## Dialectical Behavior Therapy (DBT)
**Information about treatment, referrals and cost**

### What is DBT?
Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment used to help people who have a hard time managing their emotions, which leads to severe problem behaviors such as:

- Suicidal thoughts and behaviors
- Self-injury, such as cutting or burning
- Substance abuse
- Unhealthy behaviors around weight and food

### How can DBT help my teen?
You and your teen will learn how to be more aware of your emotions and patterns of behavior (mindfulness) to make wise, effective choices. In order to build a life worth living, you and your teen will also learn how to:

- Manage emotions (emotion regulation)
- Cope with distress (distress tolerance)
- Form positive relationships (interpersonal effectiveness)

### What is included in the DBT program?
- Weekly individual therapy for your teen with a Seattle Children’s DBT therapist
- Weekly English or bilingual Spanish patient skills groups for teens and parents to learn DBT skills together
- Weekly all-family meeting with other families participating in the program
- Phone coaching between sessions to learn how to use new skills during challenging moments
- A 10-week DBT parent only skills group
- All SCH DBT therapists consult weekly to provide the best possible care

### Who can take part in the DBT program?
Teens with certain medical or mental health problems may be advised to seek other treatments before or instead of DBT. To take part in the DBT program it is important that:

- Your teen is 13 to 17 when they start the program.
- For our Spanish class, the main language spoken at home or by caregivers is Spanish.
- You and your teen can commit to a minimum 6 months of outpatient treatment.
- You are prepared to stay longer in the DBT program if recommended.
- Your teen can attend weekly 60-minute individual therapy sessions.
- Your teen and at least one parent or caregiver can attend the weekly 1-½ hour patient and multiple-family skills groups. The weekly all-families group in Spanish is virtual on Zoom. The English weekly all-families group is either virtual or in person, depending on family preference or availability.

### To Learn more
- DBT Case Manager 206-987-5302
  In Spanish 206-987-6935
- Ask your child’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 does the referral process work?

1. Your teen’s referring provider will place a referral for our DBT program.
2. Within a week, typically, someone from the clinic will contact you to tell you more about DBT, our program, and other DBT resources. If our program is a good match for you, and you’re still interested, you will be added to our waitlist of interested families.
3. When a spot opens up for you, our clinic will reach out to schedule and evaluation appointment with one of our DBT providers and to help you decide whether you want to start our program.

### Is there a wait for this program?

Space is limited in DBT programs for teens at Children’s and in the community. If there isn’t an immediate opening for your teen in our program, we will give you other DBT and non-DBT referrals in the community. Options for Spanish referrals is limited. In both cases, we may put you on a waitlist for our DBT program. We will do our best to estimate how long the wait will be, but we cannot guarantee when we will have an opening.

Being placed on the waitlist you may choose to look into another type of treatment. Please have your teen and family continue with any current mental health services they are receiving while waiting for other services.

### Is DBT covered by insurance?

Most insurance companies, including Washington Medicaid and Apple Health plans cover some or most of the parts of DBT. Check with your company about coverage.

### How is DBT billed to insurance?

- Individual treatment is billed with procedure code 90834 or 90837 depending on the length of the session.
- Skills Group for patients is billed with procedure code 90853.
- Skills Group for parents is billed with procedure code 90849.
- Psychiatric medication management (if needed) is most often billed with evaluation and management codes 99211 to 99215.

### What if my insurance does not cover all of the DBT services?

Your insurance plan may not cover group treatment, which is a required part of DBT treatment. If your insurance company denies coverage for group treatment, you can appeal the decision if that is an option. You may also apply for our financial assistance program at seattlechildrens.org or call 206-987-5770 to set up a payment plan.

### Questions?

If you have questions, please call the DBT case manager. For English class, call 206-987-5302. For Spanish class, call 206-987-6935.