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?