

## FAQ - DBT Program

### **Q: Do I need a referral for the DBT Program at Gladstone?**

No referrals are needed for our program, unless specified by your insurance plan. We will verify your coverage and notify you if any additional paperwork is needed.

### **Q: Do you accept insurance for DBT?**

A: Yes, the DBT Program at Gladstone Psychiatry and Wellness is in network with most local (Maryland) commercial CareFirst/BCBS plans.

### **Q: Do you accept any other insurance plans for DBT?**

A: We are able to accept the following insurances with an additional fee of \$1,500 per month: Aetna, United/Optum, Cigna/Evernorth, Non-local and third-party payer CareFirst plans (CareFirst Anthem, CareFirst Administrators, CareFirst Out-of-State billed plans, and Union plans). This fee is billed in bimonthly installments of \$750. This covers the elements of a comprehensive DBT program not covered by most insurance companies, such as skills training group, phone coaching, therapist consultation team, and materials.

### **Q: Why doesn't my insurance plan cover DBT at Gladstone like CareFirst of Maryland does?**

Our specialized contract with CareFirst of Maryland allows us to bill for the entire comprehensive DBT program, including individual DBT sessions, DBT skills training groups, phone coaching, and the therapist consultation team. Unfortunately, despite our efforts, we have been unable to negotiate similar contracts with other insurance companies.

### **Q: What's a Single Case Agreement and would it work for me?**

A Single Case Agreement may be a possibility if we are out-of-network with your insurance plan. More detailed information about how to obtain a Single Case Agreement is here: <https://dbt-lbc.org/consumers/using-your-insurance/>

**Q: Can I use my out-of-network benefits for DBT?**

A: No, unfortunately we cannot bill out-of-network for DBT at this time.

**Q: Does DBT have a self-pay rate for services?**

A: Yes, self-pay is available for a \$2,200 monthly fee, billed in bimonthly installments of \$1,100.

**Q: Do I have to be a current client at Gladstone to do DBT at Gladstone?**

A: No, the DBT Program is open to anyone.

**Q: Do I need to be a Maryland resident to do DBT at Gladstone?**

A: No, but you do need to be physically present in the state of Maryland at the time of your virtual individual and group sessions. Our therapists are licensed as social workers and counselors in the state of Maryland and state boards require us to practice only where we are licensed. Some of our therapists hold out-of-state licenses for special circumstances.

**Q: Is this program virtual or in-person?**

A: We are happy to offer the option for individual sessions in-person at most of our Gladstone offices: Hunt Valley, Bethesda, Columbia, Baltimore, and Frederick. We are also committed to continuing to offer virtual individual sessions using a HIPAA-compliant virtual platform for those who prefer it. Currently, skills training groups for adults remain fully virtual, while Multifamily Skills groups for adolescents and their families are offered virtually and in-person at our Hunt Valley location.

**Q: Can I alternate if I'm in person or telehealth for individual sessions or am I set in stone once I choose?**

A: The availability listed on your application is used to place you with a therapist. You will have an opportunity to speak with your individual DBT therapist about your scheduling needs during the consultation call and the Pretreatment phase of DBT.

**Q: What is the process for getting started?**

A: The first step is to send your completed application to [dbt@gladstonepsych.com](mailto:dbt@gladstonepsych.com). Your application will be added to our waitlist. Once a therapist has an opening that matches your scheduling availability and therapist preferences, the therapist will contact you by phone for a brief 15 minute phone consultation. At that time, an intake appointment may be scheduled.

**Q: How long is the waitlist?**

A: We wish we could give an exact timeline, however, the length of time on the waitlist is completely variable. If you want care sooner, please make sure to list your open availability on your application.

**Q: Can I check in on my spot on the waitlist?**

A: Yes! We're happy to answer questions about the waitlist or any other questions you may have as you're waiting to be scheduled for your intake session.

**Q: How does the waitlist work? Is it by office location or are there other factors?**

A: The waitlist is organized by office location and telehealth. Individuals are assigned to an available therapist according to the date of application along with your scheduling and clinician preferences.

**Q: What can I expect in the 15 minute consultation call?**

A: Upon availability, an individual DBT therapist will reach out to you to learn about the reason for treatment and your goals. The therapist will also give you a brief overview of DBT and answer any brief questions you may have. Afterwards, an intake session may be scheduled.

**Q: What can I expect in my first DBT session?**

A: Your individual DBT therapist will review your mental health history, formulate a diagnostic impression, provide more information about DBT, and answer any more detailed questions you have. The first DBT session (or “intake”) is the first of approximately four Pretreatment sessions.

**Q: Do I really need to do the full program, or can I just do DBT individual therapy?**

A: The DBT Program at Gladstone prides itself on providing full fidelity DBT according to the model created by the developer of DBT, Marsha Linehan. Multiple randomized, controlled trials (RCT’s) have proven the efficacy of this model, and it’s important to us to follow the research.

**Q: How long does the DBT program take?**

A: The short answer: one year for adults and six months for adolescents. Multiple randomized, controlled trials (RCT’s) have shown the efficacy of these treatment lengths.

**Q: What is involved in comprehensive DBT? How many hours per week?**

A: Comprehensive DBT involves a commitment of a minimum of three hours per week, one hour of individual therapy and two hours of group skills training.

**Q: What does it mean to have your program certified through DBT-LBC?**

A: This designation was awarded to us after a rigorous examination by the Linehan Board of Certification, which involved a comprehensive review of our program documents, interviews with therapists and clients, and more. We are only one of two programs certified in the state of Maryland.

**Q: What percentage of people get better using DBT?**

A: We are excited to share that data gathered on DBT treatment at Gladstone shows remarkable results!

– Our data shows our clients had a 98% reduction in psychiatric hospitalizations (per data collected in 2023 for the previous year).

– Our data also shows a substantial reduction in emotional dysregulation: using the Difficulties in Emotion Regulation (DERS) scale, a self-report measure assessing emotion dysregulation, upon admission to the program the average DERS score was 111.3, the average DERS score at termination was 86.27, a reduction of 25.03 points. The DERS does not give cut off scores; however, research has shown that a score of 111.3 is closely correlated with severe mental health symptoms and placements in higher levels of care. A score of 86.27 is correlated with mild symptoms and mental health needs that can be met within the community.

**Q: Can I keep my current therapist?**

A: We know many individuals already have a trusted therapist in place as they apply to our DBT program. Please feel free to continue meeting with your current therapist while on the DBT at Gladstone waitlist and during the DBT Pretreatment phase. We will ask that you discontinue other therapies upon signing the DBT Treatment Agreement. **Why?** First, the evidence on DBT says this is what is most effective. Second, our observations are that maintaining a separate therapist outside of DBT limits the success of DBT - and we want you to get the most out of your treatment! Many of our clients place their current therapist “on hold” during active DBT treatment, and return to them once they complete their DBT commitment.

**Q: Can I start a group right away?**

A: During intake or one of your first few sessions, you will identify the date and time of your preferred group. You join a group when the Pretreatment phase (approximately 4 weeks) has concluded and you have signed the DBT Treatment Agreement. Each group has orientation dates every six weeks, you join the group for the first orientation date after Pretreatment ends.

**Q: How many people are typically in a group?**

A: Our adult groups have up to 10 individuals with two co-leaders. Our Multifamily Groups allow up to four families in each group.

**Q: How are groups matched up with clientele? Is it by ages or by other contributing factors?**

A: We offer a variety of groups on different days and times. At times, when we have sufficient interest, we may offer specialized age groups such as Transitional Age Youth (ages 17-24). Your individual DBT therapist will assist you with placement in a group that fits your scheduling and clinical needs.

**Q: Are skills and individual sessions done by the same person?**

A: All of our individual DBT therapists also lead skills training groups, so it's possible that your individual therapist will be your group leader. It is also possible that your needs are best met in a skills group with a different therapist.

**Q: For adults, are family members allowed to be involved in the program with me?**

A: The young adults in our program often have family members who want to be involved in their treatment. Your individual DBT therapist can speak with you about possible ways to be involved, such as family sessions (when clinically indicated), or referring to other resources.

**Q: Are there support groups or services for my family to understand me and why I'm doing this program?**

A: We're happy to share resources for family members who want to be more involved.

**Q: Will my provider get annoyed with me for phone coaching if I call or text them?**

A: Our therapists are highly trained in comprehensive DBT, which includes phone coaching. We want you to use phone coaching to help generalize your skills. Your individual DBT therapist will discuss some expectations around phone coaching so you can feel comfortable reaching out and your therapist can maintain a work life balance.

**Q: Is parent coaching only for adolescents or for young adults too?**

A: Parent coaching is available for the parents/caregivers of adolescents and young adults as long as the client consents.