



# KEY CBT INFORMATION

To address the increase in mental health needs, WHS adapted Cognitive Behavioral Therapy into our programs.

CBT aims to teach clients skills to recognize and influence interactions between thoughts, feelings, and behaviors.

## WHS STAFF AND CLIENTS UTILIZE SIX UNIQUE CBT SKILLS:

- **ACTIVE LISTENING**
- **ITCH** - Problem solving
- **SPEED MAPS** - Mood monitoring and intervention mapping
- **CAPES** - Behavioral activation
- **TIP** - Distress tolerance
- **CBT CHAT FORM** - Cognitive restructuring

All Staff are trained and tested on CBT competency, with our three-level staff endorsement system.

From the executive team to our line staff, this allows for consistency in our treatment services and practices.

Continued use of CBT in our programs has our restraint rates at their lowest in WHS history.