



## **AMI/ABLE-FSP**

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***Track Supervisor***

### **Nature of Setting and Population Served**

AMI/ABLE-FSP (Alliance on Mental Illness, a Better Life Endeavor – Full Service Partnership Program) was created as the result of a partnership between the Los Angeles County Department of Mental Health, the Department of Psychiatry at Harbor-UCLA, and the South Bay Chapter of the National Alliance on Mental Illness, which is a “grassroots” advocacy and support organization run primarily by family members of persons with severe mental illnesses. As the first of only two ISAs directly operated by the LACDMH, AMI/ABLE has been an innovative leader in providing services in a psychosocial rehabilitation model to members diagnosed with severe and persistent mental illness who are high utilizers of psychiatric emergency and inpatient services. A primary feature of FSP is that a multidisciplinary treatment team serves as the single fixed point of responsibility for enrolled clients or program “members.” This means that, to the extent possible, the FSP team retains primary clinical responsibility across time (24 hours per day, 365 days a year) and settings (inpatient, outpatient, and psychiatric emergencies). The fixed point of responsibility also extends across virtually all domains of a program participant’s life. Thus, the team attends not only to psychiatric symptoms, but also to helping members meet their needs in physical health, dental care, co-morbid substance abuse, housing, finances, education, work, social relationships, recreational activity, legal, and transportation. This approach to service provision enhances continuity of care and helps insure that clinical decision-making always has the benefit of relatively complete and up-to-date information about the service recipient.

### **Direct/Indirect Services**

Externs will be providing DBT/CBT and prolonged exposure for PTSD therapy in the context of psychosocial rehabilitation team for 3-4 clients. Externs will also have an opportunity to provide some services in the Trauma Recovery Center providing Trauma Informed Care. Externs will co-facilitate a number of groups offered at AMI/ABLE, including CBT format Healthy Living, DBT extended track for consumers diagnosed with Borderline Personality Disorder and co-morbid disorders, and DBT Friends and Family program. In addition, Externs will participate in the DBT consultation team meetings and the CBT seminar.

## **Supervision**

Supervision is provided by a licensed clinical psychologist and postdoctoral fellows. Required courses include DBT team consultation, Advances in CBT class and CBT seminar. In addition, the extern will be provided with a three-day required training in DBT at the beginning of the year and a year-long weekly didactic training in Advances in CBT. Opportunities for other seminars and courses are available.

## **Training**

There are weekly teaching conferences and seminars. A year-long Advances in CBT (Mondays, 10:30-12:00), a year-long CBT seminar (Thursday, 9:00-10:00), and a year-long DBT Consultation team meetings (Mondays 1:30-3:00) are required. In addition, the extern will be provided with a three-day required training in DBT, and a two day required training in Prolonged Exposure for PTSD at the beginning of the year. Opportunities for other seminars and courses are available as well as commencing certifications in evidence-based modalities.

## **Preferred/Required Days**

Externs are required to be on site a minimum of 18 hours a week for the duration of the year. Required: Mondays (8:00-5:30) and Thursdays (8:00am – 5:30). Attendance is required at the CBT Core Course (Mondays, 10:30-12:00), the DBT Case Consultation Team meeting (Mondays, 1:30-3:00), and the CBT seminar (Thursdays 9-10)