

# Serving Northern Michigan communities

## BASES Life Skills Staff

*Executive Director* — Scott Kelly

*Program Director/Counselor* — Celia Partida-Kelly

*Clinical Supervisor* — Gerry McAvoy

*Counselor* — Leah Kelly

*Counselor* — Dennis Kan

**Serving:** Boyne City High School, Boyne City

Morgan-Shaw School, Harbor Springs High

School, & Inland Lakes 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

**BASES**  
208 W. Lincoln  
Charlevoix, MI 49720

Phone: (231) 547 -1144

Email:  
[info@basesrecoverycenter.org](mailto:info@basesrecoverycenter.org)

Visit us on the web:  
[BASESRecoveryCenter.org](http://BASESRecoveryCenter.org)



## Teen Life Skills Program



### BASES

208 W. Lincoln  
Charlevoix, MI 49720  
Ph: 231-547-1144  
Fax: 231-547-4970

[BASESRecoveryCenter.org](http://BASESRecoveryCenter.org)

# DIALECTICAL BEHAVIOR THERAPY (DBT) Skills Program for Adolescents



- ◆ 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

**The Life Skills Program is designed to assist high school aged students in building their skills for dealing with everyday life situations, emotion management strategies, 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 program are made through school staff

## Student Testimonials

“I understand my anger better. I was able to process past relationships in my individuals 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 Statements

- ◆ There was an increase in attendance.
- ◆ Noticeable decrease in problematic behaviors.