

**Debra M. Bond, PhD**

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To Whom It May Concern:

I am pleased to write a letter of reference on behalf of Dr. Linda A. Dimeff, Clinical Psychologist, Chief Scientific Officer/President, Evidence-Based Practice Institute, LLC, Seattle, WA and Institute Director, Portland DBT Institute, Portland, OR. I have known and worked directly with Dr. Dimeff since 2010 when I served as the Clinical Director at CT's state operated facility for adjudicated youth at the CT Juvenile Training School (CJTS) and we began a large-scale implementation of dialectical behavior therapy (DBT) at the facility. The vision for CJTS was to continue with culture reform by moving from a behavioral levels and point system to the implementation of DBT, an evidence-based program, that would address the individual needs of delinquent youth, provide skills to target multiple complex and trauma based behaviors, decrease aggressive and suicidal behaviors within the facility, increase staff motivation and skills and reduce burnout, and increase generalization of skills from the facility to the community in collaboration with community based service providers and youth families.

CJTS initially received training in DBT in 2007 through BTECH as a part of a DCF (Department of Children and Families) state wide training initiative for adolescents in congregate care settings. In 2010 CJTS and other juvenile justice programs sought additional training and consultation through BTECH to specifically target delinquent youth and reduce their risk of recidivism. Dr. Dimeff served as the BTECH lead for this successful roll out of DBT along with the refinement of the team's clinical application of DBT and increased collaboration with Wheeler Clinic's community providers of the MST\FIT, a model. As the Clinical Director and DBT point person for the facility, Dr. Dimeff worked very closely with me to ensure successful training of staff and implementation of the treatment. In addition, Dr. Dimeff provided clinical supervision and phone-based case consultation to my clinical team from 2010 to 2012. Her consultation was key to our refinement of the team's clinical application of DBT.

Dr. Dimeff is a highly seasoned and experienced DBT systems trainer and clinical consultant with more than twenty years of direct work experience with Dr. Marsha Linehan. As a result, Dr. Dimeff is very knowledgeable of standard DBT as well as DBT adaptations with special populations including substance abusers and with the juvenile justice population. She is a dynamic and charismatic trainer who provides not only clinical knowledge but also research knowledge that helps staff to develop a foundation in DBT. In addition, she provides pragmatic/realistic examples relevant to all staff regardless of their roles (frontline staff, a clinician or administrator) to become effective members of the treatment team. She was able to relate to staff from diverse backgrounds and to draw in those frontline staff who were at first skeptical and resistant to change. She understood the need for direct engagement using a highly experiential approach relevant to their daily work with juveniles.

In 2016 when I was approached by Wheeler Clinic to assist with their identification of a training organization to provide DBT training/implementation, I recommended Dr. Dimeff to Dr. Elisabeth Canata, PhD, Vice President. I recommended Dr. Dimeff and her training organization at Portland DBT Institute due to their flexibility/ capacity to adapt standard DBT to the juvenile justice setting as well as her clinical expertise, and ease of working with others. I was also aware that Dr. Dimeff and her team were providing DBT services to New York State's OCFS and had a training model that emphasized engaging and working directly with front line staff as they recognized it is not enough to work just with clinicians. Overall in comparison to market competition and the training models of other providers of DBT, working with Dr. Dimeff offered greater value.

Since 2010, I have attended DBT trainings with several different BTECH consultants as well former BTECH staff. I also attended the week long advanced DBT Intensive Training in Seattle, Washington with Dr. Marsha Linehan. In my opinion Dr. Dimeff is one of the best trainers and consultants and has constructed a training team at PDBTI that is also outstanding and uniquely qualified to serve the needs of large systems of care, including juvenile justice facilities and group homes. Thus, I recommend her highly without reservation. Please let me know if I can provide any additional information.

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