

Results from Us 2's 2022 DBT Program

80-85% of participants reported the following:

- No longer feeling empty inside
- Increased sense of self & identity
- Increased control over emotions
- Reduced or no longer engage in self-harming
- Feel their quality of life increased significantly since participating in DBT

70% of participants reported the following:

- Improved relationship with friends & family
- Decrease in risky behaviors

During the duration of the program:

- 100% reduction in inpatient hospitalizations
- 100% cessation of active criminal charges

"DBT has given me the skills to walk the middle path, stop my emotional brain from running my life. I am living in the moment for the first time in my life."

Our Mission

To advance health equity by removing barriers and creating an inclusive community where people can reach their full potential.

Our Vision

Everyone Healthier Together

Health Equity

Health equity means everyone is afforded a fair and equal chance to be healthy. Barriers stemming from poverty and discrimination are removed creating a thriving environment where economic prosperity, education, housing, and health care are accessible to all.

DBT



Dialectical Behavioral Therapy

US

Us 2 Behavioral
Health Care Inc



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Overview:

Us 2 Behavioral Healthcare offers a robust DBT program. DBT is indicated to treat several diagnoses including:

- Personality disorders
- Self-harming & suicidal behavior
- Post traumatic stress disorder
- Substance use disorders
- Eating disorders
- Those who have not seen progress in other traditional therapy or medication modalities
- Chronic depression and anxiety

*Program eligibility is determined through clinical assessment and is based on appropriate diagnosis, client commitment and motivation, and other factors.

Interested in making a referral?

Us 2's DBT Program requires a referral by an established healthcare provider. Referral requirements and information can be found on our website.

✉ info@us2behavioralhealthcare.com

🌐 <https://us2behavioralhealthcare.com>

What is DBT?

Dialectical Behavior Therapy is an evidence based practice that consists of four (4) distinct modes of treatment: individual therapy, skills coaching, skills group, and team consultation.

Full DBT requires the incorporation of all four (4) modes of treatment described in this pamphlet; anything not meeting this standard is referred to as “DBT Informed”.

Program Structure

- Individual therapy, 1x a week, for 26 weeks
- Skills group, 1x a week, for 20 weeks
- Team of DBT therapists consulting on each case
- Have access to phone coaching

✔ Individual Therapy

Clients will meet weekly with their therapist, keeping a diary card to track moods, behaviors, urges, and skills they've utilized. Clients will learn how to apply DBT to daily life.

✔ Phone Coaching

DBT phone coaching is available and is intended to assist clients with implementing DBT skills before a crisis develops.

✔ Skills Group

Clients will learn how to utilize skills within the four core modules instead of turning to current behaviors that may be impacting them negatively.

Four Core Modules

Mindfulness
Emotional Regulation
Interpersonal Effectiveness
Distress Tolerance

Consultation Team

DBT therapists come together to review each case, offering encouragement, validation, and problem solving. This means each client has multiple therapists working on their case.