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BENCHMARKING IN DBT

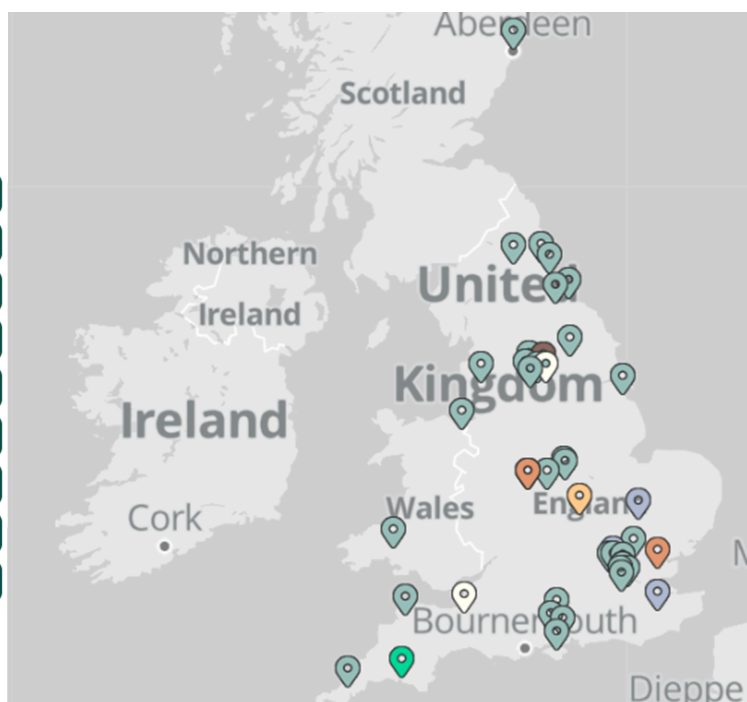
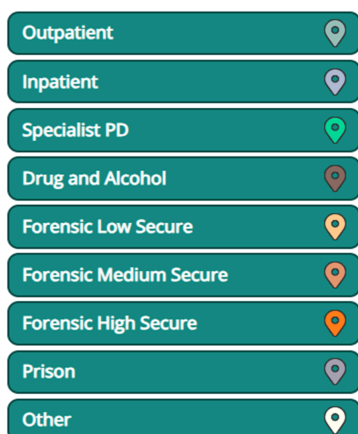
Newsletter

<https://dbt.uk.net/>



Currently, you are among **95 DBT Teams** who are already benchmarking across the UK! Your efforts have already led to the assessment of approximately 1200 clients, and now, the success of this groundbreaking project depends on the retrieval of clients' discharge data. Your role is essential, and we are here to assist you.

Active DBT Teams across UK and Ireland



We have some website updates for you!



Vecteezy.com

We have been listening to your difficulties and suggestions to improve our benchmarking website. Here are some updates that will make your life easier when uploading data or using our website.

We have added an option to **Skip Pre-Treatment.**

If you are delivering skills group and your clients do not go through pre-treatment, you now have the option to skip pre-treatment and admit them for treatment.

Admit for Pre-Treatment

Self Assessment

Pseudonym

Fred-Zara

Generate New Pseudonym

☒ Skip Pre-Treatment

Admit this client directly into the programme without a pre-treatment assessment

Client Group

Adults

Age Group

Adult

You can now select the emails you wish to receive and track the ones you have received in case you missed one. Go to **Account - Settings - Email**

Account Details

DBT details

Contact Information

Preferences

Email

Login Details

Email Settings

- ☒ Send me an email when it is time to discharge a client
- ☒ Send me an email when a client is overdue to be discharged
- ☒ Send me an email when a client completes their self assessment

Note these emails may go to spam -- add admin@dbt.uk.net to your contacts to prevent this

[View received emails](#)

Save

Cancel

We have also added

some additional
Discharge options ->

Discharge Self Assessment

Pseudonym

Casey-Yanni

Discharge Reason

Finished Treatment

Finished Treatment

Dropped Out

Transfer of Care (to hospital) – Step Up

Transfer of Care (to hospital) – Step Down

Transfer of Care – different treatment

You must use at least one core instrument [\(Change Default\)](#)

Please make sure you have all your clients’ statuses updated.

If they finished treatment but did not submit their questionnaires, and you believe they will not, please update the information as shown below. We would also like to remind you that you can report the clients who **Dropped Out** - Without assessment.

Discharge

Paper

Pseudonym

Casey-Yanni

Discharge Reason

Dropped Out ▼

☒ No assessment available

Instruments

You must use at least one core instrument [\(Change Default\)](#)

☒ EQ5D

☒ BSL

☒ DERS

Date

23/01/2024

Assess

Discharge

Paper

Pseudonym

Casey-Yanni

Discharge Reason

Finished Treatment ▼

☒ No assessment available

Instruments

You must use at least one core instrument [\(Change Default\)](#)

☒ EQ5D

☒ BSL

☒ DERS

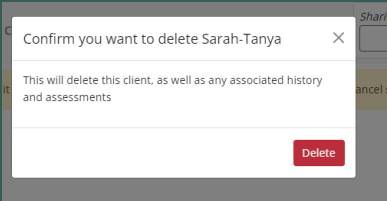
Date

23/01/2024

Assess

Cancel Self-Assessment - Delete

Suppose a self-assessment form is accidentally generated and needs to be cancelled: pseudonyms can now be deleted, provided no data has been entered, even if a link has been generated. The process involves cancelling the self-assessment link and confirming your



decision by clicking cancel self-assessment a second time. On the second time, you will see the option to

delete (see image on the right).

We also need some updates from you!

If you could update your team, we have added individual checkboxes to team members. You should edit who is in the Postgraduate Diploma in DBT and who is accredited (if any) >>>

Name	Weekly hours Delivering DBT	Enrolled on the PGDip in DBT	Accredited DBT Therapist	Notes	View	Update	Remove
MB	15	✗	✗	Assistant Psychologist	View	Update	Remove
JMA	10	✗	✗	This person is intensely trained	View	Update	Remove
Isabel Walker	16	✓	✗		View	Update	Remove
Brandy Hamilton	12	✗	✓		View	Update	Remove
Dana Watson	15	✓	✗		View	Update	Remove

We would like you to make sure you have your programme **treatment length** in the Account Details. That allows us to send you reminders when you have assessment moments coming up!

Account Details

DBT details

Stylised Name

Give the approximate date when your DBT programme began in your service

10/01/2022

DBT Delivery

☐ Delivering full DBT programme to all clients

☒ Delivering full DBT programme to some clients, and DBT skills group (without individual therapy) to others

☐ Not delivering full DBT programme (give as much detail as possible below)

Full Treatment length (weeks)

48

DBT skills group (without individual therapy) length

12

DBT details:

We appreciate it if you can give as much detail about the programme/modality you deliver as possible. Also, if you divide your clients according to different characteristics and/or disorders (for instance, if you select people with less severe symptoms for your skills group), please describe the admission criteria for y groups.

It is expected that a team conducts the four modes of DBT: individual therapy (once a week), skills training (once a week), consultation team (once a week), and phone coaching. Is there any deviance of your team to this standard? If yes describe above.

Save

Cancel

Click here to
check our
FAQ section!

FAQs – Frequently Asked Questions

Benchmarking website and procedures

Are you only collecting data from services offering comprehensive DBT (i.e., full-programme)?

We take both full programme and skills (we ask teams to describe the modalities they are offering if it is a modified programme). If teams have both options, they can select what each client is receiving when uploading their data.

Are you able to produce reports for us aggregating the data to locality DBT teams and also across all the consultation teams across the trust as well?

Currently, this is not a feature that is available. Each team logs in to their account, which allows them to upload their team and clients' data, and download reports on their outcomes, with graphs which show the different assessment moments of each instrument. We are also working on providing more comprehensive reports based on teams' feedback.

*Save the
Date!*

Register for
our upcoming
EVENTS!

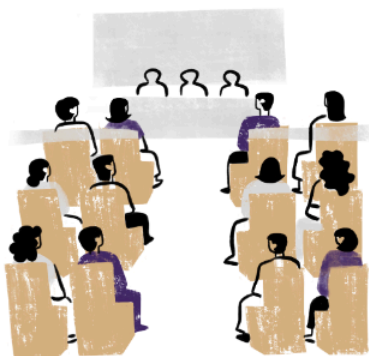


20

FEBRUARY

2 pm - Drop-In Event

Online



12

APRIL

National Benchmarking Event
Birmingham

Drop-in Benchmarking Event

Online free event aimed at DBT teams currently engaged on our benchmarking website or teams interested in getting started that want to know more.

Duration: 1h30 - online

National Benchmarking In-Person Event

Designed for DBT teams engaged on our benchmarking website or interested in getting started. We will discuss benchmarking implementation and updates.

There will be time for consultation.

If you would like more information,



Duration: 1 day - 5 hours CPD in Birmingham

Free event*

*Limited spaces available

Register for Drop-In Event

Register for In-Person Event



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