



Sunrise Residential Treatment Center

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## PROGRAM SUMMARY

**PROGRAM TYPE:** Residential Treatment Center for Girls

**LOCATION:** Hurricane, Utah

**TYPICAL LENGTH OF STAY:** 7-9 months

**STUDENT PROFILE:** Girls between the ages of 13 and 17 who are struggling with emotional, social, and behavioral issues that are interfering with their ability to succeed in a mainstream setting. Common issues our students face are depression/anxiety, bipolar disorder, substance abuse, low self-esteem, relationship difficulties, and learning differences.



**sunrise**

### EVERY GIRL IS DIFFERENT...

We customize our assessment, treatment, and transition services to meet the unique needs of each girl in our care. Our staff knows that in school and treatment one size does *not* fit all, so we meet each girl right where she is and design a program that changes with her as she grows confident, secure, and healthy during treatment.

### Dialectical Behavioral Therapy (DBT)

DBT helps with the problematic actions sometimes used to deal with extreme emotional intensity. DBT emphasizes taking responsibility for one's problems and helps the person examine how they deal with conflict and negative feelings. The goals of the DBT group include identifying maladaptive coping patterns and providing students with adaptive coping strategies to promote healthier lifestyles and psychological well-being.

DBT combines the basic strategies of cognitive-behavioral therapy with eastern mindfulness practices. DBT is based on the idea that opposites can coexist and be synthesized. Using this strategy in thought is found to be very useful with teen girls experiencing mood dysregulation and impulsivity. DBT calls on the girl to accept reality while maintaining a strong and conscious commitment to change. DBT has also been modified so that it can be used with other difficulties such as eating disorders, substance use, self-harm and anger management. DBT targets the issues that cause distress and teaches skills to deal with them without having to resort to self-defeating behaviors. It does so in a framework that helps us understand that we are doing the best we can even though we need to learn ways that work better.



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Dialectical Behavior group focuses on the following skills modules and associated problems:

- Mindfulness: focusing the mind, directing attention, understanding how you feel
- Emotional Regulation: reducing emotional intensity
- Distress Tolerance: reducing impulsivity, crisis management
- Interpersonal Effectiveness: keeping relationships steady, getting what is needed, and maintaining your self-respect

## HOW WE DO IT

- Behavior Chain Analysis
- Active use of DBT Diary card
- DBT skills group 2x a week
- DBT focused individual and family therapy
- Parent skills training group
- Active skill reminders
- Yoga Weekly
- Mindfulness practice in the milieu
- Weekly DBT Consultation meeting
- Intensively trained clinicians
- Incorporated DBT staff trainings
- Assigned Relational/Skills Coach
- DBT guided student curriculum
- Multiple observations of student's targeted behaviors

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**DBT HAS BEEN REALLY HELPFUL FOR ME** since learning and practicing it.

My self control has improved and the ways I handle situations has been more effective.

I know that I have control over what I do or feel and I decide how to react. I do not feel so out of control and helpless anymore.

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## IT WORKS

Based on our outcome study, 100 % of parent and 88% of students reported a statistically significant reduction in overall symptoms.

Parents reported:

- 65% fewer behavioral problems
- 94% fewer social problems
- 90% fewer relationship problems
- 60% fewer intrapersonal distress problems

Students reported:

- 54% fewer behavioral problems
- 100% reduction in social and relationship problems
- 60% fewer intrapersonal distress problems

