

DBT Services

Frequently Asked Questions

Insurance and Payment

1. Does WJCS accept health insurance?

WJCS is in-network for most major commercial insurance companies as well as New York State Medicaid, Medicare and Child/Family Health Plus. We also offer a reasonable sliding-scale fee for individuals who do not have health insurance. If you have health insurance, you MUST use it. You will not be eligible for a sliding-scale fee.

2. How can I know for sure if WJCS accepts my insurance plan?

You can call our Admitting Department at (914) 761-0600, x226 to ask about your specific plan.

Type of DBT Services

3. What level of care does the WJCS DBT Program provide?

WJCS offers outpatient DBT. We are NOT an intensive outpatient (IOP) or day treatment (CDT) provider.

4. Does WJCS offer the full Comprehensive DBT treatment model?

Yes. We provide the 4 modes of treatment: DBT Skills Group, DBT Individual Therapy, Telephone Skills Coaching and Therapist Consultation Team. Comprehensive DBT is open only to individuals who are residents of, or are employed in, Westchester County.

5. Does WJCS offer options other than Comprehensive DBT?

Yes. We offer 2 other options:

- *DBT-Informed Therapy*: Due to the high demand for DBT Services and the limited number of Behavioral Tech Intensively Trained DBT therapists at WJCS, we offer services which include DBT Skills Group and DBT-Informed Individual therapy with a therapist who has training in DBT and is a member of the Consultation Team, but has not had the Behavioral Tech Intensive Training. This is open only to individuals who are residents of, or are employed in, Westchester County.
- *Skills Group Only*: Our skills groups are open to individuals who wish to remain in treatment with a non-WJCS individual therapist. This therapist does NOT have to be a DBT therapist but does have to be willing to work collaboratively with WJCS skills group leaders. This option is available to individuals who live outside of Westchester County.

Eligibility Requirements

6. Do I have to have a diagnosis of Borderline Personality Disorder to be eligible for services?

No. DBT can be helpful for a wide variety of diagnoses.

7. Are there any age restrictions or special programs for particular aged individuals?

Adult services are open to individuals 18 and over. Adolescent services are open to individuals ages 13—17.

8. Do I need to be a Westchester County resident in order to receive services?

You MUST live or work in Westchester County in order to be eligible for *Comprehensive DBT* or *DBT-Informed Services*.

Skills Groups

9. How soon can I join a skills group?

Entrance into skills groups is on a rolling basis, with openings at the start of each new module. There are openings approximately every 10—12 weeks for Adult Groups and 6—8 weeks for Adolescent groups. Some of our groups have waiting lists. Please contact the coordinator to inquire about wait time for a particular group.

10. Do you have different types of DBT Skills Groups?

Yes. We have 3 types of groups: Adult groups for individuals 18 and over; Adolescent groups for individuals 13—17, and Multi-Family Groups for individuals 13—17 accompanied by his/her parent/guardian. In the Multi-Family Group, the parent and adolescent both learn the skills and participate as members in the group.

11. What type of people are members of your Skills Groups?

All of our skills groups are open to both men and women. Our membership is diverse, with individuals at different levels of functioning and from a wide range of racial, ethnic, cultural, socio-economic and educational backgrounds.

12. How many members are in each group?

The maximum number of group members we allow is 12.

13. Are groups led by one therapist?

No. All groups are co-led with 2 DBT clinicians.

Referral Process

15. How do I refer myself / my family member / my client for treatment?

We prefer that the client (or parent of a young adolescent) contact us directly to refer himself or herself for treatment. When making a referral, please be prepared with insurance information.

If you are interested in *Comprehensive DBT*, *DBT-Informed* treatment or Skills Groups, please contact:

Christopher Libby, PhD
Coordinator of DBT Services
(914) 949-6761 x 456
clibby@wjcs.com

Medication Management

16. Does your program offer medication management?

Yes. Individuals enrolled in *Comprehensive DBT* or *DBT-Informed* Treatment may see a WJCS psychiatrist or psychiatric nurse practitioner for a psychiatric evaluation and ongoing medication management. At the current time, our psychiatrists are not trained in DBT and do not participate in the DBT Therapist Consultation Team.

17. If I start Comprehensive or DBT-Informed Treatment, may I continue seeing my outside psychiatrist?

This is decided on a case-by-case basis.