

DBT SKILLS IN SCHOOLS

Is this Program for You?

This program can teach the skills that can help students who:

- have trouble managing their emotions
- have trouble validating themselves
- have trouble validating their peers
- experience bullying
- experience low self esteem
- feel misunderstood
- have suicidal thoughts
- have trouble navigating relationships

“I love this format. You’ve given me [skills that make] me pay attention.”
“Validating would really help me in my life. Thank you for that!”

—comment from high school student about DBT-based validation skills presentation

DBT SKILLS IN SCHOOLS

- Give students the skills they need to succeed
- Create validating and skillful environments



For More Information on the
DBT SKILLS IN SCHOOLS Program

Visit: www.sashbear.org

Email: info@sashbear.org

Call: **416.523.0495** or **1.888.523.0495**

The DBT SKILLS IN SCHOOLS Program
is funded in Canada by



The Sashbear Foundation

Making waves on BPD and suicide prevention

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Charitable Organization Number: 823390042RR0001



DBT SKILLS IN SCHOOLS

A social-emotional learning (SEL) curriculum for middle school and high school students based on Dialectical Behaviour Therapy (DBT) skills

Practical, life-long skills to improve emotional problem solving for adolescents

Emotion Regulation • Distress Tolerance • Interpersonal Effectiveness • Mindfulness



The Sashbear Foundation

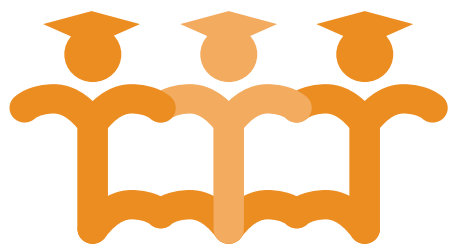
Making waves on BPD and suicide prevention

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DBT SKILLS IN SCHOOLS

- Based on evidence-based Dialectical Behaviour Therapy (DBT)
- Social Emotional Learning (SEL) curriculum that teaches students life-coping-skills, validation and emotion regulation
- Connects with, and supports, Ontario Ministry of Education Curriculum documents at various grade levels and with mental wellness initiatives being implemented in many boards of education across the province and elsewhere in Canada
- A proactive, prevention based program that provides practical, life-long skills that will improve emotional problem solving for adolescents, resulting in a more positive school environment.



What is DBT SKILLS IN SCHOOLS?

DBT Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A) is a program for developing emotion management, interpersonal, and decision-making skills in middle school and high school students.

Curriculum Content

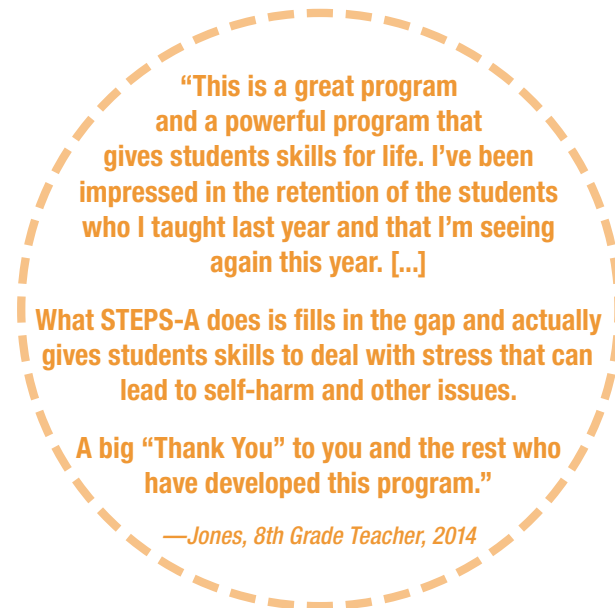
- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness



More About the Program

- 30 weekly lessons to be implemented over the course of a school year
- Program includes lesson plans and student handouts
- Focus on students in middle school and high school
- Professional Development Opportunity: General training of all school staff and specific training of teachers delivering the curriculum to students
- Pilot Study: Pre and post evaluation to establish effectiveness in the classroom
- Program can be implemented by classroom teachers, special education teachers, guidance counsellors, health and physical education teachers or school social workers
- Goal is to begin implementing the program in schools in September 2017
- Training by developers of the curriculum is funded by The Sashbear Foundation

Participant Testimonial:



The DBT SKILLS IN SCHOOLS Program Book:

