

Dialectical Behavior Therapy (DBT) Leader's Statewide Call Meeting June 24, 2024

Meeting Participants: Aleya Williams, Becky Wemple, Bill Hartley, Cheri Jessup, Daniel Burns, Gwen Abney-Cunningham, Holly Cranmer (MDHHS), Jackie Nolan add to meeting, Jessica Beane, Julie Jones, Kym Hansen, Lorianne Fall (MDHHS), Marcella Brengle, Michelle Boudreaux - Chair (MDHHS), Sheila Canady

Welcome and Introductions

Welcome and introductions were made.

Mindfulness

Gwen Abney-Cunningham led the mindfulness.

MDHHS Updates on Training

DBT Cohorts/Consultation – Gwen Abney-Cunningham and Julie Jones

Upcoming consultations, which focus on completion of homework, are on July 8 and 22 and further consultations will be held August 12 and 26, 2024. Gwen and Julie hold consultation meetings for DBT supervisors, team leads, and/or clinicians plus anyone from cohort six and seven are welcome to attend. Attendance is not mandatory. The department is finding out that the more people that come to the consultation, the more likely they are to complete their homework. They start with the Mindfulness so they can learn how to teach it. They have demonstrations of skills and plus answer questions from the field. Cohort six's homework is due August 19, 2024, which includes taking the exam twice, even if you score 75% or higher. The expectation is that all the homework is completed, and everything should be a three, but reading can be a two. If it is submitted after the due date, a plan needs to be submitted on how the reading will be completed. Supervisors can check in with team members to see how the homework is going. Extensions are available. If you have any questions, please contact Julie via email at jjones310@comcast.net or Gwen at gabney66@gmail.com.

DBT Exam – Michelle Boudreaux

The DBT exam is now on Improving MI Practices (IMP) at <https://www.improvingmipractices.org/> for cohort six or seven. If you have trouble getting in, please contact IMP through their website or Michelle via email at BoudreauxM@Michigan.gov.

DBT Prolonged Exposure (PE) Intensive Training – Michelle Boudreaux

The next DBT-PE training will be held on August 19 - 20 and 26 – 27, 2024. The department offers free monthly consultation for DBT and DBT-PE for teams that have gone through the training.

- Prerequisite for the DBT-PE training: individuals are required to have done DBT for one year.

DBT for Adolescents – Holly Cranmer-Fosdick

Holly informed the group that they are wrapping up cohort three. Cohort four will be launched at the end of July with another cohort in the winter to early spring. They are continuing to partner with Alec Miller on the training. If you have any questions, please contact her via email at cranmer@ceicmh.org.

DBT Foundational Training – Michelle Boudreaux

The next training is September 9 – 13, 2024 and there are 18 spots left as of today. To register, go to the Community Mental Health Association (CMHA) of Michigan at <https://cmham.org/>.

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DBT Summit – Michelle Boudreaux

The DBT Summit will be held on November 7 – 8, 2024. The department is still looking into venues. Michelle is looking at different workshops (1.5 hour for each workshop) and considering the feedback from last year's summit such as DBT and SUD; DBT and skills class. She asked for feedback from the group, i.e., struggles that may come up for individuals with the modules.

- People teach differently.
- Problems and how individuals handle it with the leader and co-leader.
- Struggles that teams face.
- Addiction skills.
- Strategies to use to teach the skills.
 - How to start a skills class workshop.
 - Role playing.
 - Commitment skills update.
- In-person and virtual strategies for classes and expectations.
- Coaching calls for beginners.
- New teams and how they struggle to do things.
 - Are we doing things right?
 - What does DBT and adherence look like?
 - What tools can individuals use?
- Team consultation and how to support the team.

DBT Leader's Statewide Call Meeting – Michelle Boudreaux

A member asked, "What is the purpose of this meeting?"

- New developments and updates on trainings for the state with . . .
 - DBT for Adolescent's area with Holly Cranmer and Amy Cowper.
 - DBT-PE updates from Annie McCall.
 - DBT state hospital administration updates from Nicole Kletzka.
- For team leads that are struggling, they can get feedback from others.
 - It helps to hear from other teams, so you do not feel alone.
 - It is helpful to ask questions.

MIFAST Update – Michelle Boudreaux

The department is in the process of scheduling three DBT MIFAST visits with four already completed for the fiscal year. The department is not scheduling any visits for September due to time constraints. The MIFAST is a two-day process, and any follow-up is one-day. MIFAST reviews are done every three years and technical assistance (TA) is available.

Items the MIFAST team looks at . . .

- Team consultation/group meeting.
- Talk to the team as whole, team supervisor/lead, and individuals of the team.
- The MIFAST team will be looking at supporting fidelity, highlighting the team's area of strengths, and what are things that could move them closer to fidelity.

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Advice on how to prepare for a visit:

- The team should look at the 1st MIFAST visit as a learning opportunity and what would be most helpful for your team to move closer towards fidelity.
- Gwen suggested two websites for resources:
 1. DBT Adherence and Fidelity - Melainie Harned at <https://www.dbtadherence.com/> for forms and training. Existing teams can use the question-and-answer form. Group checklist: it does have that information in the manual in chapter one – three. Fidelity videos are a wonderful tool as well.
 2. DBT-Linehan Board of Certification at <https://dbt-lbc.org/>.

***Please contact the department for a MIFAST visit via email at
MDHHS-MIFAST@Michigan.gov.***

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, September 23, 2024, 10:00 – 11:30 a.m.