



**Mental Health & Substance Abuse Treatment for Teens**





# Who We Treat

Adolescents 12 to 17 years old struggling with mental health, substance abuse and/or behavioral issues.

- Anxiety
- Depression
- Suicidality
- Psychosis
- Non-Suicidal Self-Injury (NSSI)
- Borderline Personality Disorder
- Substance Abuse
- Behavioral Disorders

# Evolve's Programs

Our admissions team is skilled in helping families and providers determine what level of care is appropriate for each teen.

- 🌱 Residential Treatment Center (**RTC**)
- 🌱 Partial Hospitalization Program (**PHP**)
- 🌱 Intensive Outpatient Program (**IOP**)



# Evolve's Residential Model

- 24-hour support and supervision
- Length of stay 30-60 days
- 6 clients per home
- Co-ed
- Individual Therapy 3x weekly
- Family Therapy 2x weekly
- Psychiatric Consultation 1x weekly
- Group Therapy and Psychoeducation 4x daily
- School Time 2 hours daily (Monday – Friday)
- 3:1 client to therapist caseload
- Ability to offer 1:1 patient monitoring if needed
- Onsite nursing 8+ hours daily



# Therapeutic Approach

- **Dialectical Behavioral Therapy (DBT)**
- **Cognitive Behavioral Therapy (CBT)**
- **Solution Focused**
- **Behavioral Activation**
- **Structural Family Therapy**
- **Motivational Interviewing**
- **Seeking Safety**
- **Relapse Prevention**



# Dialectical Behavior Therapy at Evolve

## DBT-Informed and Comprehensive DBT Programs for Teens

### **DBT-Informed Programs**

Evolve offers DBT-informed programming at all our locations and at all three levels of care (RTC, PHP and IOP).

Our DBT-informed programs provide a strong skills-training component, in conjunction with other evidence-based treatment modalities such as Cognitive Behavioral Therapy (CBT), Motivational Interviewing, and others. The combination of therapeutic approaches in each treatment plan depends on the specific needs of the teen in treatment.

### **Comprehensive DBT Program - Evolve Tarzana (Vanalden)**

Evolve Vanalden is a fully adherent Comprehensive DBT program. This location uses DBT as the main therapeutic modality and incorporates the four essential components of DBT. These include skills training, milieu-based skills coaching, DBT individual and family therapy, and weekly consultation teams.

All staff members receive ongoing training in DBT techniques specific to the Comprehensive DBT model. Our staff are available 24/7 for teens to receive in-the-moment, face-to-face skills coaching whenever they need it.





# Reducing Stigma Around Discussing Suicide and Self Harm

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Rebecca DeLeon, LMFT

Clinical Program Director, Evolve Vanalden

# What is Self Harm?

National Alliance on Mental Illness (NAMI):

Self-harm or self-injury means hurting yourself on purpose. One common method is cutting with a sharp object. But any time someone deliberately hurts themselves is classified as self-harm. Some people feel an impulse to cause burns, pull out hair or pick at wounds to prevent healing. Extreme injuries can result in broken bones.

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1-877-203-7229 • [www.evolvvetreatment.com](http://www.evolvvetreatment.com)



# Types of Self Harm

- Cutting
  - Razors or everyday items
- Biting
- Burning
- Punching
  - Self or Walls
- Banging body parts on hard surfaces
- Hair pulling



# Why Teens Self Harm

- Feeling of Release
- Physical pain to match the emotional pain
- Retaliation toward self
- Method of grounding

# Why Teens Self Harm

- Way to feel “something”
- Communicate severity of their emotions
- Seek validation from others

# The Warning Signs

Onset or increased drug/alcohol use

Mood swings

Increasing Low Self Esteem

Isolation/Withdraw from friends and family

Wearing long sleeves or clothing in hot weather

Journaling suicide notes or fantasies

School work and grades suffering

Possibly giving items or possessions away

# Increased Risk Factors

- Societal disapproval
  - Beliefs/religion
  - Sexual orientation/gender
- Bullying
- Access to lethal means
- Lack of resources in their community
- Loss of or abuse in relationship
- Diagnosed mental illness
- Previous suicide attempt

# What Do Suicidal Thoughts or Suicidal Communication Look Like?

- Gathering items to enact an attempt
  - Getting a gun
  - Making a noose
  - Hiding sharps in room
  - Cheeking or Hoarding meds
- Engaging in more dangerous activities
- Increased Self Harm
- Pulling away from friends and family



# Why Teens Won't Speak Up: The Stigma

- Don't want to be the teen with the “mental problems”
- Can foster more bullying
- How will this impact my future?
- Don't want to worry friends and family

# Importance in Reducing Stigma

- Start the Conversation
- Don't be afraid to call it out
- Take a loved one to the ER if there's concern for their health and safety
- Assist loved ones to talk with a professional
  - DBT works with increasing willingness to have these difficult discussions

# How Can I Help?



## Listen

Acknowledge and call it out



## Validate



## Seek out Professional Help

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# How to Validate; What to Say

- Validate the Valid
  - What's the emotion behind the self harm or suicidal communication
- Talk about Self Harm and Suicide using the words and language
  - Using the language and speaking about this frankly will not cause someone to act on it

# How We Treat Self Harm and Suicide Communication at Evolve

- DBT Treatment
  - Daily Diary Card
    - Tracking intensity of thought for suicide and self harm
  - Skills Coaching
  - Behavior Chain Analysis with Solution Analysis
- 24 Hour Rule
- Assessing Risk
- Increasing methods for safety





# Evolve Safety Protocols

## 24 Hour Support and Supervision

### Our #1 priority is client safety!

Clients must be in the **LINE OF SIGHT** and **LINE OF HEARING** of a staff member at ALL times

- Staff uphold program structure, house rules, and norms
- Staff hold clients accountable to their treatment goals and behaviors
- Two awake staff members do bed-checks every 15 minutes
- All staff receive ongoing training
  - DBT Skills Coaching
  - Nonviolent Crisis Prevention Intervention (CPI)
  - Cultural Competency and Diversity
  - Adolescent Development
  - CPR and First Aid





# Evolve Safety Protocols

## 24 Hour Support and Supervision

### Access to Potentially Dangerous Objects

- All sharp objects such as knives, scissors, and razors are kept under lock and key
- Staff closely monitor sharps when taken out for use
  - Potentially dangerous objects, like some office supplies, toiletries, decorative objects, and cleaning supplies are also closely monitored
- Staff conduct regular safety checks and sharps counts
- All cabinets, bathrooms, offices, gym facilities, and bedrooms are locked when not in use



# Questions?

# Resources for Teens & Families

**Check out our blog: Parenting Tips & Advice**

[www.evolvetreatment.com/for-parents/parenting-tips](http://www.evolvetreatment.com/for-parents/parenting-tips)

**View or download digital versions of helpful guides**

[www.evolvetreatment.com/resources-parents](http://www.evolvetreatment.com/resources-parents)

**Events for parents, clinical professionals, and other community members**

(recordings and slides available from previous events)

[www.evolvetreatment.com/events](http://www.evolvetreatment.com/events)



**Join Evolve's Weekly Virtual Parent Support Group!**

Register online at:

[www.evolvetreatment.com/community-psg](http://www.evolvetreatment.com/community-psg)




# Thank You!

## Rebecca DeLeon, LMFT

Clinical Program Director,  
Evolve Vanalden

## Admissions

 1-877-203-7229

 [Admissions@evolvvetreatment.com](mailto:Admissions@evolvvetreatment.com)

## Join us for our next community workshop on July 28<sup>th</sup>

Topic: Understanding Normal vs Abnormal Teen Behavior

Register now on our website!

[www.evolvvetreatment.com/july2021-community](http://www.evolvvetreatment.com/july2021-community)

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