

DBT Leader's Statewide Conference Call Notes

December 18, 2023
Via Microsoft Teams

Topic	Discussion	Follow-Up
Introductions	Introductions were made to the group, and they provided updates on their team(s).	
Mindfulness	Gwen led mindfulness.	
MIFAST Update	No updates given.	MDHHS-MIFAST@Michigan.gov to request a MIFAST visit.
DBT Exposure Therapy	<ul style="list-style-type: none"> - Annie McCall joined, and she has been a trainer for the department for 3 years. - She does the 4-day DBT Prolonged Exposure Therapy intensive training followed by monthly consultation. - Open call for anyone who has been through the training and needs help implementing the protocol. - How to get your team to support the clinicians in both delivering the treatment, but also in helping them be really focused and intentional on building readiness in clients with PTSD. - Besides the training and consultation, maybe doing individual teams coaching in their team meeting and/or she can watch video and review and give feedback to the whole team. - The department is thinking about a one-day training or 1/2-day training for supervisors and team leaders on how to support your team, how to support them in supervision with DBT PE. 	If you are interested in individual team coaching, please reach out to Michelle Boudreaux at BoudreauxM@Michigan.gov .
Improvingmipractices.org Website	- No updates given.	.
Update on Trainings	DBT Foundational Training - February 12 – 16, 5-day virtual training	To register for a training please contact - Community Mental Health Association of Michigan at

	<ul style="list-style-type: none"> - May 6 – 10, in-person in Lansing (5-day) training - September 9 – 13, (5-day) virtual training <p>DBT Prolonged Exposure Intensive Training</p> <ul style="list-style-type: none"> - February 22, 23, 29 and March 1, (4-day) virtual workshop - August 19 – 20 and 26 – 27, (4-day) virtual workshop - 	Conferences & Training • CMHAM
Updates for DBT Adults	<p>DBT Summit</p> <ul style="list-style-type: none"> - The department received a lot of good feedback at the summit. - The Peer training was great, and they are wanting more support for those trainings. - Mindfulness: Planning 2 trainings for FY24. 	
Other	<p>Agenda item for the next meeting: Peers seeing adolescents.</p>	
Next Meeting	<p>Monday, March 18, 2024, 10-11:30 a.m.</p>	