



July 2025

Dear Parent/Guardian,

In cooperation with the Greenwood Education Foundation (GEF), Generations Counseling Services is offering a Dialectical Behavior Therapy (DBT) Skills group for students at Greenwood High School. Our goal is to support the mental health and well being of young adults in our community, specifically those who need help managing distressing situations, relationship issues regulating their emotions.

Your student has been identified as someone who might benefit from this group. They will need your permission to participate. Please review the following information regarding DBT skills groups. If you would like your student to be a part of the group, please sign and return the attached permission slip via mail or email to:

Generations Counseling Services  
200 Byrd Way Ste 155  
Greenwood, IN 46143  
[info@generationsindy.com](mailto:info@generationsindy.com)  
317-743-8202

## Skills Group Details

- The start date is September 9, 2025, and will meet each Tuesday during the Power Hour from 11am-12pm. Students will be able to eat lunch during the group.
- Groups will be facilitated by a team of licensed counselors, social workers and interns from Generations Counseling Services ([www.generationsindy.com](http://www.generationsindy.com)).
- Thanks to the generosity of the Greenwood Education Foundation, there will be no cost for students to participate.
- Students are expected to regularly attend weekly groups and participate in discussions and relevant group activities.
- All group discussions are confidential to create a safe space for sharing. Students are asked to respect one another's privacy and agree to not share information shared by others outside of the group.
- Participating students are also encouraged to participate in individual counseling sessions in conjunction with the group. If you need help setting this up for your student, contact Generations Counseling Services at 317-743-8202 or [info@generationsindy.com](mailto:info@generationsindy.com). (Parents are responsible for the cost of individual counseling sessions; however, if you choose to use therapists at Generations, we can provide a generous fee reduction if you do not have health insurance or wish not to use it.)

## About DBT

DBT is an evidence-based therapeutic approach that was developed to help individuals who struggle with managing their moods, emotions, relationships and behaviors.

DBT skills groups focus on teaching specific skills in four key areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. These skills help people relate to others more effectively, avoid problem behaviors and reduce emotional distress.

1. **Mindfulness:** This skill teaches students to be present in the moment, helping them to observe their thoughts and feelings without judgment. It enhances their ability to focus and reduces anxiety.
2. **Distress Tolerance:** These skills provide strategies for coping with intense emotions and crises. Students will learn how to tolerate discomfort and navigate challenges without resorting to harmful or risky behaviors.
3. **Emotion Regulation:** This area focuses on understanding and managing emotions. Students learn how to identify their feelings, reduce emotional vulnerability, and increase positive emotional experiences.
4. **Interpersonal Effectiveness:** These skills help students communicate more effectively and build healthier relationships. They learn to express their needs assertively while also considering the needs of others.

Each week, students will participate in a 45 minute group session focusing on a specific set of DBT skills.

Overall, DBT skills empower students to handle life's challenges more effectively, leading to improved mental health, stronger relationships, and a greater sense of well-being.

By participating in this group, your student will gain valuable tools that can positively impact their daily life and their relationships with others.

I personally have been involved in teaching DBT skills to my clients for the past ten years, and I have seen it make a significant impact on their lives and the lives of their families. Thank you for considering giving us the opportunity to share these skills with your student.

Sincerely,

Joanna Bloss, LMHC  
Generations Counseling Services, LLC

For more information about DBT visit <https://childmind.org/article/dbt-dialectical-behavior-therapy/>. (Please note, we are not offering a comprehensive DBT program. Our focus is just on teaching DBT Skills.)

For more information about Generations Counseling Services, visit [www.generationsindy.com](http://www.generationsindy.com).

For more information about the Greenwood Education Foundation visit <https://www.greenwoodeducationfoundation.org/>

In order for your student to participate, please complete the form below and return it to:

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317-743-8202

You may also contact Kara Christian Moss in the Guidance Department for help.

(please print)

Student Name:	
Parent/Guardian Name:	
Emergency Contact Phone Number:	
Will you need referrals for individual counseling for your student? (If yes, please indicate the best number to call you and a good time to reach you.)	

I grant permission for my student to participate in the DBT skills group offered at school by Generations Counseling Services. I understand that the sessions will focus on emotional and interpersonal skills and that confidentiality will be maintained.

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Parent/Guardian Signature Date

Please list any concerns you may have about your student as it relates to their participation in the group:

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