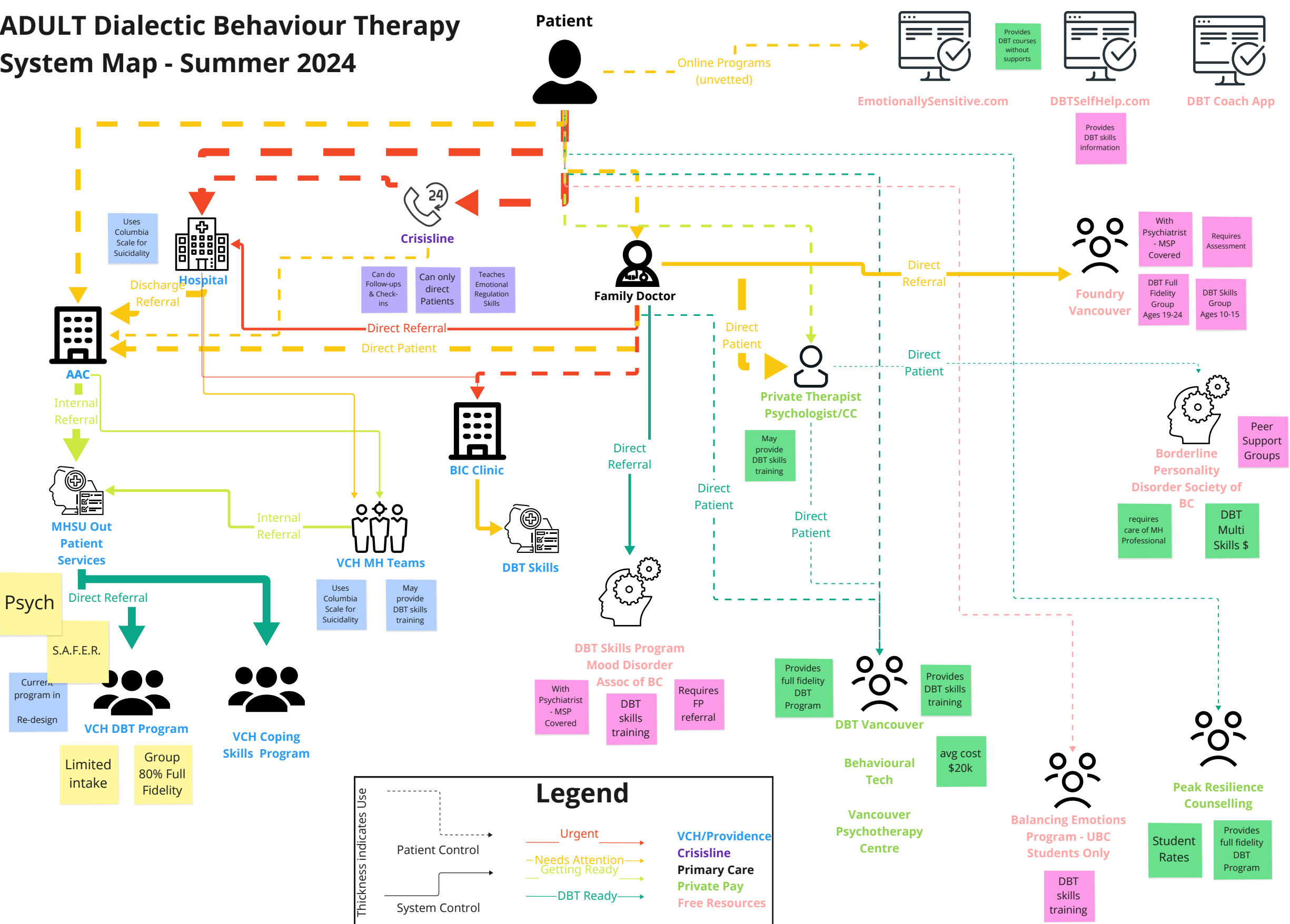


# ADULT Dialectic Behaviour Therapy System Map - Summer 2024



Patient

Online Programs (unvetted)

EmotionallySensitive.com

DBTSelfHelp.com

DBT Coach App

Uses Columbia Scale for Suicidality

Discharge Referral

AAC

Internal Referral

MHSU Out Patient Services

Internal Referral

VCH MH Teams

Direct Referral

S.A.F.E.R.

VCH DBT Program

Limited intake

Group 80% Full Fidelity

VCH Coping Skills Program

24

Crisisline

Can do Follow-ups & Check-ins

Can only direct Patients

Teaches Emotional Regulation Skills

Direct Referral

Direct Patient

BIC Clinic

Internal Referral

DBT Skills

Uses Columbia Scale for Suicidality

May provide DBT skills training

Family Doctor

Direct Referral

DBT Skills Program Mood Disorder Assoc of BC

With Psychiatrist - MSP Covered

DBT skills training

Requires FP referral

Private Therapist Psychologist/CC

Direct Patient

May provide DBT skills training

Direct Referral

Direct Patient

Direct Patient

Direct Patient



Provides DBT courses without supports



Provides DBT skills information



Foundry Vancouver

With Psychiatrist - MSP Covered

Requires Assessment

DBT Full Fidelity Group Ages 19-24

DBT Skills Group Ages 10-15



Borderline Personality Disorder Society of BC

requires care of MH Professional

DBT Multi Skills \$

Peer Support Groups

Psych

Current program in Re-design

VCH DBT Program

Limited intake

Group 80% Full Fidelity

VCH Coping Skills Program

### Legend

<p>Thickness indicates Use</p> <p>----- Patient Control</p> <p>----- System Control</p>	<p>----- Urgent</p> <p>----- Needs Attention Getting Ready</p> <p>----- DBT Ready</p>	<p>VCH/Providence</p> <p>Crisisline</p> <p>Primary Care</p> <p>Private Pay</p> <p>Free Resources</p>
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Provides full fidelity DBT Program

DBT Vancouver

Behavioural Tech

Vancouver Psychotherapy Centre

Provides DBT skills training

avg cost \$20k

Balancing Emotions Program - UBC Students Only

DBT skills training

Student Rates

Provides full fidelity DBT Program

Peak Resilience Counselling