

## **Olmsted DBT Skills Coaching**

### Who do I call?

Clients can have access to team members for skills coaching 24 hours/day by calling the team cell phone at (507) 951-3015.

Referrals or questions about the program may be directed to the DBT program at Olmsted County Community Services :

**(507) 328-6400**

**For more information, visit our  
website:**

[http://www.co.olmsted.mn.us/cs/  
AFS/abh/dbt/Pages/default.aspx](http://www.co.olmsted.mn.us/cs/AFS/abh/dbt/Pages/default.aspx)

## ***Your Rights and Responsibilities***

You have the right to fair, nondiscriminatory treatment. Olmsted County does not discriminate against anyone for their race, sex, marital status, color, national origin, or religion.

If you feel you have been discriminated against, you may file a complaint with:

MN Dept. of Human Services  
4444 Lafayette Road  
St Paul, MN 55101

MN Dept. of Human Rights  
190 E 5th Street  
Suite 700  
St Paul, MN 55101

### **Olmsted County**

DBT Program  
2100 Campus Drive Southeast  
Suite 200  
Rochester, MN 55904  
Phone: 507-328-6400  
Fax: 507-328-6401

## **Olmsted County Certified DBT Intensive Outpatient Program**





## Program Description

Olmsted DBT is a certified intensive outpatient program offered by Olmsted County Community Services to assist Olmsted County residents. DBT (Dialectical Behavior Therapy) serves mental health consumers who are experiencing great difficulties due to mood disorders, personality disorders with symptoms including extreme emotion dysregulation, self harm behaviors and numerous hospitalizations.

Research has demonstrated that DBT is the most effective form of treatment available for reducing suicide and self-injury, and improving quality of life for persons with Borderline Personality Disorder.

The program combines DBT with coordinated community support services with the goal of reducing the need for hospitalization and increasing the individual's ability to participate in community living.

## Program Components

- DBT Skills Training groups meet weekly for 2 1/2 hours
- Access to skills coaching 24/7 for skills strengthening and generalization
- Individual therapy once per week utilizing DBT Model
- Consultation to community therapists

## Ancillary Services

- Case Management Services
- Other Community Support Services (ARMHS, 12-step, etc.)

*The goal of DBT is to learn skills so you can create a life worth living.*

## Do You Struggle With...

- Interpersonal Chaos—Conflict with others and relationships.
- Labile Emotions—up and down moods, extreme feelings of highs and lows.
- Impulsivity—act first, think later.
- Confusion about self—Where do I fit in? I seem different than others, rumination thoughts.

## Skills We Teach to Help

- Interpersonal Effectiveness Skills
- Emotion Regulation Skills
- Distress Tolerance Skills
- Core Mindfulness Skills