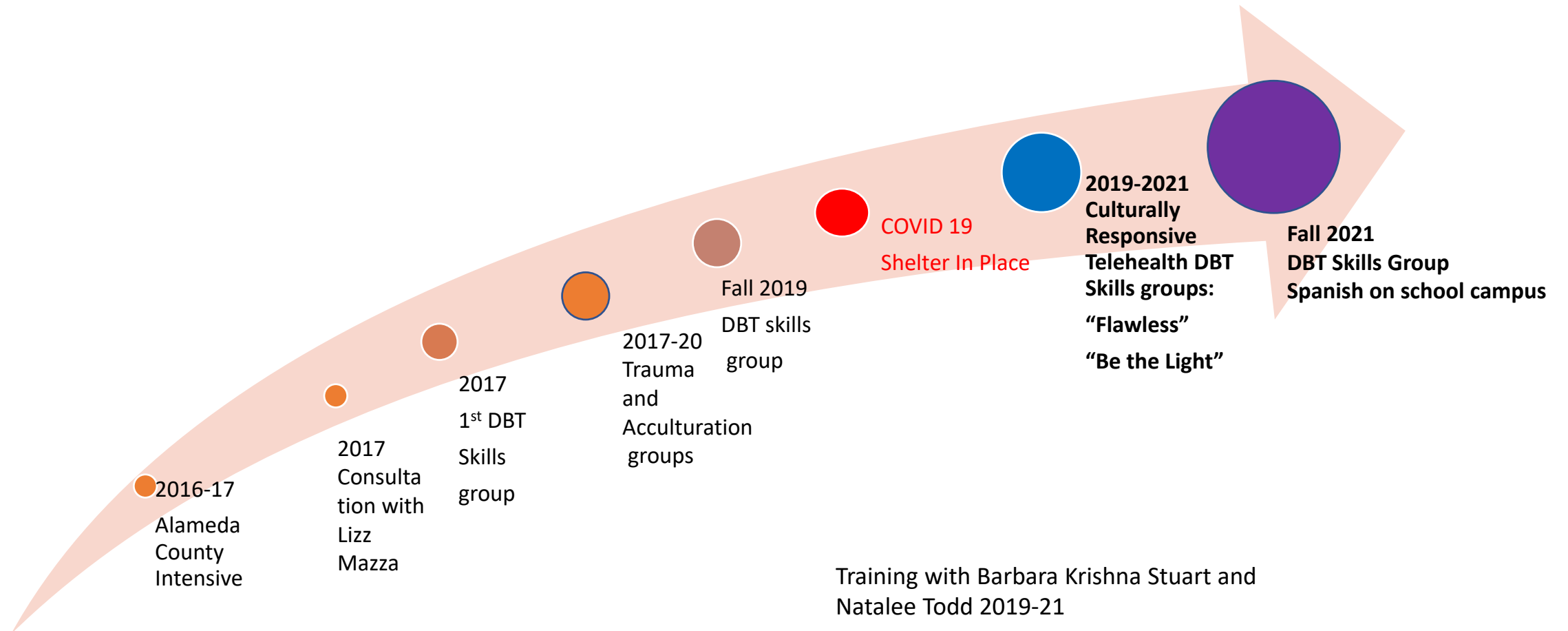


A wide-angle photograph of a coastal dune landscape. A wooden boardwalk, constructed from light-colored planks, starts in the lower foreground and curves gently to the left, then straightens out as it leads into the distance. The boardwalk is flanked by dense, tall grasses and low-lying shrubs. In the background, rolling sand dunes are visible, some with exposed sandy patches and others covered in vegetation. A line of dark evergreen trees marks the horizon under a heavy, overcast sky. The text "DBT Journey" is overlaid in white, sans-serif font across the middle of the image, positioned over the boardwalk.

# DBT Journey



*If you want to go far go together....*



DBT

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# Consultation Team

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# Individual therapy

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# DBT Skills

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# FLAWLESS

We delight in the beauty of the butterfly,  
but rarely admit the changes  
It has gone through to achieve that beauty.  
-Maya Angelou

**Every Tuesday, starting Oct. 13**  
**2pm-3:30pm via Zoom**

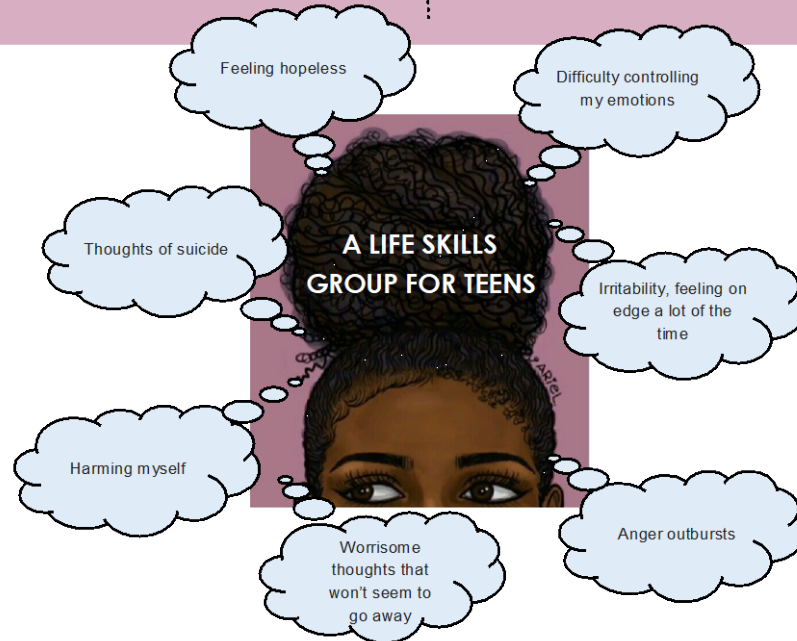
In this group you will learn skills that help you **manage your emotions**, improve/build **healthy relationships** and encourage **productive thinking** at school, home or work.

Freshmen and Sophomore girls (14-16 years old) attending Castlemont High School are welcome to join.

## **How to Join/ Refer**

**Students:** Contact Ms. Lett, and tell her you want to join the "Flawless" life skills group.

**Staff:** Please submit a COST Referral.



# Outreach and Referrals

- Developed Orientation Manual for students and caregivers
- Attendance reinforced with stipend
- Self care packages

# Referrals

## **INCLUSION CRITERIA:**

- SI/Self-harm
- Severe depression
- Severe anxiety (usually with externalizing behaviors)
- Aggression or emotional dysregulation
- Motivated to change, try new skills

## **EXCLUSION CRITERIA:**

- Active psychosis
- Not attached to an individual DBT therapist
- Learning impairments that prevent ability to benefit from group
- Not motivated to engage in change

## **OTHER THINGS TO CONSIDER WHEN REFERRING:**

- DBT skills group is a 8 week commitment
- Therapist is prepared and comfortable with reinforcing DBT skills.
- DBT Skills coaching



# DBT: Consultation Team

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# Consultation Team: Agenda

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Mindfulness

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Brief Check-in

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Group Updates

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Therapist Agreements

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Consultation Agenda- (Rated 5-1)

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Business and Time off

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Observer reflections

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Appreciation and close

# Consultation Team: Agreements

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Dialectical Agreement: Bring openness to varying viewpoints; no absolute truth; reality in the study of the dialectical and the middle path.

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Consultation-to-the-patient: Primary goal of team is to improve our own skills as CBT therapists; agree not to treat clients as fragile; treat team members as capable of speaking for themselves.

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Consistency agreement: Agree to accept diversity and change as they occur.

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Observing limits agreement: Observe our own limits; agree not to judge or criticize other members for having different limits from our own.

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Phenomenological empathy: Agree to search for nonpejorative or phenomenologically empathic interpretations of our clients', our own, and each other's behavior.

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**Fallibility agreement: We are each fallible and make mistakes...truly absorb that and live it with compassion.**

# Consultation Team: Consultation Agenda Setting

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5 Safety Concerns and High Acuity

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4 Therapy Interfering Behaviors

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3 Burnout

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2 Effective Behaviors and Introductions

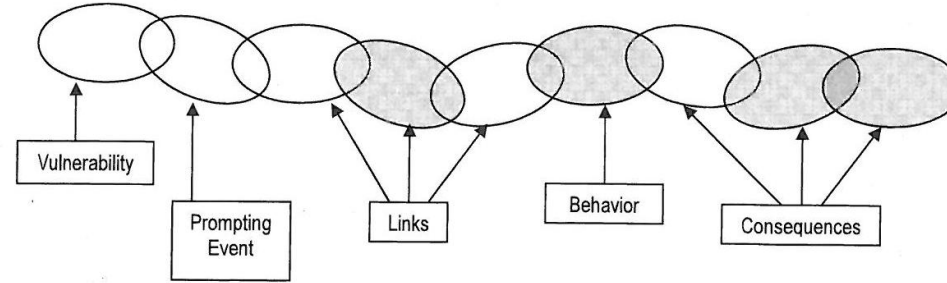
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1 Business, Time off

# DBT: Individual Therapy

- Role of the individual therapist in DBT
- Orientation and commitment
- Treatment plans

# DBT: Individual Therapy Skills Coaching



## Reinforcing Skills

- Individual therapy sessions
- Chain Analysis
- Diary Card
- Coaching calls

Dialectical Behavior Therapy Diary Card										Initials	ID#	Filled out in session? Y N	How often did you fill out this side? Daily 2-3x Once				Date Started			
Day & Date	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit	ETOH	Prescrip	OTC	S-H	Lying	Joy	Skills	R			
Mon	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	# Specify	# Specify	# Specify	# Specify	Y/N	#	0-5	0-7	✓			
Tues																				
Wed																				
Thurs																				
Fri																				
Sat																				
Sun																				
									* USED SKILLS 0 = Not thought about or used 1 = Thought about, not used, didn't want to 2 = Thought about, not used, wanted to 3 = Tried but couldn't use them 4 = Tried, could do them but they didn't help 5 = Tried, could use them, helped 6 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped											
									Before After Belief in control of... Before After											
Urge to use (0-5):									Emotions:											
Urge to quit therapy (0-5):									Behaviors:											
Urge to harm (0-5):									Thoughts:											
BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.																				



# Culturally Responsive DBT

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# FLAWLESS

A LIFE SKILLS GROUP FOR BLACK  
YOUTH



## WEEK 1: INTRODUCTION

### FACILITATORS:

Saun-Toy Trotter, LMFT

Ebony Ellis, LCSW

Ashlyn Davis, LCSW

Tina Lu

Stefany Menjivar

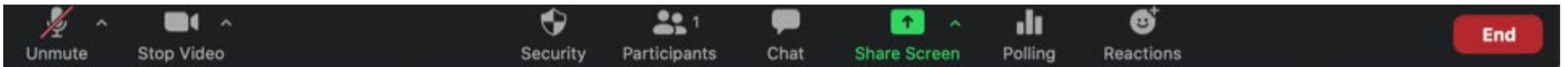
# Zoom Orientation & Participation

## USING ZOOM EFFECTIVELY

- Profile with name, pronouns, and photo
- Keeping Video on whole session
- “Hide Self View”
- Chat feature ONLY for communicating with facilitators about personal matters
- Reactions to show support

## SETTING UP YOUR SPACE

- If you’re able, set up an intentional, private space
- Using headphones and a digital background
- Using a computer or tablet (not a phone)



# Agreements

- **“What happens in Vegas...”**
  - Everything that happens in this space stays in this space
  - Keeping group members’ names confidential
  - Not taking screenshots, recording
- **“Throw glitter, not shade”**
  - Respect others’ opinions and ideas
- **“One diva, one mic”**
  - Engage while others speak, and don’t interrupt when they have the mic



What do you need from each other to co-create a safe space?



Introduce Yourself!  
Name & pronouns  
What's one thing  
you like about  
your culture?

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# Welcome and context

- Acknowledge context and impact of anniversary of George Floyd's death and Derek Chauvin trial



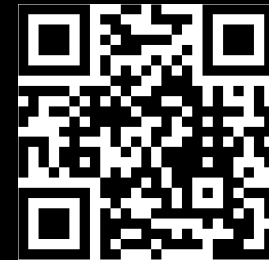


Purpose:

To build cultural pride, community and skills for living and managing emotions.

[www.menti.com](https://www.menti.com)

Code: 2400 6357



# Goals of DBT Skills Training

## What are your personal goals?

- Behaviors to Decrease
- Behaviors to Increase

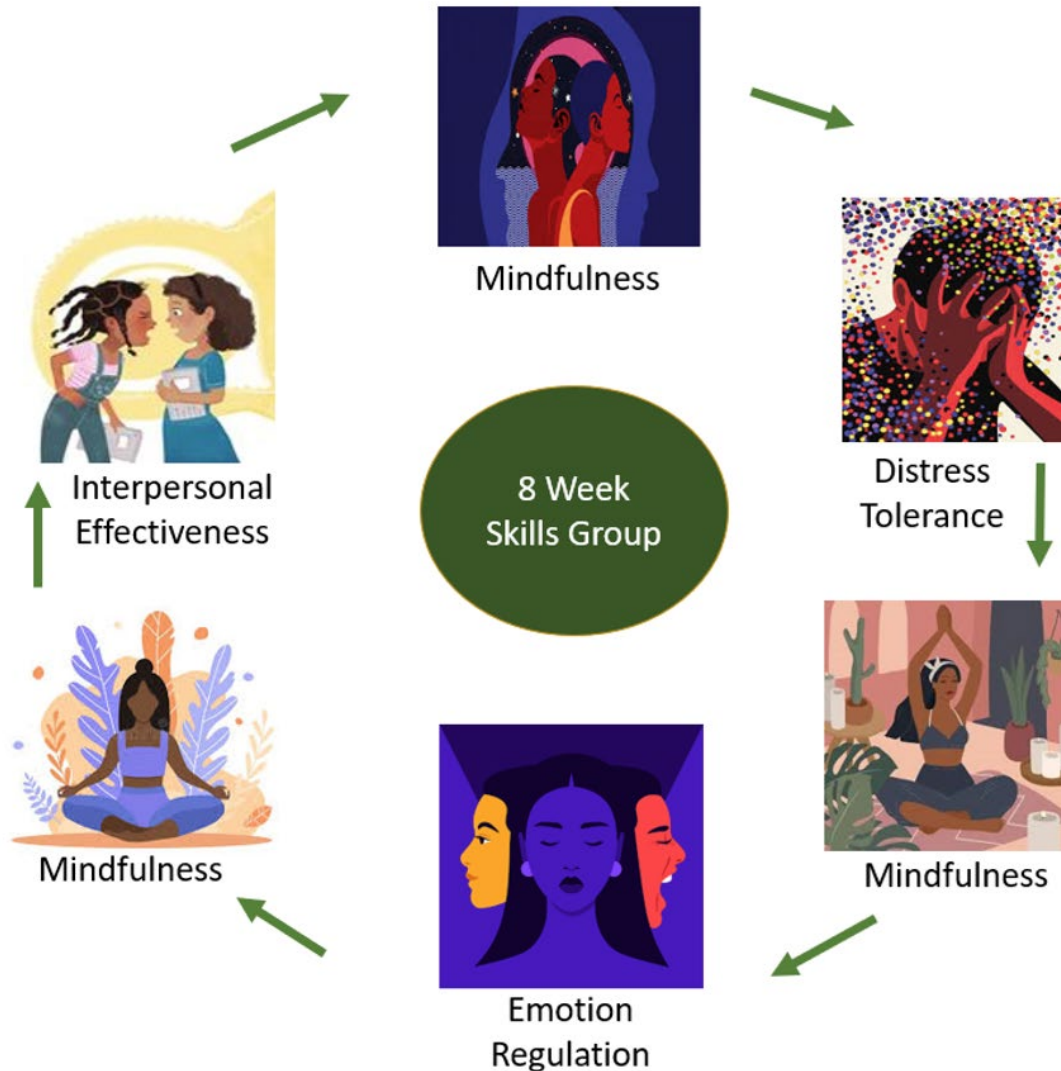
### Problems to Decrease

- 1. REDUCED AWARENESS AND FOCUS;  
CONFUSION ABOUT SELF**  
(Not always aware of what you are feeling, why you get upset, or what your goals are, and/or have trouble staying focused)
- 2. EMOTIONAL DYSREGULATION**  
(Fast, intense mood changes with little control and/or steady negative emotional state; mood-dependent behaviors)
- 3. IMPULSIVITY**  
(Acting without thinking it all through; escaping or avoiding emotional experiences)
- 4. INTERPERSONAL PROBLEMS**  
(Pattern of difficulty keeping relationships steady, getting what you want, keeping self-respect; loneliness)
- 5. TEENAGER AND FAMILY CHALLENGES**  
(Extreme thinking, feeling, and acting; absence of flexibility; difficulty navigating family conflict or effectively influencing others' behaviors)

### Behaviors to Increase

- 1. CORE MINDFULNESS SKILLS**
- 2. EMOTION REGULATION SKILLS**
- 3. DISTRESS TOLERANCE SKILLS**
- 4. INTERPERSONAL EFFECTIVENESS**
- 5. WALKING THE MIDDLE PATH SKILLS**

# Introduction to Group Format



- 1 Introduction
- 2 Mindfulness
- 3 Distress Tolerance
- 4 Mindfulness
- 5 Emotion Regulation
- 6 Mindfulness
- 7 Interpersonal Effectiveness
- 8 Mindfulness

# DBT Assumptions



1. People are doing the best they can.
2. People want to improve.
3. People need to do better, try harder, and be more motivated to change.
4. People may not have caused all of their own problems and they have to solve them anyway.
5. The lives of emotionally distressed teenagers and their families are painful as they are currently being lived.
6. Teens and families must learn and practice new behaviors in all the different situations in their lives (e.g., home, school, work, neighborhood).
7. There is no absolute truth.
8. Teens and their families cannot fail in DBT.

# Biosocial Theory Explained

## BIOLOGY

### Biological Emotional Vulnerability

- Highly sensitive
- Highly reactive
- Slow return to baseline
- Hard time regulating emotions



Interactions

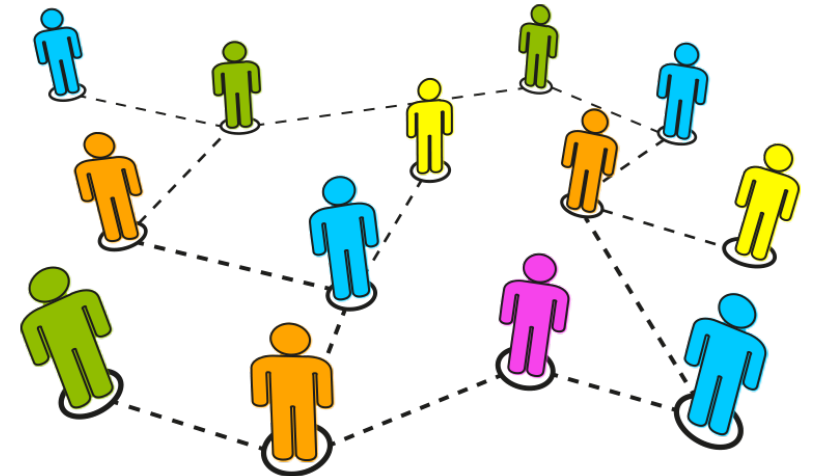
## SOCIAL

Invalidating Environment  
→ SELF-INVALIDATION

*You're being  
manipulative!*

*What's wrong with  
you?  
Stop worrying!*

**CHRONIC  
EMOTIONAL  
DYSREGULATION**



# What is Dialectical Thinking?

Two opposite ideas can be true at the same time, and when considered together, can create a new truth and a new way of viewing the situation.



## Examples of Dialectical Thinking:

- I can ask for help and become independent.
- I want my room to be clean and I don't want to hang up my clothes
- I want to lose some weight and I want to eat that bowl of ice cream
- I want to have fun and be free and I want to follow my parent's rules

## DIALECTICAL EXERCISE:



## DBT Contract



# DBT Contract

I am familiar with the theory, assumptions, and format of DBT Skills Training.

I agree to participate in DBT Skills Training and complete all of the modules.

I will come to group on time with my materials and practice exercises. If I don't do the practice, I agree to do a behavioral analysis (so we understand what got in the way and can problem-solve for next time).

I am fully aware of the attendance policy, and if I exceed the allotted amount of absences, I understand that I will have dropped out of DBT Skills Training. (As a caregiver, I am aware that the attendance policy applies to me as well.)

---

(Your signature)

---

(date)

---

(Skills trainer signature)

---

(date)

## MINDFUL MOMENT

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*In silence, there is eloquence,  
stop weaving and see how the  
pattern improves.*

*-Rumi*

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A large, solid orange oval shape that serves as the background for the text.

DBT EN ESPAÑOL

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## Se La Claridad

Un Grupo de Habilidades TDC para Crear una Vida Digna de Ser Vivida.

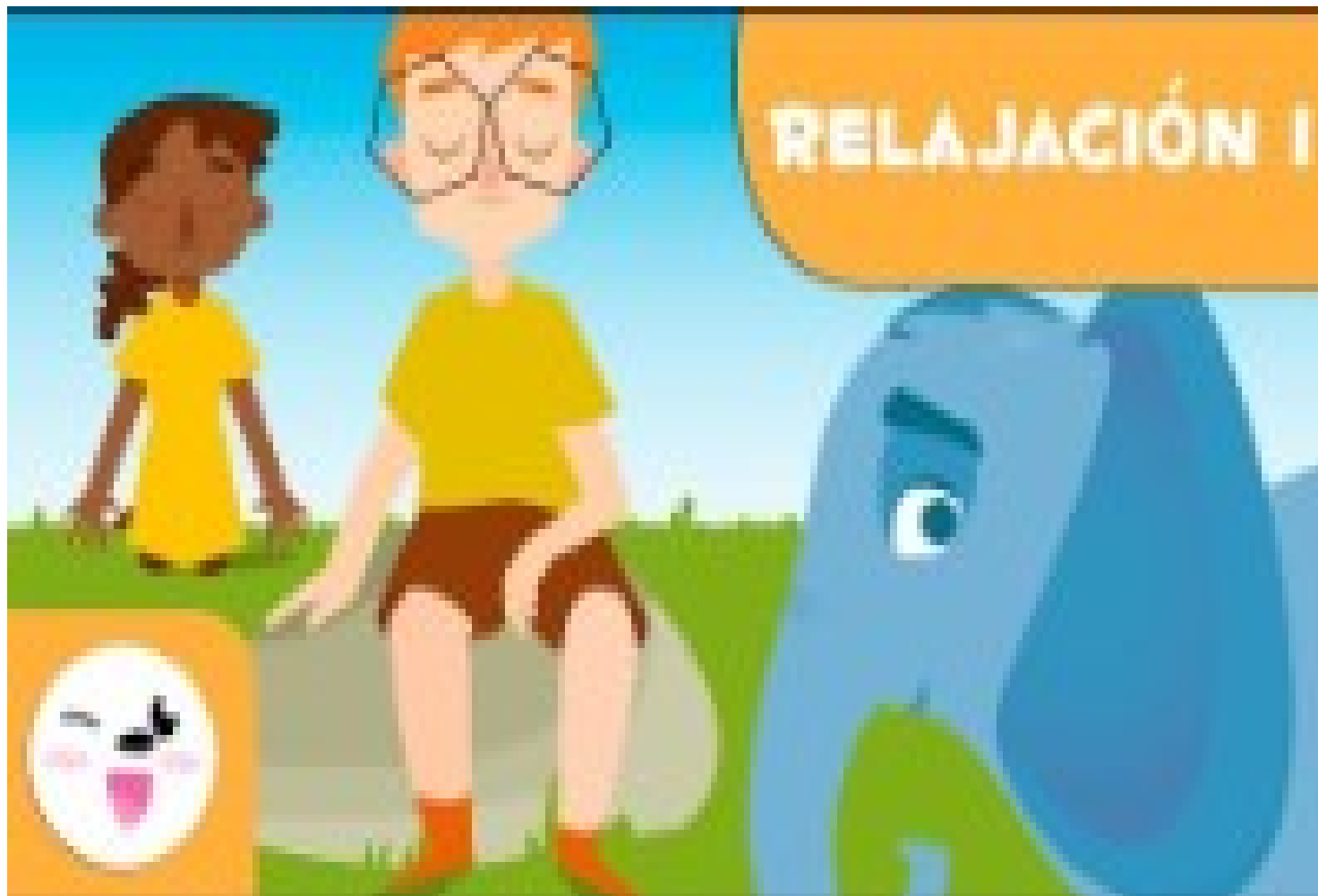


## SEMANA 3: ANGUSTIA TOLERANCIA

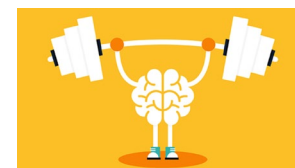
### FACILITADORES:

Ariana Sanchez

Kenia Dominguez



RELAJACIÓN I



# Revisión

- **UNA PALABRA**

- Da una palabra para describir cómo te está yendo hoy

- **ATENCIÓN PLENA: ABIERTO VS. Enfocada**

- ¿Alguien intentó alguna atención plena?

- **TRES ESTADOS DE MENTE**

- ¿Algún ejemplo de sus propios tres estados de ánimo?





# ¿POR QUÉ MOLESTARTE EN TOLERAR SITUACIONES DOLOROSAS?

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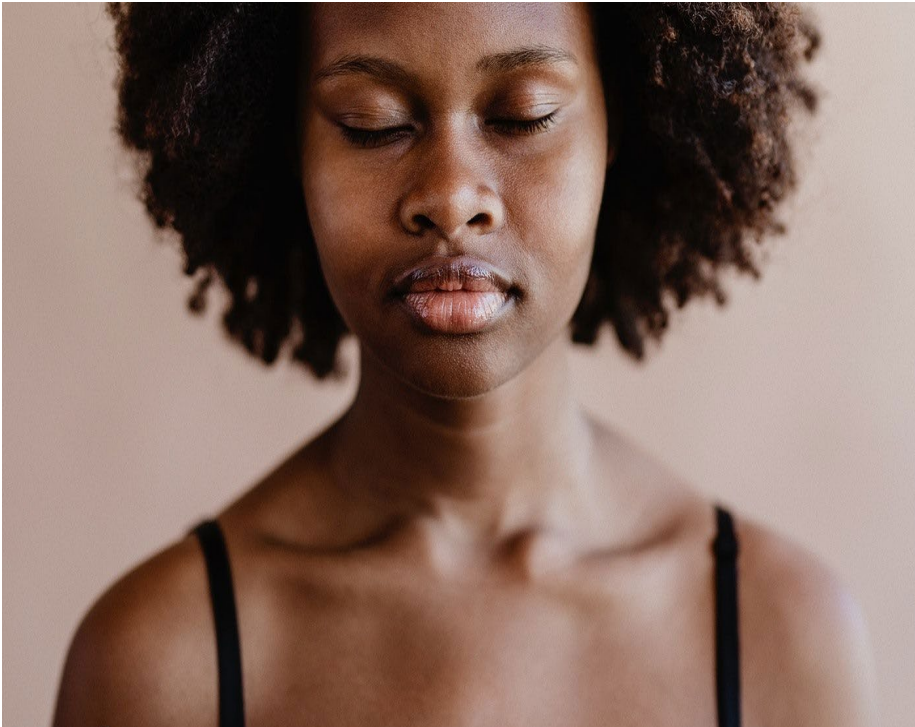


Porque.....



1. El dolor es parte de la vida y no siempre se puede evitar.
  2. Si no puede lidiar con su dolor, puede actuar impulsivamente.
  3. Cuando actúa impulsivamente, puede terminar lastimándose a sí mismo, o lastimando a otra persona, o no obteniendo lo que desea.
-

# Mente Sabia PESSCAA



**P - Pensamientos** Distractoras contar hasta 10; contar los colores de un cuadro, de las ventanas, de cualquier cosa; hacer rompecabezas, ver la television, leer.

**E - Generar Emociones** opuestas Leer libros; cartas o cuentos que provoquen las emociones opuestas. ver peliculas que nos animen; escuchar musica que nos motive. Ideas: Peliculas de miedo, libros comicos; comedias; musica religiosa.

**S - Degar de lado Situaciones Negativas** - dehar de lado la situacion durante un rato nivel mental. Contruir un muro imaginario entre uno mismo y la situacion. Rechazar pensanr en los aspectos negativos de la situacion. Poner el dolor en un estante. Encerrarlo en una caja y dejarlo ahi por un rato.

**S - Experimentar Sencaciones** intensas - Sostener hielo en la mano; apretar una bola de goma en la mano; ducharse con agua muy fria; Escuchar musica en muy alto volumen; Ejercicio intenso. relajación muscular progresiva.

**C - Comparar** - comparar la situacion con otras peores en el pasado, compararse con gente que esta en la misma situacion que nosotros o peor.

**A - Ayudar** a los demas - Ayudar al algien, hacer un trabajo voluntario, dar algo a alguien, hacer algo hermoso por algien, preparar una sorpresa.

**A - Actividades** - Practicar una aficion; limpiar, llamar or visitar a un amigo o amigas, pracdticar juegos de ordenador, pasear, trabajar, arreglar el jardin.



## Mente Sabia PESSCAA



P



E



S



S



C



A



A

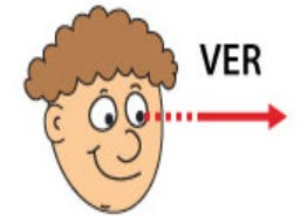


# Los 5 Sentidos

Cuando la excitación emocional es muy alta!!!!

- Estás completamente atrapado en la Mente Emocional
- .
- Tu cerebro no está procesando información.
- Estás emocionalmente abrumado.

## LA VISTA



## EL OLFATO



## EL OÍDO



## EL GUSTO



## EL TACTO





# MINDFUL MOMENT





# Effective Behaviors

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**FOR THERE IS  
ALWAYS LIGHT,  
IF ONLY WE'RE BRAVE  
ENOUGH TO SEE IT.  
IF ONLY WE'RE  
BRAVE ENOUGH  
TO BE IT.**

*Amanda Gorman*

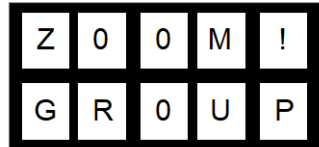
Starting in March 2, 2021  
Tuesdays 2pm to 3:30pm

Would you like to ...

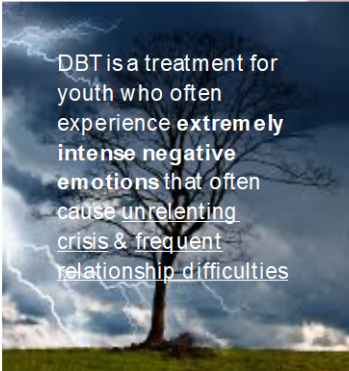
- Improve your relationships
- Manage your emotions better
- Make WISE decisions



Join our DBT Skills  
Group to be the Light!



## Dialectical Behavior Therapy Group 8 Weeks, Prizes, Fun!



DBT is a treatment for youth who often experience extremely intense negative emotions that often cause unrelenting crisis & frequent relationship difficulties

### Requirements

- Be 16 to 18 years old & motivated to change
- Commit to 8 weeks of group therapy
- Must be willing to actively participate with camera on
- Be referred by your individual therapist

*FYI- This is a skills group, not a process all your feelings group.*

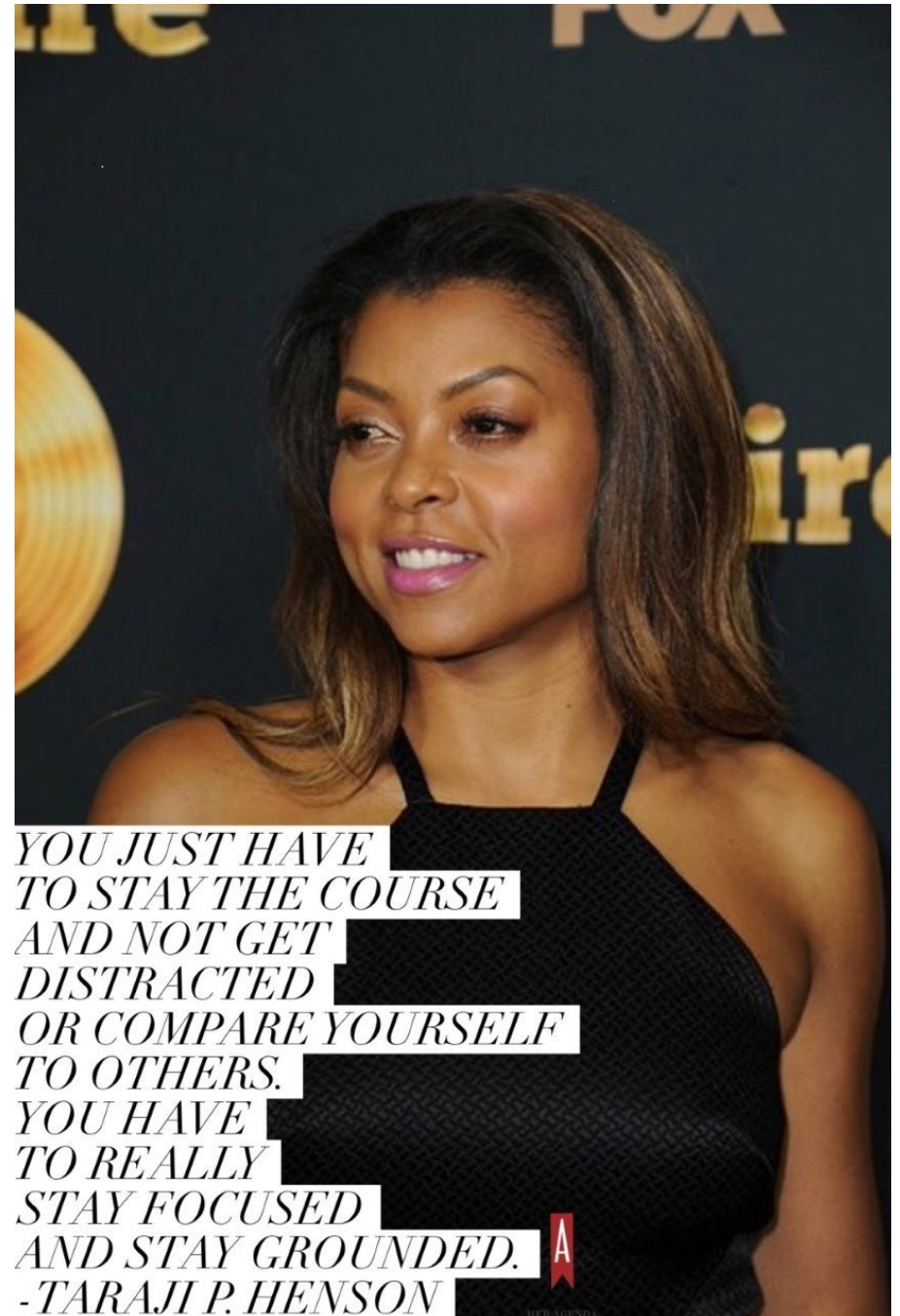


# Discussion

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#SHOUTOUT

Taraji P. Henson



*YOU JUST HAVE  
TO STAY THE COURSE  
AND NOT GET  
DISTRACTED  
OR COMPARE YOURSELF  
TO OTHERS.  
YOU HAVE  
TO REALLY  
STAY FOCUSED  
AND STAY GROUNDED.  
-TARAJI P. HENSON*



RED AGENDA



#SHOUTOUT



**#SHOUTOUT**

# DBT Starter Kit: Resources

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- DBT Trainings – BTECH
- International Society for the Improvement and Teaching DBT Conference November 18, 2021
- DBT Skills Manual for Adolescents by Alec L. Miller and Jill H. Rathus
- DBT In Schools by [James J. Mazza](#), [Elizabeth T. Dexter-Mazza](#), [Jill H. Rathus](#), [Alec L. Miller](#), [Heather E. Murphy](#)
- DBT Skills Training Manual by Marsha M Linehan
- Cognitive Behavioral Treatment of Borderline Personality Disorder Marsha M Linehan
- The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve Rheeda Walker, PhD



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- **VALUES:**

- **Dependability and Service**
- **Accountability, Integrity and Honesty**
- **Love and Nurturance**
- **Hope/Serenity/Inner Peace (Hopeapeaciality)**
- **Racial Equity and Justice**





Thank you!

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