

# Co-occurring Disorders Leadership Committee Statewide Meeting February 20, 2020

**Meeting Participants:** Brenda Stoneburner – Chair, Brittany Pietsch, Carrie Chanter, Cathy Hart, Deb Willard, Karon Amon, Leslie Pitts, Lisa Miller, Lorianne Fall, Mary Baukus, Pam Fuller, Stacey Dettloff-Jones, Steve Batson, Tina Mason

## **Welcome and Introductions**

Welcome and introductions were made

## **Review of Previous Minutes – Go to [www.improvingmipractices.org](http://www.improvingmipractices.org)**

None

## **Co-occurring Disorders (COD) College**

- FY20 COD College date and location
  - The date is set for June 16<sup>th</sup> at the Delta Hotels Conference Center in Kalamazoo
  - The third location was chosen due to no venues that would fit the size of this college however, CMHAM was given the information on Flint/Saginaw as future places for training that the committee suggested
- FY20 COD College Focus
  - Focus this year would be on contact level facilitation skills for practitioners working with individuals who have both a serious mental illness (SMI) and substance use disorders (SUD)
  - Wanting motivational interviewing (MI) lecture but more so on demonstration and practice skills for individuals to feel more comfortable
  - There is not a keynote speaker for this year
  - Before Mark left, he reached out to the MI trainers and came up with 4 overarching breakout session topics
    - My skills training for COD
    - MI for COD and opioid treatment practitioners
    - MI for cannabis treatment disorders
    - MI for COD and alcohol or other drug disorders

## **Proposals for COD College**

- As a result of the sessions above the following two proposals were received
  - Breaking Through Resistance for Substance Use Treatment - Meghan Perrault
    - Two different sessions one in the morning and one in the afternoon
    - The committee feels this proposal could be accomplished within 1 ½ hours
    - This is not the 1<sup>st</sup> time this has been presented – core skills then get to the meat of it (5 minutes on the core skills)
    - Enactment of an actual session and how it may work with dialogue with the audience so folks can ask questions
      - You could also tape the session for future trainings
  - Motivational Interviewing for Comorbid Bi-polar and Substance Use Disorders - Randy Estes
    - Same comments as above basically apply
    - This would be a topic to do the role playing on
      - Brenda will connect Randy to see if he is willing to do that
      - If not, she will find someone else to do a different session with the role playing
- A couple of other people responded back that they could do something, if desired
  - One person has a lot of experience around MI and SUD including the marijuana piece
  - Maybe a condensed version of COD training/pieces (2-day COD regional trainings taking place in Kalamazoo and Traverse City)

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- Staff are struggling to talk about marijuana with their staff: the legal; political; social; and economic aspect of it
  - It is legal but requires a different conversation compared to alcohol
- Building Awareness and Skills for Programs that are Highly Regulated (such as opioid treatment programs) - Lisa, Steve, and Deb will work together to put a breakout proposal(s) together
  - Regulated programs are often black and white
  - Facilitated discussion around these topics – how to guide conversations in a more appropriate manner so it does not trigger a COD disorder/ejection from a program due to behavioral issues caused by environment/practitioner
  - MI training around opioid treatment program
  - Use case studies
- Progress Notes – Concurrent documentation
  - Brenda said to hold off on this one until the IMP training comes out that Mark did for the online training and seeing where we are at with this piece
    - Includes MI and Person Centered Planning (PCP)
    - The training was a couple of years in the making
- Advanced Engagement Skills – Tom Moore
  - Folks would already have the basics of MI before coming into it
  - More of a focus on non-verbal methods – it has been done before and it was found to be very powerful with peers and recovery coaches
  - Brenda will invite Tom to submit an official proposal
- Jennifer Harrison – She also stated that she would be willing to do whatever is necessary
  - Issues around marijuana would be a good topic
  - People's treatment needs around ASAM criteria
- Leslie Pitts – She referenced a positive breakout session from CMHAM's Annual Winter Conference however, she could not recall the name of it
  - She will email Brenda the information
- ASAM and How it Lines Up with Locus – Suggested by Deb
- Trauma/Trauma Informed Care (TIC) and COD – Suggested by Mary
  - She feels this topic is very important
- Understanding Moral Injury – Tom Moore
  - Tom did a presentation on this at the CMHAM Winter Conference and this would be more on an extension of TIC
  - A couple of BHDDA staff went to this training and just raved about it
    - It was another way of thinking about trauma
  - Tom met with some of our Veteran navigators to utilize MI techniques but with a focus more around boundaries and setting boundaries plus what that looks like
    - This training for him triggered that there is more to it than just trauma
      - PTSD from the Veterans community
    - He started researching it more and came up with the moral injury treatment methods and such
- Brenda will look at notes and touch base with the leadership group
- Feedback received on the breakout sessions
  - Face-to-face training
  - A little bit of a review then directly to the presentation
  - Role playing
  - Two (2) sessions in a.m. and 2 in the afternoon (1 ½ hours each with a 1 hour lunch for a total of 6 hours)
    - Depends on who is presenting and how much time they need
    - Since there is no keynote speaker, it makes sense to have two sessions in the morning and afternoon

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- Registration 8:00 – 8:30 a.m.
- Two (2) sessions 8:30 – noon with a bathroom break
  - 1<sup>st</sup> session 8:30 – 10:00 a.m.
  - Break 10:00 – 10:30 a.m.
  - 2<sup>nd</sup> session 10:30 - noon
- Lunch noon – 1:00 p.m.
- Two (2) sessions 1:00 – 4:00 p.m. with a bathroom break
  - 3<sup>rd</sup> session 1:00 – 2:15-2:30 p.m.
  - Break 2:15 – 2:30 p.m.
  - 4<sup>th</sup> session 2:30 – 4:00 p.m.
- Brenda to check the event form to see how many breakout rooms were requested
- Based on the proposals received, not every breakout session is going to be around the skills building and interaction
  - Some of the sessions are presentations and dialogue
  - It does vary some from what the committee had talked about and everyone is ok with the blend and folks will be able to pick and chose
  - Brenda will go back through the notes and do an outline of everything
  - Tomorrow, she will reach out to Tom, Jennifer, and Randy
  - Look for electronic communication from Brenda by next week/mid-week
  - If you have some ideas, please email them to [StoneburnerB@michigan.gov](mailto:StoneburnerB@michigan.gov)

## **COD Barriers**

- We still have agencies where they fight against integrating COD treatment and / or SUD agencies who are fighting against the mental health side
- Directors who are against integrating services
- Hospital ER personnel turning away folks with a mental illness and who are intoxicated
- No additional barriers identified at today's meeting besides the three listed above from the September meeting
  - No change to the barriers however, Deb made a comment that it seems like the barriers are decreasing because of more and more communications between agencies, agency support, and directors
    - This is excellent news

## **Regional Activity Reports**

- Region 5
  - Deb Willard (CEI CMH)
    - Still moving through all the approvals for a SUD license for their adult mental health services
    - A couple of weeks ago, Randy came out and spoke to their behavioral health consultants on MI
      - They were happy about his presentation
      - They had about 22 folks in attendance
      - They learned of opportunities available to clinicians so they can continue to learn and grow
  - Karen Amon (Bay-Arenac CMH)
    - They are trying to collaborate and have co-located services up in Arenac
      - They partnered with Recovery Pathways to provide medication assisted treatment within their setting
      - Within a couple of months, they have a mobile unit that they are hoping to get to an on-site area

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- They also have recovery coaches that are providing services (Peer 360)
  - Individual support as well as group for the community as far as those who receive mental health services from a CMH
- Both due to lack of resources in their rural area
- Mary Baukus (Saginaw CMH)
  - They are looking at their MI policies that were developed a few years ago on people achieving competency with a 3-step process
    - They are seeing some flaws in their original plan and folks are struggling more than expected
    - They are going back and revamping the policy
- Region 10
  - Carrie Chanter (Genesee Health System) – She is working on setting up quarterly meetings with providers to start looking at self-assessments/COMPASS and DDCMHT
    - What do they do with the action plan
    - Work with innovated practices that the providers are doing that they can share
    - Everyone is really excited about it
- Reviewers/Others
  - Steve Batson (Retired MIFAST Reviewer)
    - Areas that need addressing is confidence vs. knowledge
    - He is doing 5 DDCMHT MIFAST review in Detroit Wayne area
      - He did two last week
      - The Guidance Center has ASAM and DAST 10/20 in their documents already
        - He was very impressed

**Mark's Old Position**

Brenda mentioned that Mark's old position has been posted on our website for an Evidence-based Practices Departmental Specialist

- It has been posted to the public and notification was sent out to the PISC, PIHPs, CMHSPs, the Motivational Trainers group, and internal employees
- The posting went up a week ago and will close on February 27<sup>th</sup> at noon
- The entire process could take about 2 months
- If you are interested or know someone who is please see the job posting at <https://www.governmentjobs.com/careers/michigan>

**Future Agenda Items**

None identified at this time

**Future Meetings**

May 21, 2020  
August 20, 2020  
November 19, 2020