

DBT-Enhanced Skills Training Provider Agreement



Greetings!

We are very glad your client is considering beginning services at Portland DBT Institute (PDBTI) in our DBT Enhanced Skills Training (DBT-EST) program. The DBT-EST program was developed to give clients a chance to get started learning DBT skills while waiting for an opening in our standard DBT program where individual therapy is provided. Clients in our DBT-EST program do not have a PDBTI individual therapist; they only have access to a skills trainer helping them learn and apply DBT skills.

The goal of this agreement is to clarify roles for outside providers as well as DBT skills trainers and are in line with standard ethical and mental health clinical standards, as well as protocols developed by DBT treatment developer, Marsha M. Linehan, PhD.

The PDBTI Skills Trainer serves as a teacher in learning and applying DBT skills. The role of the outside provider is to have a plan for crises and if appropriate, to serve as treatment coordinator (e.g. coordinate services between the client and treatment providers, create treatment plans, etc).

All members of the DBT-EST program are required to have a professional with whom they meet with on a regular basis who is qualified to assume (and does assume) responsibility for the client in cases of clinical emergencies. This means:

- Discussing and developing a plan for clinical emergencies with your client
- Updating as needed the crisis plan with the client
- Monitoring use of the crisis plan

Thank you again for supporting your client. Should you have any questions regarding this agreement between you, your client, and PDBTI, please feel free to contact the PDBTI Associate Director, Andrew White, PhD, ABPP at awhite@pdbti.org or 503.290.3281.

Respectfully, Portland DBT Institute Team

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Client Name:

Provider Name: _____ Date: _____

I am the provider for the client named above who is doing skills-only (DBT-EST) services at Portland DBT Institute. My role is:

- Psychotherapist
- Case Manager
- Pharmacotherapist
- Spiritual Support (e.g. Pastor, Rabbi, Chaplin, etc.)
- Primary care staff
- Peer Advocate
- Other:

To be eligible for participation in DBT-EST, I understand that that my client must remain in regular services offered by me on an ongoing basis. As the provider for this client, I understand I am expected to:

- Have a plan developed and discussed with the client for managing clinical crises. A plan for example may be as simple as directing the client to call or text 988 in the event that they have a crisis and require support or calling 911 for medical crises. It may also involve developing a crisis plan using an evidence-based approach, e.g., a Crisis Response Plan or a Safety Plan. It may also indicate whether and how they can reach you as their primary clinical support person. The plan cannot however involve reaching out to PDBTI staff for crises, as PDBTI does not provide this service to clients participating in its DBT-EST service.

This plan needs to be provided to PDBTI staff to keep in the client chart (this can be submitted via the secure paperwork portal on our website: <https://www.pdbti.org/secure-upload/>)

- There is a digital copy of the PDBTI EST Crisis Plan on the PDBTI website (<https://www.pdbti.org/clinical-services/forms/>)
 - Alternate crisis plans such as the Stanley-Brown (<https://suicidesafetyplan.com/>) are also acceptable
- Assist the client in applying DBT skills to their clinical issues