

## Contents:

**New Feature - Searching for past articles in Weekly Update:** Weekly Update readers often remember seeing a past article or announcement that they would like to retrieve – but are unable to recall the date of the Weekly Update in which the article or announcement was published.

CMHA has now added a search feature to its website that allows the readers to search within past Weekly Update articles and announcements. This search feature can retrieve articles by key words in the title of the Weekly Update article/announcement. This feature also brings up any other resources, anywhere on the CMHA website, with that key word in their title – a useful feature given that sometimes the CMHA member or stakeholder is unclear as to the source of the information for which they are searching.

This Weekly Update search feature is accessed via the standard “search” box on the CMHA website: <https://cmham.org/> at the top right side of the website.

We hope you find this new feature useful in making the most of the large volume of information captured by the Weekly Update.

Note: To aid Weekly Update readers in finding the newest resources, those Weekly Update articles that are new are noted as “**New!**” in the table of contents and in the body of the document.

<b>CMH Association and Member Activities:</b> .....	<b>2</b>
New! New Feature - Searching for past articles in Weekly Update .....	2
New! Recipient Rights Booklet: Annual Bulk Order & Personalization Available .....	2
New! Sheehan Awarded NIH Joe Young, Sr. Leadership Award .....	3
CMHA Committee Schedules, Membership, Minutes, and Information .....	3
<b>News from Our Preferred Corporate Partners:</b> .....	<b>3</b>
myStrength Launches Digital Nicotine Recovery Tools to Help Individuals Make Healthy Changes .....	3
Relias: the right kind of training can help .....	4
<b>State and National Developments and Resources:</b> .....	<b>4</b>
New! Michigan United seeking views on Long-Term Supports and Services .....	4
New! Federal Administration for Community Living announces cultural competence/direct care workforce resources.....	5
New! Health Affairs blog: Why We Are Building A Community Of "Emotional Support Humans" .....	6
<b>State Legislative Update:</b> .....	<b>7</b>
New! Governor Signs LPC Bill.....	7

# CMHA WEEKLY UPDATE

---

New! Health Insurers Face Tight New Deadlines for Prior Authorization .....	7
House DHHS Subcommittee to Hold a Series of Mental Health Hearings .....	8
<b>Federal Update:</b> .....	<b>8</b>
New! CCBHC Advocacy Effort .....	8
<b>Education Opportunities:</b> .....	<b>10</b>
Registration is Now Open for the 2019 Annual Home and Community Based Waiver Conference .....	10
New Dates: Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings .	11
Pain Management and Mindfulness Trainings.....	11
Psychiatric Pharmacogenomics: A Practical Guide to Gene-Drug Interactions and Tests (Mon, 10/28/19 - Mon, 11/11/19) .....	12
<b>Miscellaneous News and Information:</b> .....	<b>12</b>
<b>CMH Association’s Officers and Staff Contact Information:</b> .....	<b>12</b>
CMHA Officers Contact Information: .....	12
CMHA Staff Contact Information:.....	12

## CMH Association and Member Activities:

### **New! New Feature - Searching for past articles in Weekly Update**

Weekly Update readers often remember seeing a past article or announcement that they would like to retrieve – but are unable to recall the date of the Weekly Update in which the article or announcement was published.

CMHA has now added a search feature to its website that allows the readers to search within past Weekly Update articles and announcements. This search feature can retrieve articles by key words in the title of the Weekly Update article/announcement. This feature also brings up any other resources, anywhere on the CMHA website, with that key word in their title – a useful feature given that sometimes the CMHA member or stakeholder is unclear as to the source of the information for which they are searching.

This Weekly Update search feature is accessed via the standard “search” box on the CMHA website: <https://cmham.org/> at the top right side of the website.

We hope you find this new feature useful in making the most of the large volume of information captured by the Weekly Update.

### **New! Recipient Rights Booklet: Annual Bulk Order & Personalization Available**

The Mental Health Code states that CMHSPs are required to distribute “Your Rights When Receiving Mental Health Services in Michigan” booklet to each recipient receiving services.

**Annual Bulk Purchase:** The Community Mental Health Association of Michigan is offering the Rights booklet for sale. In order to obtain the lowest costs possible, we will be offering an annual bulk printing price of 43¢ per booklet. Orders must be received by November 22, 2019 to qualify for the discount. Any booklets ordered after November 22, will be charged 55¢ per booklet.

**Personalization:** You are able to personalize the back cover of the Rights booklet. **There is an additional charge of \$100 per order. Personalization is only offered during the fall – deadline is**

## **CMHA WEEKLY UPDATE**

---

**November 22, 2019.** The personalization area is: 4" wide x 2" tall; 1 color. You must submit camera ready artwork with this form or email the artwork in one of the following formats: Word, Publisher, Illustrator, Pagemaker or PDF to [adaul@cmham.org](mailto:adaul@cmham.org).

**Staple-less Booklets:** There is also an option to order staple-less booklets.

**Prices for Booklets:**

Cost Per Booklet if Ordered by **November 22: 43¢ (Plus Shipping)**

Cost Per Booklet if Ordered After **November 22, 2019: 55¢ (Plus Shipping)**

**Shipment:** Payment is required prior to shipping. Shipments will take place within 30 days after payment has been received.

**Order Booklets:** To place your order, click here: [ORDER YOUR RIGHTS BOOKS HERE!](#)

### **New! Sheehan Awarded NIH Joe Young, Sr. Leadership Award**

Bob Sheehan, CMHA CEO, was recently awarded the Joe Young, Sr. Leadership Award by Northeast Integrated Health (NIH). Joe Young, Sr. was a pioneer in mental health, advocating for the creation of the community-based mental health system that we have today. In his award letter from NIH President & CEO, Sherry McRill, it states Bob was selected because of his commitment to mental health and the rights of the disabled as well as his efforts, over the last several years, around Section 298 of the MDHHS appropriations bill

Congratulations to Bob.

### **CMHA Committee Schedules, Membership, Minutes, and Information**

Visit our website at <https://www.cmham.org/committees>

## **News from Our Preferred Corporate Partners:**

### **myStrength Launches Digital Nicotine Recovery Tools to Help Individuals Make Healthy Changes**

[\*\*Request a Demo\*\*](#)

Cigarette smoking is the leading cause of preventable morbidity and mortality in the U.S., with a high prevalence among people with behavioral health disorders. Additionally, vaping/e-cigarette use has rapidly increased in recent years, especially among youth. Nearly seven in 10 smokers are interested in quitting, but most aren't aware of the effective methods. To address this population, myStrength is pleased to introduce a Nicotine Recovery program to help people make healthy changes personalized to their needs. These digital self-care resources are designed to:

- Offer evidence-based motivational and planning tools, personalized based on a person's past experience, lifestyle, triggers, and unique needs

Inspire action and reduce ambivalence about quitting via positive, non-judgmental and interactive activities, tools, resources, and customized plans. Instill hope to help individuals surmount the guilt and shame associated with nicotine use. Share the gold-standard treatment methods, including medication-assisted treatment (comprising a combination of nicotine replacement therapy (NRT) or quit medication and counseling). Interactive and tailored web-based resources – like myStrength’s digital behavioral health platform – have been shown to increase quitting behavior for adult smokers 40% better than self-help booklets. myStrength has a unique opportunity to positively impact nicotine recovery, as our platform offers integrated support for behavioral health conditions that are often comorbid with nicotine dependence. This support addresses depression, anxiety, insomnia, substance use (opioid, alcohol and drugs), stress, and more – many of which can make the quitting process more complex.

### Relias: the right kind of training can help

Even the most experienced clinicians can benefit from some additional training when it comes to talking about suicide in their client sessions. But knowing what to do is different from doing it in the moment when face to face with a client.

Relias is thrilled to announce the launch of a new course, In Session: Suicide Assessment and Intervention for Adults, available on the Relias Platform. This course is designed to provide learners with the ability to apply critical thinking, knowledge and skills in simulated clinical sessions and to real-world experiences.

See for yourself...get a sneak preview of the course and experience first-hand how this type of learning goes beyond basic e-learning to bridge the “knowing-doing” gap.

[Preview the Course](#)

## State and National Developments and Resources:

### New! Michigan United seeking views on Long-Term Supports and Services

Below is a recent announcement of the next phase of Michigan United’s listing sessions around how a Medicaid Long-Term Supports and Services (LTSS) system should work, if implemented, in Michigan.



We want to hear your care story at a listening session near you.

In November, Michigan United will launch a series of Listening Sessions across the state to hear the personal stories and lived experiences of people directly impacted within the long-term care landscape. These Listening Sessions are part of the Long-Term Services and Supports (LTSS)

## **CMHA WEEKLY UPDATE**

---

Feasibility Study and will be important for including the voices of the most directly impacted in the process.

The Michigan LTSS Feasibility Study began on October 1st. It will include three Stakeholder Committee meetings and a series of Listening Sessions that will both be facilitated by Michigan United.

If you are a family or informal caregiver, an older adult or person with a disability receiving long-term care, a direct care worker or personal care assistant and want to share your story, please register for one of the Listening Sessions below.

If you know someone that is directly impacted, please let me know or help them get registered via the registration links below.

Upper Peninsula Listening Session (1:1 conversations via webinar over the next several months)

Kalamazoo Listening Session Saturday, November 16th.

Grand Rapids Listening Session Monday, November 18th.

Detroit Listening Session Saturday, November 23rd.

If you have any questions about the overall program, please contact Laura De Palma (313-573-7582 or [laura@miunited.org](mailto:laura@miunited.org)).

If you have questions about the Grand Rapids or Kalamazoo Listening Sessions, please contact Samad Nadeem ([SNadeem@miunited.org](mailto:SNadeem@miunited.org))

### **New! Federal Administration for Community Living announces cultural competence/direct care workforce resources**

Below is a recent announcement from the federal Administration for Community Living on a range of resources designed to improve the recruitment and retention of direct care workers.

Resources for Integrated Care (RIC) Briefs: Direct Care Workforce: Nearly half of all individuals dually eligible for Medicare and Medicaid receive help with personal care, such as bathing, dressing, managing medication, and other long-term services and support (LTSS). Given the nature of these services, cultural competence – the ability to work effectively in cross-cultural situations – is a key part of establishing trust and respect between direct care workers and their clients.

RIC has developed the following briefs to help LTSS providers, administrators, and other stakeholders, support a diverse workforce that can meet the cultural needs and preferences of dually eligible individuals.

Organizational Cultural Competence [at this link](#) - This brief provides strategies for assessing organizational cultural competence, supporting diversity across all levels of an organization, addressing linguistic competence, and engaging community partners.

Training Culturally Competent Direct Care Workers [at this link](#) - This brief focuses on establishing and building on organizational policies to support cultural competence, using adult learner-centered training methods, and identifying setting- and community-appropriate training programs.

Recruiting and Retaining a Diverse Direct Care Workforce [at this link](#) - This brief includes approaches for inclusive hiring practices, supporting staff through an inclusive environment, and providing comprehensive training for direct care workers, supervisors, and administrators.

---

Related Resources:

RIC Webinar: Culturally Competent Direct Care: Meeting the LTSS Needs of Diverse Dually Eligible Beneficiaries

### **New! Health Affairs blog: Why We Are Building A Community Of "Emotional Support Humans"**

Below are excerpts from a recent blog post carried by Health Affairs journal on the need for persons and communities to serve as emotional support networks for all of us with mental health needs.

Many communities across America are grappling with significant behavioral health needs—from gaps in services, to challenges accessing treatment, to the shadows of stigma and loss of lives.

Thousands of people in the county were going to the emergency department (ED) for mental health reasons, indicating that many community members weren't receiving proper care until it became an emergency. More than 20 percent of those ED visits were primarily because of major depressive disorder or anxiety, according to data from the Maryland Health Services Cost Review Commission. Among youth, roughly one in six high schoolers in the county reported in a state youth risk behavior survey that they seriously considered attempting suicide. And data from the county fire department showed that local emergency medical services (EMS) were responding to hundreds of cases related to drug overdose and withdrawal symptoms.

Clearly, there was both a need and an opportunity to make a difference in behavioral health in our community. We needed to figure out where we, as a foundation, could move the needle, have the most impact, and support our community and government partners, including the local public school system and county health department. Considering the data, we honed in on addressing mental illness prevention—promoting broader awareness of signs and symptoms of mental health conditions and encouraging those needing support to seek help early on. And we focused particularly on people living with depression and anxiety, many of whom had never reached out.

We know that people are suffering in silence—people struggling with mental health conditions often fear rejection and discrimination from their loved ones, which can delay their recovery. Seeing the opportunity to help people connect with those in their lives who have mental illness, we asked residents how they felt even talking about mental health. We found that many parents, family members, and friends of people living with mental health issues feel they can recognize when someone is struggling with a mental health challenge, and they acknowledged that they want to help. But they often hold back because they are afraid of saying the wrong thing, causing embarrassment, or making things worse.

This is how the Emotional Support Human Etiquette campaign was born.

The Emotional Support Human Etiquette Campaign: Through humorous illustrations and messages, we created a different kind of mental health campaign— one that encourages people to approach this subject with humor and without fear or shame. Modeled on the concept of "emotional support animals," which provide comfort to many, the campaign urges people to become "Emotional Support Humans" for their loved ones who may be struggling.

The full blog can be found [at this link](#).

### **State Legislative Update:**

#### **New! Governor Signs LPC Bill**

On Tuesday, Gov. Whitmer signed HB 4325 allowing licensed professional counselors (LPCs) to still diagnose and treat patients.

The bill, sponsored by Rep. Miller (R-Sturgis), clarifies LPCs can practice without supervision and can supervise a limited licensed counselor once they have completed training in supervision as required by rules promulgated by Michigan Department of Licensing and Regulatory Affairs (LARA).

"This new law will ensure that more than 150,000 Michiganders can still access critical mental health care," Whitmer said in a statement. "And it will protect 10,000 professional counselors from losing the ability to practice as they currently do. We must continue to work hard to ensure every Michigander has access to critical mental health care, and this is a step in the right direction."

HB 4325 passed both chambers unanimously as LPCs demonstrated for the bill and raised objections over a LARA rule package they say would've left them unable to serve their patients.

#### **New! Health Insurers Face Tight New Deadlines for Prior Authorization**

Health insurers in Michigan would have 24 hours to respond in urgent cases where a medical procedure or prescription needs prior authorization, 48 hours for non-urgent requests, under legislation submitted this week by Sen. VanderWall (R-Ludington).

SB 612, already has the support of 41 patient advocacy groups, physician organizations and medical societies, said Kevin McFATRIDGE, spokesperson for the [Health Can't Wait Coalition](#) and the Michigan State Medical Society (MSMS).

Dominick PALLONE, executive director of the Michigan Association of Health Plans (MAHP), said his members will have concerns because "there are some components that are being proposed that unfortunately are not realistic in order to be actually achieved."

He said there is already a timeframe in state statute, which is the 14-day response time for Medicaid coverage, and health plans have to meet timelines set by accrediting organizations like National Committee for Quality Assurance (NCQA) and Utilization Review Accreditation Commission (URAC).

McFatrige disagrees. On commercial plans, he said, the only timelines that are in the law right now are specific to prescription drugs, so that non-emergency cases have up to 15 days for prior authorization. For expedited or urgent cases, prior authorization can take up to 72 hours. No other timelines exist, McFatrige said.

SB 0612 would make a number of other changes to state health insurance law. It would require insurers to report statistics related to prior authorization approvals and denials.

It would require that "adverse determinations" must be made by a physician in the same specialty as the provider asking for the prior authorization. Appeals would have to be reviewed by physicians in the same specialty.

It would also allow for "step therapy protocols" to be overridden if a physician determines it is in the best interest of the patient. Step therapy protocols are intended to control costs by requiring that treatment begins with the most cost-effective drug or treatment and progresses to other more costly therapies only if necessary.

The bill has a long list of changes, including that prior authorization requirements be listed on the insurer's website, that they be written in easily understandable language, and that doctors get 60 days notification if prior authorization requirements change.

VanderWall said he had several constituents contact his office about care being repeatedly denied or pushed off. In other cases, he said insurers gave prior authorization for a procedure only to have the authorization denied after the work had been done. As he dug into the issue, he began working with doctors on the legislation.

"In rural areas, this has become an issue. When you have someone who is driving several hours to get to an appointment, they get in there and find out they can't have this work done because prior authorization has not been granted, that becomes quite a burden to these folks," VanderWall explained.

"What we are trying to do is make sure that health care is easy, functional, that the patients can work through their doctor and make sure they have access to care quickly without going through too many steps that cause extra expense," he explained.

## House DHHS Subcommittee to Hold a Series of Mental Health Hearings

Chair of the House DHHS Appropriations Subcommittee, Rep. Mary Whiteford has announced a series of behavioral health hearings October 2 – November 6. All hearings will be from 10:30am – noon in room 352, House Approps Room, 3<sup>rd</sup> Floor Capitol. Below are the following dates and topics:

- Wednesday, November 6 – Public Input

## Federal Update:

### New! CCBHC Advocacy Effort

As you know, the current CCBHC demonstration extension is set to expire on November 21. We are hearing from our DC insiders that **NOW is the time to act to help build support for a long-term extension and multistate expansion** of the CCBHC demonstration.

Advocate now to help build support for an extension and expansion of the CCBHC program. Taking action is easy:

1. **Below is a Staff Directory** to find contact information for your legislator's health care staffer.

Office	Party	District	First Name	Last Name	Title	Email
Senator Debbie Stabenow	D		Alex	Graf	Legislative Assistant	<a href="mailto:amy_brown@stabenow.senate.gov">amy_brown@stabenow.senate.gov</a>
Senator Gary Peters	D		Devin	Parsons	Legislative Assistant	<a href="mailto:devin_parsons@peters.senate.gov">devin_parsons@peters.senate.gov</a>
Representative Jack Bergman	R	MI-1	Kelsey	Fetzer	Legislative Assistant	<a href="mailto:kelsey.fetzer@mail.house.gov">kelsey.fetzer@mail.house.gov</a>
Representative Bill Huizenga	R	MI-2	Palmer	Rafferty	Legislative Director	<a href="mailto:palmer.rafferty@mail.house.gov">palmer.rafferty@mail.house.gov</a>
Representative Justin Amash	I	MI-3	Kelly	Miller	Legislative Assistant	<a href="mailto:kellyj.miller@mail.house.gov">kellyj.miller@mail.house.gov</a>
Representative John Moolenaar	R	MI-4	Jayson	Schimmenti	Legislative Director	<a href="mailto:jayson.schimmenti@mail.house.gov">jayson.schimmenti@mail.house.gov</a>

## **CMHA WEEKLY UPDATE**

Representative Dan Kildee	D	MI-5	Troy	Nienberg	Legislative Director	<b>troy.nienberg@mail.house.gov</b>
Representative Fred Upton	R	MI-6	Mark	Ratner	Legislative Director/Deputy Chief of Staff	<b>mark.ratner@mail.house.gov</b>
Representative Tim Walberg	R	MI-7	Joanna	Brown	Legislative Director	<b>joanna.brown@mail.house.gov</b>
Representative Elissa Slotkin	D	MI-8	Danielle	Most	Deputy Chief of Staff/Counsel	<b>danielle.most@mail.house.gov</b>
Representative Andy Levin	D	MI-9	Catherine	Rowland	Legislative Director	<b>catherine.rowland@mail.house.gov</b>
Representative Paul Mitchell	R	MI-10	Laura	Healy	Legislative Assistant	<b>laura.healy@mail.house.gov</b>
Representative Haley Stevens	D	MI-11	Sarah	Reingold	Legislative Director	<b>sarah.reingold@mail.house.gov</b>
Representative Debbie Dingell	D	MI-12	Tim	Huebner	Legislative Assistant	<b>timothy.huebner@mail.house.gov</b>
Representative Rashida Tlaib	D	MI-13	Chastity	Murphy	Legislative Assistant	<b>chastity.murphy@mail.house.gov</b>
Representative Brenda Lawrence	D	MI-14	Zach	Weber	Legislative Assistant	<b>zachary.weber@mail.house.gov</b>

2. Use the text below as the template to your email message.

3. Personalize your message with information about your successes as a CCBHC or CCBHC grantee and detail the need to continue and expand this important program. Use the highlighted inserts as prompts to guide your message!

Through your hard work and advocacy, you have expanded access to individuals in need, transformed how these services can and should be delivered in your communities and built a strong network of allies who believe in the promise of CCBHCs and have worked with us to support their continuation.

**Have questions?** Reach out to Rebecca Farley David ([RebeccaD@TheNationalCouncil.org](mailto:RebeccaD@TheNationalCouncil.org)) or Michael Petruzzelli ([MichaelP@TheNationalCouncil.org](mailto:MichaelP@TheNationalCouncil.org)) for help.

### **\*\*Template Email Message to Hill Staff\*\***

Dear [enter staff first name],

I am reaching out to ask for your help in securing an extension and expansion of the Certified Community Behavioral Health Clinic (CCBHC) Medicaid demonstration program. In particular, [enter organization name] located in [enter city and state] is asking for your boss to **weigh in with party leadership and urge passage of a multiyear extension and multistate expansion of the CCBHC demonstration as a part of the Medicaid extenders package.**

Bills to extend and expand this important program – S. 824/H.R. 1767 - currently have 90 bipartisan cosponsors and would provide community mental health and addiction treatment providers like [enter organization name] the opportunity to expand access to care, build our workforce and help those in need throughout our community.

Here at [enter organization name], we have achieved the following:

[enter two or three bullet points discussing your successes as a CCBHC demo site or expansion grantee. How many more people have you served? Have you opened new programs or added new staff? Have you decreased patient wait times or see an increase in patient outcomes?]

We want to continue our growth as a CCBHC and need your boss' help to do it. Please urge your boss to weigh in with leadership to secure a long-term extension and expansion of this important and effective program.

# CMHA WEEKLY UPDATE

Please feel free to reach out with any questions. I can be reached at [enter phone number and email address].

Sincerely,

[enter signature with name, title, organization and address]

## Education Opportunities:

### Registration is Now Open for the 2019 Annual Home and Community Based Waiver Conference

The Annual Home and Community Based Waiver Conference will be held November 19 & 20, 2019 at the Kellogg Hotel & Conference Center located at 55 South Harrison Road, East Lansing 48823.

Click Here Registration: <https://cmham.org/events/?EventId=5464>

**Full Conference Rate: \$185**

**One Day Rate: \$110**

**Family Members Receiving Services: \$20**

**A draft of the tentative brochure content is online at the link shown.**

**Conference Objective:** This conference will provide technical assistance and training on the implementation and maintenance of the Children's Waiver Program (CWP) and the Habilitation Supports Waiver (HSW), clinical issues, and administrative functions relevant to these waivers. Additionally, this conference will provide training in ASD, evidence-based services, highlight programs across the state, and provide technical assistance on implementation of the Medicaid/MiChild Autism Benefit.

**Who Should Attend:** This conference contains content appropriate for case managers, supports coordinators, clinicians, behavior analysts, CMH administrative or clinical staff, providers, HCBS or waiver coordinators, individuals receiving services and family members and social workers at all levels of practice (beginning, intermediate and/or advanced).

**Overnight Accommodations:** The Kellogg Hotel & Conference Center is located in East Lansing adjacent to Michigan State University. The discounted room block of \$85 per night plus tax has been filled. The overflow hotels are the Springhill Suites in East Lansing and the Candlewood Suites. Springhill Suites East Lansing University Area is located at 1100 Trowbridge Road in East Lansing, MI 48823. Phone: (517) 763-2033. Rooms are available for \$85 plus tax on night of Nov 18 and Nov 19. Please ask for our group room block: 2019 C-Waiver Conference. The other overflow hotel is the Candlewood Suites located at 3545 Forest Road in Lansing, MI 48910. Phone: (517) 351-8181. Rooms are available for \$85 plus tax on night of Nov 18 and Nov 19. Please ask for our group room block: CMHA – C-Waiver Conference Overflow

**Special Rate:** A special \$20 conference rate will be offered for people receiving waiver services and their family members.

Questions? Call 517-374-6848 OR email [awilson@cmham.org](mailto:awilson@cmham.org)



## **CMHA WEEKLY UPDATE**

---

### **New Dates: Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings**

Community Mental Health Association of Michigan is pleased to offer Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings presented by Tom Moore, LMSW, LLP, CCS, Owner and Principal, Two Moons, LLC.

***This training fulfills the Michigan Social Work Licensing Board's requirement for licensure renewal for ethics.***

***This training fulfills the MCBAP approved treatment ethics code education – specific.***

***This training fulfills the MPA requirements for psychologists.***

Trainings offered on the following dates:

November 13, 2019 – Lansing | [CLICK HERE](#) for more information and to register now

March 18, 2020 – Lansing | [CLICK HERE](#) for more information and to register now

April 15, 2020 – Kalamazoo | [CLICK HERE](#) for more information and to register now

April 22, 2020 – Detroit | [CLICK HERE](#) for more information and to register now

Training Fees: (fee includes training material, coffee, lunch and refreshments)

\$115 CMHA Members

\$138 Non-Members

### **Pain Management and Mindfulness Trainings**

Community Mental Health Association of Michigan is pleased to offer Pain Management Trainings presented by Tom Moore, LMSW, LLP, CCS, Owner and Principal, Two Moons, LLC.

***This course qualifies for 2 CEs and fulfills the Michigan Social Work Licensing Board's requirement for licensure renewal for pain management.***

*Mindfulness is recognized as a component of DBT, however it has now been expanded into Mindfulness Based Stress Response, Mindfulness Based Cognitive Therapy, and Mindfulness Based Relapse Prevention. Mindfulness proves an effective intervention with any type of impulse control issues. In addition, research proves Mindfulness as an important strategy with chronic pain. Participants attending this training should expect an overview of mindfulness applications in regard to pain management; realizing the relationship between nociceptive, neuropathic, and affective pain; and understanding the benefits of Mindfulness regarding chronic pain management and being able to determine appropriate candidates for Mindfulness. This two-hour training WILL NOT provide a level of competency in Mindfulness interventions within clinical sessions.*

Trainings offered on the following dates:

November 12, 2019, 2:00pm-4:00pm – Lansing | [CLICK HERE](#) for more information & to register

March 17, 2020, 2:00pm-4:00pm – Lansing | [CLICK HERE](#) for more information & to register

April 23, 2020, 9:00am-11:00am – Detroit | [CLICK HERE](#) for more information & to register

Training Fees: (fee includes training material)

\$39 CMHA Members

\$47 Non-Members

### **Psychiatric Pharmacogenomics: A Practical Guide to Gene-Drug Interactions and Tests (Mon, 10/28/19 - Mon, 11/11/19)**

Interested in how to use pharmacogenomic testing to select psychiatric meds? The University of Michigan Department of Psychiatry and College of Pharmacy are offering a live videoconference CME course on psychiatric pharmacogenomics. Pharmacogenomics (PGx) is the practice of using information about an individual's genome to select medications that are likely to be most effective and result in the fewest number of side effects. Upon conclusion of the course, clinicians will be able to: 1) describe basic PGx concepts; 2) distinguish which gene-drug relationships have the most evidence supporting their implementation in the clinic; 3) identify which PGx tests to order; and 4) confidently formulate medication plans using PGx test results. The course meets online for 3 weekly sessions on Monday evenings, with each session 1.5 hours (6:00-7:30pm). Sessions are a combination of interactive lectures and case-based discussion. The course is approved to offer 4.5 AMA PRA Category 1 Credits.

For more information and to register, visit: <https://ummentalhealth.info/?r=epsych>

## **Miscellaneous News and Information:**

### **CMH Association's Officers and Staff Contact Information:**

#### **CMHA Officers Contact Information:**

The Officers of the CMH Association of Michigan recently proposed, in their commitment to fostering dialogue among the members of the Association with the Association's leaders, that their contact information be shared with the Association membership. While this dialogue will not take the place of the regular dialogue and decision making that occurs during the meetings of the Association's Executive Board, Steering Committee, Provider Alliance, Association Committees, Directors Forum, PIHP CEOs meeting, nor any of the great number of Association-sponsored and supported dialogue venues, the Officers want to ensure that the members of the Association can reach them to discuss issues of interest to the Association's members. The contact information for the officers is provided below:

President: Joe Stone [Stonejoe09@gmail.com](mailto:Stonejoe09@gmail.com); (989) 390-2284  
First Vice President: Carl Rice Jr; [cricejr@outlook.com](mailto:cricejr@outlook.com); (517) 745-2124  
Second Vice President: Craig Reiter; [gullivercraig@gmail.com](mailto:gullivercraig@gmail.com); (906) 283-3451  
Secretary: Cathy Kellerman; [balcat3@live.com](mailto:balcat3@live.com); (231) 924-3972  
Treasurer: Randy Kamps; [randyk@4iam.com](mailto:randyk@4iam.com); (231)392-6670  
Immediate Past President: Bill Davie; [bill49866@gmail.com](mailto:bill49866@gmail.com); (906) 226-4063

#### **CMHA Staff Contact Information:**

CMH Association staff can be contacted at (517) 374-6848 and via the e-mail addresses below:

Alan Bolter, Associate Director, [abolter@cmham.org](mailto:abolter@cmham.org)  
Christina Ward, Director of Education and Training, [cward@cmham.org](mailto:cward@cmham.org)  
Monique Francis, Executive Secretary/Committee Clerk, [mfrancis@cmham.org](mailto:mfrancis@cmham.org)  
Audrey Daul, Administrative Assistant, [adaul@cmham.org](mailto:adaul@cmham.org)  
Dana Ferguson, Accounting Clerk, [dferguson@cmham.org](mailto:dferguson@cmham.org)  
Janessa Nichols, Accounting Assistant, [acctassistant@cmham.org](mailto:acctassistant@cmham.org)  
Anne Wilson, Training and Meeting Planner, [awilson@mham.org](mailto:awilson@mham.org)  
Chris Lincoln, Training and Meeting Planner, [clincoln@cmham.org](mailto:clincoln@cmham.org)

## ***CMHA WEEKLY UPDATE***

---

Carly Sanford, Training and Meeting Planner, [csanford@cmham.org](mailto:csanford@cmham.org)

Bethany Rademacher, Training and Meeting Planner, [brademacher@cmham.org](mailto:brademacher@cmham.org)

Jodi Johnson, Training and Meeting Planner, [jjohnson@cmham.org](mailto:jjohnson@cmham.org)

Alexandra Risher, Training and Meeting Planner, [arisher@cmham.org](mailto:arisher@cmham.org)

Madi Sholtz, Training and Meeting Planner, [msholtz@cmham.org](mailto:msholtz@cmham.org)

Robert Sheehan, CEO, [rsheehan@cmham.org](mailto:rsheehan@cmham.org)