



DBT Plus

**NEW OAKLAND
FAMILY CENTERS** 

a next generation DBT skills training to
empower you with the tools for **living
your best life**

GROUP SLOTS AVAILABLE NOW
Call or email to reserve a spot:
cryan@newoakland.org
800-395-3223, ext. 3822

Teen in-person group Livonia
Tuesdays starting 1/6/26
at 6:30 pm

Adult in-person group Livonia
Wednesdays starting 1/7/26 at
6:00 pm

Online parent group
gives parents and kids tools to manage emotions
Beginning week of
January 19, 2026

Baseline assessment
Monthly individual sessions
Group therapy
Facebook support group
Phone coaching
In-person or virtual options

**For more information,
the New Oakland team
is available 24/7/365 at
800-395-3223**



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HOW DBT PLUS WORKS FOR YOU

DBT PLUS offers participants the core DBT group model (mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness). In addition, the program will offer behavioral strategies to help you learn how to incorporate these skills into your everyday life, such as behavioral rehearsal and behavioral activation strategies. We will show you how to change both your lifestyle and skillset to **build a life worth living**.

Intake and assessment. You begin with a New Oakland intake evaluation and then receive a 60-minute **DBT PLUS Baseline Assessment**, during which you will complete and initial life satisfaction schedule. This will allow us to monitor efficacy and establish a behavioral plan tailored to your needs. A monthly individual review will help you stay on track and provide specialized support. Telephonic services will be provided as needed.

You will receive **4-5 group sessions and one individual session per month** for 3-6 months. Group sessions will operate on a cash basis, while individual sessions will be available on a cash or insurance basis. All other services (for example, telephone coaching and social media support) are provided at no charge.

Hybrid online and in-person services provide convenience and flexibility, allowing us to serve you better, and overcome any obstacles that may get in the way of your success . . . things like mobility concerns, transportation challenges, childcare or weather-related fears. Whenever possible, however, you'll be encouraged to attend in person.

Social media support. As a DBT Plus participant, you'll have 24/7 access to a privately monitored Facebook group to cultivate growth and connection at any time of day. You will also be provided with a robust list of approved online resources to further enhance your knowledge and learn at your own pace.

Acuity. New Oakland's well-established **FACE to FACE Program** provides a safeguard for participants experiencing an escalation in clinical acuity. By connecting regularly with FACE to FACE staff, we can facilitate smooth transitions for individuals who require higher levels of care.

DBT PLUS Q&A

Can I keep my regular therapist while I am in the DBT Plus program? In most cases, Yes. Since you only see your DBT Plus therapist individually once a month, you can continue to see your regular outpatient therapist while in the program. But keep in mind for insurance purposes, you should not see the DBT Plus therapist and your regular therapist on the same day.

What is the attendance policy? The DBT Plus program runs for 12 weeks and **attendance is mandatory**. However we do understand that sometimes things come up. We are offering some teletherapy options for emergency issues like weather or family issues. We will walk you through these options at the orientation so you don't get behind when problems arise. As a matter of fact, some groups are provided completely by teletherapy for your convenience. But we are generally recommending in person groups.

What if I am not a client of New Oakland Family Centers? Everyone in DBT Plus needs to be a New Oakland client, but if you are not already a client, no problem, just give us a call and we will get you set up in the system by starting you off with an intake. Just call us at **800-395-3223**.

What if I am already a client at New Oakland? Then just give Charisse a call and she will get you set up and ready to go with a DBT assessment and orientation. Charisse will also be available to answer all your questions at **800-395-3223, ext. 3822** or email at **cryan@newoakland.org**.

Is there a cost for the program? Yes. The DBT Plus assessment and monthly individual sessions are billed to insurance and copays apply. The group work (6 groups / month for 12 weeks) are \$25 cash each, and the phone coaching and 24/7 FACEBOOK group are free as are the materials for the group.