



## School-Based DBT Services

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Staff Training and In-Services  
(video and live training)



Parent support and presentations



Student instruction, DBT Skills resources



Referrals to office-based DBT Skills  
groups and individual therapy

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## About DBT from BZA:

BZA's mission is to provide effective, accessible, and evidence-based Dialectical Behavioral Therapy skills training to school professionals in our community and to provide ongoing support so that the social emotional needs of students and school staff continue to be met.

DBT Services for Schools include preventive and intervention-based skills adapted for use with young people. We can customize our services to include resources like DBT-based Emotional Problem Solving, which can be implemented in the classroom itself, addressing challenges in the space where they occur.

Our goal is to support schools in helping teens and adolescents develop healthier coping strategies, improve their relationships, and ultimately lead more fulfilling lives.

# OUR PROGRAM

## Classroom-based prevention and intervention skills targeted at:

- Providing mental health education
- Enhancing student and staff self-awareness of emotional status
- Teaching basic DBT skills to students in the areas of *Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness*
- Training staff to effectively recognize and respond to the emotional needs of students in day-to-day school settings



## CONTACT US



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