

## **Dialectical Behavioral Therapy Clinical Guideline**

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the following guideline. The full guideline is available at

<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2685324>

### **Impact of The Condition**

Suicide is a leading cause of death among adolescents in the United States.

The article highlights the role of (Dialectical Behavioral Therapy) DBT among at risk adolescents for reducing suicide attempts and self-harm.

Dialectical behavior therapy (DBT) is a structured outpatient cognitive-behavioral therapy developed by Dr Marsha Linehan and has been shown to be helpful for patients with severe problems in emotional regulation, most commonly indicated for patients with Borderline Personality Disorder.

### **Summary of the Guidelines**

DBT has 4 components:

- Skills training group (mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.)
- Individual psychotherapy to address individual concerns
- Telephone consultation with skills coaching to assist with the generalization of skills from therapy sessions to their own environment.
- Therapist consultation team to support therapist maintain effectiveness and avoid burnout.

The structure allows for close monitoring of and intervention in crises that may develop.

Additional tools to assist providers with educating their patients on behavioral health conditions are included in the Provider Quality Improvement Manual under Behavioral Health.

<https://www.mvphealthcare.com/providers/quality-programs/provider-quality-improvement-manual-pqim/>

In Conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

## P R O V I D E R   Q U A L I T Y   I M P R O V E M E N T   M A N U A L

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 2247**.