

# METRO NY DBT CENTER

1. Get in touch with the admissions team is ready to listen to your needs and answer your questions about our program and Metro NY DBT Center. Connect with us via 212-560-2437 or email [cdiamond@metronydbt.com](mailto:cdiamond@metronydbt.com).
2. Prescreen will be completed with a 10 minute phone call with our intake coordinator. During this call we will get a clearer picture about your symptoms and goals. Our intake coordinator will present your needs to our team. The client will then be connected to an intake therapist. We aim to connect clients and clinicians within 48 hours.
3. Complete intake paperwork, financial paperwork and clinical assessments.
4. Complete an intake. During the intake, the clinician will ask you to share your story. You will learn more about our program. We will want to discuss your mental health history, goals and obstacles.
  - a. Refer to Outpatient DBT
    - i. Pre-treatment plan. After your intake, the clinician will discuss your case with our larger consultation team. You will begin the first of four sessions to create a treatment plan, develop commitments, and learn about Dialectical Behavior Therapy.
    - ii. At the conclusion of pre-treatment, you will be matched with a DBT skills group. You will have 1 to 3 orientation meetings to prepare for participation in a DBT skills group.
  - b. Refer to Intensive DBT
    - i. Pre-treatment plan. After your intake, the clinician will discuss your case with our larger consultation team. You will begin the first of four sessions to create a treatment plan, develop commitments, and learn about Dialectical Behavior Therapy. At the conclusion of pre-treatment a person is referred for 9 hours of group each week for short term DBT treatment. Client participates in one individual weekly session each week.
    - ii. Discharge planning for continued intensive treatment or refer to outpatient DBT.
  - c. Refer to CBT
    - i. Review psychological assessments, present to our entire team and develop a hierarchy. *Weekly or biweekly individual sessions*
  - d. Refer to CFT
  - e. Refer to outside clinician