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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:

New! Lifeways receives full CARF accreditation

Recently Lifeways CMH received word that the organization received full accreditation from CARF – one of the nation’s leading provider accreditation bodies. Excerpts from the accreditation letter are provided below. Congratulations to Lifeways.

It is my pleasure to inform you that LifeWays has been issued CARF accreditation based on its recent survey. The Three-Year Accreditation applies to the following program(s)/service(s):

- Assessment and Referral: Mental Health (Adults)
- Assessment and Referral: Mental Health (Children and Adolescents)
- Case Management/Services Coordination: Mental Health (Adults)
- Case Management/Services Coordination: Mental Health (Children and Adolescents)
- Crisis Intervention: Mental Health (Adults)
- Crisis Intervention: Mental Health (Children and Adolescents)
- Integrated Behavioral Health/Primary Care: Comprehensive Care (Adults) Network
- Outpatient Treatment: Mental Health (Adults)
- Outpatient Treatment: Mental Health (Children and Adolescents)

This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of the persons served. Services, personnel, and documentation clearly indicate an established pattern of conformance to standards.

Please note that the enclosed accreditation report identifies no recommendations. This accomplishment is achieved on only 3 percent of CARF surveys.

Your organization should take pride in achieving this high level of accreditation. CARF will recognize this accomplishment in its listing of organizations with accreditation and encourages your organization to make its accreditation known throughout the community.

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 additional public forum on system design – Northern 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 is hosting six forums in early 2020, including five 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 our **virtual forum** on February 6 [here](#)

An additional public forum has now been scheduled at Kirtland Community College in Grayling, Michigan on Friday, February 21 from 2:30pm-4:00pm. Individuals can register and submit questions in advance at [this link](#). Registration is encouraged for our planning purposes but not required.

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! MDHHS seeking comments on proposed HCBS policy

MDHHS recently issued a draft policy revising the segments of the state's Medicaid plan that impact the Home and Community Based Services (HCBS) program. MDHHS is seeking public comment on this proposed policy.

The proposed policy can be found [here](#).

Mail or e-mail comments to:

Morgan VanDenBerg
Bureau of Community Based Services
Behavioral Health and Developmental Disabilities Administration Lewis Cass Building
320 S. Walnut Street
Lansing, Michigan 48913

E-mail Address: vandenbergm@michigan.gov

New! More and More Americans Are Dying by Suicide. What Are We Missing?

Below are excerpts from a recent news story on the rising suicide rate in the United States. It underscores the growing recognition that societal and economic factors are key contributors to the nation's suicide rate.

[Numbers released Thursday from the Centers for Disease Control and Prevention](#) show 48,344 people died by suicide in 2018, up from 47,173 the year before. While the increase was small, just two-tenths of a percent, the rise in deaths over time has been steady. Since 1999, the suicide rate has climbed 35%.

Death rates in 2018 increased for only two of the 10 leading causes of death: suicide and influenza/pneumonia.

"I was 100% unsurprised," said April Foreman, a clinician and board member at the American Association of Suicidology, noting systems of science and care have remained static. "That's not acceptable. We need to start treating these deaths seriously and respecting these survivors by upping our game in public health."

Suicide is the nation's 10th-leading cause of death, with 14.2 deaths per 100,000 people, though that rate alone belies the scope of the problem. While thousands of people die by suicide each year, millions think about it.

In 2017, 10.6 million American adults seriously thought about suicide, 3.2 million made a plan, and 1.4 million attempted it, [according to the CDC](#).

Despite more awareness and less stigma around suicide, theories about the intransigent death rate abound.

Some suspect a [lack of funding](#) is to blame. Money to research and combat suicide continues to lag behind other leading killers. The National Institutes of Health, the largest public funder of biomedical research in the world, [spent \\$103 million on suicide and suicide prevention in 2017](#). It spent \$689 million that year studying breast cancer, which killed only a few thousand more people. In 2018, spending on suicide increased to \$147 million.

It's impossible to solve a problem, suicide experts say, when it is not well understood.

"We've tried a lot of things, including telling everybody to just magically know the signs and care more. I don't think that's going to work," Foreman said. "We haven't tried ... spending at the scale of the problem, and since we have tried it with other diseases and it's worked, there's no reason to not try it."

Others say there's reticence in the suicide prevention community to admit that some of the most promising interventions may not work on a broad scale and that suicide's intractability is a sign it's time to go back to the drawing board.

"It's demonstrating that everything we've been doing, all the repeating of the same things over and over, it's not working," said Dese'Rae L. Stage, a suicide survivor and founder of [Live Through This](#), a project that amplifies the voices of people who've survived suicide attempts. "If our whole goal is to help people, then we need to help people, and that requires a little bit of critical self-reflection on ourselves and on the field."

Some experts say reducing the suicide rate won't occur without examining the environments people live in or larger societal ills, such as economic insecurity and discrimination that may drive people to despair. Survivors agree.

"It's not like someone is just broken," Stage said. "There are all these things that happen in their life that break them. Abuse, poverty, homophobia, marginalization. Are we too focused on the individual and not enough on the systemic causes of suicide?"

For example, a study published this month in the Journal of Epidemiology and Community Health found that [increasing the minimum wage](#) by \$1 could reduce the suicide rate among workers with a high school degree or less, especially when unemployment rates are higher. Being unemployed or living in poverty can increase the risk of suicide, according to the CDC.

This month, the American Foundation for Suicide Prevention announced it had moved into "[Phase II of Project 2025](#)," which aims to reduce the suicide rate by 20% over 10 years. The plan is focused on four areas: firearms, health care systems, emergency departments and corrections systems.

If successful, it would reduce the suicide rate to its lowest level in 30 years.

"If you look at the history of suicide prevention, you will see several similar movements in the past where they say, 'We want to reduce this rate by so much by this time,'" Foreman said. "I think that's the right goal, but I don't see us absolutely insisting for the ... changes that we would need to get there."

New! CHCS blog: The Importance of Integrated Care Models that Address Medical, Behavioral, and Social Health Needs

Below are excerpts from the Center for Health Care Studies (CHCS), one of the nation's leading resources on health care innovation, on the impact of clinically integrated efforts.

Years ago, when I worked as a certified nurse-midwife in a federally qualified health center in the South Bronx in New York City, I worried: Was I actually helping the women that I cared for?

While I provided prenatal, gynecological, and primary care, I often felt I was just scratching the surface of what patients really needed. I prescribed antibiotics for the woman with a urinary tract infection, but what about that black eye? For the 16-year-old pregnant teen, I could make sure her baby's heart rate was normal, but she was living in a shelter because her family had kicked her out. To ignore the "non-medical" issues that profoundly affected my patients' health made me feel like I was applying band-aids to gaping wounds. We could refer some patients for behavioral health and social services, but access was inadequate, and care was siloed and uncoordinated.

The care we provided was, by traditional medical standards, high quality, but it was not truly person-centered.

This new blog post by Karla Silverman, MS, RN, CNM, senior clinical officer at the Center for Health Care Strategies (CHCS), relates her first-hand experiences as a nurse-midwife to explore the need and opportunities for a different care model — a reimagined approach where clinicians work together with the people they care for to fully understand their health needs. The post outlines creative solutions for rethinking complex care being tested by eight organizations participating in Advancing Integrated Models, a new CHCS initiative made possible through support from the Robert Wood Johnson Foundation.

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

New! NPR Life Kit podcast episode: How to Start Therapy

National Public Radio has, for the past several years, produced a podcast series, “Life Kit” that addresses a wide range of quality of life issues. A recent podcast on how all of us can make the best use of psychotherapy is excerpted below.

Feeling anxious? Overwhelmed? Unhappy? Not sure what you're feeling at all? These might be signs that your "check engine" light is on and seeing a therapist could help. If the mere thought of trying to find help seems overwhelming, you're not alone. Plenty of people put off seeking treatment or try to ignore symptoms because mental health is often easier to brush off as not urgent.

"We feel like there's a hierarchy of pain, and if our problem doesn't feel big enough, we wait until we're basically having the equivalent of an emotional heart attack before somebody will make that call," says Lori Gottlieb, a psychotherapist, [advice columnist](#) and author of the book *Maybe You Should Talk to Someone*.

Explore Life Kit

This story is adapted from an episode of *Life Kit*, NPR's podcast with tools to help you get it together. Listen to the podcast at the top of the page, or find it [here](#).

On top of that, the process of researching and scheduling that first appointment can be an emotional burden on its own — but procrastinating often allows the problem to grow. If you wait until things get really bad, [the harder it will be to address](#).

We've got four tips to help you make therapy work for you. Be sure to listen to the *Life Kit* episode "[How To Start Therapy](#)" for more advice from experts who know that this is more than just making a phone call. If it were that easy, you'd have done it already!

Additional information on this podcast can be found [here](#).

New! Well Being Trust offers mental health resources

Recently, the work of the Well Being Trust has been highlighted in the popular mental health press. This Trust provides a wide range of resources, accessible to the full mental health community. Below is an excerpt from a description of the Well Being Trust.

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well in mental, social and spiritual health.

Launched by Providence St. Joseph Health in 2016 as an independent 501(c)(3) public charity with an initial seed endowment of \$100 million plus an additional \$30 million to be invested in California from 2017 to 2019, Well Being Trust is now investing in approaches that have the potential to model the way forward. Well Being Trust was created to advance clinical, community and cultural change...*to transform the health of the nation and improve well-being for everyone.*

We recognize that this work cannot have the needed impact if it is driven by any one organization. It needs to be co-owned by all of us and informed by the wisdom of people, organizations, and communities. With partners and grantees, we are supporting and encouraging a powerful movement that benefits everyone.

2018 was momentous: We worked with leaders across the country—ReThink Health, Dr. Vivek Murthy, IP3, Community Initiatives, and scores of others—in the development of a shared agenda through the [Well Being Legacy](#) initiative. This community strategy—which is being advanced via a growing partnership of more than 50 local communities and national organizations—connects leaders across a multitude of sectors, creating complementary benefits for the built environment, for racial equity, for food justice, for improved child development—all of which will promote well-being for all.

2018 was momentous: We increased the impact of our policy and advocacy work to advance transformative policies. We engaged governmental structures at all levels by leveraging grantees, partners, and thought leaders—Bipartisan Policy Center, Hopelab, United States of Care, Trust for America's Health, Kennedy Forum and others—and increased support for a well-being agenda. We increased the evidence- and advocacy-base for mental health parity and improving access to and standards for mental health treatment—to solve the deaths of despair and prevent future similar epidemics.

2018 was momentous: We advanced the national conversation that normalizes addressing mental health and substance misuse and supported enhanced social engagement with youth at the point of their lives where there is the greatest opportunity for impact. This work engages millions through social dialogue, media partnerships, and networks—and we supported youth as peer advocates to help them turn to one another.

In 2019, we plan to seize on this momentum, accelerate change, transcend silos and divisions, and ensure everyone can thrive.

Learn more about Well Being Trust [here](#).

State Legislative Update:

New! Governor Delivers the State of the State

On Wednesday evening, Governor Gretchen Whitmer delivered her second State of the State address. Below please find links to the full text of her address and to several Fact Sheets that expand on her comments. We will continue to provide you with additional information and analysis, including a response from Republican legislative leaders that is expected later this morning.

The Governor's address was shorter than is typical and focused primarily on executive actions that she will take rather than on proposed joint efforts with the state Legislature.

Highlights of the Governor's address:

- The Governor will immediately ask the State Transportation Commission to issue bonds (\$3.5 billion over 5 years) for road and bridge repair on "the worst of our most highly traveled state roads" but still calls upon the Legislature to "come up with a real, long term solution to fix the roads".
 - The Governor is instructing the Michigan Department of Labor and Economic Opportunity to expand the right to overtime pay to "tens of thousands" of Michigan workers. She will also be focusing on a crackdown on payroll fraud.
 - The Governor will expand access to pre-kindergarten and early literacy programs for children. She also urged final passage of bipartisan legislation creating Michigan ReConnect, a program to provide tuition free skills training and degree programs for adults.
 - The Governor calls for enactment of state legislation mirroring the federal Affordable Care Act, to codify in state law provisions such as protecting patients with pre-existing conditions and prohibiting discrimination by insurers.
 - The Governor will create a bipartisan Prescription Drug Task Force to focus on pricing transparency and on lowering prescription drug costs.
 - The Governor will initiate a number of initiatives to improve maternal and child health. These include an upcoming budget proposal to increase access for Medicaid services to low income mothers, such as expanding postpartum care for one year, expanding access to substance disorder services and mental health services and expanding home visiting programs.
- https://www.michigan.gov/documents/whitmer/3RD_GRADE_FINAL_1_679737_7.pdf
 - https://www.michigan.gov/documents/whitmer/CHILD_CARE_FINAL_679739_7.pdf
 - https://www.michigan.gov/documents/whitmer/HEALTHY_MOMS_FINAL_679740_7.pdf
 - https://www.michigan.gov/documents/whitmer/POST_SECONDARY_FINAL_679741_7.pdf
 - https://www.michigan.gov/documents/whitmer/PROTECTING_HEALTH_CARE_FINAL_679742_7.pdf
 - https://www.michigan.gov/documents/whitmer/REBUILDING_MICHIGAN_FINAL_679743_7.pdf
 - https://www.michigan.gov/documents/whitmer/RX_FINAL_679745_7.pdf

Federal Update:

\$200 million in CCBHC Expansion Grants Now Available Nationwide

Community Mental Health entities across the nation are now eligible to apply for Certified Community Behavioral Health Clinic (CCBHC) Expansion Grants, under a funding opportunity announcement released this week by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The National Council has long advocated for increased funding for the grant program. They have also been a forceful advocate for expansion of CCBHCs to all 50 states. Not only does the \$200 million

SAMHSA will make available this year represent a \$50 million increase from 2019, the funding is now available to clinics nationwide – an important step toward expanding the CCBHC model across the country.

The CCBHC program supports clinics in expanding access to a comprehensive array of mental health and addiction services in community-based settings, while improving their ability to coordinate care with other health system partners and collect and report on quality metrics.

Clinics applying for Expansion Grants are eligible for two-year grants of up to \$2 million per year. Organizations in all 50 states may apply for grants, though priority will be given to clinics in the 24 states that received CCBHC planning grants in 2016.

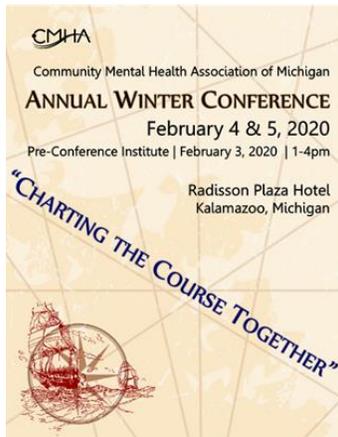
The National Council will host an informational call to provide more details about CCBHC status, training opportunities and lessons learned from prior cohorts. Stay tuned for more details and registration information.

SAMHSA has established a March 10 deadline for grant applications. Read the official SAMHSA [announcement](#) for more information on the program requirements.

Our website includes more information on [CCBHCs](#), which remain among the National Council’s highest priorities.

Education Opportunities:

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

Online registration is now closed, but onsite registration is available.

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 Motivational Interviewing College regional trainings

Registration is now open for the FY20 Motivational Interviewing College regional trainings which includes Basic, Advanced, Supervisory, and the TNT course: Teaching Motivational Interviewing! [For more information and to register now, click the links below.](#)

This event is sponsored by the adult mental health block grant and is intended for persons who serve adults only through the mental health and substance abuse provider network in the state of Michigan. It contains content appropriate for CEOs, COOs, clinical directors, supervisors, case managers, support coordinators, therapists, crisis workers, peer support specialists and any other practitioners at the beginning, advanced and supervisory levels of practice.

Dates/Locations:

February – DoubleTree Grand Rapids - Airport

Basic: [Monday & Tuesday, Feb. 24-25, 2020](#)

Advanced: [Monday & Tuesday, Feb. 24-25, 2020](#)

Supervisory: [Tuesday, Feb. 25, 2020](#)

April – DoubleTree Detroit – Dearborn

Basic: [Monday & Tuesday, April 20-21, 2020](#)

Advanced: [Monday & Tuesday, April 20-21, 2020](#)

Supervisory: [Tuesday, April 21, 2020](#)

Teaching MI: [Wednesday & Thursday, April 22-23, 2020](#)

July – Hotel Indigo, Traverse City

Basic: [Monday & Tuesday, July 20-21, 2020](#)

Advanced: [Monday & Tuesday, July 20-21, 2020](#)

Supervisory: [Tuesday, July 21, 2020](#)

Times:

Registration starts at 8:30am & the training will run from 9:00am-4:15pm for all trainings.

Training Fees:

\$125 per person for all 2-day trainings / \$69 per person for the 1-day Supervisory training. The fee includes training materials, continental breakfast and lunch each day.

Be sure to register as soon as possible, training space is limited and will fill up quickly!

Please be sure you're clicking on the correct registration link in the brochure for the date/location you want; unfortunately, full refunds cannot be made when registering for the incorrect date.

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.

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
Lansing, MI 48933

Location:

Lansing Center
333 E. Michigan Ave.

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](#).

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 "bushy 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.

Dan Aylward
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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:

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
Dana Ferguson, Senior Accounting Specialist, dferguson@cmham.org
Janessa Nichols, Accounting Assistant, jnichols@cmham.org
Anne Wilson, Training and Meeting Planner, awilson@mham.org
Chris Lincoln, Training and Meeting Planner, clincoln@cmham.org
Carly Sanford, Training and Meeting Planner, csanford@cmham.org
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