



Ten Questions to Ask a DBT Treatment Center

1. Do you fully adhere to the **comprehensive DBT treatment model** outlined on BehavioralTech.org?
2. How do you integrate DBT skills into **daily programming**?
3. How many staff on campus are **foundationally trained in DBT**?
4. How many staff on campus are **intensively trained in DBT**?
5. How will **families learn and use DBT** as they are involved in treatment?
6. What tools do you utilize to **monitor my child's progress**?
7. How does the **treatment team** use DBT skills?
8. How will my child apply the DBT skills in a **real life setting**?
9. How is DBT used to influence the **peer culture** at your program?
10. How are DBT skills used in a **school setting**?