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## YOU CAN BENEFIT FROM DIALECTICAL BEHAVIOR THERAPY [DBT]

### WHEN DO YOU NEED OUR DBT PROGRAM? DIALECTICAL BEHAVIOR THERAPY AND ITS *BENEFITS*?

*When life feels too challenging to cope with.*

*When other therapies have not succeeded.*

*When you want to change your life.*

*When your emotions take control of your behavior.*

*When you want to grow as a person and build a life worth living.*

*When you need to reduce suicidal ideation and self-harming behavior.*

*When you need to cut down on emergency room visits and hospitalizations.*

*When you need to increase coping skills and quality of life.*

DBT is 6-12 month, evidence-based help using well-proven techniques to make positive progress for people age 15 and up, people with frequent, severe emotional problems, such as:

- trouble regulating emotions
- trouble tolerating distress in life
- severe personality problems
- suicidal thoughts and behaviors
- self harming behaviors
- substance abuse
- adolescents emotionally-driven behavior problems
- chronic relationship problems, often due to rages and instant emotional outbursts
- post-traumatic stress

*"I used to get angry, and go from zero to 100 in a split second. They helped me learn to manage my feelings and to listen and how to calm myself."*

*"DBT taught me how to cope better. When I started, I often felt so alone. That made me want to die. Not*

### WHEN DO GROUPS MEET?

\*\*Adolescent Skills Group – Tuesdays at 4:00

\*\*Adolescent Parent Group – Thursdays 4:00 [online]

\*\*Substance Abuse Group – Thursdays 4:00

\*\*Mental Health Skills Group – Wednesdays 12:00

### HOW CAN I ENROLL IN DBT?

To get started, just call 414-540-2170 and say you want to be connected with our Referral Department.