

Redesign of Dialectical Behavior Therapy for Young People on the Autism Spectrum for Use in Community-Based Clinics: Discover Phase I Barriers

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Are you an autistic adult, DBT clinician, or DBT clinic director/leader?

If so, you may be eligible to take part in a project being conducted at the University of Washington

The purpose of the **Redesign of Dialectical Behavior Therapy for Young People on the Autism Spectrum for Use in Community-Based Clinics: Discover Phase I Barriers** study is to understand barriers autistic adolescents and adults experience in accessing community-based mental health care services for suicidality/self-harm in the U.S. with a focus on Dialectical Behavior Therapy (DBT). Autistic adolescents and young adults commonly experience suicidality and self-harm, and evidence-based treatments, including DBT, exist, yet autistic adolescents and adults may not readily access this treatment and, when they do, it is unknown whether it works well for them. Prior research has demonstrated the need to adapt evidence-based mental health treatments for this population, but DBT has not been adapted in a systematic way that engages key stakeholders. We are conducting this study as part of a larger project that will ensure DBT is contextually appropriate for autistic young people in community-based clinics.

Overall Benefits of Participation

- **CONTRIBUTE TO LARGER BODY OF KNOWLEDGE RELATED TO IMPROVING ACCESS TO EVIDENCE-BASED MENTAL HEALTH SERVICES FOR AUTISTIC YOUNG PEOPLE**
- **ENHANCE OVERALL UNDERSTANDING ON HOW TO ADAPT MENTAL HEALTH SERVICES FOR AUTISTIC YOUNG PEOPLE**
- **IMPROVE MENTAL HEALTH OUTCOMES FOR AUTISTIC YOUNG PEOPLE EXPERIENCING SUICIDALITY OR SELF-HARM**

Participation in Phase 1 of this UW Study:

- **Online Questionnaire & Semi-structured Zoom Interview:** provide information on barriers autistic adolescents and adults have experienced in accessing mental health services for suicidality/self-harm (with a focus on DBT) in community settings.
- **Time Commitment:** the online questionnaire will take approximately 3-5 minutes. Following completion of this questionnaire, we will schedule the Zoom interview for a time that is convenient for you. The interview will last approximately 60 minutes.
- **\$50 gift card** as a thank you for your time and sharing your expertise.
- **Other opportunities:** you may be invited to participate in other related projects at the UW.

If interested, please contact Alana McVey (ajmcvey@uw.edu) and indicate that you would like to participate in the DBT Autism Redesign project.