

INSTRUCTIONS FOR DBT CITI PROGRAM PRESENTATION

Each team will present their DBT program. We have allocated 75 minutes to learn about, discuss, and provide you and your team with feedback about your DBT program. The intent of this presentation is for you to receive feedback from the consultants about your program, to answer specific questions you may have, and for other DBT programs to learn from and through you.

There are three elements to the DBT CITI Program Presentation:

- A 20-minute oral presentation by your team
- Detailed handouts and other materials to share with other teams that showcase your DBT program (e.g., brochures, diary cards, treatment forms, innovative materials)
- A poster that provides a bird's eye view of your DBT program

What To Include in the Program Presentation

- Provide a high-level summary of your organization, the patients served, the services provided, and how DBT "fits" within the larger organizational structure.
- Describe the conditions that resulted in administrators deciding to implement DBT.
- Is your program designed to be a comprehensive DBT program or an adaptation? If the latter, please provide a rationale for the adaptation.
- What DBT modes and functions of treatment are provided? What DBT services are offered currently? What are planned for down the road?
- What is your DBT program's inclusion/exclusion criteria for individuals served by DBT?
- How does your program collect and monitor outcomes? What are your DBT outcomes?
- What is the size of your DBT program

Suggested Outline

- 1. Describe the organizational/institutional context where DBT is situated.** Provide both a verbal description as well as a organizational diagram that displays the relationship of the different institutions and/or clinics, and programs. Make sure it is clear where DBT is situated within the overarching structure.
- 2. Define Your DBT Program.** Provide a narrative version of your DBT programs, the modes and functions provided, how it is connected to other parts of the organization. Also include a programmatic diagram of the components
- 3. DBT Program Structure.** Describe the modes and functions provided by your program, the roles and number of staff providing DBT, the patient inclusion/exclusion criteria for each DBT program; include a copy of your therapist agreements, client agreements; include copies of DBT protocols developed for your service; describe how you have modified DBT (if you have), the rationale for the modification, and what informed the direction of your modification; include copies of innovative developments. See Fidelity Checklist by Dimeff & Korslund. Identify deviations, if any.
- 4. Questions for Consultants.** Please list your three primary questions for consultants.

POSTER INSTRUCTIONS

Throughout the week, we will include poster sessions. The purpose of the poster session is to provide an opportunity for other members of our DBT CITI community to learn about your DBT program and ask more in-depth questions about your program. We have attached poster guidelines from ABCT for you to use as guide. You will need to be able to quickly put together your poster materials.

Your poster should provide a high level overview of your DBT program and highlight those elements of your program that are the most important. Include those elements that will help others quickly understand your DBT program and know how it fits into the broader context of your organization. Remember that its primary function is to facilitate a discussion of the key points as people view your poster.

In this context, less is more. Be succinct, to the point, with as few words as possible. Be high-level; consider including pictures and illustrations if they help the viewer to more quickly make sense of your program.

Consider bringing in your notebooks of handouts, workshops, DBT procedures, and any other innovations that would help the story of your DBT program and inspire others to incorporate creative elements you've developed for your DBT program into their own.

