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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 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.

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CMH Association and Member Activities:

CMHA Committee Schedules, Membership, Minutes, and Information

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

State and National Developments and Resources:

New! MDHHS announces public forums on system design

You are receiving this email based on your interest in the future of the public behavioral health system within the state of Michigan.

Earlier this month, Michigan Department of Health and Human Services (MDHHS) Director Robert Gordon spoke to legislators about the MDHHS vision for the future of the state’s public behavioral health system. He spoke about the strengths of Michigan’s behavioral health system as well major challenges the system faces and the values we want to keep in the forefront as we move toward the future of behavioral health system reform. Director Gordon also reviewed key design elements of a future, improved system. In case you missed it, you can find the Director’s full remarks, slides, and supporting materials at www.Michigan.gov/futureofbehavioralhealth.

To continue the conversation, MDHHS is hosting public forums around the state to provide **individuals and families served** by our specialty behavioral health system a chance to ask questions and provide feedback on this vision for the future.

MDHHS will host five forums in early 2020, including four in-person events and one virtual forum. All events will be hosted from 5:00-6:30 p.m. Registration is not required, but strongly encouraged to help us best prepare for the events. You can find the links to register for each event below:

Register for **Marquette** on January 22 [here](#)

Register for **Saginaw** on January 30 [here](#)

Register for our **virtual forum** on February 6 [here](#)

A flyer with the full schedule of forums is also attached. We would appreciate your help spreading the word, especially to people and families served. You can also find updates and the most recent information on our website: www.michigan.gov/FutureOfBehavioralHealth.

We hope these forums will be a valuable opportunity to hear from the most important stakeholders in our system—the people we serve.

Learn more at: <https://www.michigan.gov/futureofbehavioralhealth>

Send your thoughts to: MDHHS-FutureOfBH@michigan.gov

New! Michigan Developmental Disabilities Council: crucial conversations

Are you a person with a developmental disability, a family member of a person with a developmental disability, or an advocate for people with disabilities? The Council is seeking input to create solutions to some of the most frustrating problems for people with I/DD. Please join us in a location near you!

January 22, 2020-Lansing	February 28, 2020-Alpena
January 24, 2020-Benton Harbor	March 5, 2020-Traverse City
January 30, 2020-Saginaw	March 11, 2020-Holland
February 3, 2020-Dearborn	March 25, 2020-Houghton
February 13, 2020-Detroit	March 26, 2020 Sault Ste Marie

9:30am-3:00pm

Lunch will be provided

[To Register Click Here](#)

[Mileage and/or Childcare Reimbursement are available for those who qualify](#)

Questions: Call Judy Snell at 517-284-7297 or email SnellJ8@michigan.gov

New! MHAM announces Dr. Mark Reinstein president & CEO retirement

The Mental Health Association in Michigan (MHAM) is formally announcing the retirement of President and CEO, Mark Reinstein, PhD. MHAM has been pleased to have Dr. Reinstein as its President and CEO and his long-time efforts to ensure there is access to quality behavioral health care in both public and private systems. This work will continue under the leadership of Marianne Huff, LMSW.

Dr. Reinstein says, "I have been with MHAM for almost 37 years. It has been an honor for me to do this and to be with the organization longer than anyone else in its 83-year history."

Incoming, MHAM President and CEO says, "We are thankful for Dr. Reinstein's work over the years and although he is retiring as CEO, he will be engaged in the same type of public policy advocacy as MHAM's public policy consultant."

Please go to www.mha-mi.com for the latest updates and events for MHAM.

New! KFF Healthy Michigan research opportunity announced

I'd like to share two updates regarding the Healthy Michigan work requirement. First, Linda Jordan (copied here) is the new Public Benefits Attorney at the Center for Civil Justice, replacing Mario Azzi. Second, the Kaiser Family Foundation (KFF) is studying Medicaid work requirements and barriers to work. KFF is hoping to meet with people in Michigan at the end of January to talk about such barriers. **Please contact Robin Rudowitz at RobinR@kff.org if you are interested in this opportunity to connect.** More information on this opportunity can be found below.

"Kaiser Family Foundation (KFF) is planning to conduct focus groups and interviews with Medicaid workers and non-workers in MI, OH and WI to help fill in information we cannot get from the national data as a supplement to an update to our [work data brief](#). The goal is to continue to inform issues around work requirements – but also to explore barriers to work, work trajectory as well as stability and fragility of work that could be issues in an economic downturn.

KFF will be in the Detroit area on January 28-29. While on the ground, we would like to get in touch with health plans, local human service departments, workforce services agencies, large employers, etc. who may have insights into the Medicaid population and challenges and barriers to work. Interested organizations and community members should contact Robin Rudowitz at RobinR@kff.org."

New! 2019 in Review: CHCS' Top 10 Publications

In 2019, CHCS released an array of publications focused on improving health outcomes for low-income Americans. Take a look at some of our most popular resources from the past year. We're excited to see what the new decade has in store for advancing health care delivery system innovations!

[Opportunities for Complex Care Programs to Address the Social Determinants of Health](#) – Brief explores opportunities to better address patients' non-medical needs, including identifying unmet social issues, employing non-traditional workers, and partnering with community-based organizations.

[Addressing Social Determinants of Health via Medicaid Managed Care Contracts and Section 1115 Demonstrations](#) – Report examines Medicaid managed care contracts and §1115 demonstrations to identify common themes for incentivizing activities to address social determinants of health.

[Strengthening Medicaid Long-Term Services and Supports in an Evolving Policy Environment: A Toolkit for States](#) – Updated toolkit draws on the experience of leading-edge states to share innovative Medicaid long-term services and supports (LTSS) reform strategies focused on rebalancing LTSS and integrating care.

[Blueprint for Complex Care: 11 Opportunities to Strengthen the Field](#) – Infographic highlights recommendations for advancing the field of complex care, informed by the [Blueprint for Complex Care](#).

[It's Not Just Risk: Why the Shift to Value-Based Payment is also about Provider Flexibility](#) – Blog post describes the value of emerging alternative payment models that offer increased flexibility for providers to focus on improving outcomes and controlling costs.

[Addressing Medication Complexity Through Community-Based Strategies](#) – Infographic describes how community-based interventions can help address medication complexity, especially for people with complex health and social needs.

[Advancing Primary Care Innovation in Medicaid Managed Care: A Toolkit for States](#) – Toolkit, informed by leading states, details strategies for supporting primary care innovation through managed care organization contract and procurement language.

[Screening for Adverse Childhood Experiences and Trauma](#) – Resource provides guidelines for health care providers to consider when screening patients for adverse childhood experiences and trauma.

[Advancing Health Equity in Medicaid: Emerging Value-Based Payment Innovations](#) – Blog post outlines how states are using innovative Medicaid payment reforms to promote health equity and improve health outcomes.

[Exploring the Impact of Integrated Medicaid Managed Care on Practice-Level Integration of Physical and Behavioral Health](#) – Brief describes how integrated financing influences the coordination of physical and behavioral health services at the point of care and examines key levers for promoting integrated care.

New! Most-read Health Affairs blog posts 2019

Susan DeVore's look at trends to watch in 2019 was the most-read *Health Affairs* Blog post of the year, heading a list that also included several posts exploring social determinants of health and two entries from Katie Keith's chronicling of all things ACA. Rounding out our top ten: posts on maternal mortality, alternative payment models, vaccine rates, and hot topics for health policy researchers and analysts.

1. **[Health Care In 2019: Five Key Trends To Watch](#)**, by Susan DeVore, January 10, 2019
2. **[Meeting Individual Social Needs Falls Short Of Addressing Social Determinants Of Health](#)**, by Brian Castrucci and John Auerbach; January 26, 2019
3. **[Final Rule On Health Reimbursement Arrangements Could Shake Up Markets](#)**, by Katie Keith; June 14, 2019
4. **[Standardizing Social Determinants Of Health Assessments](#)**, by Douglas P. Olson, Benjamin J. Oldfield, and Sofia Morales Navarro; March 18, 2019

5. [Unpacking The Executive Order On Health Care Price Transparency And Quality](#), by Katie Keith; June 25, 2019
6. [When Talking About Social Determinants, Precision Matters](#), by Katie Green and Megan Zook; October 29, 2019
7. [The United States Maternal Mortality Rate Will Continue To Increase Without Access To Data](#), by Rachel Mayer, Alison Dingwall, Juli Simon-Thomas, Abdul Sheikhnureldin, and Kathy Lewis; February 4, 2019
8. [North Carolina: The New Frontier For Health Care Transformation](#), by Mark B. McClellan, Mathew Alexander, Mark Japinga, and Robert S. Saunders; February 7, 2019
9. [Vaccine Exemptions And The Federal Government's Role](#), by Richard Hughes IV; March 21, 2019
10. [Three Hot Topics For The Health Policy Research Community In 2019](#), by Lisa Simpson; January 24, 2019

New! Pathways for Integrating Social Care into Health Care Delivery: A Conversation with IHI's Kedar Mate

Health care has largely embraced the realization that it is near impossible to fully address most health issues without first responding to an individual's social needs such as homelessness, food insecurity, and economic instability. However, what is the health care system's role in addressing these social needs? The National Academies of Sciences, Engineering, and Medicine (NASEM) recently examined this critical question with the help of an expert committee. The resulting report, *Integrating Social Care into the Delivery of Health Care: Moving Upstream to Improve the Nation's Health*, explores two key opportunities: (1) how can services to address social needs be integrated into medical care; and (2) what kind of infrastructure is needed for this integrated model to be successful?

This new Better Care Playbook blog post explores these questions with Kedar Mate, MD, Chief Innovation and Education Officer at the Institute for Healthcare Improvement, who served on the NASEM expert committee.

The full conversation can be [found here](#).

New! NACBHDD receives Best of Washington Awards



The National Association of Community Behavioral Health and Developmental Disability Directors (NACBHDD) has recently been awarded the 2020 Best of Washington Awards in the category of Doctors.

CMHA and its members are longtime members of NACBHDD and congratulate NACHBDD on this recognition.

New! Behavioral Health Service Provision by Primary Care Physicians

A large percentage of patients experiencing behavioral health issues seek help in primary care settings. Most are discharged without receiving behavioral health treatments. Furthermore, roughly half of all care for common psychiatric disorders is provided in primary care settings, and patients are often more open to discussing mental health concerns with their primary care physicians. With an increasing demand for behavioral health care, integration of primary care and behavioral health may be a promising method to increase patient access to quality behavioral health care.

Research has largely focused on the benefits of integration and how to facilitate it, rather than on physicians' experience with providing behavioral care to patients. This report helps to understand the level of preparedness of primary care providers to handle the behavioral health needs of their patients.

[Read Full Report](#)

Related Resource: [Policy Brief](#)

State Legislative Update:

New! Revenue Estimating Conference

Earlier today, state economic leaders gathered for Michigan's semi-annual Consensus Revenue Estimating Conference.

At this event, previous revenue forecasts are reviewed and revised, and forecasts for the coming year are established. These forecasts are an important step in determining potential mid-year adjustments for the current (Fiscal Year 2019-2020) budget and are the foundation for construction of the upcoming (Fiscal Year 2020-2021) budget.

For the current fiscal year, revenue collections are now forecast to be \$320.9 million (\$235.2 million General Fund; \$85.7 million School Aid Fund) more than was forecast in May 2019.

For the upcoming fiscal year, which will begin on October 1, revenue collections are now forecast to be \$412 million more than forecast last May. Of that increased forecast, \$274 million is General Fund and \$138 million is School Aid Fund.

It's unclear at this point whether there will be any adjustments to the current budget based on the revised forecast.

Governor Whitmer is expected to present her FY 2021 budget recommendations in early February.

New! Groups Are Asking Legislature to Pause on CON Reforms

Testimony on bills to repeal Certificate of Need (CON) oversight for psychiatric beds -- among other reforms -- took heavy fire from all sides Wednesday in sponsor Sen. Curt VanderWall's (R-Ludington) Senate Health Policy Committee.

SB 672 & SB 673 would eliminate the Certificate of Need (CON) process for all psychiatric inpatient beds in hopes that it would increase access and availability across the state.

"We are currently opposed to SB 672 and 673," said Alan Bolter, associate director of the Michigan Community Mental Health Association, told the committee. "With that, we certainly support the intent of the legislation. Access to psych beds remains a huge issue across the State of Michigan. The question at hand for our members would be, 'Removing psych beds from the CON process; will this increase access and availability across the state?"

"A number of my members have reached out to me expressing concerns that the loss of the CON oversight process does not outweigh the potential benefit of this bill," Bolter continued. "They don't view the CON process as an obstacle to bed access across the state. They believe CON currently plays an important role in identifying areas of greatest need and gaps in service. Really, when we step back to look at the issue, there are far greater issues that impact the lack of psychiatric beds available."

"As you know, there are currently a lot of beds that are currently tied up in CON that are being unused in a specific area," VanderWall said. "It is my feeling that in some of these cases if these were opened up there would be care that could be provided. Do you feel that's a possibility?"

"That could be," Bolter said. "Our members haven't really weighed in on that possibility. But I know from testimony at the last hearing, whenever beds have been put through the CON process, they have not been denied."

CMHA was one of a number of organizations who expressed concerns over the potential changes – previous testimony was given on December 4, 2019.

Scott Miles, representing Cedar Creek Hospital in St. Johns and Forest View Hospital in Grand Rapids told the committee these hospitals oppose the legislation, as well.

"We applaud everyone for your efforts on how we better access psychiatric treatment, but we fear it could be counterproductive," Miles said. "While not perfect, CON has been working. I mean it imposes a quality assurance requirement for a highly vulnerable population. It provides market stability, supporting investment into psychiatric facilities for providers who are serious about working with our population.

"[It] reduces the risk of rapid increase of low-quality providers coming in and preying on insured patients and highly-populated areas," Miles continued. "Most importantly, it helps assure the limited number of mental health professionals are not spread so thin that they're unable to optimize the beds we're already running."

VanderWall asked about what is happening in other states surrounding Michigan. He noted that only Illinois has a system like Michigan's CON.

Miles said he wasn't familiar with what's happening in those states but could try to find out.

Munson Health Center and UAW 6000 put in cards opposing SB 672 & 673.

The committee also took testimony on SB 674, which would exempt air ambulance services from the CON process. SB 675 would allow cardiac catheterization to be performed at outpatient facilities.

Federal Update:

Education Opportunities:

New! CMHA 2020 Annual Winter Conference Details



Community Mental Health Association of Michigan

Annual Winter Conference
“Charting the Course Together”

February 4 & 5, 2020
Radisson Plaza Hotel, Kalamazoo, Michigan

Hotel deadline: Sunday, January 12, 2020.

Conference registration is open.

Reminder: The early-bird deadline is Friday, January 17, 2020.

[Click Here to Register for the Winter Conference!](#)

[Click Here to Register for the Pre-Conference: Building Collaboration Between Psychology and Law Enforcement on Violence Indicator Recognition](#)

[Click Here to be an Exhibitor](#)

Pre-Conference Institute: Building Collaboration Between Psychology and Law Enforcement on Violence Indicator Recognition

Monday, February 3, 2020

1:00pm – 4:00pm Training (12:30pm Registration)

Registration Fees:

\$60 CMHA Members, \$72 Non-Members

WINTER CONFERENCE KEYNOTE PRESENTATIONS:

National Perspective: Landscape and Opportunities for Community Mental Health

– *Melissa Bailey, MA, Senior Fellow, Center for Health Care Strategies, Inc.*

Real Men Do Cry: A Guide to Mental Fitness

– *Eric Hipple, Mental Health Outreach Specialist, NFL Alumnus, Detroit Lions*

The Importance of Helping Individuals Achieve their Personal Goals - Resources and Tools

- Debra A. Pinals, MD, Medical Director, Behavioral Health and Forensic Programs, Michigan Department of Health and Human Services

Behavioral Health Transformation Update and Breakout Discussions

- Sarah Esty, Senior Deputy Director, Policy and Planning Administration, Michigan Department of Health and Human Services

CONTINUING EDUCATION INFORMATION:

Social Workers: This pre-conference “Building Collaboration between Psychology and Law Enforcement on Violence Indicator Recognition” course (2/3/20) qualifies for a maximum of 3 Continuing Education hours. This “Annual Winter Conference” course (2/4/20-2/5/20) qualifies for a maximum of 7 Continuing Education hours. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818.

Substance Abuse Professionals: CMHA is approved by Michigan Certification Board for Addiction Professionals (MCBAP). CMHA maintains the responsibility for the program and content. Substance Abuse Professionals participating in the pre-conference “Building Collaboration between Psychology and Law Enforcement on Violence Indicator Recognition” course (2/3/20) may receive a maximum of 3 RELATED contact hours. Substance Abuse Professionals participating in the “Annual Winter Conference” course (2/4/20-2/5/20) may receive a maximum of 9 contact hours. Some “Related” workshops may meet MCBAP/IC&RC educational requirements for focused topics in addiction certification domains. It is important that attendees keep a copy of the conference program brochure containing the workshop descriptions along with their attendance record form.

Registration open for FY20 DBT Trainings

2-Day Introduction to DBT Trainings

This 2-Day introduction to DBT training is intended for persons who serve adults through CMH, CMH Service Providers, PIHP, and PIHP providers in the state of Michigan who are interested in learning the theoretical underpinnings of the treatment. It will explain what the key ingredients are in DBT that make up its empirical base. A basic overview of the original DBT skills will be covered along with how to structure and format skills training groups. This training is targeted toward those who are new to DBT with limited experience and who are looking to fulfill the pre-requisite to attend more comprehensive DBT training in the future.

Dates/Locations:

- March 30-31, 2020 – Hilton Garden Inn Lansing West | [CLICK HERE](#) for more information and to register now
- April 14-15, 2020 – Great Wolf Lodge, Traverse City | [CLICK HERE](#) for more information and to register now

Who Should Attend?

This event is sponsored by the adult mental health block grant and is *only intended for persons who serve adults through CMH, CMH Service Providers, PIHP, and PIHP providers in the state of Michigan*. This seminar contains content appropriate for medical directors, clinical directors, case workers, supports coordinators, and other practitioners at all beginning level of practice.

Training Fee:

\$125 per person. The fee includes training materials, continental breakfast and lunch for both days.

5-Day Comprehensive DBT Trainings

- This training is designed for CMH, CMH service providers, PIHP, and PIHP service provider staff who are directly responsible for delivering DBT.
- Due to the fact DBT is a comprehensive treatment that treats high-risk individuals, one's core training ought to be comprehensive as well.
- IT IS EXPECTED THAT ALL PARTICIPANTS WILL MAKE A FULL COMMITMENT TO ATTEND ALL 5 DAYS mindfully and will participate fully in discussion, role-plays and complete daily homework assignments.
- Participants are asked to bring a copy of "Cognitive Behavioral Treatment of Borderline Personality Disorder" by Marsha Linehan, PhD, with them to the training.
- COMPLETION OF A 2-DAY INTRODUCTION TO DBT TRAINING OR EQUIVALENT IS A PRE-REQUISITE FOR ATTENDING THIS TRAINING.
- This is NOT a training that teaches DBT skills. There will be very little focus on DBT skills. The majority of the focus of this training will be to help clinicians on how to conduct individual DBT sessions. If your goal is to come to this training in order to learn DBT skills, do not attend. By attending, you understand and consent to knowing this ahead of time.

Dates/Locations:

- May 18-22, 2020 – Holiday Inn Grand Rapids Airport West | [CLICK HERE](#) for more information and to register now
- June 8-12, 2020 – Park Place Hotel & Conference Center, Traverse City | [CLICK HERE](#) for more information and to register now

Who Should Attend?

This event is sponsored by the adult mental health block grant and is *only intended for persons who serve adults through CMH, CMH Service Providers, PIHP, and PIHP providers in the state of Michigan.* This seminar contains content appropriate for medical directors, clinical directors, case workers, supports coordinators, and other practitioners at all beginning level of practice.

Training Fee:

\$250 per person. Fee includes training materials, continental breakfast and lunch for 5 days.

New! Save the Date: Self-Determination Conference

This conference will broaden and deepen your understanding of the crucial elements of Self-Direction and the importance of Self-Determination in Behavioral Health. It will provide training and technical assistance on the topics of Effective Person-Centered Planning, Independent Facilitation, Supported Decision-Making, Fiscal Intermediaries, How to Structure Self-Directed Service Arrangements, Budget Development, and more. Dynamic presenters and speakers will reenergize your commitment to the principles and practice of Self-Determination!

Date & Time:

May 5, 2020
8am – 5pm

Location:

Lansing Center
333 E. Michigan Ave.

Lansing, MI 48933

Who Should Attend?:

This conference contains content tracks appropriate for all individuals who receive services, family members, case managers, supports coordinators, clinicians, CMH administrative and clinical staff, providers, HCBS and waiver coordinators, fiscal intermediaries and independent facilitators.

Registration available soon, check [CMHA website](#) for more information and updates.

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

Managing Mental Health Crisis

Program Overview:

This course is designed to provide participants with a better understanding of mental illness as it relates to law enforcement. Managing a Mental Health Crisis (MMHC) is a culmination of knowledge and skills developed by law enforcement and mental health professionals with the intention of promoting effective and high-quality responses to mental health related incidents.

Dates:

February 17–18, 2020 - Pines Behavioral Health

January 22nd – 23rd, 2020 - CNS Healthcare

March 17th – 18th, 2020 - Bay College – Joseph Heirman University Center

April 15th – 16th, 2020 - M-TEC University Center

Autism & Intellectual Developmental Disorders

Program Overview:

This course is designed to provide participants with the knowledge and skills required to provide effective, equitable service to people with intellectual and/or developmental disabilities including autism spectrum disorder. The content presented in this course is a culmination of information from a partnership of mental health and law enforcement professionals. Development and funding for this course is courtesy of The Michigan Department of Health and Human Services.

FOUR 2-Hour Sessions Available:

January 14, 2020

January 21, 2020

January 28, 2020

Training Location:

Madison Heights Police Department

For more information and to register, see training flyers [HERE](#).

New! Rural Disparities in Health and Healthcare by Race and Ethnicity

Date: Thursday, January 23, 2020

Time: 10:00 am Pacific, 11:00 am Mountain, 12:00 pm Central, 1:00 pm Eastern

Dr. Henning-Smith and Ashley Hernandez, MPH, of the University of Minnesota Rural Health Research Center will present new research on racial and ethnic disparities in health and healthcare among rural

residents. Results will include differences in county-level premature death by county racial and ethnic composition; individual-level differences in health status by race and ethnicity; and differences in healthcare access and use by race and ethnicity.

Join us on January 23rd:

Link: https://hrsa.connectsolutions.com/gateway_webinar/

Dial-in Number: 800.988.9461

Participant Passcode: 3043218

The webinar is free, no registration is required, but participation is limited to the first 200 to log-on that day. If the webinar reaches capacity, you will be able to access the recording, archived on the Gateway website.

Can't attend live? We'll be posting the presentation recording, slides, and transcript [here](#) after the presentation.

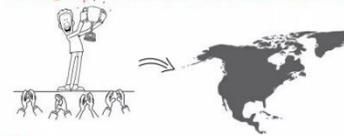
Miscellaneous News and Information:

News from Our Preferred Corporate Partners:

Abilita provides telecommunication guidance



Finding a good Telecom Consultant is difficult



There are many secrets we have learned and refined over the years as communications technology consultants. Here are our top 6 cost reduction secrets:

1. Start with the easy stuff

Sometimes there's SO MUCH to do, you don't know where to start. Start with the no brainer, slam dunk, home-run tasks: telecom bills that are largest. These have the most potential for savings and will make the biggest impact.

2. Look at the bills....and don't just assume if the bill is the same as last month, all is good!

We at Abilita normally find ourselves working in between finance and IT. Finance looks at the bills, but doesn't know what the services are for. IT doesn't look at the bills, but generally knows what the bills are for. Document what each telecom bill is for and the services received.

3. Keep contract copies

A LOT of our clients simply don't keep track of their contractual documents with their telecom providers. Having a countersigned copy of the contract is particularly rare, but necessary. Some contracts have an auto-renew clause. Make sure you keep track of contract end dates so you can negotiate better rates upon contract renewal.

4. Make sure everything is under contract

Contract rates will be lower than off-the-shelf pricing. All of your circuits and services should be included in your contract to receive the lower rates.

5. If you don't know what it is, cut it

We consistently find savings on unused and unnecessary services. We suggest you request a CSR (customer service record) to help determine the location and description and eliminate those no longer needed.

6. BUT...be careful what you cut

I realize this contradicts #5, however you will want to identify all of your circuits and Monthly Recurring Costs (MRC). One technique we use is to either unplug or have the LEC "busy out" a circuit. Then if still needed we can turn it back up in a matter of minutes.

All this can be complicated and time-consuming. That's where Abilita can help you and your staff! As leaders in the communications technology consulting industry, we average 28% savings for our clients, and there is great satisfaction in knowing your inventory is up-to-date and your pricing is as low as possible. For help on this or any other communications technology project, contact your Abilita consultant today.

You can also schedule a 10 minute phone call to explore how we can help to reduce costs at your organization. Please forward and share this email with any other interested staff.

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My profile page

myStrength: new digital behavioral health resources empower consumers to move beyond trauma



Click at left for a video overview of the new Moving Beyond Trauma program

Trauma is incredibly common. Approximately 90% of U.S. adults have experienced at least one traumatic event in their lives, which can adversely affect emotional well-being and interfere with relationships, work and overall quality of life. Expanding on our diverse whole-person resources, Livongo for Behavioral Health by myStrength is pleased to announce new, digital tools to help individuals Move Beyond Trauma. Leveraging gold-standard, evidence-based approaches including cognitive behavioral therapy (CBT) and mindfulness, these web and mobile resources:
Address a wide range of trauma types from military deployment and assault, to natural disasters, accidents and other traumatic events

Empower individuals to manage discomfort and distress with actionable, in-the-moment coping skills to manage their daily symptoms

Normalize thoughts, feelings and experiences to help consumers understand that there is a way forward that has been proven to work for so many others

Complement Livongo's whole-person platform, which addresses chronic physical and behavioral health conditions including diabetes, stress, hypertension, and more

[Request a Demo](#)

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.

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:

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