

# **Dialectical Behavior Therapy (DBT) Leader's Statewide Call Meeting December 9, 2024**

**Meeting Participants:** Amy Cowper, Ann Marie Ceci, Becky Wemple, Beth Scanlan, Cathy Daniel, Daniel Burns, Elizabeth Ingham, Grieg Spodarek, Gwen Abney-Cunningham, Holley Cramer-Foster, Jackie Nolan, Jessica Beane, Lorianne Fall (MDHHS), Marcella Brengle, Michelle Boudreaux - Chair (MDHHS), Scott Garret-Alan

## **Welcome and Introductions**

Welcome and introductions were made.

## **Mindfulness**

Gwen Abney-Cunningham led the mindfulness.

## **MDHHS Updates on Training**

### Dialectical Behavior Therapy (DBT) Foundational Training - Michelle Boudreaux and Gwen Abney-Cunningham

The department is just finishing up the DBT Foundational cohort eight. 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.

The three DBT Foundational training for fiscal year (FY) 25 will be 9 a.m.- 4 p.m. in . . .

- January 27 – 31, 2025 (virtual)
- March 10 – 14, 2025 (virtual)
- July 28 – August 1, 2025 (in-person - Lansing venue to be determined)

The applications will go out in January and the training will start in April. Homework will be assigned. If no mentor is available, Team consultation is offered.

### DBT for Adolescents – Holly Cranmer/Amy Cowper

Holly mentioned that if you have people that are interested in starting a DBT for adolescents team or want more information please contact Holly via email at [cranmer@ceicmh.org](mailto:cranmer@ceicmh.org).

## **MIFAST Update – Michelle Boudreaux**

There are 14 - 15 DBT MIFAST visits set up for this fiscal year. The group shared experiences with past MIFAST visits. For FY 25, the department will be sending the DBT fidelity check list out to the DBT teams. The 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](mailto:MDHHS-MIFAST@Michigan.gov).

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## **DBT Summit – Michelle Boudreaux**

The DBT Summit evaluations are in and look good; 95% of people found the summit and breakout rooms helpful. Suggestions for the next summit: DBT and supervisors; DBT and productivity.

## **Future Topics for Agenda**

If you have any agenda items for the next meeting, please contact Michelle Boudreaux via email at [BoudreauxM@Michigan.gov](mailto:BoudreauxM@Michigan.gov).

## **Future Meetings**

Monday, March 17, 2025, 10:00 – 11:30 a.m.