

Partners in Recovery

DBT Referral Guide for Clinical Teams

This Guide is intended to generate discussion with consumers and clinical teams when DBT is being explored as a treatment option. Incorporate the information gathered by discussing items 1 to 12 in the ISP. Indicate in the ISP that a referral for “DBT Assessment” will be made.

Identify what ISP Goal Domain would be addressed with DBT
 Social/Leisure Working/Education Living Environment

Discuss

1. Has the consumer been diagnosed with Borderline Personality Disorder?
2. Specific Behaviors to be addressed in DBT? What is the consumer doing that he/she no longer wants to do? What is the consumer not able to do that he/she wants to start doing?
3. Is consumer aware that DBT includes individual and skills class and about 1 yr commitment? Has consumer agreed to participate in DBT?
4. Does the consumer have transportation secured to attend DBT individual and skills class?
5. Consumer would have completed DBT when consumer is able to _____?
6. Discuss consumer strengths/motivators for active participation in DBT. Discuss the likelihood of consumer attending sessions on a regular basis. This usually means coming to the site 2 times per week. Once for individual therapy and once for skills class. Inform consumer that attending sessions regularly is an important requirement, and that repeated no-shows interferes in her receiving full benefits of this therapy.
7. Are there any barriers that would keep consumer from attending sessions/group consistently?
8. Are consumer's basic needs (food, shelter, clothing, income, etc.) met?
9. Are consumer's psychiatric medications at a therapeutic level?
10. Have the prescriber and clinical team agree that an assessment for DBT is the best intervention to address the goals/concerns of the consumer?
11. Incorporate the information gathered by discussing items 1 to 10 into the ISP.