

MHS DBT Program Rules & Expectations

- **Program Members are expected to attend every scheduled session.** Absences must be planned with the therapist and/or group in advance. Documentation of absences may be requested. All absences, regardless of reason, count towards overall attendance. Attendance below 90% will result in an attendance contract to support consistent attendance. Three consecutive absences without phone calls will be grounds for discharge (see attached attendance policy).
- Members must maintain confidentiality. Group issues cannot be discussed outside of programming or during break. Breaking confidentiality may be grounds for discharge. Recording, photographing, screenshotting, or otherwise capturing any part of programming is strictly prohibited. This includes the use of phones, smart watches, smart glasses, computers, tablets, AI-enabled devices, or any other recording technology. Maintaining the privacy and confidentiality of all group members is a shared responsibility.
- Members are expected to participate in programming through active listening, providing support and feedback to peers, being engaged in teaching, presenting diary cards, and completing behavior chains and homework as assigned.
- Members are expected to take problem-solving time and practice skills whenever they report significant distress.
- Members' feedback and behavior are expected to be respectful at all times. Anyone engaged in disrespectful feedback will be given a verbal warning and then may be asked to take a break or leave. Examples of disrespectful behavior include:
 - Interrupting others
 - Using inappropriate verbal and/or non-verbal language
 - Sharing specific details of behaviors that are self-injurious
 - Not respecting the boundaries of others
 - Using cell phones or participating in other distracting activities
- A pattern of disrespectful behavior may result in a Success Plan, suspension, or discharge from programming.
- Discrimination and harassment of any kind will not be tolerated. Discrimination or harassment may be grounds for discharge from programming.
- Relationships and interactions between members outside of programming are generally discouraged (this includes social media spaces), but at times members may be allowed to use each other for skill-based support outside of programming. Members are expected to be clear and respectful of each other's boundaries. Members are not allowed to have romantic or other private relationships with each other, and they are not allowed to engage in behaviors that could be problematic or unskillful with one another (for example, substance use, gambling, sexual behavior, etc.).
- Members are not allowed to use alcohol, drugs, or engage in unhealthy behaviors together. Participating in these behaviors may be grounds for discharge.
- Members are not allowed to engage in SI/SIB behaviors on premises or come to group under the influence of alcohol or drugs. Members are not allowed to vape or use any other substances in the therapy space. Such behaviors may be grounds for discharge.
- Members may not call other members for 24 hours after they have acted on SI/SIB/TIB behaviors.
- Members are required to participate in ongoing individual therapy and comply with prescribed medications.
- To help maintain a safe, respectful, and therapeutic environment, Members are expected to wear clothing that fully covers the genitals, buttocks, and chest/torso, as well as shoes, while in the clinic. Our clinic is committed to creating a welcoming environment where people of all identities and backgrounds can feel safe, respected, and able to focus



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on treatment. Clothing and footwear expectations are intended to support physical safety, promote a professional healthcare environment, and be mindful of the diverse experiences, cultural backgrounds, personal boundaries, and trauma histories of those in our community. These expectations apply equally to everyone and are not intended to make assumptions about gender identity or expression. We ask everyone to follow these expectations to help foster a therapeutic space where all individuals can feel comfortable and supported.

- Members are expected to comply with their payment agreements.

Acknowledged by: _____