

# Co-occurring Disorders (COD) Leadership Committee Statewide Meeting November 16, 2023

**Meeting Participants:** Anastasia Miliadi (Southwest Michigan BH/Region 4), Brenda Stoneburner (MDHHS), Cathy Hart (Southwest Michigan BH/Region 4), Dante Jennings (Genesee Health Systems/Region 10), Deb Willard (CEI CMH/Region 5), Ecole Brooks (MDHHS), Liz Cunningham (Central Michigan/Region 5), Lorianne Fall (MDHHS), Mary Baukus (Saginaw County CHMA/Region 5), Michelle Boudreaux - Chair (MDHHS), Robert Compton, Stephanie Lange (Contractor), Tami LeBlanc (Region 1)

## Welcome and Introductions

Welcome and introductions were made.

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

## MDHHS Updates

### Upcoming Trainings

Michelle went through the upcoming trainings with the committee.

- Trauma Summit (2-day), December 7 – 8, 2023, in Lansing.
  - Spots are limited so registration is recommended soon.
- IDDT 101 & 201 training will be offered for the second quarter of FY24.
  - IDDT 101, tentatively, January 18, 2023, February (date not secured yet), and March 13 or 14, 2024, depending on the availability of the trainer.
  - IDDT 201, January 25, 2024, February 3 or 4, 2024, and March 21, 2024.
    - After these are offered the department is looking at having the trainings once or every other month depending on attendance levels.
- The first ever 2-Day ACT/IDDT Summit will be held on April 18 – 19, 2024, in East Lansing.
  - This will be great for teams to network.
  - It will be with an aspect of trauma.
  - There will be team building and engagement.
  - Basic and advanced CBT with COD and psychosis.
- To register go to [Conferences & Training • Community Mental Health Association](#).

### Assessments

The committee engaged in a discussion on assessments with Michelle.

- How to incorporate Harm Reduction?
- Strength-based.
- How to talk about a Substance Use Disorder?
- How to use Motivational Interviewing?

### Treatment Planning

Michelle discussed treatment planning with the committee. How to develop a totally integrated treatment plan?

- Have people pair up at a training, using MI, and practice treatment planning.
- There is one treatment planning module on Improving MI Practice (IMP) under the Substance Use Disorder section.
  - Go to [www.improvingMIpractices.org](http://www.improvingMIpractices.org).
- The intervention is not the treatment plan.
  - Education background can be an issue, i.e., mental health vs. degreed/master's degree.

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## **Groups**

Michelle asked the committee how groups were going?

- Anastasia mentioned Region 4 is having problems with participants / participation.
  - Other individuals have the same issue.
- Liz has had successful trauma group and had really high numbers during the pandemic with complete virtual groups.
- Looking into the engagement piece.
  - Transportation.
  - Name of the group and stigma attached to it.
  - How is it marketed?
  - Peer Recovery Coaches.
  - No pressure to be drug free in order to attend.
  - What kind of group would be more beneficial?
    - Maybe a combination of different things?
    - Money for snacks or food always makes individuals more comfortable.
  - The facilitator's confidence and skill level make a huge difference.
    - Didactic and skill based
- Benefits of doing groups for clinicians especially with high caseloads.

## **Future Agenda Items**

Please email any future agenda items to Michelle Boudreaux at [BoudreauxM@michigan.gov](mailto:BoudreauxM@michigan.gov).

## **Future Meetings**

February 15, 2024, 2:30- 3:30 p.m.