



## You can use Dialectical Based Therapy (DBT-STEPS) to help area youth learn skills to manage stress and emotions

Community providers, teachers, parents and other adults are invited to join us for either of these training sessions with presenter Melanie McCabe, PhD, LP, HSP:

**Thursday, March 7 • Tuesday, April 23**

**8:30 am to 4:30 pm**

Marsh Creek Community Center – 3050 North New Hope Road, Raleigh, NC 27604

**The training session and DBT-STEPS training manual  
are free and lunch will be provided.**

Our community's mental health needs are outpacing our community's mental health resources — especially when it comes to our children, adolescents and teens. Today's kids are experiencing more anxiety, more depression and more mental health crises than ever before. The pandemic, the rise of social media and other stressors have shown us that many young people lack the skills to manage their emotions, problem solve and tolerate stress.

### What Is DBT Training?

Dialectical behavioral therapy STEPS (DBT-STEPS) is a skills-based training program adults can teach to adolescents in a group setting over several weeks. This free training is open to any adult interested in learning DBT-STEPS skills needed to facilitate DBT-STEPS group learning sessions for adolescents in agencies, schools and other community groups. Our goals include:

- Growing a training network of community members who can teach youth the skills to manage distress before their emotions escalate to crisis levels.
- Teaching adults in Wake County a common "language" to use with one another, with youth, and to cue skills use. Adults throughout Wake County will speak a common language when working with kids, and kids will hear and respond to the same language.

At the conclusion of this single-session event, participants will be able to:

- Explain the curriculum and several DBT-STEPS skills that can be used with youth.
- Discuss the importance of skills development on emotional regulation, problem solving and conflict management.
- Identify a plan /timeframe to get a skills-based group started within your agency, organization or school.
- Have an understanding of how to use the DBT-STEPS manual so they may implement the program with their own groups.

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### Registration

Click the link under the date of the session you would like to attend:

#### March 7 Session

[www.wakeahec.org/courses-and-events/72905](http://www.wakeahec.org/courses-and-events/72905)

#### April 23 Session

<https://www.wakeahec.org/courses-and-events/72906>