

Dialectical Behavior Therapy Intensive Outpatient Program

The Dialectical Behavior Therapy Intensive Outpatient Program (DBT-IOP) offers evidence-based treatment for adolescents who struggle with suicidality, self-harm, and other mental health challenges.

Who is best for this program?

We treat adolescents ages 13 to 17 who have recent suicidal and self-harm behaviors, and who have not been able to make progress in regular outpatient treatment. Parents and caregivers are closely involved in the work of the program.

What does treatment include?

Dialectical Behavior Therapy (DBT) focuses on helping adolescents and their caregivers cope with their emotions and to build lives worth living.

The treatment includes several components:

- Individual and family therapy
 - Skills groups to learn how to recognize and change emotions, tolerate distress, practice mindfulness, and be effective in relationships
 - Phone coaching between sessions
 - Psychiatric medicine management if appropriate
 - Applied skills groups including movement and expressive art
 - Caregiver groups to learn and practice skills to support adolescents and families
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Who is on our treatment team?

Our DBT-IOP includes a clinical team under the direction of licensed clinical psychologists and a child and adolescent psychiatrist. Other team members may include licensed clinical psychologists, master's level therapists, a family advocate/case manager, and psychiatry or psychology trainees. Medicine consultation with a psychiatric provider (MD or Advanced Practice Provider) is available if appropriate.

Who is eligible?

Your adolescent may be eligible if they have any one of the following:

- Been in an inpatient psychiatric unit or a psychiatric residential treatment and need treatment more intensive than routine outpatient and is at risk to be hospitalized again.
 - Have severe symptoms that place them at risk for an inpatient psychiatric hospitalization.
 - Made a suicide attempt or has ongoing problems with hurting themselves.
 - Tried clinic-based therapy 1 to 2 times per week for at least 10 sessions and have not been able to make progress.
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To Learn More

- DBT Case Manager
206-987-6935
- Ask your teen's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



How long is the program?

The program is intense and requires a great deal of dedication of your time. It runs about 3 hours per day, 4 days per week, and lasts at least 8 weeks. The length of time in treatment may be longer if your adolescent has persistent, severe symptoms and impairment. After you complete the program, we will help you find your next treatment team. We are unable to provide long-term follow-up treatment for families.

When and where does the treatment take place?

The program runs Monday, Tuesday, Thursday, and Friday from 1 to 5 p.m. Currently, the program is offered via telemedicine/video visit platform. When services resume in-person, the program will be offered at Seattle Children's Hospital, 4800 Sandpoint Way NE, Seattle, WA 98105. The start and stop times of the program may be slightly adjusted as well.

Is the program covered by insurance?

This program is available only for families covered by Apple Health (Medicaid) through pilot project funding from Washington State Health Care Authority. There is no cost to eligible families.

How do we register?

Contact your primary care provider or your adolescent's current mental health therapist if you are interested in signing your adolescent up for this program.

- They will need to send us a referral for an evaluation and screening to see if the program is appropriate for your adolescent's needs.
- Once we receive a referral from your provider we will add you to our waitlist.
- When a spot opens up we will contact you to schedule an evaluation.
- The evaluation takes place over two sessions. During these sessions, we will assess your adolescent's strengths and challenges and evaluate whether they meet medical necessity for an intensive outpatient program.
- If your adolescent's needs can be met in a less intensive program, or if they need a higher level of care, we will recommend other options.

For more information about our services visit seattlechildrens.org/getservices.