

# Dialectical Behavior Therapy (DBT) Leader's Statewide Call Meeting

## March 18, 2024

**Meeting Participants:** Aleya Williams, Amy Cowper (MDHHS), Andrea Sigler, Bill Hartley, Cheri Jessup, Daniel Burns, Elizabeth Cyr, Elizabeth Ingraham, Grieg Spodarek, Gwen Abney-Cunningham, Holly Cranmer (MDHHS), Jessica Beane, Julie Jones, Kristen Kolberg, Lorianne Fall (MDHHS), Michelle Boudreaux - Chair (MDHHS), Scott Schadel, Sheila Canady

### Welcome and Introductions

Welcome and introductions were made.

### Mindfulness

Gwen Abney-Cunningham led the mindfulness.

### MIFAST Update

Michelle mentioned there are MIFAST visits being scheduled. If you know that you need one for FY24 to schedule it soon. September is too late for a visit due to the end of the fiscal year and time to write the report. There is technical assistance (TA) available prior to preparing/scheduling a MIFAST visit. Michelle added that it is recommended that teams have a MIFAST visit once every three years. Please send an email to MDHHS-MIFAST@Michigan.gov or BoudreauxM@Michigan.gov to request a visit.

### MDHHS Updates on Training

Michelle Boudreaux updated the group on the upcoming trainings for FY24:

- DBT Foundational training 5-day (in-person) will be held May 6 – 10, 2024 and one on September 9 – 13, 2025 (virtual).
- DBT Prolonged Exposure (PE) Intensive training will be August 19 – 20 and 26 – 27 for individuals with a year or more of experience with DBT.
  - Technical assistance (TA) and monthly consultation is available for teams.

### DBT Foundational Training – Gwen Abney-Cunningham & Julie Jones

Cohort five just finished and cohort six will start May 6, 2024. 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.

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People will take an exam, 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 the agency and are not continuing on another DBT team and working with an approved mentor, 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). Gwen stated that once you go through the training, she does a monthly DBT class meeting (once or twice depending on need) to support completion of homework and learning/generalizing knowledge of DBT. It is on Mondays from 9 – 10 a.m. People are finding it very helpful, and it helps with homework. For cohort five, homework has been extended to April 8, 2024. For cohort six, homework is due August 19, 2024. The next consultation class is April 15 and 29, 2024, 9-10 a.m.

### **[DBT Exam on Improving MI Practices \(IMP\)](#)**

Once the cohort has been fully completed, Michelle gets a roster from CMHAM then she sends it over to Addis for registering people for the DBT exam. Once they are signed up they will get an email stating they have been signed up to take the exam. If you did not get the email, please check your spam folder. Another option is to log into [improvingmiactices.org](http://improvingmiactices.org) and utilize your email address for username, go to the DBT section, and click on the DBT exam link. When you registered for the cohort, whatever email you used is the box IMP is registering you under. If you are registered under a different email address on IMP then you will want to contact them so they can fix it. There is a support section on the IMP website where you can email them, and the response is usually within 24 hours, or you can contact Michelle Boudreaux via email at [BoudreauxB@Michigan.gov](mailto:BoudreauxB@Michigan.gov).

### **[Updates for DBT Adults](#)**

The department is planning on developing a training for DBT supervisors and team leads plus DBT PE supervisors and team leads. Suggested topics of interest are support:

- Secondary targets
- Advanced consultation
- Managing difficult dynamics in teams
- Ways to maintain moral and deal with change in teams

### **[Updates for DBT Adolescents - Amy Cowper and Holly Cranmer](#)**

The application was released last week for DBT Adolescents cohort four.

- Alec Miller is doing an orientation on May 14, 2024 to acclimate people to DBT for Adolescents.
- The training is 5-days with a mandatory consultation twice a month.
  - The training will be around the end of June.

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- There are mandatory webinars that they have asked people to attend at least one of them so that they know what they are committing to prior to the training.
- Making sure tools are used and starting up skills.
- Targeting leadership so they know what clinicians are signing up for.
- The learning session is at the end of July.
- Applications are due April 19, 2024.
- The Y2 modifier can be used once the training is completed in full.
- If you have any questions, please contact Amy via email at [cowper@ceicmh.org](mailto:cowper@ceicmh.org) or Holly via email at [cranmer@ceicmh.org](mailto:cranmer@ceicmh.org).

### [Resources/Ideas](#)

The book, "DBT Skills in Schools" was recommended.

### [Future Meetings](#)

June 24, 2024, 10:00 – 11:30 a.m.