

Guidelines for the Adolescent Skills Training Group

1. Information obtained during sessions (including the names of other group members) must remain confidential.
2. People are not to come to sessions under the influence of drugs or alcohol.
3. If you miss more than five group sessions (absences) in a 24-week program, you have dropped out of treatment. You can reapply one complete module after being out of the group. Attendance is kept on each family member individually.
4. If you are more than 15 minutes late, you will be allowed in but will be considered absent.
5. People are not to discuss any risk behaviors with other group members outside of sessions. Participants do not tempt others to engage in problem behaviors.
6. Group members may not contact one another when in crisis and instead should contact their skills coach or therapist.
7. People may not form private (cliques, dating) relationships with one another while they are in skills training together.
8. People may not act in a mean or disrespectful manner toward other group members or leaders.
9. *For teens in a comprehensive DBT program*, each adolescent must be in ongoing individual DBT therapy.

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