

WHAT ELSE CAN FBR OFFER TO MY FAMILY?

We take pride in our communities and meet the individual needs of each community we serve through outreach efforts. In addition to Outpatient Mental Health Services, we offer:

- BHRS (“Wraparound”)
- Specialized Autism Services
- Medication Management
- Family Based Services
- Child Abuse Prevention Committee
- Summer Therapeutic Activities Programs
- Family Support Groups
- Sibling Support Groups
- Social Skill / Play Groups
- H.O.P.E. for Tomorrow Focus Groups
- Consultants / Trainings for School Districts
- Parent-Professional Workshops
- Resource Packages for Families

Our Director of Family Support Services, Catherine Hughes, is a parent to a child with special needs. She is available for identifying community resources, information, as well as provides caring support for families.

All services at FBR are under the oversight of our **Chief Operating Officer**, Rick J. Murray. Mr. Murray is a Licensed Social Worker with a specialization in Mental Health, and is a Board Certified Behavior Analyst. He has worked and supervised staff within BHRS, outpatient, and partial hospitalization settings for over 13 years.

OUTPATIENT CLINIC LOCATIONS:

Greensburg *

One Corporate Circle
Send Mail To: P.O. Box 879
Greensburg, PA 15601

Phone: 724-850-7300 / Fax: 724-850-7778
E-Mail: greensburgclinic@familybehavioralresources.com



Indiana *

1380 Rt. 286 Hwy East
Airport Professional Center; Suite 524
Indiana, PA 15701

Phone: 724-465-0369 / Fax: 724-465-1081
E-mail: indianacclinic@familybehavioralresources.com



New Kensington

3 Kensington Square; Suite B
New Kensington, PA 15068

Phone: 724-335-9733 / Fax: 724-335-9734
E-mail: newkensingtonclinic@familybehavioralresources.com



Uniontown *

8 Oliver Road, Suite 116
Uniontown, PA 15401

Phone: 724-438-4960 / Fax 724-438-1809
E-mail: uniontownclinic@familybehavioralresources.com

* Weekend Appointments Available

At FBR, it is our policy that services are provided and admissions and referrals are made without regard to race, sex, color, national origin, ancestry, religion, creed, disability or age.



A CARF Three-Year Accreditation has been awarded to Family Behavioral Resources for its *Intensive Family-Based Services - Mental Health* (Children and Adolescents), *Outpatient Treatment - Mental Health* (Adults), and *Outpatient Treatment - Mental Health* (Children and Adolescents). *BHRS program is accredited under *Outpatient Treatment*. Ask us about CARF today!

Be sure to follow Family Behavioral Resources on **facebook** and **Linked in**.



Family Behavioral Resources

Here, caring is everything

DBT SKILLS TRAINING TOOLS FOR WELLNESS & RECOVERY



Family Focused Therapy

“A Life Worth Living”

Skills learned in dialectical behavior therapy in individual and group settings foster the development of a more satisfying, worthwhile life – *whatever that may mean to each individual.*

“There may be constraints on what your life can look like, but there are no constraints on whether your life is worth living”.

- Dr. Marsha Linehan, psychologist and founder of DBT.

Toll Free: 1-866-432-7273

www.familybehavioralresources.com

Come learn more
about us on the web:
www.familybehavioralresources.com

MISSION STATEMENT

It is the mission of Family Behavioral Resources to be a leader in delivering the highest quality of recovery-oriented mental health services. Services are designed in accordance with FBR's philosophy of care, and delivered through a variety of theoretical approaches and interventions based on evidence-based practice. We are committed to supporting children, families and their surrounding community with quality care which upholds the utmost integrity. *Here, caring is everything.*

OUR PHILOSOPHY

FBR does not embrace one specific method or theory to treat our consumers. We respect children's unique perspectives, culture, learning styles and behavioral needs as well as the family's identification and prioritization of current need areas.

PROGRAM LOCATION

FBR is proud to offer the specialized treatment of DBT Skills in our outpatient mental health clinics. The strategies of DBT are taught in a small group setting, focused on skills effectiveness, in addition to the continuance of individual therapy to process personal issues.

WHAT IS DIALECTICAL BEHAVIOR THERAPY (DBT)?

The term, "dialectic" comes from the works of several philosophers, which recognize that within opposites are points of agreement or balance. DBT helps to achieve this balance by accepting the validity of two opposites simultaneously. Solving the conflict between competing needs and urges is what DBT is all about.

In her practice at the University of Washington, psychologist Dr. Marsha Linehan recognized standard therapies were not adequate to meet the needs of some individuals. Treatment focused purely on the need to *change* presented the very painful challenge to consumers to tolerate that they or their actions are responsible for all their problems. A unique feature of DBT is to incorporate the "dialectic" of helping people to *radically accept* the reality of their lives on one hand, while encouraging them to learn to change problematic behaviors on the other. For example, Dr. Linehan has said, "You are a perfect you and doing the best you can." At the same time, "Life as

you are living it hurts, so you need to change."

Acceptance is also expressed via the assumption that "You may not have caused all your problems, but you have to solve them anyway." As Dr. Linehan put it, "If you don't accept that your tire is flat, you're not going to be able to change it."

This program aims to help people improve their lives by acceptance of any limitation (medical disabilities, emotional instability or imperfections in relationships), finding enjoyment in life choices and development of skills that allow them to stop being controlled by strong emotions. DBT is based on the belief that **everyone** can build a "life worth living."

PROGRAM CONTENT

DBT Skills Training is presented in four modules: *Core Mindfulness* is the foundation and incorporated in the other three. Next is *Interpersonal Effectiveness* which focuses on improving interactions with others and gaining confidence about when to say yes or no. *Emotion Regulation* provides skills to "control your emotions instead of letting them control you." Yet, there are times when it is not possible to sufficiently reduce or eliminate distress. That is when the skills of *Distress Tolerance* may provide emotional relief.

Voices of DBT group participants:

Consumers who have participated in FBR's DBT skills training have said:

"DBT taught me that I am not my thoughts. The brain is an organ of the body, like the heart or the lungs. The heart pumps out blood, the lungs pump out air and the brain pumps out thoughts, both useful and harmful. DBT helped me to recognize which thoughts were distorted and showed me how to use skills to redirect them with healthier thoughts. Using the skills repeatedly was like walking a new path in the woods every day. After awhile, the new path becomes easier to see and easier to use. I joined my DBT Skills Group in the hope of getting back to my old self, but I graduated even better than my old self ever was."

"I have taken the class twice now and have found it to be an invaluable resource. You will learn to understand the cause and effect of unchecked emotions and learn techniques for dealing with the unbearable lows and destructive highs that interfere with daily living. The group dynamic can be very encouraging and the instructors are highly professional and equally understanding in their acceptance of individual

offerings. If you feel out of control, and wish for some peace in your life, DBT is the best gift you can give to yourself."

"I am glad I tried this (DBT group). I did not want to come at first. But, after I was here – it works and helps me to keep going for the week. Another day...a day of learning and feeling on the positive side."

"In individual sessions, I learned a lot about dealing with anxiety and panic by using DBT skills. Then, when I joined the group training, I learned so much more."

"Attending DBT group has been one of the most beneficial things I have done for myself. I want to continue building and using DBT skills."

"The skills that are now in my "toolbox" truly help me. All of the skills apply to life – no matter the situation."

"Every week helps me re-center myself and I always walk away feeling I've learned something more."

"Using these skills has really brightened my life."

"I have recommended the DBT group because I know it works."

YOU CANNOT FAIL IN DBT.

DBT therapists work together with each consumer in a joint effort and are committed to help people succeed.

What would you attempt to do if you knew you could not fail?

