

Dialectical Behavior Therapy (DBT) Leader's Statewide Call Meeting September 23, 2024

Meeting Participants: Ann Marie Ceci, Becky Wemple, Daniel Burns, Elizabeth Cyr, Elizabeth Ingraham, Grieg Spodarek, Gwen Abney-Cunningham, Jessica Beane, Josh Smith, Kym Hansen, Lorianne Fall (MDHHS), Michelle Boudreaux - Chair (MDHHS), Nicole Kletzka

Welcome and Introductions

Welcome and introductions were made.

Mindfulness

Gwen Abney-Cunningham led the mindfulness.

MDHHS Updates on Training

DBT Foundational Training - Michelle Boudreaux

The DBT Foundational training for FY25 will be in January and the department is looking at getting those dates finalized.

DBT Expansion with Certified Community Behavioral Health Clinics (CCBHC) Demonstration Program – Michelle Boudreaux

Michelle updated the group on the Certified Community Behavioral Health Clinics (CCBHC) Demonstration Program. A lot of agencies have contacted her with questions on their DBT team expansion for CCBHC. She had ten requested Michigan Fidelity Assistance Support Team (MIFAST) visits before the fiscal year 25 began on October 1, 2024. She has some visits already scheduled. There will be a DBT MIFAST training meeting on October 4, 2024. She will be reaching out to agencies after that meeting and get the visits coordinated in the next few weeks.

DBT for Adolescents – Holly Cranmer/Amy Cowper

No update given. If you have any questions, please contact Holly via email at cranmer@ceicmh.org, cowper@ceicmh.org, or Michelle Boudreaux at BoudreauxM@Michigan.gov.

DBT Teams DATA Base – Michelle Boudreaux

Nicole and Michelle are working on a DBT database. They will be working with ImprovingMIPractices. Their hope is to create a virtual map of DBT teams across the state (including CMHs, CCBHCs, private hospitals). They are working on how and where to get the data. It may be a quarterly check in with the teams. It will be up and running hopefully in three – six months.

DBT Foundational Training – Gwen Abney-Cunningham

The department just finished the DBT Foundational cohort seven. Cohort eight will be coming up next week. The department has set up a class for each cohort training for DBT on Monday, 9 - 10 a.m., September 30, October 21, and November (date to be determined). The individual and their mentor taking the cohort will be invited to attend the class.

DBT Institute Crisis Residential Unit Update - Josh Smith

Josh spoke about their Crisis Residential Unit. It opened about two years ago as a residential therapy for DBT. The unit is licensed for 16 and currently have 15 patients. They are Commission on Accreditation of Rehabilitation Facilities (CARF) accredited and renewed it this year for a three-year approval. The length of stay is anywhere from 14 – 90 days depending on the severity of issues. The average is 42 days. It is for adults 18 and above and for individuals who identify as a

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female or non-binary. Their outcome data is unbelievably strong. They use DSL, WCCF, LPI, and Reasons for Living outcomes. He is really impressed with the following:

- DSL scores (after six-weeks of admission) they are finding out patients are going below the threshold of meeting the criteria for borderline personality disorder which is pretty unheard of in the field.
- After the individual is discharged, they do a follow up at the six-month period with the outcome tools. The six-month follow-up has been impressive.
- They are also finding out if individuals are discharged and going to a non-DBT group vs. an outpatient DBT group, they tend to revert to old behaviors and their DSL scores raise a little bit.
- They are getting referrals all over the country and about 25% are out-of-state admissions.
- They have six-hours of DBT groups per day: homework review; skill strengthening; and skill acquisition groups.
- The behavioral health specialist (BHS) those are the direct care staff and are all trained on DBT and provide the 24/7 skills coaching on the floor, when needed.
- All of their psychiatrists, therapists, and nurses are trained on DBT, too.
- The cost saving as of July 1, 2024, 210 individuals treated in the residential program with an average per person having had 4.9 psych hospital admissions prior to residential. They figured it out between psych hospital admissions vs. their CCBHC program they are saving around ten million dollars (based on 210 individuals).
 - Nine people of the 210 have been readmitted to a psych hospital after being discharged from their program.
- Physical health seems to have improved.
- They are approved by Mid-State Health Network (PIHP for region five) and all the CMHs from region five. They are also approved by Lakeshore Regional Entity (PIHP for region three) and all the CMHs from region three. He is excited about servicing individuals who are insured by Medicaid and is looking forward to contacting with professionals within DBT.

Hospital Update - Nicole Kletzka

They are in the development stage of the Dynamic Appraisal of Situational Aggression (DASA). It is a structured violence risk assessment to be used in a clinical ward setting to identify acute risk of patient aggression within 24 hours of the assessment DASA. They will be doing DBT coaching and daily support for DBT related things. They have a lot of injuries to staff regarding aggression.

MIFAST Update – Michelle Boudreaux

The DBT Fidelity Check List was sent out this morning to the group. Historically the DBT MIFAST used the Generalized Organization Index (GOI) tool for fidelity. They are looking at supporting DBT teams and supporting fidelity by looking at incorporating more DBT fidelity tools within the GOI report. For FY 25, the department will be sending the DBT fidelity check list out to the DBT teams. MIFAST reviewers will also be utilizing the Linehan model fidelity tool to try and give more feedback to teams. **Please contact the department for a MIFAST visit via email at MDHHS-MIFAST@Michigan.gov.**

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DBT Summit – Michelle Boudreaux

The DBT Summit will be held on November 7 – 8, 2024, at the Auburn Hills Marriott in Pontiac. The brochure will be out mid-October.

Future Topics for Agenda

If you have any agenda items for the next meeting, please contact Michelle Boudreaux via email at BoudreauxM@Michigan.gov.

Future Meetings

Monday, December 9, 2024, 10:00 – 11:30 a.m.