

# METRO NY DBT CENTER

Our mission at Metro NY DBT Center is to provide evidence-based treatment to help our clients and their families reduce suffering and build a life worth living. We treat mood disorders, borderline personality disorder, post-traumatic stress disorder, anxiety, substance abuse and eating disorders in adolescents and adults. We provide treatment to individuals, groups, couples and families.

## **DBT**

Metro NY DBT Center proudly practices the evidence-based treatment, Dialectical Behavior Therapy (DBT), a form of Cognitive Behavior Therapy to treat a wide variety of complex symptoms and challenges. Our clinicians have been intensively trained in DBT. DBT is a comprehensive targeted treatment that includes Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness. Metro NY DBT Center's ultimate goal is to help client's live a life worth living.

## **Single Case Agreement**

We understand the difficulties around finding DBT practices and are glad you have found Metro NY DBT Center. Making the decision to begin comprehensive DBT treatment is challenging enough, but unfortunately Metro NY DBT Center is not in network with insurance companies. We encourage you to contact your insurance company requesting a Single Case Agreement (SCA). A Single Case Agreement (SCA) is a one-time variance that an insurance company may grant a client that reimburses DBT services at in network rate. Typical with most health care coverage, there is a lot of hard work ahead for clients looking to apply for SCA. The DBT-LBC has prepared a "Go-To" guide for clinicians and clients looking for concrete guidance on requesting a SCA. Included are bullet points to ask a potential DBT provider, sample scripts to use with clinicians and customer service representatives when requesting information on comprehensive DBT treatment, tips on troubleshooting denials, and a FAQ section. Please see <https://dbt-lbc.org/index.php?page=101175> for more information. Persistence is key!

## **Cost Efficacy for DBT**

We understand how finances may impact your decision to pursue DBT treatment. We understand it is expensive, however DBT's efficacy provides strong support for being able to effectively treat clients and be more cost effective than other clinical options over a lifetime.

The American Psychiatric Association (1998) estimated that DBT decreased costs by 56% when comparing the treatment year with the year prior of treatment in a community-based program. Specifically, reductions were indicated by decreased face-to-face emergency services (80%), hospital days (77%), partial hospitalization (76%), and crisis bed days (56%). The decrease in hospital costs (~\$26,000 per client) far outweighed the outpatient services cost increase (~\$6,500 per client). Recent evidence demonstrates how DBT treatment had significantly decreased the use of outpatient mental health services in the following year by 48% (Meyers et al., 2014). Results also indicate a 50% decrease of high-cost inpatient services as well as a 69% decreased length of stay, totalling around a quarter of a million dollar decrease (Meyers et al., 2014).

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American Psychiatric Association (1998). Gold Award: Integrating dialectical behavior therapy into a community mental health program. *Psychiatric Services*, 49(10), 1338–1340.

Dialectical Behavior Therapy (DBT). Center for Anxiety LLC. 2022.

Meyers, L. L., Landes, S. J., & Thuras, P. (2014). Veterans' service utilization and associated costs following participation in dialectical behavior therapy: a preliminary investigation. *Military Medicine*, 179(11), 1368-1373.