



Woodview DBT Newsletter

Exciting New Treatment Modality Arrives at Woodview!

Over the past few years through survey results and staff feedback, we have heard you ask:

- can you provide us with more dedicated, agency wide training that supports the job we are already doing
- for training that is not fly by night, not one afternoon.....something that lasts and we can use in our everyday practice
- for more clinical support and more evidence based therapeutic training.....that understands our programs and believes in the work we do

We are listening..... and now is the time to start doing!

Woodview has put together a team to look at all these questions.....the team has researched and found an overall treatment modality to give you all you have asked for.....without making your days longer and more labour intensive....

The History...

The small team put in a proposal to The Centre of Excellence for Child & Youth Mental Health to request funding to implement training in a treatment modality that would support "the hard work we are already doing" and "to continue to move forward with the multi-program - multi-layer treatment" that we can all use to enhance our programs without complicating our jobs.

Our proposal was approved!

This small team grew.....and team building allowed us to research different treatment modalities that would fit with the work that we do. Dialectical Behaviour Therapy (DBT) was chosen....this will fulfill all that you have requested, a modality was born.

What is DBT?

Dialectical Behavioural Therapy (DBT) has been called the third wave of Cognitive Behavioural Therapy (CBT) something that we are already using in our programs.

DBT emphasises four main skill sets - mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance

DBT is supportive - it builds on people's strengths.

DBT is collaborative; it is similar to a coaching system

DBT is cognitive based

DBT's - method islearn, apply, master!

How will DBT help me in my everyday work routine?

DBT adds more to your therapeutic tool kit so you can.....

- ✓ Better connect with the children and youth that do not connect easily
- ✓ Learn more approaches to strengthen methods to manage strong feelings
- ✓ Add to your existing skills
- ✓ Better able to identify obstacles in treatment

And...

- ✓ You will be clinically supported to implement DBT

How will DBT help our clients?

- ✓ Our clients will be able to better manage their emotions / feelings
- ✓ Our clients will be able to better cope with stress
- ✓ Our clients will be able to better improve relationships with others
- ✓ Our clients will be able to learn, apply and master more interventions detailed to their specific concerns

Where are we in the process right now?

The Centre of Excellence is a three year grant, we are in year one. This is the learning year.....we have explored what we want as an agency to better engage and serve our clients. We have a bit more learning to do.

Year Two - Implementation stage - we roll out DBT starting with Day Treatment and Alternative to Residential/Residential teams. We train the staff and clinically support you. This model is about supporting the front line staff. Our intentions are to have everyone trained in this therapy. This may take beyond our three year plan to complete this. Please stay tuned.

Year Three - Follow-up - fine tune our learning and fill in any gaps. The learning for this model is continual- it does not get put in a drawer, it will filter through all that we do.

Well one more thing....

We are looking for two Child and Youth Workers in Day Treatment to join the team. You will be working with the DBT team in the implementation stage. We will need on-floor points of view to ensure we are working in the best interest of our staff and our clients. While you are at meetings (about once a month) your spot in the classroom will be replaced with an on-call CYW. If you are interested contact Lorraine Jeffrey or your Program Manager.

How do I get more information?

Watch the Woodview-intranet - we will be posting bulletins of our progress. It is an exciting time for Woodview.....learn, apply, master!

The Team....

Lorraine Jeffrey, Flora Ennis, Tricia Brinn, Naomi Petendra, John Fitzgerald, and Chris Clattenburg