

Serving Northern Michigan  
Communities since 1993

**BASES Life Skills Staff**

*Executive Director* — Scott Kelly

*Program Director/Counselor* —

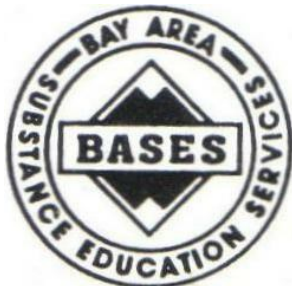
Celia Partida-Kelly

*Counselor* — Dennis Kan

**Serving:** Petoskey Alternative, Harbor Springs

High School, Inland Lakes High School, and

Wolverine High School



Commission on Accreditation of Rehabilitation Facilities (CARF) International accreditation demonstrates a program's quality, transparency and commitment to the satisfaction of the persons served. CARF International is an independent, non-profit accreditor of health and human services. BASES is proud to be accredited by CARF.

BASES has been added to the Northern Michigan Regional Entity provider panel (NMRE).

BASES now accepts publicly funded insurances—Medicaid, MiChild, Healthy Michigan and Federal Block Grant.

**Contact Us**

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**Teen Life  
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# DIALECTICAL BEHAVIOR THERAPY (DBT) Skills Program for Adolescents



**The Life Skills Program is designed to assist high school aged students in building their skills for dealing with everyday life situations. These skills include emotion management, problem solving, and healthy decision-making.**

**This program will address a wide array of issues such as how to emotionally regulate moods, relational difficulties, experimentation with risky behaviors (alcohol and drug use, non-suicidal self injury, disordered eating), and other harmful behaviors.**

**This is a program in which participating students will meet in a one-hour small group session once per week and also a 30-minute 1:1 counseling session once per week.**

◆ **Referrals for the program can be made by contacting the school administration and counselors.**

- ◆ Dialectical Behavior Therapy (DBT) is an evidence-based program that provides students with new skills to manage emotions and decrease conflict in relationships.
- ◆ DBT Life Skills Program will address: alcohol and drug abuse, normal moodiness and how to emotionally regulate moods, relational difficulties, experimentation with risk behaviors — non-suicidal self injury, disordered eating.

## Five Core Topics

- 1) Emotion Regulation
- 2) Interpersonal Effectiveness
- 3) Distress Tolerance
- 4) Walking The Middle Path
- 5) Core Mindfulness

## Student Testimonials

“I understand my anger better. I was able to process past relationships in my individual sessions and learned how to control my anger better.”

“I gained a new perspective/ understanding of what drugs do to your brain and body. I gained a lot of friends from group.”

“I learned how to manage my depression/anxiety.”

“This was the first counselor to tell me that past abuse was not my fault.”

“I learned that other people struggle with similar things and that I’m not alone.”

“I loved that all of us got along so well in the group even though we all have different personalities. We formed a connection. We have all had a lot of problems and a lot of rainbows this year.”

## Administrative Comments

- ◆ There was an increase in attendance.
- ◆ Noticeable decrease in problematic behaviors.
- ◆ Students are more willing to share with staff due to the program.