

Title of Presentation: The Implementation of Dialectical Behavior Therapy in the Pennsylvania State Hospital System: A Case Study for Implementation

Principal Presenter: Suzanne T. Witterholt, M.D
Title: Director of Implementation and Certification
Organization: Behavioral Tech, LLC
4556 University Way NE , Suite 200
Seattle, WA 98105
E-mail : suzanne.witterholt@state.mn.us

Additional Presenter: Sharon Y. Manning, Ph.D., LPC
Title: President, Behavioral Tech, LLC
Organization: Behavioral Tech, LLC
4556 University Way NE, Suite 200
Seattle, WA 98105
E-mail: smanning@behavioraltech.org

Additional Presenter: Helen Best
Title: Vice President, Behavioral Tech, LLC
Organization: Behavioral Tech, LLC
4556 University Way NE, Suite 200
Seattle, WA 98105
E-mail: hbest@behavioraltech.org

Additional Presenter: Maria Monroe-DeVita, Ph.D.
Title: Research Scientist
Organization: Behavioral Tech, Research, Inc.
4556 University Way NE, Suite 205
Seattle, WA 98105
E-mail: mmonroedevita@behavioraltech.org

Dialectical Behavior Therapy (DBT), developed by Marsha Linehan, Ph.D. of the University of Washington, is a principle-based treatment designed for multiply diagnosed, difficult to treat individuals with both Axis I and Axis II diagnoses. It is widely recognized as an emerging best practice for personality disordered people with severe and persistent mental illness who represent some of the most challenging clients within the mental health service delivery system. Its efficacy has been demonstrated in randomized controlled clinical trials in a number of centers and across a variety of treatment settings including outpatient, inpatient, partial hospitalization settings, and forensic settings. Populations of patients studied have been primarily those with Borderline Personality Disorder (BPD), usually female, with multiple co-occurring Axis I disorders. Other populations studied have included: families, depressed elderly, persons

with bulimia nervosa and other eating disorders, adolescents with BPD traits and BPD individuals with chemical dependency.

Behavioral Tech, LLC (BTECH) was founded by Marsha Linehan, Ph.D., in 1997 to support and standardize the dissemination of DBT across naturalistic settings. BTECH trains mental health care providers and treatment teams who work with complex and severely disordered populations to use compassionate, scientifically valid treatments and to implement and evaluate these treatments in their practice setting.

As the science of implementation evolves, so does BTECH's model for implementation and dissemination of DBT into the public and private sectors.

Following the literature regarding the need for ongoing supportive consultation (Fixsen, Naoom, Blasé, Friedman, & Wallace, 2005), BTECH has developed a formal and comprehensive sequence of training and consultation to support any system through the cumbersome process of organizational restructuring and clinical behavior change.

The following case study illustrates BTECH's model of implementation and follows a system through: 1.) orientation, 2.) in depth training, 3.) supportive consultation, and 4.) a wrap up skill enhancement forum. The system highlighted is the Pennsylvania State Hospital System which engaged BTECH to assist with the implementation of DBT across eight state operated psychiatric hospitals across the state of Pennsylvania. We will present data, demonstrating how each state hospital unit performed through the implementation process, as well as the extent to which they demonstrated clinically relevant outcomes and improved their service delivery. Additionally, we will demonstrate how the stages of implementation as described by the National Implementation Research Network (NIRN; Fixsen et al., 2005) apply to this case study, as well as the intrinsic barriers to implementation typically faced within a complex mechanical system.