

COUNTY OF ROCKLAND  
Department of General Services  
**Purchasing Division**

# Contract Award Notification

**Title:** **Dialectical Behavior Therapy (DBT) Training for Dept of MH**

**Contract Period:** September 15, 2020 through December 15, 2020  
Extended through December 15, 2021

**Original Date of Issue:** September 18, 2020

**Date of Revision:** 10/20/20

**RFP No:** **RFP-RC-2020-024**

**Catalog:** **Consulting Services**

**Authorized Users:** Mental Health

**Address Inquires To:**

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**Title:** Purchasing 1  
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**Description**

This contract is for Dialectical Behavior Therapy Training for Dept of MH

Contract #	Vendor Number	Contractor & Address	Telephone No.
RFP 20-024	0000022286	Behavioral Tech LLC 1107 NE 45 <sup>th</sup> St, Suite 114 Seattle, WA 98105 Contact: Clint Potter <a href="mailto:cpotter@behavioraltech.org">cpotter@behavioraltech.org</a>	206-701-0602

# County of Rockland CONTRACT

## Dept. of General Services

Purchasing Division  
50 Sanatorium Rd  
Bldg A, 6th Fl  
POMONA NY 10970  
www.rcpurchasing.com

**Supplier** 0000022286  
BEHAVIORAL TECH LLC  
1107 NE 45th ST  
SUITE 114  
SEATTLE WA 98105

Phone 206/675-8588  
Fax 206/675-8590  
support@behavioraltech.org

Tax Exempt? Tax Exempt ID:

Line #	Supplier Item	Item Desc	Item ID	Price	UOM
1		DBT Skills Training in DBT (4 Days) Price is for 4 days per specifications	91838000012	38,220.00000	Each
2		DBT Skills Training Manual - 2nd Edition	95685000001	49.30000	Each
3		DBT Skills Training Handouts and Worksheets-2nd Edition	95685000002	32.30000	Each
4		DBT Skills Manual for Adolescents	95685000003	41.65000	Each
5		Program Consultations for DBT Training	91838000013	300.00000	Hour

TERMS AND CONDITIONS OF RFP-RC-2020-024 INCORPORATED HEREIN BY REFERENCE.

Dispatch via Print

<b>Contract ID</b> RFP 20-024	<b>Page</b> 1 of 1
<b>Contract Dates</b> 09/15/2020 to 12/15/2021	<b>Currency</b> USD
<b>Freight Terms</b> Dialectical Behavior Therapy (	<b>Contract Maximum</b> 51,867.50
<b>Buyer</b> SAMUELS, SABRINA	<b>Buyer Email</b> samuelss@co.rockland.ny.us
<b>Phone</b>	<b>Fax</b>

Authorized Signature



**Edwin J. Day, County Executive****TITLE: Dialectical Behavior Therapy (DBT) Training for the  
Department of Mental Health****RFP NUMBER:  
RFP-RC-2020-024****STATEMENT OF OBJECTIVES OR DETAILED SCOPE OF WORK**

Rockland County Department of Mental Health is seeking a professional and highly knowledgeable consultant(s) with proven expertise in the provision of training and consultation in the implementation of DBT. The training should cover the basic structure and strategies required to engage in DBT skills training. Participant should learn how to plan, structure, and conduct DBT skills classes. The targets for skills training, as well as how to apply fundamental DBT strategies in skills training, should be addressed.

Specific skills training procedures, assignment, and review of homework with clients, and troubleshooting common skills training obstacles should be illustrated. In addition, significant attention must be paid to understanding the content and purpose of the various DBT skills of Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.

Contractor is responsible for providing the following:

1. On-site in person or live streamed training will include:
  - a. Delivered on mutually agreed upon dates
  - b. Participants will be trained for a total of 6 hours per day
  - c. Training structured as two (2) segments of two (2) days, separated by at least 1 week, but no more than 2 months.
  - d. Requesting 2 budgets, one for virtual which would include the cost for 2 trainers, applicable costs for Continuing Education Units, binders/handouts and all technology needed to deliver high quality training. In person budget should include the cost for two (2) trainers, including travel, applicable Continuing Education credits, and training binders/handouts for all participants.
  - e. Maximum of 50 participants.
2. Consultation calls (up to 24 calls for the contract term) will be provided to support all participants who have engaged in DBT training, the use of DBT Skills, using assessment strategies to gain a clear picture of all clinical and programmatic question(s). The consultations will focus on accurate and effective implementation of skills training principles, both strategies for running effective groups, teaching skills, and skills coaching and generalization. Consultants should guide providers on a range of topics, including case conceptualization, commitment strategies, maintaining accurate emotion focus, identifying the function of behavior and emotions, behavioral rehearsal of DBT strategies, skills training, and incorporating family and ancillary providers into treatment. Consultation is dependent on whether the County is awarded a No Cost Extension by SAMHSA. Calls should include:
  - a. Specialized program consultation to help plan for the implementation of DBT Skills in their setting.
  - b. Providing a clear picture of the clinical or programmatic questions
  - c. Should be provided remotely, via video, and telephone
3. Provide all training materials needed for each training including DBT Skills Training Manual -Second Edition, DBT® Skills Training Handouts and Worksheets - Second Edition and DBT® Skills Manual for Adolescents.
4. Conduct trainings expeditiously, partnering with DMH regarding scheduling in a timely manner.
5. Coordination with DMH regarding all information needed for participants to prepare for the trainings in advance.
6. Skills training topics will include:

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RFP-RC-2020-024**

- a. Mindfulness: Studies on problems in human behavior are increasingly pointing toward the importance of mindfulness as a core component of effective problem solving. Participants are taught what mindfulness is, and how it is taught and practiced as part of DBT skills training.
- b. Distress Tolerance: Participants are taught strategies for how to “not make a bad situation worse” when changing the situation is not currently an option.
- c. Emotion Regulation: These skills teach us how to regulate difficult emotions, how to change emotions by problem solving or acting opposite and take steps to decrease our vulnerabilities for falling into “emotion mind”.
- d. Interpersonal Effectiveness: These specific strategies can help us get what we want from others while maintaining relationships and our self-respect.

7. As a result of this training, participants will be able to provide DBT skills training, as follows:

**Part I**

- a. Describe the function of skills training
- b. Describe how to structure a skills training class
- c. Define the roles of the leader and co-leader
- d. Explain how Core Mindfulness skills are key (core) to all skills taught in the program.
- e. Accurately describe the content of the skills training module: Core Mindfulness.
- f. Identify situations where Core Mindfulness skills can be helpful (for both staff and clients).
- g. Teach Core Mindfulness skills to clients.
- h. Explain what emotions are and how they function
- i. Identify situations where Emotion Regulation skills can be helpful (for both staff and clients)
- j. Teach Emotion Regulation skills to clients.

**Part II**

- a. Demonstrate how to solve problems that arise during skills training class
- b. Describe how to teach and lead role plays.
- c. Effectively assign and review skills homework assignments
- d. Accurately describe the content of the skills training module: Interpersonal Effectiveness.
- e. Identify situations where Interpersonal Effectiveness skills can be helpful (for both staff and clients).
- f. Teach Interpersonal Effectiveness skills to clients.
- g. Accurately describe the content of the skills training module: Distress Tolerance.
- h. Identify situations where Distress Tolerance skills can be helpful (for both staff and clients)
- i. Recognize when Distress Tolerance skills can be used to survive a crisis and minimize the chances of making a difficult situation worse.

**PROPOSAL REQUIREMENTS AND COMPANY QUALIFICATIONS**

1. Contractor must have a minimum of 2 years of experience in providing DBT skills training, implementation, and consultation to schools and/or youth behavioral health outpatient providers.
2. Contractor must be the DBT Treatment Developer or a DBT Trainer certified by Behavioral Tech.

The County of Rockland reserves the right to review contract(s) on a regular basis regarding performance and cost analysis and may negotiate price and service elements during the term of the contract.