

ADULT SERVICES

Introducing the ADAPT Program

Allegheny County
Dialectical Behavior Therapy (DBT) for
Adults as
Partners in
Treatment



Why choose ADAPT?

ADAPT is one of only two comprehensive dialectical behavior therapy (C-DBT) programs in western Pennsylvania. If you experience intensely painful emotions and have trouble coping with them — and other treatments have not worked — ADAPT can help you find ways to effectively manage those feelings.

What is the difference between DBT and C-DBT?

Dialectical behavior therapy (DBT) helps people with high emotional vulnerability. It is a form of cognitive behavioral therapy developed in the 1980s. There is a great deal of science and research behind DBT and the way treatment is structured.

Various therapies and programs — including inpatient units, intensive outpatient (IOP) therapy, skills training outpatient groups, or self-help resources — can involve individual pieces of standard DBT treatment. While these services involve parts of DBT, they are not comprehensive in their approach like ADAPT.

Comprehensive dialectical behavior therapy (C-DBT) combines multiple forms of DBT for maximum effectiveness. These include:

- **Specialized and focused individual DBT therapy**
- **Group DBT skills training**
- **Skills coaching by phone between sessions**

Treatment is organized around your goals for moving forward in life. Your C-DBT therapist works with you to understand the patterns that prevent you from moving closer to those goals.

ADAPT Program Highlights

At ADAPT, our C-DBT approach incorporates all parts of DBT to help you develop healthier ways to cope, better manage your emotions, and improve your relationships with others. They include:

- **Individual therapy**
- **Weekly skills training group**
- **Skills coaching phone calls**
- **Medication management**

Are you eligible for ADAPT?

To participate in ADAPT, you must be:

- **An Allegheny County resident**
- **A recipient of Pennsylvania Medical Assistance (Medicaid)**
- **A high user of community, medical, or behavioral health services**

NEXT STEPS

To participate in ADAPT or to refer someone to the program, please call 412-246-5600 for a referral form.

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