

## Contents:

CMH Association and Member Activities:.....	2
Alan Bolter named one of the top association lobbyists in the state .....	2
Wakefield event addresses stigma of mental health, disabilities .....	2
Hundreds participate in 3rd annual Walk-a-Mile.....	4
Don't Forget About the 2019 PAC Campaign .....	5
CMHA Committee Schedules, Membership, Minutes, and Information .....	5
News from Our Preferred Corporate Partners:.....	6
Relias Highlights Recent Posts for Children's Services Providers .....	6
myStrength: Fostering Mindfulness-Based Resilience Among Consumer & Staff Populations .....	6
State and National Developments and Resources: .....	6
Resources available to raise awareness about suicide prevention.....	6
Director of Michigan Bureau of Hospitals and Administrative Operations to step down .....	7
MDHHS appoints new director of aging services .....	7
State of the States in Intellectual and Developmental Disabilities Project announces updated report.....	8
More Michigan households in fiscal distress .....	9
How Understanding Trauma Can Strengthen Health Care Organizations: A Q&A with Sandra Bloom.....	9
State Legislative Update:.....	10
Governor Signs Auto No-Fault Bill .....	10
Federal Update:.....	11
Bipartisan Bill Introduced to Train More Doctors to Combat Opioid Epidemic.....	11
Sen. Warren, Rep. Kennedy Reintroduce Bill to Strengthen Parity .....	12
Education Opportunities: .....	13
Improving Outcomes Conference – June 6 & 7, 2019 – Traverse City .....	13
Required for Licensure Renewal: Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings.....	13
Earlybird Deadline Extended to Monday, June 3, 2019 - CMHA Annual Spring Conference .....	13
Free Webinar: Tobacco Free Policies and Interventions in Behavioral Health Care Settings .....	15
11 <sup>th</sup> Annual Anti-Stigma Event Day – July 25, 2019 at LCC Downtown .....	16
Dialectical Behavior Therapy (DBT) Trainings for 2018/2019 .....	16

# CMHA WEEKLY UPDATE

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Implementation of Integrated Dual Disorder Treatment (IDDT) and Co-Occurring Evidence-Based Practices Annual Trainings for 2018/2019 .....	16
Motivational Interviewing College Trainings for 2018/2019 .....	17
Co-Occurring College Save-the-Date!.....	17
Individualized Service Plans Using the ASAM Criteria and Motivational Interviewing Trainings .....	17
20 <sup>th</sup> Annual Substance Use Disorder and Co-Occurring Disorder Conference Save-the-Date! .....	18
45th Annual National Association for Rural Mental Health Conference .....	18
Miscellaneous News and Information: .....	19
Job Opportunity: Healthy Transitions Youth/Young Adult Peer Coordinator at ACMH.....	19
CMH Association’s Officers and Staff Contact Information: .....	19
CMHA Officers Contact Information: .....	19
CMHA Staff Contact Information: .....	19

## CMH Association and Member Activities:

### Alan Bolter named one of the top association lobbyists in the state

The CMH Association’s Associate Director, Alan Bolter, was recognized, this week, as one of the most effective association lobbyists in the state. The Michigan Insider’s Survey, released by MIRS on May 29, found Alan tied for fourth place among all of the state association lobbyists. MIRS, the sponsor of the survey is a Lansing-based report detailing news and activities for the legislative, judicial and executive branches of Michigan’s state government and first began the survey in 2005.

The survey included responses from 520 legislators, lobbyists, staff members and other insiders in and around Lansing.

This recognition is well deserved and underscores the powerful advocacy that Alan has done, for years, and continues to do on behalf of the CMH Association’s members. Congratulations to Alan.

### Wakefield event addresses stigma of mental health, disabilities

Below is an excerpt from the press coverage of the successful Walk-a-Mile event, sponsored by Gogebic Community Mental Health. Congratulations to Gogebic CMH for another successful Walk-a-Mile event.

Participants helped stomp out the stigma of disorders during the eighth annual 'Walk a Mile in my Shoes' event in Wakefield on Wednesday.

Gogebic Community Mental Health Authority aimed to "stomp out stigma" during its eighth annual Walk a Mile in My Shoes event at Wakefield VFW Wednesday.

Missy Lane, the chairperson for community mental health's anti-stigma committee, said the purpose of the event is to provide education and bring awareness to the community.

"We want everybody to be treated equal," she said.

## CMHA WEEKLY UPDATE

The actual walk is more "symbolic" and Lane said not everyone chooses to go.

"It's not around the lake like a lot of people think," she said.



During the walk, banners were hoisted and ladies from Greenbush Assisted Living sported colorful tutus. Local high school students helped serve lunch when the walk was completed.

Guest speaker Jackson Sturkol said he experienced numerous obstacles growing up with autism and had difficulty with day-to-day tasks such as handwriting and tying his shoes.



Sturkol admits he may not have been the easiest child to raise. He thanks his parents for taking the time and effort to help him "smash through the barriers." "They gave me the skills and knowledge that will help me through the rest of my lifetime," he said.

At 22, Sturkol is searching for a potential career and said he wants to move out of his parents house in the next few years.

Sturkol said there is a lot of stigma against people with disabilities and mental illnesses. He feels the negative perception towards people's differences needs to change.



"Some people like saying the 'R-word' all the time," he said. "I don't really believe that's an appropriate term to use because that denigrates against people like us."

Sturkol said events like Wednesday's walk are "awesome" because they raise awareness about mental illnesses.

He said he can't describe the word of thanks he has for Lane. "I believe Missy put together a wonderful event here," he said.

Sturkol said he believes education is the key to stopping the stigma.

"If people are willing to take the time to learn more about this," he said. "I believe us as a society will be better in the long run."

## **CMHA WEEKLY UPDATE**

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Tim Kangas, CEO of NorthCare Network, said breaking through the stigma requires people to be exposed and educated concerning the differences between people.

"It's beautiful that the community comes out to support this," he said.

Kangas acknowledged that more support is needed to help people who work "tirelessly" with individuals and families with disabilities.

He said the system doesn't always work and he takes responsibility for that.

"That's why I took this job," Kangas said, "because I care and I know we can do better."

The full article can be found at: <https://www.yourdailyglobe.com/story/2019/05/16/news/wakefield-event-addresses-stigma-of-mental-health-disabilities/12153.html>

### **Hundreds participate in 3rd annual Walk-a-Mile**

Below is an excerpt from a news story on the Walk-a-Mile rally sponsored by Pathways Community Mental Health. Congratulations to Pathways for another successful Walk-a-Mile event.

Thursday at Marquette Commons, Pathways Community Mental Health hosted the Third Annual Walk-a-Mile in my shoes rally to eliminate stigma surrounding mental illness, in addition to educating the community on this matter.



"This is just really about celebrating the folks that we have in our community, and showing our support and making sure that they know that they are people out there that care," said Pathways Clinical Supervisor Ashley Jenema.

A number of speakers came to the podium to share their battle with mental illness. One in particular describes this time as one of the darkest periods of her life.

"I've been going to therapy at Pathways for more than one year now, and my therapist nominated me to be one of the speakers today to share my story and my own personal struggles," said Lorissa Juntti.

When Juntti should've been excited to walk across her high school's stage, she found herself battling with demons inside her head.

"I struggled with an addiction to medications, I was self-harming and I was struggling with an eating disorder, which all led up to a suicide attempt my senior year of high school," she explained. No one expected this behavior from her because she was very involved in high and graduated as the salutatorian of her class.

Yet, after her own personal experience, Juntti wants people to know mental illness doesn't discriminate.

"I feel like a lot of my teachers overlooked it because it was so well-hidden and I don't blame them at all, and that's why I want to be here to show that there's so much more underlying issues, a lot of the times," said Juntti.

Event organizers want people to feel support not only from Juntti's story but from the community as well.

"I think the best thing for us is to actually see all the faces of our clients," said event chair Brenda Stacey. "We see people one-on-one, we see people in small groups, but today we're going to see all the people we serve. It's kind of like a family reunion, that's what it feels like."

The motivational speaker hopes to serve as an inspiration for others battling with mental health. In the meantime, she will continue going to therapy until she completes her race.

The full article can be found at:

<https://www.uppermichiganssource.com/content/news/Hundreds-participate-in-3rd-annual-Walk-a-Mile-510041421.html>

### **Don't Forget About the 2019 PAC Campaign**

Earlier this year we announced our 2019 CMH PAC campaign. We must increase our participation, last year we only had 15 boards participate in our PAC campaign. Please take some time over the next couple of board meetings to encourage your board and staff to participate in our 2019 PAC efforts. As you know, our CMH PAC is a key component to our overall advocacy efforts – the need to upgrade our PAC is greater today than ever before.

For those members who qualify for the drawing for the Tiger game suite (minimum 6 contributions per agency), this year's game is on Sunday, July 21 at 1:10pm vs. Toronto Blue Jays. Members should forward the results of their campaign and donations **to the CMHA office by June 28, 2019** in order to be in the drawing for the Tiger tickets if eligible.

**Make checks payable to: CMH PAC ~ 426. S. Walnut St. ~ Lansing, MI 48933 (no corporate checks, please).** Thank you. Please feel free to contact Bob or Alan with any questions.

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

## News from Our Preferred Corporate Partners:

### Relias Highlights Recent Posts for Children's Services Providers

Below is a recent announcement from Relias, a longtime Preferred Corporate Partner of CMHA: The past two months we've been focusing on children's issues and celebrating providers through awareness themes like Child Abuse Prevention Month, Children's Mental Health Awareness Day, and Foster Care Month.

We post a variety of topics every month on different issues impacting human services providers, healthcare in general, and workforce development for managers. Here are a few of the recent posts focused on children's services that you may have missed (don't worry, they're still there!):

[https://www.relias.com/blog?utm\\_source=marketo&utm\\_medium=email&utm\\_campaign=eb\\_2019-05-15\\_hhs-blog-roundup\\_childrens-mental-health&mkt\\_tok=eyJpIjoiTWpkaVpXRTRabVZoWkRRoSIsInQiOiJqdZJEYWFTY1U3NWVWMkRLNTBHZzFXNTZyMVZuU3IWT29abG5jcGZJeVIVVjg1Zm1ZZGdHbnljT3NocmZNXmdXN0psZzVZM0s5Z3VTQkVDejNPRTF4cFwvck9XcnFGdDdBelgySTRTdFUxUURFSW1Hb0o4cmp6NDR1QjhFeG5Ub20ifQ%3D%3D](https://www.relias.com/blog?utm_source=marketo&utm_medium=email&utm_campaign=eb_2019-05-15_hhs-blog-roundup_childrens-mental-health&mkt_tok=eyJpIjoiTWpkaVpXRTRabVZoWkRRoSIsInQiOiJqdZJEYWFTY1U3NWVWMkRLNTBHZzFXNTZyMVZuU3IWT29abG5jcGZJeVIVVjg1Zm1ZZGdHbnljT3NocmZNXmdXN0psZzVZM0s5Z3VTQkVDejNPRTF4cFwvck9XcnFGdDdBelgySTRTdFUxUURFSW1Hb0o4cmp6NDR1QjhFeG5Ub20ifQ%3D%3D)

- 16 Ways to Stop Burnout Among Children's Services Providers
- April is Child Abuse Prevention Month
- Spotlight on Children's Mental Health Awareness Day

Thanks for the work you and your staff do every day to improve the lives of those you serve.

### myStrength: Fostering Mindfulness-Based Resilience Among Consumer & Staff Populations

Work, money and health concerns rank as the top 3 stressors for American adults today. Research finds 63% of people report significant impact to their behavioral health comes from on-the-job stress, while 80% of individuals report functional impairment related to their depression.

Employers and providers can use resiliency-building mindfulness tools to not only reduce care costs, increase productivity, and reduce missed work, but also help individuals:

- Diminish anxiety, stress, chronic pain and insomnia symptoms
- Improve heart health and reduce blood pressure
- Feel more satisfied in life and at work through more purpose and commitment
- More effectively deal with adversity
- Form more successful relationships with others

[Click Here to Request a Demo](#)

myStrength's digital Mindfulness and Meditation program offers evidence-based resources for consumers and staff, including diverse approaches that accommodate any schedule and lifestyle. And since even a quick 60-second activity can open the door to the benefits of mindfulness, these activities can be convenient to work into a daily routine. They also complement myStrength's self-care programs for stress, anxiety, depression, substance use (including opioid recovery), chronic pain, insomnia, and balancing intense emotions to offer a single, integrated platform that addresses a range of behavioral health conditions.

## State and National Developments and Resources:

### Resources available to raise awareness about suicide prevention

Below is a recent announcement, from MDHHS, highlighting the availability of a range of suicide prevention resources.

The Michigan Department of Health and Human Services (MDHHS) urges Michigan residents to know the warning signs and resources available to prevent suicide. In 2017, suicide was the second leading cause of death in Michigan for ages 15-34.

“Learning the warning signs of suicide can help raise awareness about suicide prevention and provide loved ones with the proper help,” said Robert Gordon, MDHHS director. “Talking with family, friends and neighbors about this important topic is essential as we try to get help to those who need it.”

Warning signs for those at risk of suicide include:

- Feelings of hopelessness.
- Threatening to or talking about wanting to hurt oneself.
- Loss of interest in activities.
- Withdrawal from friends and family.
- Change in eating and sleeping habits.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Displaying extreme mood swings.
- Looking for a way to kill oneself.

The recently updated MDHHS Suicide Prevention website has a variety of resources and information for individuals who are having thoughts of suicide or know a loved one who is in crisis. These resources include a communications toolkit, a county map of coalitions and crisis lines, fact sheets, trainings and information about the Suicide Prevention Lifeline.

If you are in a crisis, or know someone who needs help, contact the National Suicide Prevention Lifeline at 800-273-TALK (8255). If you are interested in getting involved in suicide prevention, visit [https://www.michigan.gov/mdhhs/0,5885,7-339-71548\\_54879\\_54882\\_91271---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271---,00.html) to find out more about local suicide prevention coalitions across the state.

### **Director of Michigan Bureau of Hospitals and Administrative Operations to step down**

Cynthia Kelly, the Director of the Bureau of Hospitals and Administrative Operations within the Behavioral Health and Developmental Disabilities Administration of MDHHS has recently announced that she will be retiring on May 31, 2019. to step down. Cindy leaves a strong legacy of service to the public mental health system, the last nineteen years in the Hospital Bureau.

We wish Cindy the best in the next chapter of her life.

### **MDHHS appoints new director of aging services**

Below is an excerpt from a recent announcement of the appointment of Alexis Travis as the new executive director of the Aging & Adult Services Agency at the Michigan Department of Health and Human Services



The Michigan Department of Health and Human Services has announced its new deputy director for Aging & Adult Services.

Alexis Travis, Ph.D., has been named executive director of the Aging & Adult Services Agency at the Michigan Department of Health and Human Services, MDHHS Director Robert Gordon announced. Travis begins her new job June 3.

Travis came to MDHHS in 2018 after working in public and private health care organizations in Massachusetts. As director of the MDHHS Bureau of Health and Wellness, she has managed the Division of Chronic Disease and Injury Control.

“Dr. Travis has excelled as director of the Bureau of Health and Wellness,” Gordon said. “Her accomplishments have included working with internal and external stakeholders to develop a state dementia plan and establishing a state-level public health workgroup on healthy aging. I am confident she will help the department make further progress in providing services to Michigan’s 2 million older adults while treating them with dignity and respect and providing them with the opportunity to live where they want to live and be free of elder abuse.”

She previously worked as chief of community health for the Worcester Department of Health and Human Services in Massachusetts, where she worked effectively with vulnerable populations and diverse community stakeholders – including older adults and people with disabilities. Earlier in her career she was a payer operations manager for Athena Health, and chapter director of program services and state director of program services for March of Dimes New England.

She holds a doctorate in public health, specializing in community health education and promotion, from Walden University in Minnesota; a master’s degree of pharmacy from the University of Bradford in the United Kingdom; and was a participant in the Socrates/Erasmus Student Exchange Program at the University of Salamanca in Spain.

Travis will report to Dr. Joneigh Khaldun, chief deputy director for health. Scott Wamsley, who has been acting executive director of the Aging & Adult Services Agency, will return to his previous position as deputy director of that agency.

### **State of the States in Intellectual and Developmental Disabilities Project announces updated report**

Below is the opening page of the updated State of the States in Intellectual and Developmental Disabilities Project, hosted and operated by the University of Colorado. This project provides national and state-specific information on the work of states in serving persons with intellectual and developmental disabilities.

Welcome to the website for the State of the States in Intellectual and Developmental Disabilities Project, administered by the University of Colorado. The Project is funded by the Administration on Intellectual and Developmental Disabilities, U.S. Department of Health and Human Services, and by the University of Colorado School of Medicine, Department of Psychiatry.



You can access nationwide longitudinal financial and programmatic trends in intellectual and developmental disabilities services by going to State Profiles and Create a Chart. The data base is found at: <http://www.stateofthestates.org/>

Our recent publication, The State of the States in Intellectual and Developmental Disabilities: 2017, 11th Edition, is now published by the American Association on Intellectual and Developmental Disabilities (AAIDD). Contact us ( <http://www.stateofthestates.org/contact-us> ) for more information about obtaining a copy of the new publication.

### **More Michigan households in fiscal distress**

Below is a recent announcement from the Michigan Association of United Ways, as part of its ALICE initiative, regarding the number of Michigan households in financial distress.

"In Michigan, 1,664,606 households — 43 percent — could not afford basic needs such as housing, child care, food, transportation, health care and technology in 2017," reports the Michigan Association of United Ways. "Despite overall improvement in employment and gains in median income, the economic recovery in Michigan has been uneven. Many ALICE households continue to face challenges from low wages, reduced work hours, depleted savings, and increasing costs. The total number of Michigan households that cannot afford basic needs increased 6 percent from 2010 to 2017."

See an interactive map at: <https://www.unitedforalice.org/michigan>

See county-specific reports at:

[https://www.dropbox.com/s/l22bnlaqlz1wv/19ALICE\\_Report\\_CountyPages\\_MI\\_2.15.19.pdf?dl=0](https://www.dropbox.com/s/l22bnlaqlz1wv/19ALICE_Report_CountyPages_MI_2.15.19.pdf?dl=0)

See the full report at:

[https://www.dropbox.com/s/r95yj3hdy8thhb/19ALICE\\_Report\\_MI\\_Refresh\\_02.26.19b\\_Final\\_Lowres.pdf?dl=0](https://www.dropbox.com/s/r95yj3hdy8thhb/19ALICE_Report_MI_Refresh_02.26.19b_Final_Lowres.pdf?dl=0)

### **How Understanding Trauma Can Strengthen Health Care Organizations: A Q&A with Sandra Bloom**

Below is an excerpt from a recent discussion, by the Centers for Health Care Strategies, on trauma and healthcare.

Knowledge regarding the impact of trauma on individual health and behavior has become more mainstream in health care over the last several years. However, the effects of trauma on groups, organizations, and entire systems of care, are not as widely understood. The Center for Health Care Strategies (CHCS) recently spoke with Sandra Bloom, MD, associate professor of health management and policy at Drexel University's Dornsife School of Public Health and co-founder of the Sanctuary Model, to better understand how trauma impacts health care organizations, including the patients and staff that make up those organizations, and how organizations can address trauma and get started with trauma-informed care.

Dr. Bloom has built her career around helping organizations change their culture and practices to embody trauma-informed care principles. She recently served as an advisor for Advancing Trauma-Informed Care, an initiative led by CHCS through support from the Robert Wood Johnson

Foundation that sought to uncover how trauma-informed approaches can be practically implemented throughout the health care sector.

The full article can be found at:

[https://www.chcs.org/how-understanding-trauma-can-strengthen-health-care-organizations-a-qa-with-sandra-bloom/?utm\\_source=CHCS+Email+Updates&utm\\_campaign=466a70f6f7-Sandy+Bloom+Q%26A+CHCS+-+05%2F28%2F19&utm\\_medium=email&utm\\_term=0\\_bbc451bf-466a70f6f7-152144421](https://www.chcs.org/how-understanding-trauma-can-strengthen-health-care-organizations-a-qa-with-sandra-bloom/?utm_source=CHCS+Email+Updates&utm_campaign=466a70f6f7-Sandy+Bloom+Q%26A+CHCS+-+05%2F28%2F19&utm_medium=email&utm_term=0_bbc451bf-466a70f6f7-152144421)

## State Legislative Update:

### Governor Signs Auto No-Fault Bill

Gov. Gretchen Whitmer signed historic no-fault auto insurance reform legislation Thursday on the porch of the Grand Hotel during this week's Mackinac Policy Conference.

After decades of debate over the 1973 auto insurance law, the GOP-led Senate and House last Friday approved the bill to alter Michigan auto insurance law. Major points of interest in the bill include:

Rate Rollbacks: A key point of contention for all involved, rate rollbacks for personal injury protection (PIP) were agreed upon as follows: completely opting out of PIP coverage would mean a 100 percent rollback; choosing the \$50,000 PIP coverage would mean a 45 percent rollback (this option is only available to those enrolled in Medicaid); choosing the \$250,000 PIP coverage would mean a 35 percent rollback; choosing the \$500,000 PIP coverage would mean a 20 percent rollback; and choosing the unlimited PIP coverage would mean a 10 percent rollback. The above rollbacks would begin July 1, 2020 and will last for eight years.

Rating Factors: Under the agreement, the following factors are prohibited from being used in setting insurance premiums: sex, marital status, home ownership, credit score (NOT insurance score or credit information), occupation and educational level attained (both allowed for group policies), and zip code (NOT "territory"). The rate factors were among the major issues Democratic members sought to change, ensuring those in more poverty-stricken areas are not unfairly overcharged.

Fee Schedule: Multiple levels would take effect two years after the bill takes effect (July 1, 2021) and once they are implemented, the rates will phase-in over two years, settling at the subsequent levels: 190 percent of Medicare for medical and rehabilitation treatment (not covered in any of the following categories); 220 percent for providers treating a high volume of patients enrolled in Medicaid (only care before initial discharge); 230 percent for Trauma 1 & 2 providers (again, only care before initial discharge); and 250 percent for providers treating a high volume of indigent patients. As noted in a summary of the agreement, the rates will be effective after 4 years and will be approximately 40 percent higher than the workers compensation fee schedule.

Opt-out: Drivers enrolled in Medicaid may opt out of PIP coverage, along with those who have private health insurance covering their entire household, any treatment for injuries caused by auto accidents, and that has a deductible lower than \$6,000 per person.

Managed/Attendant Care: As agreed upon, attendant care fee schedules will remain at workers compensation limits, and managed care options for PIP may be offered by insurers. A managed care PIP plan will be available under each PIP choice level, but drivers are not required to choose one when considering

coverage. Following an auto accident, a managed care company will “monitor and adjudicate” the claimant’s care.

Bodily Injury Liability/Fraud: Currently, bodily injury liability (BI) coverage equals \$20,000 per bodily injury and \$40,000 per accident. Under the agreement, those would be increased to \$250,000 and \$500,000, respectively. Another option drivers will have though is to increase the coverage only slightly, to \$50,000 and \$100,000 respectively. Originally written in Senate Bill 1, a fraud task force would be housed within the Michigan Department of State Police. However, under the House Substitute (H-3) for that bill, and the bipartisan agreement, that task force would be removed and replaced with the codification of the fraud bureau within the Michigan Department of Insurance and Financial Services (DIFS) (as created by former Governor Rick Snyder via an Executive Order in 2018).

### **Federal Update:**

#### **Bipartisan Bill Introduced to Train More Doctors to Combat Opioid Epidemic**

U.S. Representatives Brad Schneider (D-IL), Susan W. Brooks (R-IN), Annie Kuster (D-NH), and Elise Stefanik (R-NY) introduced bipartisan legislation to train more doctors equipped to combat the opioid epidemic.

H.R. 2439, the Opioid Workforce Act of 2019, would create 1,000 additional residency positions over five years to hospitals with addiction medicine, addiction psychiatry, or pain management programs.

This legislation to expand graduate medical education (GME) aims to alleviate the worsening physician shortage, which is anticipated to be as high as 121,000 physicians by 2032 according to a study by the Association of American of Medical Colleges. This shortage is particularly acute in the field of addiction medicine and substance use disorder (SUD) treatment. This shortfall of doctors threatens to harm our efforts to reverse the opioid epidemic.

“Turning the tide on the opioid crisis requires treating addiction like the disease that it is, and to do that, we need doctors,” said Schneider. “Our medical professionals on the frontlines of this epidemic are already stretched too thin. Our bipartisan legislation aims to educate more physicians equipped with the latest training in addiction medicine and psychiatry to help the estimated 20 million Americans who need substance use treatment get much needed care.”

“In order to combat the devastating opioid, heroin and fentanyl epidemic that continues to plague communities across our country, a critically important piece of the puzzle is to ensure we have more trained professionals, particularly physicians, who can prevent and treat addiction and substance abuse disorder,” said Brooks. “This bipartisan bill will help provide more residency positions to hospitals that have programs focused on addiction medicine, addiction psychiatry or pain management. The opioid crisis will not stop taking innocent lives overnight, but without more trained doctors ready to help people who are struggling because of substance abuse, drug and opioid related overdose deaths will continue to claim more lives in Indiana and beyond.”

“The opioid epidemic is impacting communities across New Hampshire and the country,” said Kuster. “We know that to address this crisis we must bolster the capacity to treat individuals with substance use disorder and our bill will increase the number of physicians who can take on this challenge. The opioid epidemic requires an all-hands-on-deck response and our legislation will help to step up efforts on the frontlines to get individuals the help they need.”

“Every single person knows of a family that has been devastated by the opioid crisis, and deaths related to overdoses have outpaced car accidents as the number one killer of young people,” said Stefanik. “The number of health care professionals focused on the treatment and prevention of opioid abuse directly translates to the number of people who can be saved. In my district, so many families are suffering due to the wide-spread impact of this public health crisis, which is why I’m co-leading this bipartisan and life-saving bill.”

The Opioid Workforce Act is endorsed by the Association of American Medical Colleges, the Greater New York Hospital Association, the American Hospital Association, American Society of Addiction Medicine, American College of Academic Addiction Medicine, and Indiana University.

[The text of H.R. 2439 is available online.](#)

### **Sen. Warren, Rep. Kennedy Reintroduce Bill to Strengthen Parity**

Earlier this week, Senator Elizabeth Warren (D-MA) and Representative Joe Kennedy III (D-MA) reintroduced the Behavioral Health Coverage Transparency Act (H.R. 2874/S. 1576) with the aim of strengthening Americans’ access to mental health and substance use disorder (SUD) treatment. Specifically, the bill would increase oversight and enforcement of the federal parity law, which requires that insurance coverage of mental health and SUD services be equal to the coverage of medical and surgical health services.

#### BACKGROUND

The Mental Health Parity and Addiction Equity Act of 2008 established parity between the coverage of behavioral health and medical/surgical benefits. While the law has led to gains in behavioral health coverage, many individuals and families continue to report being denied or charged more for necessary mental health and SUD treatments by their health care plan. A [survey by the National Alliance on Mental Illness \(NAMI\)](#) found that respondents experienced a rate of denials for mental health care that was nearly twice the rate of denials for general medical care. The bill’s reintroduction also comes on the heels of a [federal judge’s ruling](#) that found that the nation’s largest insurer, UnitedHealth, unlawfully denied beneficiaries access to mental health and SUD treatment in an effort to cut costs.

#### BILL SUMMARY

The Behavioral Health Coverage Transparency Act (H.R. 2874/S. 1576) would require insurance providers to disclose the analysis they utilize in making parity determinations as well as the rates and reasons for mental health/SUD claims denials versus medical/surgical denials. It also would require the Department of Health & Human Services, the Department of Labor and the Department of Treasury to undertake a minimum of 12 random audits of health plans per year to discourage noncompliance with existing parity laws. The results of the audits would be made public. Finally, it would establish a Consumer Parity Unit, giving individuals a centralized online clearinghouse to get information about their rights and to submit complaints with assurance of timely responses.

“Patients with behavioral health concerns deserve the same access to care as patients with physical health conditions, but for far too long, insurance companies have unfairly denied behavioral health care services to cut costs,” said [Senator Warren in a statement](#). “Our bill would put a stop to these discriminatory practices and make sure patients get the treatment they need.”

#### REACTION FROM THE FIELD

## **CMHA WEEKLY UPDATE**

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The bill has received widespread support from mental health and addiction advocacy organizations, including the National Council for Behavioral Health and Massachusetts behavioral health provider association, the Association for Behavioral Healthcare (ABH). Vic DiGravio, President and CEO of ABH explained why his organization supports the legislation saying, "As providers of behavioral health services, our members see first-hand the difficulty their clients face in accessing timely treatment because of insurance barriers. Our members frequently note that these barriers are in sharp contrast to when their clients are seeking physical health care. Senator Warren and Congressman Kennedy are right to fight to strengthen parity laws. Behavioral health care must be made as accessible as physical health care."

The National Council echoed support for the bill as part of the Mental Health Liaison Group (MHLG), a nonpartisan, nationwide coalition of mental health and addiction advocacy organizations, in [this letter](#) sent to bill sponsors.

### **Education Opportunities:**

#### **Improving Outcomes Conference – June 6 & 7, 2019 – Traverse City**

The Improving Outcomes Conference is a grassroots conference focused on supporting and improving the public behavioral health system in Michigan. Target audience for this conference is leadership and key staff from CMHSPs, PIHPs and Provider Organizations with specific focus on Information Technology, Quality Improvement, Finance, and Provider Network Management.

The conference is on 6 & 7, 2019 at the Grand Traverse Resort in Traverse City.

[Click Here for More Details and to Register!](#)

#### **Required for Licensure Renewal: Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings**

Community Mental Health Association of Michigan is pleased to offer 6 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.***

Trainings offered on the following date.

**July 17, 2019 – Lansing [Click Here To Register!](#)**

**August 21, 2019 – Lansing [Click Here To Register!](#)**

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

\$115 CMHA Members

\$138 Non-Members

#### **Earlybird Deadline Extended to Monday, June 3, 2019 - CMHA Annual Spring Conference**

**Don't miss your chance to earn up to 12 Social Work and 14 SUD CE's at the Spring Pre-Conference Institute/Full Spring Conference!**

# **CMHA WEEKLY UPDATE**

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## **Hear from National and Michigan experts on evidence-based practices and the current trends!**

- June 10, 2019: Pre-Conference Institute
- June 11 & 12, 2019: Full Conference
- Suburban Collection Showplace, Novi, Michigan

## **Hotel for Conference Attendees Overnights:**

Hampton Inn & Suites  
49025 Alpha Drive, Wixom, MI 48393  
*2.7 miles from Suburban Collection Showplace*  
Room Rate: \$109 plus taxes (includes hot breakfast buffet)  
Reservations can be made by calling 248-348-0170, Hit 0 to go to the Novi property  
Mention Code: MHS for discounted rate.

Country Inn & Suites  
21625 Haggerty Rd, Novi, MI 48375  
*25.5 miles from Suburban Collection Showplace*  
Room Rate: \$109 plus taxes (includes hot breakfast buffet)  
Reservations can be made by calling 248-596-9800  
Mention "Mental Health Association Spring Conference" for the discounted rate.

CMHA will provide transportation between hotels and Conference Facility.

## **Spring Pre-Conference & Conference Registration:**

[TO REGISTER FOR THE PRE-CONFERENCE INSTITUTE, CLICK HERE!](#)

[DETAILS & TO REGISTER FOR THE SPRING CONFERENCE, CLICK HERE!](#)

## **Pre-Conference Institute: A Mindfulness Approach to Clinical Social Work**

- Monday, June 10, 2019 from 8:45am – 4:00pm
- \$125 CMHA members
- \$148 Non-Members

## **Keynote Presentations:**

- Keynote: Passive Victim to Resilient Warrior! Transforming the Way You Think About Trauma Informed Care
  - Shari Simmons, LCSW, Executive Director of Fire Mountain Treatment Center; Adjunct Professor
- The MDHHS Behavioral Health and Developmental Disabilities Administration (BHDDA): An Overview
  - George E. Mellos, MD, Senior Executive Psychiatrist Director, Deputy Director for Behavioral Health and Developmental Disabilities, Michigan Department of Health and Human Services
- Keynote: Update from Washington
  - Charles Ingoglia, MSW, Incoming President and CEO, National Council for Behavioral Health

## **Educational Workshops:**

- Putting It All Together: The Need to Belong - An Effective Paradigm Shift for Addressing Mental Health, Physical Health, and Substance Abuse Crises Facing Our Consumers and Communities
- Update on Statewide Efforts for Improving the Medical Assessment of Psychiatric Patients in Emergency Department
- "Shattering Silos and Building Bridges": A Community Approach to Early Intervention for Children and Families with Mental Health Needs
- Supporting LGBTQ+ Individuals Through Affirmative Practices
- Implementing the Trauma Policy

## **CMHA WEEKLY UPDATE**

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- An Analysis of Parent Support Partner Services in Michigan
- Boardworks 2.0: Board Member Orientation & the Role of Board Members in the Rights Protection Process
- Value-Based Payment Practice Transformation Academy
- The Tri County LifeSavers: Replicable Steps to Building a Community Youth Suicide Prevention Coalition
- Jail Diversion Efforts Across Michigan: Challenges and Successes
- Examining Initial Outcomes of Peer Coaching/Specialized Detoxification Program – Developing a Research Based Curriculum for Integrated Care
- Building a Trauma Informed CMH System
- Boardworks 2.0: Leadership - Participatory Governance and Ethical Implications (formerly Character)
- Trauma and Resilience: Using ACE Surveys, Screenings, and Interventions to Address and Improve Individual and Community Outcomes (Lessons Learned and Outcomes Shared)
- Treatment Foster Care Oregon (TFCO): Community-based Mental Health Treatment for Hospital Level-of-Care Children
- Criminal Justice, Homelessness and Mental Health: How Cross-System Collaboration Assists with Successful Transitions Across Intercepts
- Beyond Case Management: Scaling Team-Based Behavioral Health Homes and an Alternative Payment Model to Achieve the Quadruple Aim Across a Community
- Why Understanding Benefits Is So Important!
- Boardworks 2.0: Management – System
- Making a Home in Higher Education: Expanding the Continuum of Care for Students in Recovery on a College Campus
- Crises in the Emergency Department: System Issues in the Care of People with Developmental Disabilities
- Empathy and Effectiveness in the Recognition and Treatment of Human Trafficking Victims and Survivors
- Understanding Adverse Childhood Experiences (ACEs) and the Impact of Trauma
- Criminal Justice Connection to Care Model
- Integrative Healthcare for Older Behavioral Health Clients
- Fully Present: The Importance of Self-Care and Mindfulness in Our Work

### **Free Webinar: Tobacco Free Policies and Interventions in Behavioral Health Care Settings**

The [Smoking Cessation Leadership Center](#) (SCLC) invites you to join us for this webinar, ***“Tobacco Free Policies and Interventions in Behavioral Health Care Settings”*** on **Tuesday, June 18, 2019, at 2:00 pm EDT** (90 minutes). We are honored to have the following speakers presenting on this important and timely topic:

- **Chad D Morris, PhD**, Professor of Psychiatry, University of Colorado
- **Timothy Stacey, LPC-S**, Integrated Care Systems Program Manager, Integral Care

#### Webinar Objectives:

- Identify proven steps toward bringing your agency tobacco free
- Discuss how to effectively enforce a tobacco free grounds policy
- Describe how to implement tobacco cessation interventions into clinical practice.
- Identify and overcome common barriers experienced during tobacco free policy implementation

**REGISTER HERE:** <https://cc.readytalk.com/r/aahucxsi8hjk&eom>

## 11<sup>th</sup> Annual Anti-Stigma Event Day – July 25, 2019 at LCC Downtown

The 11th Annual Anti-Stigma Event Day will be held Thursday, July 25, 2019 at the Lansing Community College - Downtown Lansing Campus in the Gannon Building. The event will be held from 9:00am to 4:00pm. Do you have anti-stigma initiatives at your CMHSP? Please contact Colleen Jasper [jasperc@michigan.gov](mailto:jasperc@michigan.gov) or 517-373-1255 to present your anti-stigma program. Or just come, and we will have time for CMHSPs initiative updates that very day. Registration is open online at <https://cmham.org/events/?EventId=5302>

## Dialectical Behavior Therapy (DBT) Trainings for 2018/2019

### 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.

#### Training Fee:

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

#### Dates/Locations:

August 12-16, 2019 | Great Wolf Lodge, Traverse City | [REGISTER HERE](#)

## Implementation of Integrated Dual Disorder Treatment (IDDT) and Co-Occurring Evidence-Based Practices Annual Trainings for 2018/2019

### Course Description:

Adults with co-occurring mental illness and substance use disorders have far worse outcomes in employment, hospitalization, housing, and criminal justice involvement than their single disordered peers. This co-prevalence has been studied since the 1980s, yet despite this substantive increased risk, most service systems were organized to treat individuals with a single disorder, excluding those with co-occurring disorders, or providing sequential or parallel treatments that were incompatible or in conflict with each other. Integrated services offer superior outcomes to parallel or sequential treatments and call on providers to develop interventions to assist individuals in moving toward recovery for both illnesses simultaneously. Recovery-oriented care requires changes at a systems and individual practitioner level in areas including assessment, treatment planning, and delivery. Integrated co-occurring providers will learn about the research on integrated care including evidence-based practices (EBP), and ways to develop stage-matched



## **CMHA WEEKLY UPDATE**

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assessment, treatment planning, and treatment interventions for adults with co-occurring mental health and substance use disorders.

**This training fulfills the annual requirement for persons who are part of an IDDT team, as well as for persons providing COD services in Adult Mental Health outpatient services.**

Training Fee:

\$65 per person. The fee includes training materials, continental breakfast and lunch.

Dates/Locations:

June 19, 2019 | Okemos Conference Center | **This training is now full, contact Bethany at [brademacher@cmham.org](mailto:brademacher@cmham.org) to be placed on the waiting list.**

### **Motivational Interviewing College Trainings for 2018/2019**

#### **4 Levels of M.I. Training offered together at 4 convenient locations!**

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.

New This Year! We are excited to add a new 2-Day TNT: Teaching Motivational Interviewing training to the lineup.

Remaining Dates/Locations:

June – Holiday Inn Marquette

Basic: Monday & Tuesday, June 10-11, 2019

Advanced: Monday & Tuesday, June 10-11, 2019

Supervisory: Monday, June 10, 2019

TNT: Teaching MI: Wednesday & Thursday, June 12-13, 2019

Training Fees: (The fees include training materials, continental breakfast and lunch each day.)

\$125 per person for all 2-day trainings (Basic, Advanced)

\$69 per person for the 1-day Supervisory training.

[CLICK HERE](#) for full training details, CE information, overnight accommodations and registration links.

### **Co-Occurring College Save-the-Date!**

The 2019 Co-Occurring College will be held Tuesday, July 30<sup>th</sup> at the DoubleTree Bay City. More information including hotel reservations and registration links coming soon!

### **Individualized Service Plans Using the ASAM Criteria and Motivational Interviewing Trainings**

- June 18-19, 2019 – Holiday Inn, Marquette
- July 16-17, 2019 – Best Western/Okemos Conference Center, Okemos
- August 13-14, 2019 – Hilton Garden Inn, Detroit
- August 27-28, 2019 – Radisson Plaza Hotel, Kalamazoo

- September 24-25, 2019 – Great Wolf Lodge, Traverse City

Visit [www.cmham.org](http://www.cmham.org) for more information.

### **20<sup>th</sup> Annual Substance Use Disorder and Co-Occurring Disorder Conference Save-the-Date!**

**“Innovative Strategies for Today’s Challenges”**

**Pre-Conference Workshops: September 15, 2019**

**Full Conference: September 16-17, 2019**

Cobo Center, Detroit, MI

More information including hotel reservations and registration links coming soon!

### **45<sup>th</sup> Annual National Association for Rural Mental Health Conference**

August 26-29, 2019

45<sup>th</sup> Annual National Association for Rural Mental Health Conference

La Fonda on the Plaza Hotel

Santa Fe, New Mexico

The National Association for Rural Mental Health (NARMH) invites you to attend the 2019 NARMH Annual Conference. Registration is now open and you can register online at [www.narmh.org](http://www.narmh.org).

**About Our Conference:** The National Association for Rural Mental Health (NARMH) Annual Conference is the premier interdisciplinary mental health event for rural families and peers, community members, clinicians, researchers, administrators and policy professionals. Now in its 45<sup>th</sup> year, the NARMH Annual Conference provides a collaborative environment for all participants across professions to learn and network on a myriad of vital issues concerning mental health practice, research, policy and advocacy in rural and remote populations.

**Our Conference Theme:** The 2019 NARMH Annual Conference theme is “From Surviving to Thriving: Embracing Connections”. NARMH “rode the winds of change” in Santa Fe in 2002, and now we return in 2019 to see what we have learned, what has changed, and where we are headed. We want to learn from communities who have gone from surviving to thriving and how that impact is maintained and enhanced. We want to get to know each other and have fun together.

There are over 60 breakout sessions with topics focusing on the following areas: Surviving to Thriving, Workforce Issues, Innovations in Service Delivery, Dilemmas in Addressing Trauma, Rural and Frontier Workforce Development Strategies, Embracing the Reality of Behavioral Health in Rural Communities – Struggles, Responses and Successes, Co-Occurring Substance Use Disorders and Other Topics. The plenary sessions include: 1) The Path to Thriving: Strategic Doing and Rural Mental Health; 2) From Surviving to Thriving in American Indian Communities: Transcending Historical Trauma; 3) Introducing the MHTTC- A New Workforce Development Resource; and 4) The Very Large Array of Youth and Adult Peer Support. The conference also features a Reception with Flamenco Dancing as well as a NARMH Night at the Movies showing the film: The Providers.

There is no better place to do that than the City Different, Santa Fe, New Mexico. Bienvenidos! Visit the NARMH website at [www.narmh.org](http://www.narmh.org) to explore the details of the 2019 NARMH Annual Conference. We look forward to seeing you in Santa Fe!

## **CMHA WEEKLY UPDATE**

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**Questions & General Information:** If you need additional information after visiting the NARMH 2019 conference website at [www.narmh.org](http://www.narmh.org), please contact Brenton Rice, NARMH Event Planner, by email at [brenton@togevents.com](mailto:brenton@togevents.com) or by phone at 651.242.6589.

### **Miscellaneous News and Information:**

#### **Job Opportunity: Healthy Transitions Youth/Young Adult Peer Coordinator at ACMH**

Association for Children's Mental Health (ACMH) is currently accepting applications for a Healthy Transitions Youth/Young Adult Peer Coordinator. To apply, mail or email a cover letter and resume to: Jane Shank, Executive Director | 6017 W. St. Joe Hwy, Suite 200, Lansing, MI 48917 [acmhjane@sbcglobal.net](mailto:acmhjane@sbcglobal.net)  
To learn more see the complete job posting below or download it here: [Healthy Transitions Posting final](#)

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

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

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

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

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

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

Alan Bolter, Associate Director, [abolter@cmham.org](mailto:abolter@cmham.org)  
Christina Ward, Director of Education and Training, [cward@cmham.org](mailto:cward@cmham.org)  
Monique Francis, Executive Secretary/Committee Clerk, [mfrancis@cmham.org](mailto:mfrancis@cmham.org)  
Nakia Payton, Data-Entry Clerk/Receptionist, [npayton@cmham.org](mailto:npayton@cmham.org)  
Dana Ferguson, Accounting Clerk, [dferguson@cmham.org](mailto:dferguson@cmham.org)  
Michelle Dee, Accounting Assistant, [acctassistant@cmham.org](mailto:acctassistant@cmham.org)  
Anne Wilson, Training and Meeting Planner, [awilson@mham.org](mailto:awilson@mham.org)  
Chris Lincoln, Training and Meeting Planner, [clincoln@cmham.org](mailto:clincoln@cmham.org)  
Carly Sanford, Training and Meeting Planner, [csanford@cmham.org](mailto:csanford@cmham.org)  
Bethany Rademacher, Training and Meeting Planner, [brademacher@cmham.org](mailto:brademacher@cmham.org)  
Jodi Johnson, Training and Meeting Planner, [jjohnson@cmham.org](mailto:jjohnson@cmham.org)  
Alexandra Risher, Training and Meeting Planner, [arisher@cmham.org](mailto:arisher@cmham.org)

# **CMHA WEEKLY UPDATE**

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