

# Dialectical Behavior Therapy (DBT) Leader's Statewide Call Meeting June 26, 2023

**Meeting Participants:** Aleya Williams, Amy Cowper (MDHHS), Becky Wemple, Cheri Jessup, Daniel Burns, Elizabeth Ingraham, Grieg Spodarek, Gwen Abney-Cunningham, Holly Cranmer (MDHHS), Jessica Beane Julie Jones, Lorianne Fall (MDHHS), Michelle Boudreaux - Chair (MDHHS), Nicole Kletzka (MDHHS), Scott Schadel, Stephany Elliot

## Welcome and Introductions

Welcome and introductions were made.

## Mindfulness

Gwen Abney-Cunningham led the mindfulness.

## MIFAST Update

Gwen Abney-Cunningham asked the group if they had people take the DBT Foundational training either cohort 3 in February or Cohort 4 in May. Qualifications for the training are: they have to be on a team that has been in existence for at least two years and their mentor has been doing DBT for at least a year. There are some teams that do not have that, so they need to obtain more support from the MIFAST team to go through the foundational training. The expectation is that the mentor will be meeting with them consistently to review homework and provide support with learning and applying DBT principles with fidelity to the model. There is a rating scale on the homework: a one, two or three. They want all tasks to be a three. If people do not have all their reading done then that would be a 2 with a plan on how they are going to complete it. They are asking people to record a session to strengthen and generalize then going over it with their mentor or supervisor. For cohort 3, all homework is due by August 18, 2023. People also have an exam that they take, and it is requested it be taken twice once with the book open and then closed. It needs to be passed at 75% or higher. If they pass the test the first time, they still want people to take it a second time for further learning and generalizing DBT principles/protocols. The research shows that the more an individual takes it, the recall is stronger. If staff have quit they will not be able to get a letter of completion. One more foundational class is being offered in September for this fiscal year, and you can register through [cmham.org](http://cmham.org). If you have someone on your team that you would like to attend but do not meet the qualifications for a mentor please contact Michelle Boudreaux via email at [BoudreauxM@Michigan.gov](mailto:BoudreauxM@Michigan.gov). Michelle added that it is recommended that teams have a MIFAST visit once every three years. Send an email to [MDHHS-MIFAST@Michigan.gov](mailto:MDHHS-MIFAST@Michigan.gov) to request a visit. She also mentioned the department is looking at adding 19 more CCBHC sites in the fall and they are strongly recommending all CCBHCs to have MIFAST visits. In order to use the DBT codes for adults, especially for newer DBT teams, you have had to complete a DBT application.

## MDHHS Updates on Training

Michelle Boudreaux updated the group on the upcoming trainings for FY23:

- DBT Prolonged Exposure Intensive Therapy 2-day (virtual) training will be held August 21 – 22 and August 28 – 29, 2023.
- DBT Foundational Training 5-day (virtual) will be held September 11 – 15, 2023.

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The DBT Summit is being held on November 2 – 3, 2023. The department is looking at having it in Traverse City. The venue still needs to be booked and they are looking at two different ones with Great Wolfe Lodge being one of them. Data was collected from FY22 DBT Summit for topics this fiscal year.

- Two plenary speakers: Mindfulness (Randy Wolbert) on day one; and eating disorders on day two but still trying to lock in the presenter for day two.
- Three opportunities for breakout rooms with different levels of workshops for people to have more options.
- Josh Smith and Gwen Abney-Cunningham are planning on doing some on DBT teams.
- Suggestions from the group were support for peers and support for the Peers i.e., role of the peer and navigating conversations.

## Updates for DBT Adults

A request came from the field to have a written document on Peer Certification form from the department to the agencies. If the peer on the team has not gone through peer certification, please contact Pam Werner [wernerp@michigan.gov](mailto:wernerp@michigan.gov) or Julie Smythe at [smytheJ@michigan.gov](mailto:smytheJ@michigan.gov). The DBT MIFAST team will look at developing a document on typical responsibilities for peers on DBT teams. Qualifications for Peers are that they have gone through the Foundational training and talking about the principles are applied no matter what role you have on the team.

For DBT, you need to complete the DBT Foundational training or signed up for the training as quickly as possible. The DBT team plan needs to have a plan in place prior to hiring a Certified Peer.

## Hospital Update for DBT for Adults and Adolescents – Nicole Kletzka

Intensive Community Transition Services (ICTS) is in the beginning stages of development and is for stage one clients.

- Funding to follow with a goal of 60 beds in the community to support people leaving state hospitals. Which is like a transition residential getting them a lower step but not fully independent in the community.
- This is also for some of the people they cannot place i.e., hospital does not have the beds and CMH cannot take them.

## Updates for DBT Adolescents Amy Cowper

The Children's section just launched their 3<sup>rd</sup> training cohort and is well under way.

- Data collection is being really looked at as far as – What is collected and why?
  - They are really digging into the data collection that they currently have and a lot of data from training that has been given to them that they will study with the support of the evaluation team at Michigan State University.
  - Collecting measures like suicide measures.
  - Due to funding restrictions only running one learning cohort group at a time.

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A question was asked: Are caregivers required to participate in the DBT for adolescent training?

- Best practice, yes, there is an expectation for parents and/or caregivers to participate.
  - That is what makes the training so unique for adolescents.
- If parents/caregivers are struggling to attend: how do they help the adolescent to continue to participate?
- Attending Family Skills (weekly) meeting which is not family therapy.
  - Working on contingency management and other things.

## [ImprovingMIpractices.org](#)

Michelle Boudreaux mentioned video ideas for the IMP site, and this will be added to the next meeting agenda due to time this was not discussed.

## [Future Meetings](#)

September 18, 2023, 10:00 – 11:30 a.m.