

Course Schedule

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

The module rotation is as follows:

- Orientation & Core Mindfulness (2 weeks)
- Distress Tolerance (4 weeks)
- Orientation & Core Mindfulness (2 weeks)
- Walking the Middle Path (4 weeks)
- Orientation & Core Mindfulness (2 weeks)
- Emotion Regulation (5 weeks)
- Orientation & Core Mindfulness (2 weeks)
- Interpersonal Effectiveness (4 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.

Physicians

For referrals, please contact Alba Rivas at 305-355-7554 or ARivas@jhsMiami.org.



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Building Blocks For A Life Worth Living

Dialectical Behavior Therapy For Adolescents

JHS9871 11-17

The logo for Jackson Behavioral Health Hospital, featuring the word "Jackson" in a large, serif font, with "BEHAVIORAL HEALTH HOSPITAL" in a smaller, sans-serif font below it.

Jackson
BEHAVIORAL
HEALTH HOSPITAL

Helping Adolescents Cope

Sometimes, teens feel invincible—and yet there are other times when they struggle with anger, sadness, self-esteem, and even suicidal thoughts.

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 for Adolescents, or DBT-A, to help individuals between the ages of 12 and 18, and their families, handle stress, improve relationships, and manage emotions.

Using research conducted by Alec Miller, PsyD and Jill Rathus, PhD, the treatment uses individual, parenting, 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-A program, within the Child and Adolescent Center (CAC), is 25 weeks long, with an opportunity to continue individual therapy post-graduation. The program includes the following:

Individual DBT-A Therapy:

Each participant attends weekly individual therapy sessions for 45 minutes over the 25-week period.

DBT-A Skills Group:

Training skills are divided into five modules and are taught in 90-minute weekly sessions over the course of the program.

Multifamily DBT-A Skills Group:

Parents and caregivers of program participants learn skills within the same modules to be reinforced at home.

24-Hour Skills Phone Coaching:

A DBT-A therapist helps participants in identifying cognitive-behavioral skills to apply in certain situations. The phone contact is brief, structured, and supports the DBT-A Skills Group and DBT-A 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.

Graduate Group:

Each adolescent is eligible to join if they have successfully completed and graduated from the program. Group members have the opportunity to consult with other DBT-A graduates and reinforce skills taught in the first 25 weeks.

What Dialectical Behavior Therapy For Adolescents Treats

Our comprehensive program is for teens between the ages 12-18 who struggle with:

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

