

# What's next?

Please complete and return our referral form and email it to our team. We will screen the referral for suitability.

If appropriate, the service user will be invited for an **assessment**. This is usually two appointments and is offered within eight weeks of receiving the referral.

If the assessment suggests Dialectical Behaviour Therapy (DBT) would be the appropriate intervention, they will be offered the **pre-treatment**. This is around six sessions working on commitment and ensuring the service user knows what DBT will be like in practice. This helps engage this client group and aims to reduce the chance of early disengagement. A crisis care plan is developed between the client, DBT therapist and care coordinator.



## Contact us



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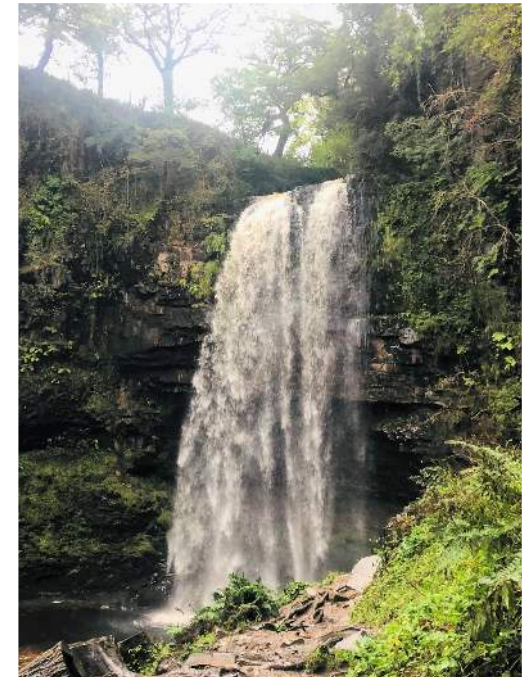


**NHS**  
**Birmingham and Solihull**  
**Mental Health**  
NHS Foundation Trust

## A referrers guide

# CASCADE

Child (Solar) and adult specialist service providing comprehensive and adapted dialectical behaviour therapy (DBT) and DBT-informed evidence-based programmes



 **compassionate**  **inclusive**  **committed**

# What is Dialectical Behaviour Therapy (DBT)?

DBT is an evidence-based behavioural therapy that balances acceptance with change. We work with service users to help them change life-threatening behaviours that are getting in the way of their goals, and work towards a life worth living.

It is an intensive therapy where service users have at least three hours of contact with a therapist a week for six to 12 months.

We help service users understand why they are doing certain behaviours, and help them to see how they could change them, while accepting themselves and their emotions.



# What does DBT offer?

DBT has two main aims to:

- Reduce self-harming, suicidal and life-threatening behaviours
- Increase skills so that the individual can start to build a more rewarding life

Treatment takes the form of:

- **Individual therapy** with a trained DBT professional
- Weekly **skills group** teaching skills in **mindfulness, distress tolerance, emotion regulation** and **interpersonal effectiveness**
- **Telephone coaching support** which gives service users the opportunity to be coached to use the strategies taught in sessions when they need them most
- A **weekly 'consult'** for therapists' supervision
- A **parents/carers group** will also be offered for the families of people accessing DBT

# Referral criteria

1. Service users may present with any combination of the following characteristics: unstable personal relationships, self-image disturbance, impulsivity and unstable emotions.

2. Additionally, behaviour is characterised by risk to themselves, including regular severe self-harm, or suicide attempts or ideation.

3. All clients need to be on the Care Programme Approach (CPA) and have a designated care coordinator due to the level of risk with this client group. The course of treatment requires a high level of commitment and a high drop out rate for this client group is not unusual. If a care co-ordinator is needed but not available, please speak to the team about alternative solutions.

**Please contact us if you would like to request a consultation regarding a potential referral.**

