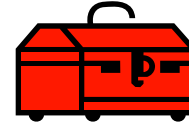


# CMH Toolbox



## Resources for building better lives

Spring 2006

### Summer Camps:



#### Look into

- YMCA
- Community Education
- Church
- Schools
- Star Tribune Camp Guide

## Dialectical Behavior Therapy, DBT

When it comes to changing behavior and improving the lives of individuals with mental health concerns, there are many interventions that may be helpful, including therapy provided by a mental health professional in a clinic or office. Even this type of intervention may use a variety of different approaches. One such approach is known as DBT therapy, and it has been found to be helpful for many individuals with a broad range of mental health symptoms.

Shelly Edwards is a mental health professional who provides DBT therapy at Family Life Mental Health Center in Coon Rapids.

Ms. Edwards agreed to answer some questions for this article.

### What is DBT therapy, and who may benefit from this approach?

DBT stands for Dialectical Behavior Therapy. It was developed by Marcia Linehan for the diagnosis of Borderline Personality Disorder. It is an approach to therapy which incorporates both group skills training and individual therapy. The goals of DBT are to stabilize daily life, reduce suicidality and self-injurious behavior, and improve quality of life.

It utilizes strategies from cognitive behavioral therapy and mindfulness techniques to

change behavior while accepting the client where she is at the moment.

Although it was developed and researched primarily with clients with Borderline Personality Disorder, it is being researched and used for clients with substance abuse, depression, anxiety and bipolar, as well as with adolescents. Clients who benefit from this type of therapy include people who have difficulty regulating emotions, tolerating distress and effectively managing interpersonal relationships. Symptoms include suicidal gestures, self harm, abusive

*(Continued on page 2)*

## Children's Crisis Mobile Team

Riverwind provides mobile mental health crisis intervention services and stabilization services for children who reside in Anoka County who are experiencing a mental health crisis. They are a community-based service in which clients and trained staff work together to help each client problem-solve the crisis and avoid psychiatric hospitalizations.

Riverwind services are

available 24 hours a day, 365 days per year.

Their goal in working with clients is to help them deal with their immediate mental health needs and to formulate plans to meet future needs. They measure success by helping individuals learn new coping skills and recognize symptoms early so individuals can avoid the need for crisis intervention in the future.

Riverwind Crisis Services is one of the 36 programs of People Incorporated, a non-profit organization founded in 1969 to promote and secure independence and community integration for people with mental illness and other brain disorders. They serve over 4,000 clients per year in five metropolitan counties and are well recognized for leadership and innovation in the provision of services for persons with mental illness.

Riverwind

Children's  
Crisis Mobile  
Team

763-755-3801

24 Hours a Day



## DBT

(Continued from page 1)

relationships, isolation, avoiding feelings or emotional outbursts. These symptoms interfere with daily functioning or relationships.

### What are your credentials, and what training must a therapist received before providing DBT therapy?

I am a licensed psychologist. In addition to schooling and licensure, a therapist who practices DBT will have taken continuing education courses in the practice of DBT. They will use the philosophy and tools of DBT, including diary cards, in therapy.

### What is the format for DBT therapy? Does it always require working with a group?

Individual therapy is the anchor of DBT therapy. Skills training is an effective adjunct. It is more difficult to

teach and implement skills if the client is just attending individual therapy. The most effective strategy is individual therapy and a skills training group.

### Sometimes parents or guardians have to participate in therapy. Why is this?

Parental involvement is required in the adolescent group at Family Life. There is a two part rationale.

Parents need to know the skills and how to reinforce the skills their adolescent is learning. Skills are better generalized when they are consistently reinforced at home and in therapy. Also, the skills learned can be utilized by everyone and can be applied to parenting and the parent's own life,

managing their emotions while parenting an adolescent.

### I have heard that the DBT program is pretty intensive, and requires a lot of time and commitment. Is this always the case?

Yes, DBT skills training requires a year commitment to the group. There is a commitment to attend and do weekly homework. The adolescent and young adult groups are time limited groups but still require regular attendance and homework.

### If someone is in DBT therapy, are there other things that they can also do to help improve their situation?

It is helpful to practice skills on a daily basis, moving towards incorporating the skills into a way of life. If there is an addiction, 12 step programs

dove tail nicely with DBT. As with any new skill, the more a person practices and is committed to change the faster the progress and effectiveness of the program. Involvement in community support programs or in the community gives a client more opportunity to practice skills, while building an improved quality of life.

### Can you think of examples of people who might not be good candidates for this approach?

In my experience, it is not an effective approach for people with an active psychotic process. Otherwise, the skills are beneficial for anyone who is interested in observing and changing behaviors.

**"The most effective strategy is individual therapy and a skills training group."**



The POST Workshops for the remainder of the 2005-2006 school year have been cancelled .

Look for upcoming announcements for workshops this fall.



**MENTAL WELLNESS CAMPAIGN**  
FOR ANOKA COUNTY

Anoka County has a strategic plan to focus on mental wellness, not illness. The Mental Wellness Campaign for Anoka County was formed in 2004 and is made up of mental health services consumers, family members, business leaders, school representatives, and human services professionals.

The mission of the Mental Wellness Campaign of Anoka County is to promote increased public awareness, understanding and acceptance of mental health care. Contact Bill Pinsonnault at 763-422-7007 for more information.



## Executive Functions

Executive functions are one of the latest topics people are taking interest in. Executive functions are brain functions that regulate our thoughts and behaviors. They allow us to complete tasks, problem solve, and shift from one task to another. They can effect planning for school, home life, and community functioning. Mental health diagnoses can affect all or any of these functions, so it's important to know what they are and how they may relate to your child.

There are three major areas of our brain: brain stem, mid-brain, and frontal lobes (located just behind the forehead). The frontal lobes house the areas of the brain responsible for our higher thinking. This is the section of the brain responsible for

our executive functions. Everyone has executive functions but some people can have difficulty in any given area. All of them can be impacted by mental health diagnoses, brain trauma, learning disabilities, developmental delay, etc. Identifying strengths and weaknesses can allow for specific interventions to be used for improving functions. For additional information go to:

[www.neuropsychologycentral.com](http://www.neuropsychologycentral.com)

[www.nanonline.org](http://www.nanonline.org)

[www.mindtools.com](http://www.mindtools.com)

<u>12 Major Executive Functions:</u>	
Goal Setting	Identify and set
Planning	Develop steps to reach a goal
Sequencing	Arrange the steps in their proper order
Prioritizing	Rank needs or tasks
Organizing	Obtain necessary materials to complete tasks
Initiating	Begin a task
Inhibit	Stop responding to distractions
Pacing	Adjust work rate for completion
Shifting	Move from one task to another
Self-Monitoring	Assess progress towards goals
Emotional Control	Regulate responses to situations
Completing	Reach the end of the goal

## May is Mental Health Month

From National Mental Health Association, [www.nmha.org](http://www.nmha.org)

Spread the word: May is Mental Health Month! Here are just a few ways you can help others make the mind-body connection.

### MIND Your Health.

Caring for you mental health is key to your overall health. Most mental health problems, such as depression and anxiety disorders, are as treatable as physical illnesses.

**Mental health is crucial to a child's development and overall health.**

Early diagnosis and treatment of mental health problems allow children to

reach their full potential.

Managing stress will keep your mind and body healthy, and enhance your productivity and well-being.



Promote public awareness of mental illnesses with the silver ribbon.

[www.nmha.org](http://www.nmha.org)

Help improve mental health services for children in Anoka County by joining the Children's Mental Health Advisory & Coordination Council.

We are currently looking for a parent representative. If you are interested please contact the Children's Mental Health Unit at 763-712-2703

*Membership represents consumers, parents and service providers.*

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## Anoka County Children's Mental Health

Rum River Human Service Center  
3300 4th Ave N., Bldg #9  
Anoka, MN 55303

Phone: 763-712-2703  
Fax: 763-712-2728

### Inside this issue:

- Mental Wellness Campaign, page 2
- Executive Functions, page 3
- Camp Resource Guide 2006
- Event Calendar



Brought to you by the Children's Mental Health Newsletter  
Committee; Sandy, Angie, Denise, Julie, and Gena.

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## Fun Summertime Activities for Your Family!

Avoid the "I can't think of anything fun to do" days this summer! There are lots of fun, low-cost activities you can do together as a family. Make it a game by writing each of these ideas (and any others you can think of) on a piece of paper. Put all the pieces of paper in a jar and draw out two or three. Then decide together which one to do!

Ride bikes...Plant a garden...  
Visit the library...Write a story...Wash the car...Pick up litter in your neighborhood or at a park...Go to the park...  
Have a treasure hunt...Throw a family dance party...Play tic-tac-toe using sidewalk chalk...Learn how to cook...

Volunteer in the community...  
Have a watermelon seed spitting contest...Fly a kite...  
Make homemade greeting cards...Build a model home with pretzels/peanut butter/gum drops/toothpicks...Write and put on a family play...  
Play "Name That Tune"...  
Make homemade popsicles...  
Make placemats...Play board games...Run through the sprinkler...Blow bubbles ...  
Read a book...Pull weeds...  
Watch a movie...Bird watching...Play card games...  
Collect leaves...Make Frisbees out of old plastic lids, decorate with markers...Play frisbee...Build a fort...Invent circus acts...Jump rope...  
Press flowers... Do a jigsaw puzzle...Hold a tea party...

Play house...Chase butterflies...  
Hunt for four-leaf clovers...  
Learn a magic trick...Make bookmarks...Watch the clouds ...  
Wash dishes...Surprise a neighbor with a good deed...  
Sew buttons in designs on old shirts .. Make sock puppets...  
Make a collage using pictures cut from old magazines...Glue noodles into a design on paper ...  
Create a symphony with bottles and pans and rubber bands...Write in a journal...  
Call a friend...Plan an imaginary trip to the moon ....  
Have a spelling bee...Bake a cake...Have paper airplane races...Make an obstacle course in your back yard...Draw...  
Collect feathers...Brush your pet.

### **Bubble Solution**

- *Do Not Drink*

1/3c. dish soap or baby shampoo  
1/4c. Water  
2t Sugar  
1 drop food coloring

Combine ingredients and pour into an unbreakable bottle. To blow bubbles, try using plastic straws, pipe cleaners formed into loops, strawberry baskets from the grocery store, spoons with holes in them, and any other items you think of. Be creative!

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