



PDBTI: Request for Clinical Services

Client Information

Date: _____

Legal First Name: _____ Chosen Name (if different): _____

Legal Last Name: _____

Parent name(s) if under 18 years: _____

Date of Birth: _____

Interpreter required? (Mark one): ☐ YES ☐ NO If yes, language needed: _____

Pronouns (Mark all that apply or write in): ☐ She/Her ☐ He/Him ☐ They/Them

☐ Other (please list): _____

State of Residence: _____

Phone: _____

Is it OK for us to leave voicemails? (Mark one): ☐ YES ☐ NO

Email address: _____

Do you have Medicare Coverage? ☐ YES ☐ NO

Do you have Medicaid coverage? ☐ YES ☐ NO

Primary Insurance: _____

Member ID number: _____

Secondary insurance carrier? ☐ YES ☐ NO

Secondary Insurance: _____

Member ID number: _____

Referral Source *(if client is self-referred, you may skip to the next section)*

Relationship to client: _____ (e.g. self, therapist, PCP, family, case worker.)

First name: _____ Last name: _____

Agency name: _____

Email address: _____

Reasons or Concerns for Seeking Treatment

1. Alcohol or drug abuse? ☐ YES ☐ NO

If yes, please describe the drug/alcohol use, or substance abuse:

2. History of trauma/traumatic experiences? ☐ YES ☐ NO
3. Eating disorder concerns? ☐ YES ☐ NO

Other reasons or concerns for seeking treatment? (*Please list briefly*):

Treatment Options: Check all that apply.

1. ***Are you interested in our DBT Enhanced Skills Training (DBT EST) program?***

DBT EST is a group-only for individuals ready to get started learning DBT Skills right away while waiting for full program DBT (e.g., waiting for PDBTI individual therapist to become available. DBT EST meets twice per week, one hour each time. Participants have access to the same excellent materials used throughout PDBTI and the same highly trained clinicians who provide clinical services across the clinic. DBT EST participants are required to have an outside provider they can partner with to develop a crisis management plan and to provide as-needed therapeutic support and who can help ensure progress towards a person's goals.

☐ I am interested in DBT EST, a twice weekly DBT skills group, while I am on the wait list for full DBT treatment.

2. ***Interested in Standard DBT Program***

Our Standard DBT Program is a combination of DBT Skills group and one individual therapy session each week.

- Weekly 50-minute individual therapy
- Weekly two hour DBT skills training that includes: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness
- Twenty-four hour phone coaching, available to clients through their individual therapist

As needed services include:

- Medication management
- Nutrition support

Our 12-month groups are in a psycho-educational format, which means it is more like a class rather than a therapy group where people come to vent or get support.

Are you interested in learning more about the Standard DBT Program?

____ Yes, I am interested in the Standard DBT Program

____ No/not now

3. Interested in our Eating Disorder Intensive Outpatient Program (ED-IOP)?

Our ED-IOP is offered in 12-week cycles, 5 days a week (Mon-Fri), from 8:00am to 12pm noon. Clients may adjust length of treatment, as needed. It is designed for young adults and adults who are medically stable and who struggle with:

- Complex and serious behavioral health problems
- A history of unhelpful, unsuccessful attempts with other ED treatment efforts
- One or more eating disorders: Anorexia, Bulimia, Binge Eating Disorder, Avoidant Restrictive Food Intake Disorder, ED-Other Specific Feeding/Eating Disorders

Are you interested in learning more about the Eating Disorders IOP?

____ Yes, I am interested in the Eating Disorder IOP

____ No/not now

Please Note PDBTI Medical Requirements: We are unable to accept clients who are extremely underweight, unless medically monitored weight restoration has already safely begun and close medical supervision continues. Additionally, we are unable to accept clients who are medically unstable and require hospitalization because of electrophysiological abnormalities, electrolyte imbalances, or other potentially dangerous conditions.

4. Interested in our Jaspr Cares Intensive Outpatient Program (IOP)

The Jaspr Cares IOP is a 12-week program, meeting three days a week (Monday, Wednesday, and Thursday). Our program is specifically designed for people who are having intense thoughts about wanting to die by suicide or are recovering after a recent suicide attempt or crisis. We combine the best state-of-the-art approaches for supporting people who are struggling with thoughts of suicide. This program is for adults (18+) who:

- Are experiencing frequent or overwhelming thoughts about being dead or dying or suicide
- Are recovering after a suicide attempt or recent suicidal crisis
- Have recently left a hospital, emergency room, or similar setting after a suicidal episode
- Are finding their suicidal thoughts are increasing to what feels like a crisis

Are you interested in learning more about the Jaspr Cares IOP?

____ Yes, I am interested

____ No, not now

5. Interested in our Standard Adult DBT Intensive Outpatient Program (IOP)?

Our Standard Adult IOP is offered in 8-week cycles, four days a week (Mon, Wed, Thurs, Fri), from 12pm noon to 3:00pm. Clients are expected to repeat the eight-week cycle at least once and may stay longer when needed. This program is designed for adults 18 and older who struggle with:

- Debilitating depression/anxiety
- Suicidal behavior, suicidal ideation, and self-harm
- Poor emotion regulation
- Problematic impulsive behaviors related to difficulty regulating emotions

- Difficulty establishing and maintaining healthy relationships

Are you interested in learning more about the Standard Adult IOP?

____ Yes, I am interested in the Standard Adult Intensive Outpatient Program

____ No/not now

6. Interested in the Teen and Family DBT Intensive Outpatient Program (IOP)?

Our Teen and Family DBT IOP is offered in 8-week cycles, three days a week (Mon, Wed, Thurs), from 4pm 7:00pm. Clients may repeat the eight-week cycle and stay longer when needed. This program is designed for teens 13 to 17 years old who struggle with:

- Depression/Anxiety
- Self-harm/Suicidal ideation
- Poor emotion regulation
- Difficulty establishing and maintaining healthy relationships

Are you interested in learning more about the Teen and Family IOP?

____ Yes, I am interested in the Teen and Family Intensive Outpatient Program

____ No/not now

-END OF FORM-

Please fax your completed form to: **503-231-8153**

or mail to:

Attn: Intake Dept., 5100 S. Macadam Ave, Suite 350, Portland, OR 97239

Thank you for your interest in our services and completing this Request for Services form. Once we receive and review your information, a member of our Intake Team will contact you, typically within 5-10 business days. Thank you in advance for your patience.

Questions about this form or the referral process? Please contact our Intake Team at referral@pdbti.org or 503-290-3291.

Thank you for your interest in clinical services at Portland DBT Institute!