

DBT Therapy Group for Teens



What is it?

Dialectical Behavioral Therapy (DBT) is a type of behavioral health therapy designed to take you on a journey of exploration as you become more comfortable with discomfort and begin to find balance. Through practical skill building such as distress tolerance, emotional regulation, mindfulness and interpersonal connections, you will learn how to manage intense emotions, sit with anxiety and self-soothe.

When and where?

- **When:** Once a week for 6 weeks
- **Schedule:** Thursday afternoons from 4 - 5 p.m.
- **Where:** In-person at Olin Clinic - 208 E Olin Ave., Suite 105, Madison, WI

Who is eligible?

- Teens age 14 - 18 (entering 9th grade in the fall or still in high school)
- Those with GHC-SCW, Quartz One or The Alliance insurances.
- Must have an active GHCMYChart account
- Must have an individual therapist and if not in a GHC-SCW clinic, must have a signed Release of Information on file for therapists to communicate.

Who is not eligible?

- Those who are 18 and out of high school
- Anyone who doesn't have GHC-SCW Insurance, Quartz One or The Alliance if established within GHC-SCW
- Those who don't already have an individual therapist

Requirements:

- A parent/guardian must be present at the first session to sign any and all necessary paperwork.
- A parent/guardian must remain onsite for the duration of the hour-long group in case of emergency.
 - *If a participant is driving themselves to group, a "Request for a parent/legal guardian for GHC-SCW to provide care to their minor child between ages 12-17 in their absence" form must be signed and on file.*
- A Release of Information to communicate with participants individual therapist must be signed and on file.

Cost:

This group is generally covered by insurance. Some benefit plans may require a co-payment, deductible or co-insurance. For benefits questions, please call Member Services at (608) 828-4853 or call toll free at (800) 605-4327.

Registration:

For patients who would like more information on the DBT for Teens group, please contact Kristine Schmitt, LPC at (608) 441-3290 and ask for DBT for Teens information. Kristine will provide you with more information via MyChart.

For GHC-SCW Providers who would like to refer to this group, please send a staff message to P DBT Group or message Kristine Schmitt, LPC with any questions.

Create the life you want!

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Group Health Cooperative of South Central Wisconsin (GHC-SCW)
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 **Group Health
Cooperative**

of South Central Wisconsin

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