

Supporting Mental Health Solutions in Our Community.



WHAT IS WILDERNESS TO WELLNESS?

Wilderness to Wellness is a Poker Hike-a-Thon held on August 18, 2018, in the Mount Baker Snoqualmie National Forest.

The purpose of W2W is to raise funds for the Linehan Institute, with a goal of \$10,000.

The Linehan Institute offers training for psychologists in Dialectical Behavior Therapy.

The funds will be offered as/a scholarship(s) to therapist(s) in order for them to obtain training in DBT.

DBT is a primary therapy option for those suffering with Borderline Personality Disorder (BPD).

DBT therapist can change our community by focusing on the management of behavior disorders.

What is Borderline Personality Disorder?

- BPD affects approximately 1.6% to 5.9% of the population.
- 70% of people with BPD will have at least one suicide attempt in their lifetime. Many will make multiple attempts.
- One in ten will complete suicide. This is more than 50 times the rate of suicide in the general population.
- BPD is more common than bipolar disorder or schizophrenia.
- 20% of inpatients admitted to psychiatric hospitals have BPD.
- 55%-85% of adults with BPD self-injure their bodies.

Hike. Help. Heal.

DBT also helps those suffering from PTSD, Bipolar Disorder, Behavioral Disorders, Juvenile mental health issues and comorbid mental health struggles.

DBT can help those that can't be helped with other therapies.

DBT GIVES PEOPLE THE OPPORTUNITY TO

“LIVE A LIFE WORTH LIVING”.

www.WildernessToWellness.org
www.LinehanInstitute.org

What is DBT?

- DBT is a program that allows for behavior changes through mindfulness, awareness, and new thought processes.
- DBT encourages 'grey' thinking instead of just black and white thinking.
- DBT changes lives through group and individual therapy.
- DBT works for those living with mental illnesses that were deemed as 'incurable' in the past.
- It's helping many people living with different mental illnesses.
- Knowledge of BPD and DBT can raise awareness, in turn, saving lives.
- Waiting lists for this life changing therapy is month's long, due to a shortage of therapists trained in DBT therapy.