Providers contracted for this level of care or service are expected to comply with all requirements of these service-specific performance specifications. Additionally, providers contracted for this service and all contracted services are held accountable to the General performance specifications, located at the beginning of the performance specifications section of the Provider Manual, found at www.masspartnership.com. The requirements outlined within these service-specific performance specifications take precedence over those within the General performance specifications.

The following Dialectical Behavioral Therapy (DBT) performance specifications are a subset of the Outpatient Services performance specifications. As such, DBT providers agree to adhere to both the Outpatient Services performance specifications and to the DBT performance specifications contained within. Where there are differences between the Outpatient Services and DBT performance specifications, these DBT specifications take precedence.

Dialectical Behavioral Therapy (DBT) is a structured outpatient treatment as defined by Marsha Linehan, PhD (Linehan, et. al., Cognitive-Behavioral Treatment of Borderline Personality Disorder, New York: Guilford Press, 1993), which combines strategies from behavioral, cognitive, and other supportive psychotherapies. DBT services encompass individual therapy, DBT skills group, therapeutic consultation to the Member on the telephone, and the therapists’ internal consultation meeting(s). Through an integrated treatment team approach to services, DBT seeks to enhance the quality of the Member’s life through group skills training and individual therapy with a dialectical approach of support and confrontation.

DBT is available for adults who meet the DSM-5 diagnosis for borderline personality disorder and who exhibit chronic para-suicidal behaviors.

DBT is also available for adolescents who meet three of the nine DSM-5 criteria for borderline personality disorder and who exhibit suicidal or self-injurious behaviors.

Components of Service

1. The provider complies with all provisions of the corresponding section in the General performance specifications.
2. The DBT program ensures there is a designated DBT primary therapist for each Member.
3. The DBT therapist follows the Linehan model in the provision of DBT services.
4. The scope of required service components provided in this level of care includes the following, offered to Members on a weekly basis. Please refer to the per diem/service definition which is all-inclusive and includes the components covered in the rate for this service, found at www.masspartnership.com.
• Individual therapy with a DBT-trained therapist
• DBT skills training group
• Telephonic, therapeutic consultation/support/coaching (24-hour) with the Member

5. The DBT program uses weekly internal consultation with individual and group therapists to review treatment and to facilitate DBT skill development.

6. When adolescents are treated, family members are involved in treatment and participate in skills group therapy sessions.

### Staffing Requirements

1. The provider complies with all provisions of the corresponding section in the General performance specifications.

2. The provider complies with the staffing requirements of the applicable licensing body, the staffing requirements in the MBHP service-specific performance specifications, and the credentialing criteria outlined in the MBHP Provider Manual, Volume I, as referenced at www.masspartnership.com.

3. The DBT program maintains sufficient staffing to deliver the service in accordance with the Linehan model.

4. The DBT program is comprised of a minimum of two DBT-credentialed therapists who oversee the provision of all DBT services.

5. There are sufficient staff to provide all components of service, including weekly individual therapy and group skills training, telephonic coaching, and crisis intervention as needed.

6. The skills training group is led by a DBT-credentialed therapist. The co-leader may be a master’s-level therapist who has not met the DBT credentialing requirements.

7. DBT therapists have a demonstrated capacity to handle crises as they arise and make use of crisis prevention plans as needed.

### Quality Management (QM)

1. The provider complies with all provisions of the corresponding section in the General performance specifications.

2. Outcome measurement is administered by the DBT program at the eighth week of treatment and every 90 days thereafter.

3. Upon request, the DBT program will provide to MBHP a summary of the findings.