

## Course Schedule

The DBT-YA Program is made up of four modules designed to help patients cope with sudden, intense emotions. New patients are accepted into the DBT-YA Program during the Orientation and Core Mindfulness session entry points.

The module rotation is as follows:

- Orientation & Core Mindfulness (2 weeks)
- Distress Tolerance (6 weeks)
- Orientation & Core Mindfulness (2 weeks)
- Emotion Regulation (7 weeks)
- Orientation & Core Mindfulness (2 weeks)
- Interpersonal Effectiveness (5 weeks)

## Contact Us

### Patients

For scheduling assistance or questions, please call 305-324-HELP (4357), or contact Alba Rivas at 305-355-7554 or [ARivas@jhsmiami.org](mailto:ARivas@jhsmiami.org).

### Physicians

For referrals, please contact Alba Rivas at 305-355-7554 or [ARivas@jhsmiami.org](mailto:ARivas@jhsmiami.org).

**Jackson**  
BEHAVIORAL  
HEALTH HOSPITAL

1695 N.W. 9th Avenue  
Suite 2516  
Miami, FL 33136  
305-324-HELP (4357)

[www.JacksonBehavioralHealth.org](http://www.JacksonBehavioralHealth.org)

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# Building Blocks For A Life Worth Living

Dialectical Behavior  
Therapy For Young Adults



JHS10640 11-17

**Jackson**  
BEHAVIORAL  
HEALTH HOSPITAL

# Helping Young Adults Cope

Sometimes, young adults feel invincible—and yet there are other times when they struggle with anger, sadness, self-esteem, and even substance abuse.

At Jackson Behavioral Health Hospital, in affiliation with the University of Miami Miller School of Medicine, we use an evidence-based treatment called Dialectical Behavior Therapy to help individuals between the ages of 18 and 23 handle stress, improve relationships, and manage emotions.

Using research conducted by Marsha M. Linehan, PhD, the treatment uses private and group therapy sessions to teach mindfulness, acceptance, and cognitive-behavioral skills—and how to apply them in real-life situations.



## Services Provided

The DBT-YA Program, within the Child and Adolescent Center (CAC), is 24 weeks long, with an opportunity to continue individual therapy post-graduation.

### The program includes the following:

**Individual DBT Therapy:** Each participant attends weekly therapy sessions for 45 minutes over the 24-week period.

**DBT Skills Group:** Training skills are divided into four modules and are taught in 90-minute weekly sessions over the course of the program.

**24-Hour Skills Phone Coaching:** A DBT therapist helps participants in identifying cognitive-behavioral skills to apply in certain situations. The phone contact is brief, structured, and supports the DBT Skills Group and DBT Individual Therapy.

**Medication Management:** Child & Adolescent Psychiatry Fellows from the University of Miami Miller School of Medicine provide psychiatric evaluations and medication management, as needed.

## What Dialectical Behavior Therapy For Young Adults Treats

Our comprehensive program is for young adults between the ages 18-23 who struggle with:

- Self-harm
- Suicidal thoughts
- Chronic depression
- Anxiety
- Impulsivity
- Interpersonal issues
- Eating disorders
- Substance abuse
- Anger management

