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

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

“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

www.sashbear.org

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Charitable Organization Number: 823390042RR0001
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:

“Practice kindness whenever possible. It’s always possible.”
— Dalai Lama

“This is a great program and a powerful program that gives students skills for life. I’ve been impressed in the retention of the students who I taught last year and that I’m seeing again this year. [...] What STEPS-A does is fills in the gap and actually gives students skills to deal with stress that can lead to self-harm and other issues.

A big “Thank You” to you and the rest who have developed this program.”
— Jones, 8th Grade Teacher, 2014

The DBT SKILLS IN SCHOOLS Program Book: