

**SOUTH CAROLINA MENTAL HEALTH COMMISSION  
SOUTH CAROLINA Department of Mental Health  
Lexington County Community Mental Health Center  
301 Palmetto Park Blvd., Lexington, South Carolina 29072**

**August 2, 2019**

**Center Presentation**

**ATTENDANCE**

**Commission Members:**

Mr. Greg Pearce, Chair  
Ms. Louise Haynes, Vice Chair  
Mr. Robert Hiott

**Staff/Visitors:**

Robert Bank  
Christian Barnes-Young  
Mark Binkley

Ginavra Gibson  
Natalie Guenther  
Elizabeth Hutto  
Sarah Main

Debbie Nieri  
Janie Simpson  
Allyson Sipes  
Amanda Tadlock

The S.C. Mental Health Commission met at the Lexington County Community Mental Health Center, 301 Palmetto Park Blvd., Lexington, South Carolina 29072, at 9:00 a.m. Mr. Pearce expressed appreciation to the Center for the courtesies extended to the Commission during its visit. Mr. Pearce turned the meeting over to Sarah Main, Executive Director.

**PRESENTATION:**


Sarah Main, Executive Director, Lexington County Community Mental Health Center (LCCMHC), welcomed everyone to the center and introduced members of the Dialectical Behavior Therapy (DBT) Team, Ginavra Gibson, Natalie Guenther, and Amanda Tadlock. The DBT Team gave a presentation on the LCCMHC DBT Program. Following are highlights from the presentation:

- Ms. Gibson led everyone in a mindfulness exercise. She said mindfulness is the practice of being fully aware and present in the moment.
- DBT is a cognitive behavioral treatment developed by Marsha Linehan, PhD, ABPP, that emphasizes the use of individual therapy and skills training (via group classes or individual training).
- The goal of DBT is to help people learn needed skills and strategies to “live a life worth living.”
- DBT skills training focuses on mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness, and walking the middle path.
- DBT is the leading evidence-based treatment for suicide intervention and prevention.


- DBT is evidence based to treat clients with BPD, PTSD, substance abuse/dependence, eating disorders, recurrent depressive episodes, and recurrent suicidal ideation/attempts.
- DBT has identified four (4) stages of treatment to assist in organizing treatment: (1) life threatening behaviors, therapy interfering behaviors, quality of life interfering behaviors; (2) residual Axis I Disorders, unwanted outside status, experiential avoidance; (3) respect for self, individual problems in living, mild severity Axis I Disorders; and (4) expanded awareness, peak experiences/flow, spiritual fulfillment.

Following some discussion, Mr. Pearce thanked the presenters for the excellent, informative presentations. A copy of the presentation is filed with the minutes in the Office of the State Director.

There being no further discussion, the center presentation concluded at 10:00 a.m.



L. Gregory Pearce, Jr., Chair  
SC Mental Health Commission



Kim Ballentine, Recording Secretary  
SC Mental Health Commission