

## Dialectical Behavioral Therapy

The Department of Social Services (DSS) held a kick-off event April 5, 2016 in Sioux Falls regarding the Dialectical Behavioral Therapy (DBT) system that is being implemented in the adult prison system and will continue with community providers upon an offender's release from prison.

A strategic planning session was also held to develop an action plan for training and implementing DBT and determine how to measure and evaluate outcomes.

DBT is a cognitive behavioral therapy designed to help people change patterns of behavior such as self-harm, suicidal ideation, and substance abuse. This approach helps people learn about the triggers that lead to reactive states and helping to assess which coping skills to apply in the sequence of events, thoughts, feelings, and behaviors to help avoid undesired reactions.