

## ADULT SERVICES

# Introducing the ADAPT Program

**A**llegheny County  
**D**ialectical Behavior Therapy (DBT) for  
**A**dults as  
**P**artners in  
**T**reatment



## 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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