

(Online) Using the “DBT In Schools - Steps-A” Curriculum

Are you planning to implement the DBT in Schools Steps-A curriculum?

Join us for a 2-part learning series that will review the content of the curriculum, align to your SE strategic planning, and provide tips and examples for successful implementation. We will be hosting a series of training sessions, based on the level of implementation readiness of your school or system.

DBT Steps-A curriculum is an emotional problem-solving curriculum based upon Dialectical Behavioral Therapy. It is designed for adolescents with the goal of teaching skills for emotion management, interpersonal communication and decision-making. The curriculum is an upstream focus to mental wellness, with a whole child approach.

Part 1: DBT Steps A Curriculum 101

This session will introduce participants to the DBT Steps A curriculum, including:

- An introduction to Dialectical Behavior Therapy (DBT)
- An overview of the curriculum content and areas of focus
- Exploration of the curriculum outcomes, curriculum sequence and lesson examples
- Examination of implementation in Tiers 1, 2 and 3.

This session is a good fit for individuals or teams that are in the exploration stage of readiness, desiring to know what this curriculum entails and still determining if this curriculum would be a good fit for their system.



Part 2: Launching Your Curriculum Implementation

The Part 2 session will focus on connecting your implementation to your desired student outcomes, building alignment of DBT Steps A curriculum to other initiatives, such as MLSS, and creating an action plan for your implementation goals.

This session is a good fit for individuals or teams in the implementation stage of readiness, that are preparing to use the DBT Steps A curriculum or are already using this tool.

REGISTER ONLINE

Register for **one** online training session to attend, choose the dates that works best for your availability. Each session reviews the same info..

SESSION A:

Part 1 - Nov 16th: 8:30am-10:30am

Part 2 - Nov 17th: 8:30am-10:30am

<https://login.myquickreg.com/register/event/event.cfm?eventid=30734>

SESSION B:

Part 1 - Jan 25th: 8:30am-10:30am

Part 2 - Jan 27th: 8:30am-10:30am

<https://login.myquickreg.com/register/event/event.cfm?eventid=30737>

SESSION C: *Building the Heart of Successful Schools* Preconference Session

Parts 1 & 2 - December 1: 12pm-3pm

<https://login.myquickreg.com/register/event/event.cfm?eventid=30833>

For more discussion and resources on DBT In Schools **join us for Community of Practice sessions.** Dates below, Wednesdays from 8:30-9:30am.

- January 26th
- February 9th
- February 23rd
- March 16th
- April 6th
- April 20th

Register online for the DBT In Schools Community of Practice Sessions:

<https://login.myquickreg.com/register/event/event.cfm?eventid=30738>



SESSION QUESTIONS? CONTACT WISH REGIONAL COORDINATORS:

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REGISTRATION ASSISTANCE:

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**COST: These sessions are
FREE to participants.**

All session Zoom links will be
emailed to registrants.

**[CLICK HERE TO REQUEST
A FREE COPY OF THE
DBT IN SCHOOLS BOOK](#)**



wisheschools.org