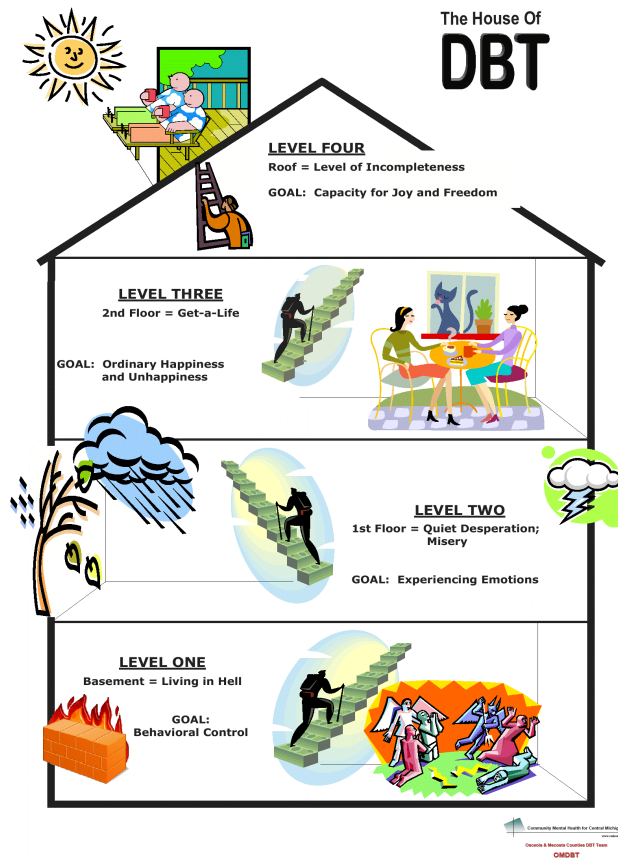


What is Borderline Personality Disorder?

Borderline Personality Disorder is characterized by sudden intense emotions which can seem impossible to control and a very slow return to normalcy. This can often lead to the development of coping skills which have a negative impact on your life, such as self harm, substance abuse, or bursts of anger. Individuals with BPD experience at least five of the following:

- Intense and unstable relationships
- Feelings of abandonment
- Problems with self-image
- Impulsive
- Suicidal/self harm behavior
- Unstable moods
- Feelings of emptiness
- Intense/uncontrollable anger
- Paranoid thoughts or feeling disconnected



Individuals with Borderline Personality Disorder (BPD) typically live in the basement of the House of DBT. Marsha Linehan refers to the basement as a state of emotional hell. Our goal is to give you the tools that you need to bring yourself out of the basement and eventually climb to a different level floor or roof so you can improve your quality of life. It is common to want someone else to lift you out of the basement but the only way out is for you to climb the stairs on your own.

Accredited by:



CMHCM receives financial support from the Michigan Department of Health and Human Services.



DIALECTICAL BEHAVIOR THERAPY

Dialectical behavior therapy (DBT) is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.



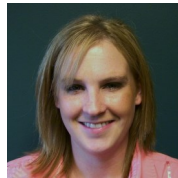
**Community
Mental Health**
FOR CENTRAL MICHIGAN

Osceola County: 231.832.2247
Mecosta County: 231.796.5825
www.cmhcm.org

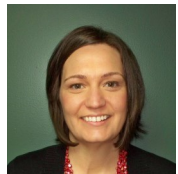
MEET YOUR DBT TEAM



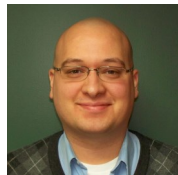
Johne Datema
LLMSW, QMHP, CMHP
Johne has been with CMHCM since 2019 and joined the DBT team in 2020.



Brooke Allen
LLMSW, QIDP, QMHP
Brooke has been with CMHCM since 2008 and began with the DBT team in 2010.



Kate Hornacek-Ross
LMSW, QMHP, CMHP
Kate has been with CMHCM since 2012 and joined the DBT team the same year.



Brandon Dowell
MA, LPC, QMHP, QIDP, CMHP
Brandon has been with CMHCM since 2012 and began with the DBT team at the same time.



Trisha Jadhav
LPC, CMHP, QMHP, QIDP
Trisha has been with CMHCM since 2019 and began with the DBT team in 2020.

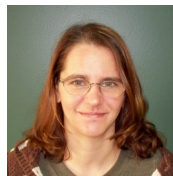
MEET YOUR DBT TEAM



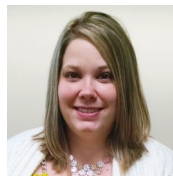
Becky Wemple
LMSW, QMHP, QIDP, CMHP
Becky has been with CMHCM since 2003 and joined the DBT team in 2007.



Nicole Martin
LLMSW, CMHP, QMHP, QIDP
Nicole has been with CMHCM since 2020 and joined the DBT team in December 2020.



Marcy Jo Scott
Certified Peer Support Specialist
Marcy has been with CMHCM since 2010 and started with the DBT team in 2013.



Erin Clark
LLBSW, QMHP
Erin has been with CMHCM since 2016 and started with the DBT team in 2018.



Amanda Jackson
BA, QMHP, CMHP
Amanda has been with CMHCM since 2020 and started with the DBT team in 2021.

DEVELOP NEW COPING SKILLS

BY COMPLETING THE FOLLOWING:

- Attend weekly skills groups and weekly individual therapy.
- Track and record problem behaviors with a weekly diary card.
- Complete homework assignments.
- Role play with therapist to develop new ways to interact with people.
- Identify how maladaptive behaviors are rewarded and/or adaptive behaviors punished.
- Expose themselves to feelings, thoughts, or situations that they fear and avoid.
- Change self-destructive ways of thinking.

Osceola and Mecosta Counties are co-facilitating DBT skills groups for Adults as well as Adolescent/Family Groups.

Please see a team member or CMHCM staff if you have further questions or would like to participate in this evidenced-based treatment.