

November 8, 2019

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.

CMH Association and Member Activities:	2
New Feature - Searching for past articles in Weekly Update	2
Recipient Rights Booklet: Annual Bulk Order & Personalization Available	2
CMHA Committee Schedules, Membership, Minutes, and Information	3
News from Our Preferred Corporate Partners:	3
myStrength Launches Digital Nicotine Recovery Tools to Help Individuals Make Healthy Changes	3
Relias: build your staff’s competence in recovery treatment.....	4
State and National Developments and Resources:	4
New! Improving access to diversion opportunities for persons with mental illness: understanding the MOU	4
New! MDHHS offers student loan repayment to medical professionals who treat opioid use disorder	5
New! MDHHS announces Clubhouse scholarships	6

New! Insightful view on real advocacy and activism from the CEO of the Michigan League	7
New! Michigan’s Children holds seminar with powerful early childhood researcher.....	8
New! She was pregnant, doing drugs by 14. Now, Taylor girl fights to save her own life.....	8
New! Report: Michigan HMOs continue big profit margins in 2018.....	9
State Legislative Update:.....	10
New! Dispute over shifting funds derails deal on Michigan budget impasse	10
Federal Update:	11
CCBHC Advocacy Effort	11
Education Opportunities:	13
New! Registration is Now Open for the 2019 Winter Improving Outcomes Conference.....	13
Registration is Now Open for the 2019 Annual Home and Community Based Waiver Conference.....	14
New Dates: Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings .	15
Pain Management and Mindfulness Trainings.....	15
Miscellaneous News and Information:.....	16
CMH Association’s Officers and Staff Contact Information:.....	16
CMHA Officers Contact Information:	16
CMHA Staff Contact Information:.....	16

CMH Association and Member Activities:

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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 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.

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!](#)

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: build your staff’s competence in recovery treatment

Training on substance use disorders, integrated care, peer support, and evidence-based treatment plans can help your staff achieve better outcomes, remain in compliance with regulations and standards, and improve the awareness and reputation of your behavioral health organization.

Relias provides training on substance use disorders, including the use of screening tools and risk assessments, prevention and treatment. Request a meeting to discuss how we can help your staff provide better care to those in recovery.

[Request a Meeting](#)

P.S. The substance use treatment profession is changing. Watch our recent webinar, *The Substance Use Professional of the 2020s*, to hear Aaron Williams from the National Council discuss how organizations can help their staff possess and apply the core competencies needed to care for those in recovery in the coming decade.

State and National Developments and Resources:

New! Improving access to diversion opportunities for persons with mental illness: understanding the MOU

“IMPROVING ACCESS TO DIVERSION OPPORTUNITIES FOR PERSONS WITH MENTAL ILLNESS: Understanding the MOU”

Thursday, November 14, 2019; 10:00am – 11:00am

Featuring:

Dr. Donna Rinnas (MDHHS; Center for Forensic Psychiatry)
Chris Becker (Kent County Prosecutor)
Robert Sheehan (CMHA)

REQUEST" Please RSVP to Monique Francis at mfrancis@cmham.org with the anticipated number of staff from your agency who will be attending this webinar so that we can plan accordingly and open enough connection portals for everyone!

Webinar Instructions:

Participation requires both computer and phone capabilities.

To access the Web Conference:

Go to www.anywhereconference.com (you must use Internet Explorer; NOT Chrome, Firefox or Mozilla)

Click on "I'm a participant"

- Enter your name
- Enter Web Login number: 909039116
- PIN Code: 16927953
- Click on Sign In

A dialogue box will pop up instructing you to "Join audio conference"

- Click on "I will dial in myself"
- From your phone, dial 1-800-250-3900 (can be landline or cell phone)
- Enter your PIN code: 16927953#
- Enter the 4 digit Synchronization code provided in the "Join audio conference" box on your computer, followed by the # symbol.
- Click "OK"

You will see a Welcome screen until documents are shared by the Moderator.

"Chat" capabilities for those unable to call in:

There is a "Chat" Function as part of the Web Conference. You will be able to chat with the Moderator by clicking on the "chat" icon. This will enable you to chat with the Moderator only. Questions will be taken periodically throughout the webinar utilizing this "chat" feature.

New! MDHHS offers student loan repayment to medical professionals who treat opioid use disorder

As part of its multifaceted plan to address the opioid epidemic, the Michigan Department of Health and Human Services (MDHHS) is making medical providers eligible for student loan repayment if they offer medication-assisted treatment for opioid use disorder.

The goal of the program is to increase availability of high-quality treatment across the state, especially in areas where treatment is difficult to access. Medical professionals working in a broad range of settings will be eligible for \$15,000 to \$30,000 in loan repayment if they begin providing medication-assisted treatment or expand the number of patients they currently see. Providers can also receive a \$5,000 bonus if they operate in a county that has no medication-assisted treatment providers.

"Michigan continues to need more health care providers to treat patients suffering from opioid use disorders," said MDHHS Director Robert Gordon. "Expanding treatment capacity is critical so that

Michigan can continue to combat the opioid epidemic that has torn apart so many families here and across the nation.”

Michigan will use federal State Targeted Response for Opioid Crisis dollars from the Substance Abuse and Mental Health Services Administration to repay the medical education loans. This is the second time that MDHHS has accepted applications for the program. Sixty-five providers had their student loans partially repaid after they applied in the first round earlier this year through a partnership with the Michigan Health Endowment Fund.

“Medication-assisted treatment is the gold standard for treating opioid use disorder. Increasing capacity to provide this treatment will help more individuals recover and thrive,” said Dr. Joneigh Khaldun, MDHHS chief medical executive and chief deputy for health.

The program is available to medical doctors and osteopathic medicine doctors, nurse practitioners, physician assistants and substance use disorder counselors who have the training needed to offer buprenorphine under the Drug Addiction Treatment Act of 2000. To be eligible, providers must begin offering opioid treatment, increase the number of patients they currently see, or increase the number of patients they are permitted to see. Providers who work in a variety of settings are eligible to apply, including primary care, family medicine, Opioid Treatment Programs, emergency medicine, hospital-based settings, jails, and prisons.

Applications can be filed through Nov. 30. MDHHS will prioritize applications based on the number of patients to be served and the need for additional treatment capacity in the county.

Applications and additional information can be found at www.michigan.gov/miota, the webpage for the Michigan Opioid Treatment Access Loan Repayment Program. Health care providers are encouraged to review the materials and submit applications when the cycle begins. They can contact Megan Linton at 517-335-6713 for more information

Michigan has been significantly affected by the national opioid epidemic. The number of annual opioid-related overdose deaths in the state has more than tripled since 2011, from 622 to 2,053. As part of the state-government-wide plan to address the issue, MDHHS has developed an action plan that is focused on prevention, early intervention and treatment.

Find more information at www.michigan.gov/opioids.

New! MDHHS announces Clubhouse scholarships

The Michigan Department of Health and Human Services (MDHHS), the Behavioral Health and Developmental Disabilities Administration (BHDDA), and the Community Practices and Innovations (CPI) Section has released the Clubhouse Scholarship Opportunities Grant Application for fiscal year 2020.

The grant has allocated Federal Block Grant dollars to help support Michigan Clubhouses to attend several different training events.

To obtain an application, contact Marty Alward, BHDDA Clubhouse Specialist, via email at AlwardM1@michigan.gov.

When you receive the application, please review and share the attached application with your Michigan Clubhouse(s). Please return the application no later than November 22, 2019 to Marty Alward, BHDDA Clubhouse Specialist, via email at AlwardM1@michigan.gov.

For additional questions or assistance, please contact Marty Alward via phone at (517)241-8830 or the same email noted above.

New! Insightful view on real advocacy and activism form the CEO of the Michigan League

Below is a recent letter from Gilda Jacobs, the CEO of the Michigan League for Public Policy. This letter, carried in a recent edition of the League's First Tuesday publication, parallels the advocacy experiences of CMHA and its allies over the past several decades. CMHA thought that Weekly Update readers would find Ms. Jacobs' thinking around advocacy and activism both sobering and encouraging.

Have you ever noticed that food is better when we take the time to do it right? With all the shortcuts to preparing food these days—from Instant Pots to packaged meal kits—sometimes it feels good to dig in and work on something from scratch.

The same can be said for the world of policy, actually. You've probably heard that we're celebrating some big wins right now, and I can tell you that none of those wins came instantly. There was a lot of cooking from scratch, and we'll admit our kitchen got a bit messy from time to time. But in the end, we and our partners were able to whip up some pretty spectacular dishes. In the spirit of Thanksgiving, I thought I'd provide you with a recipe this month.

Winning: A recipe for success from the League
You'll need equal parts:

Time (no, not thyme): Sometimes you'll put years into this recipe. Raising the age of juvenile jurisdiction, which was signed into law by Gov. Gretchen Whitmer on Oct. 31, took five years. Improving Michigan's asset test limit is something we've been working on since 2012, and it took until this year to make it happen. You need time to explain your issue, to develop relationships, to build support. Advocacy is not instant.

Compromise: If you're only working with the ingredients in your own cupboard, then you're going to have a hard time getting a good result. You've got to invite others into the kitchen. They may have different ideas about how to create the meal, but you'll often find you have the same end goal. Raise the Age, for example, saw bipartisan support and gave us the opportunity to work with organizations who might have different views than we do. Despite our different agendas and values, we were able to come together for this issue because we put policy over politics. Advocacy is not one-sided.

Tenacity: Sometimes we have to mix the batter a little harder to get the right result. When the Trump administration announced that it was undoing Obama-era changes to the overtime threshold, we had to react and fight. The administration's move, disguised as a win for workers, actually left 200,000 working Michiganders behind. We spoke out and spoke up. And we're glad the governor understood the danger of this issue, too, as she had the will to improve Michigan's own rule on overtime. Advocacy is not easy. (Optional ingredient: Tylenol. Hey. This recipe can

create headaches, backaches and a host of other ailments. To get it right, you might need some help with the pain.)

Patience: You may actually need a few more cups of this than all the other ingredients. When you care deeply about an issue, it's hard to understand why support isn't coming together quickly. But you can't become so impatient that you lose sight of your goal. I may not be a master soufflé baker, but I know not to shake things up when something precious is cooking. Keep your eyes on the prize.

Once you have the ingredients, the recipe is easy to follow: Stay focused, take the time to carefully prepare and remember to put your goal at the center of your work. Remember that every kitchen, every oven, every chef is a little bit different. Be ready to adjust the heat as needed and understand that even the best recipes need to be modified to suit your needs.

Oh, and you know that a chef's work is never done, right? Even as we celebrate, we're already prepping the kitchen for our next big win. Thanks for being with us all along the way.

New! Michigan's Children holds seminar with powerful early childhood researcher

On October 30, 2019, Michigan's Children was among several advocacy groups (CMHA among them) to host Dr. William Gilliam, a researcher from Yale, who shared critical research with advocates, legislators, researchers and care providers.

The research was a great addition to conversations facilitated between legislators, advocates and child care providers -- serving as a call to action for all.

Take a look at the Michigan's Children's [the policy brief](#) on the impact of childcare expulsions, and why Michigan should prioritize providing essential mental health support services to childcare providers throughout Michigan.

New! She was pregnant, doing drugs by 14. Now, Taylor girl fights to save her own life.

Below is an excerpt from a recent news story on the impact of addiction and the power of recovery.

Sitting on plastic chairs arranged in a circle at the edge of the woody yard, the girls were barely into their meeting when the 16-year-old from Taylor with welts and scars up and down her arm started to fidget.

It's not the first time the Girl from Taylor has been here, at this camp where teenagers wear uniforms and can't talk without permission. It's not the first time she's gone to bed knowing a minder is sitting across the half-lit dormitory style room, watching her and the others sleep. Or the first time she's pretended not to be upset that her mother seldom visits.

The kids here do that a lot, put on a tough face; it's easier than dealing with disappointment. They've had plenty of that in their lives so far. Caused plenty of it, too. And yet, deep down, most of them have a certain childlike quality they've yet to outgrow. How else do you explain that a girl who became a prostitute at 14 to pay for drugs, still gets excited at the thought of, maybe, someday, going to prom?

Part juvenile detention center, part residential drug rehab, the goal here at the Wolverine Growth and Recovery Center in Vassar — a tiny farm town about two hours north of Detroit — is to save young people ages 12-17 by getting them off weed and opioid pills before they graduate to heroin and end up dead.

It's a race against time.

Because that's the trajectory these days: weed, pills, heroin, which is almost certainly laced with fentanyl, the powerful synthetic opioid responsible for most of the overdose deaths in Michigan and across the nation. And because 18- to 25-year-olds are more likely than anyone else to use heroin.

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

New! Report: Michigan HMOs continue big profit margins in 2018

Below is a recent article, in Crain's Detroit Business, on the high profits captured by the state's health plans, including in the Medicaid side of their business.

Health insurance company profits in Michigan continued to grow in 2018 with Blue Cross Blue Shield of Michigan, the Blues' two managed care companies and Priority Health accounting for the bulk of the profits and further separating from the pack, according to the 2019 Michigan Health Market Review.

Some 56 percent of the health plans' total net income gain of \$500.4 million in 2018 came from Blue Care Network/Blue Care Complete and 83 percent when including Priority Health, according to Minneapolis-based consultant Allan Baumgarten, who publishes the Michigan report and similar studies in eight other states.

The \$504.4 million net income, up 10 percent from \$452 million net income in 2017, which includes investment revenue, represents a 2.9 percent average total margin, up from 2.6 percent in 2017 and a 1.7 percent margin posted in 2016, the report said.

However, Meridian Health Plan, which is the largest Medicaid plan in the state and was recently acquired by WellCare, posted losses of \$88 million on underwriting revenue of \$1.99 billion. Health Alliance Plan/Midwest also posted a \$1.9 million net loss on underwriting revenue of \$1.58 billion in 2018, the report said.

Managed care profitability increased, although total premium revenue fell by 3 percent and total enrollment in all product lines by 1.1 percent to 3.4 million from 3.44 million in 2017. Blue Cross Blue Shield HMOs (Blue Care Network and Blue Cross Complete for Medicaid) increased their net income from \$257.4 million in 2017 to \$282 million in 2018, or 5.6 percent of underwriting revenue. Total enrollment increased to 948,626 in 2018 from 892,138 from the prior year.

Health plans increased their net income from \$91.7 million in 2017 to \$132.6 million, or 3.7 percent of revenue. Total enrollment declined to 645,000 from 649,000 in 2017.

Health insurers also post record profits

Blue Cross Blue Shield Mutual of Michigan, the largest insurer in the state with enrollment of 1.3 million, reported net income of \$559.5 million in 2018, up from \$295.2 million in 2017. It lost \$226.1 million in 2016, the report found.

The Blues' PPO plans were profitable in all major lines of business, including commercial plans, Medicare Advantage and Medicare supplement, or Medigap. Combined with its HMOs, Blue Cross Blue Shield Mutual controls 48 percent of the Michigan health insurance market, the Baumgarten report said.

Overall, health insurance company profits totaled \$576.9 million in 2018. Priority Insurance accounted for \$4.7 million net income, PHP Insurance added \$591,000 net income and Alliance Health & Life added \$12.1 million.

While Medicare plans grew by about 26,000 customers, enrollment in commercial plans dropped by 4.2 percent or 44,000 lives. Medicaid HMO enrollment also decreased by less than 1 percent, the first drop since Obamacare allowed Medicaid expansion in 2014. At the same time, Blue Cross Blue Shield added 50,000 new enrollees in Medicare and employer group plans.

Enrollment in individual health plans declined again in 2018. Individual enrollment, mostly in HMOs, dropped from 358,000 to 341,000 at the end of 2018.

After years of losses, individual health plans were strongly profitable in 2018. Michigan HMOs, mostly Blue Care, increased their premiums by 30 percent and their underwriting income grew by \$200 million. Blue Cross Blue Shield also increased in premiums for individual plans and saw its underwriting income grow from \$42.7 million to \$78.7 million.

Medicaid plans were also strongly profitable. They had underwriting income of \$144 million, slightly more than in 2017. Three HMOs — Blue Cross Complete, Molina Healthcare and UnitedHealthcare Community Plan — had medical loss ratios below 80 percent and combined underwriting income of \$173 million,

HMO capitation of providers in Michigan has dropped sharply in the past few years. Capitation is based on providers being paid per member per month. **Although payers and providers talk about the importance of emphasizing value and sharing risk, the percentage of dollars paid to providers through capitation contracts dropped from 26.5 percent in 2010 to 17.9 percent in 2016 and 8.6 percent in 2018.** Of the large HMOs, only McLaren Health capitates more than 20 percent of provider payments.

State Legislative Update:

New! Dispute over shifting funds derails deal on Michigan budget impasse

Gov. Gretchen Whitmer and Republican lawmakers said Thursday that they were very close to agreeing to restore some funding she vetoed during a budget impasse, but a deal remained elusive due to their clash over limiting the governor's power to shift funds within individual departments.

Hopes of ending the more than 5-week-long stalemate had grown following the posting of potential votes on two supplemental spending bills in the GOP-led House. The Republican-controlled Senate, however, adjourned until next week. The House was not scheduled to meet again until December 3, but Speaker of the House Chatfield announced the House will return next week Wednesday in hopes of reaching a deal.

Republican leadership wants the Governor to agree to sign a separate bill that would give legislators the authority to stop a governor from unilaterally moving money they allocate. While the State Administrative Board power is rarely used, Whitmer employed it to transfer \$625 million on Oct. 1 — a day after she signed the budget and vetoed nearly \$1 billion in proposed spending on charter schools, sheriff's deputies, college scholarships and other programs.

Federal Update:

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	amy_brown@stabenow.senate.gov
Senator Gary Peters	D		Devin	Parsons	Legislative Assistant	devin_parsons@peters.senate.gov
Representative Jack Bergman	R	MI-1	Kelsey	Fetzer	Legislative Assistant	kelsey.fetzer@mail.house.gov
Representative Bill Huizenga	R	MI-2	Palmer	Rafferty	Legislative Director	palmer.rafferty@mail.house.gov
Representative Justin Amash	I	MI-3	Kelly	Miller	Legislative Assistant	kellyj.miller@mail.house.gov
Representative John Moolenaar	R	MI-4	Jayson	Schimmenti	Legislative Director	jayson.schimmenti@mail.house.gov
Representative Dan Kildee	D	MI-5	Troy	Nienberg	Legislative Director	troy.nienberg@mail.house.gov
Representative Fred Upton	R	MI-6	Mark	Ratner	Legislative Director/Deputy Chief of Staff	mark.ratner@mail.house.gov
Representative Tim Walberg	R	MI-7	Joanna	Brown	Legislative Director	joanna.brown@mail.house.gov
Representative Elissa Slotkin	D	MI-8	Danielle	Most	Deputy Chief of Staff/Counsel	danielle.most@mail.house.gov
Representative Andy Levin	D	MI-9	Catherine	Rowland	Legislative Director	catherine.rowland@mail.house.gov
Representative Paul Mitchell	R	MI-10	Laura	Healy	Legislative Assistant	laura.healy@mail.house.gov
Representative Haley Stevens	D	MI-11	Sarah	Reingold	Legislative Director	sarah.reingold@mail.house.gov
Representative Debbie Dingell	D	MI-12	Tim	Huebner	Legislative Assistant	timothy.huebner@mail.house.gov
Representative Rashida Tlaib	D	MI-13	Chastity	Murphy	Legislative Assistant	chastity.murphy@mail.house.gov
Representative Brenda Lawrence	D	MI-14	Zach	Weber	Legislative Assistant	zachary.weber@mail.house.gov

- 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) or Michael Petruzzelli (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.

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:

New! Registration is Now Open for the 2019 Winter Improving Outcomes Conference

Community Mental Health Association of Michigan presents the 2019 Winter Improving Outcomes Conference on December 5 & 6, 2019 at the Somerset Inn located at 2601 West Big Beaver Road, Troy, MI 48084.

[TO REGISTER FOR THE IMPROVING OUTCOMES CONFERENCE, CLICK HERE!](#)

The conference registration fee includes training materials, admission to all keynote sessions, all workshops, 2 breakfasts, 1 lunch, all breaks, and networking reception.

	Member Early Bird	Member After 11/21/19	Non-Member Early Bird	Non-Member After 11/21/19
Full Conference	\$247	\$282	\$297	\$313
1-Day Only	\$197	\$237	\$239	\$280

Payment Information:

- Payment will be required prior to attendance.
- If Paying by Check: Make payable to CMHA and mail to 426 S. Walnut Street, Lansing, MI 48933.
- Payment methods available in advance and onsite: credit card, check or exact cash.
- If payment has not been received, fees will be collected at registration the day of the event unless alternate arrangements are pre-approved by CMHA.
- Purchase Orders are not considered payment.
- No Shows will be billed the full amount.

Cancellation Policy: Substitutions are permitted at any time. No-shows will be billed at the full training rate. Cancellations must be received in writing to cward@cmham.org at least 10 business days prior to the conference for a full refund less a \$25 administrative fee. If cancellation is received less than 10 business days prior to the training, no refund will be given.

Hotel Room Types:

Tower Room: Featuring one Queen bed or two double beds; rooms are in the Tower section on floors 3-14.

Executive Room: Available with a King bed, a King bed and a sofa bed or two Queens. All Executive rooms were renovated in 2017 and feature spacious floor plans with brand-new furnishings and views of the outdoor garden patio.

Room Rates: Rates below do not include 6% state tax, and city assessment fees.

Tower Room	\$124
Executive Room	\$154

Deadline for Reduced Rate: November 21, 2019

Reservations:

Call 248-643-7800 and indicate Community Mental Health Association of Michigan to receive the discounted rate.

Or register online here: www.somersetinn.com

- In the upper right side of the site: Select your dates and Click on Check Rates
- Then click on the drop-down box for Add Code.
- Then click on Discount Code.
- Then select Group Attendee.
- In the box below Group Attendee enter Group Code 5525.
- Then select ADD.
- It will bring up the Community Mental Health Association of Michigan Room Block.
- Select & Go to the next `.
- All Dates will appear blacked out except the conference dates.
- Select the actual dates you will be attending the conference.
- Update dates of stay.
- At this point you will be able to select the room type and continue making your reservation.

Cancellation Deadline: You must cancel by 6pm the day of your arrival or you will be billed for 1 night's stay.

Check in: 2:00pm

Check out: 12:00pm

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

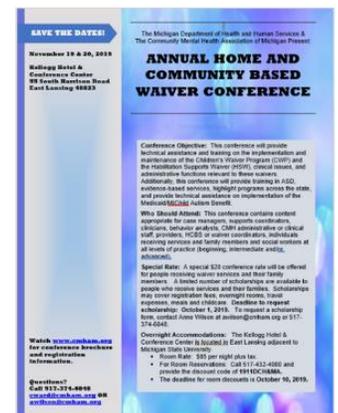
One Day Rate: \$110

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

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:

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:

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

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; (989) 390-2284

First Vice President: Carl Rice Jr; cricejr@outlook.com; (517) 745-2124

Second Vice President: Craig Reiter; gullivercraig@gmail.com; (906) 283-3451

Secretary: Cathy Kellerman; balcat3@live.com; (231) 924-3972

Treasurer: Randy Kamps; randyk@4iam.com; (231)392-6670

Immediate Past President: Bill Davie; 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

Christina Ward, Director of Education and Training, cward@cmham.org

Monique Francis, Executive Secretary/Committee Clerk, mfrancis@cmham.org

Audrey Daul, Administrative Assistant, adaul@cmham.org

CMHA WEEKLY UPDATE

Dana Ferguson, Accounting Clerk, dferguson@cmham.org
Janessa Nichols, Accounting Assistant, acctassistant@cmham.org
Anne Wilson, Training and Meeting Planner, awilson@mham.org
Chris Lincoln, Training and Meeting Planner, clincoln@cmham.org
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Robert Sheehan, CEO, rsheehan@cmham.org