

Partners in Recovery

Non-DBT Referral Guide for Clinical Teams

This Guide is intended to generate discussion with consumers (not a form to be filled out) when counseling has been identified as a possible intervention to meet consumer's needs.

Identify what ISP Goal Domain would be addressed with counseling:

Social/Leisure Working/Education Living Environment

1. Specific Behaviors to be addressed in counseling? Reason for referral? Discuss with consumer what he/she wants to address in counseling. You can ask the following questions as a starting point:
 - a. Ask consumer for his/her expectations of counseling;
 - b. What is the consumer doing that he/she no longer wants to do?
 - c. What is the consumer not able to do that he/she wants to start doing?
2. Does the consumer have transportation secured to attend counseling?
3. Expected outcomes: Specific behaviors that consumer wants to increase or decrease as a result of counseling. How will consumer know when he/she reaches counseling goals?
 - a. Consumer will have completed counseling when the consumer is able to: _____
4. Discuss consumer strengths/motivators for active participation in counseling.
Discuss the likelihood of consumer attending sessions on a regular basis. Inform the consumer that attending sessions regularly is an important requirement and that repeated no-shows can result in discontinuing counseling services at the site.
5. Are there any barriers that will keep consumer from attending sessions/group consistently?
6. Are consumer's basic needs (food, shelter, clothing, income, etc.) being met?
7. Are consumer's psychiatric medications at a therapeutic level?
8. Will consumer's counseling needs be met in group therapy? What types of groups are recommended to address specific behaviors to be targeted in counseling? Are these stated in the ISP?
9. Has the clinical team discussed with consumer the possibility of attending current on-site groups?
10. If individual therapy is recommended, please give justification for this modality in the ISP.
11. Do the prescribing clinician and the clinical team agree that counseling is the best medium to address the goals/concerns of the consumer?
12. Does the consumer agree to attend counseling?
13. Incorporate the information gathered by discussing items 1 to 12 in the ISP.