

GENERAL INFORMATION

Treatment Description	Acronym (abbreviation) for intervention: DBT-SP Average length/number of sessions: 18 sessions per skill group Aspects of culture or group experiences that are addressed (e.g., faith/spiritual component, transportation barriers): Adapted to meet the needs of youth with impaired cognitive functioning Trauma type (primary): Various Trauma type (secondary): Various Additional descriptors (not included above): This treatment addresses general symptoms of trauma rather than being a method of processing a specific trauma.
Target Population	Age range: 8 to 21 Gender: ☐ Males ☐ Females ☒ Both Ethnic/Racial Group (include acculturation level/immigration/refugee history—e.g., multinational sample of Latinos, recent immigrant Cambodians, multigeneration African Americans): Persons with developmental disabilities Other cultural characteristics (e.g., SES, religion): Other groups that experience difficulty processing complex verbal and visual information Language(s): English Region (e.g., rural, urban): Urban
Essential Components	Theoretical basis: Cognitive Behavioral Key components: Emotion Regulation, Distress Tolerance, Relationship Effectiveness and Mindfulness
Clinical & Anecdotal Evidence	Are you aware of any suggestion/evidence that this treatment may be harmful? ☐ Yes ☒ No ☐ Uncertain Extent to which cultural issues have been described in writings about this intervention (scale of 1-5 where 1=not at all to 5=all the time). 3 This intervention is being used on the basis of anecdotes and personal communications only (no writings) that suggest its value with this group. ☐ Yes ☒ No Are there any anecdotes describing satisfaction with treatment, drop-out rates (e.g., quarterly/annual reports)? ☒ Yes ☐ No If YES, please include citation: Charlton, 2006a

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Clinical & Anecdotal Evidence continued	Has this intervention been presented at scientific meetings? ☒ Yes ☐ No If YES, please include citation(s) from last five presentations: National Association for the Dually Diagnosed: Charlton, 2006b; Charlton, 2007 Are there any general writings which describe the components of the intervention or how to administer it? ☒ Yes ☐ No If YES, please include citation: Dykstra & Charlton, 2003 Has the intervention been replicated anywhere? ☐ Yes ☒ No Other clinical and/or anecdotal evidence (not included above): Pilot data collected at Intercept Center, Aurora Mental Health Center (MHC)	
Research Evidence	Sample Size (N) and Breakdown <i>(by gender, ethnicity, other cultural factors)</i>	Citation
Pilot Trials/Feasibility Trials (w/o control groups)	N=16 By gender: 3 females and 13 males	Intercept Center; Aurora MHC
Training Materials & Requirements	How/where is training obtained? Implementation requires initial training in the standard DBT model, before implementation of the adaptations is possible What is the cost of training? Standard DBT training is offered through Behavioral Technology Are intervention materials (handouts) available in other languages? ☐ Yes ☒ No	
Pros & Cons/Qualitative Impressions	What are the pros of this intervention over others for this specific group <i>(e.g., addresses stigma re. treatment, addresses transportation barriers)?</i> Addresses intellectual and processing barriers that may limit usefulness of the original materials for this population What are the cons of this intervention over others for this specific group <i>(e.g., length of treatment, difficult to get reimbursement)?</i> The modifications have not yet been fully tested to demonstrate their effectiveness	

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Contact Information	Name: Margaret Charlton, PhD, ABPP Address: Aurora Mental Health Center, Intercept Center, 11023 E. 5th Avenue, Aurora, CO 80010 Phone number: (303) 326-3748 Email: MargaretCharlton@aumhc.org
References	Name: Eric Dykstra, Psy.D. Address: Hope Network Institute for Neurodevelopmental Differences, Developmental Adolescent Treatment Program, 3333 36th St. SE, Grand Rapids, MI 49512 Charlton, M. (2006a). Dialectical behavior therapy for children with developmental disabilities. <i>NADD Bulletin</i>, 9(5), 90-93. Charlton, M. (2006b). <i>Dialectical Behavior Therapy for children with developmental disabilities</i>. Presented at the National Association for the Dually Diagnosed, 23rd Annual Conference, San Diego, CA. Charlton, M. (2007, January). <i>Dialectical Behavior Therapy adapted for people with developmental disabilities</i>. Presented at the 23rd Annual San Diego International Conference on Child and Family Maltreatment. Chadwick Center for Children and Families, San Diego, CA. Dykstra, E. & Charlton, M. (2003). <i>Dialectical Behavior Therapy Skills Training: Adapted for special populations</i>. Unpublished manuscript.