

Dialectical Behavioral Therapy in Substance Use Disorder Treatment – Part 1

Samantha Santamaria, LCSW

Level

Intermediate

Room

Track

Clinical, Substance Use Disorder

CE

CPA/BBS/CJER

Bio

Samantha (Sam) Santamaria, LCSW received her Master of Social Work with a focus in health, mental health, and disabilities from Columbia University in New York City. She completed her bachelor's degree at the University of California, Berkeley.

Sam has worked with a diverse range of communities that include inmates at San Quentin Prison, day laborers in Oakland, California, and disadvantaged youth with mental health challenges in Inglewood, California. Her international work experience includes developing a program that provides counseling, rehabilitation, skills development, and vocational programs to survivors of sexual exploitation in Nepal.

Sam has also provided direct clinical services in a range of settings. Her experience includes delivering a monthly support group and education program for adults with lupus at Hospital for Special Surgery in New York City. She has also provided direct clinical services to individuals receiving inpatient psychiatric care at Zuckerberg San Francisco General Hospital.

Currently, Sam serves as a Clinical Specialist at UCLA's Integrated Substance Abuse Programs (ISAP) in the Semel Institute for Neuroscience and Human Behavior. In this role, she is supporting the implementation of the California Advancing and Innovating Medi-Cal (CalAIM) contingency management (CM) pilot program – an initiative aimed at expanding access to evidence-based behavioral treatment to address the stimulant use disorder crisis that persists in California.

Narrative

Dialectical Behavioral Therapy (DBT) has emerged as a powerful evidence-based approach to addressing the complex needs of individuals within the mental health field, including those in forensic settings with substance use and co-occurring disorders. This comprehensive toolkit extends beyond conventional methods, equipping professionals with strategies to improve outcomes in diverse populations. In this workshop, participants will delve into the core principles and techniques of DBT, exploring how it fosters mindfulness, enhances interpersonal skills, regulates emotions, bolsters distress tolerance, and supports recovery from substance use and co-occurring disorders within forensic mental health settings.

Learning Objectives

1. Distinguish two specific behaviors that DBT is designed to treat, including those related to substance use and co-occurring disorders, and describe the origins of DBT
2. Describe the four groups of skills utilized in DBT and their relevance to forensic populations

3. Identify two ways in which DBT skills can be useful in forensic mental health treatment, particularly in addressing substance use and co-occurring disorders