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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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CMHA Committee Schedules, Membership, Minutes, and Information

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

State and National Developments and Resources:

MDHHS announces public forums on system design

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

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

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

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

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

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

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

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

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

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

New! Michigan schools urged to tackle rising youth suicides: ‘You need a plan’

Below are excerpts from a recent news story related to youth suicide in Michigan.

When a young person is lost to suicide, the search for answers often leads to a question: What is being done in K-12 schools to address the problem?

In Michigan, where suicide prevention education for students and training for teachers is not mandatory, the answer is little to nothing.

That's despite the fact that [suicide is the second leading cause of death](#) for young people in the state between ages 10 and 24, behind accidents. Youth and young adult suicide rates in Michigan and nationally have been climbing steadily since 2007, and the state outpaced the national rate from 2011 to 2017, figures show.

The full story can be found at:

<https://www.detroitnews.com/story/news/education/2020/01/20/michigan-schools-urged-tackle-rising-youth-suicides/4434560002/>

New! Editorial: Healthy Michigan living up to its name

Below are excerpts from a recent editorial regarding the impact that the Healthy Michigan Plan.

Former Gov. Rick Snyder helped sell a Republican Legislature on expanding Michigan's Medicaid program by claiming his plan would ultimately lead to a healthier state — and [save the state money](#) down the road.

The 2013 deal, which came with sizable federal subsidies under the Affordable Care Act, was dubbed Healthy Michigan and it currently covers about 660,000 individuals — many more than originally predicted.

Snyder said this state's program could be a model for the other states that adopted the expansion. New research supports this.

Officials who implemented the expansion set up features to encourage enrollees to understand their own individual health risks and to seek preventive care — rather than rely on costly emergency room visits. The state expects enrollees to visit a primary care physician within the first three months of enrollment.

The full editorial can be found at:

<https://www.detroitnews.com/story/opinion/editorials/2020/01/04/editorial-healthy-michigan-living-up-its-name/2797715001/>

New! Trump Administration to Soon Issue Guidance on Medicaid Block Grants

Below are excerpts from a recent news story on the federal efforts to foster the movement of Medicaid block grants, by states, rather than the current Medicaid funding program.

The Trump administration plans to release guidance as soon as this month for granting states waivers to convert Medicaid funding to block grants, according to two people familiar with the matter, paving the way for a transformation of the 55-year-old program that is likely to reignite a partisan feud.

The impending release comes as a surprise after the Office of Management and Budget, which reviews regulatory actions, indicated in November that block-grant instructions had been withdrawn. Lawmakers and legal advisers speculated that the guidance may have been shelved or significantly delayed.

Approving state waivers to change Medicaid funding to block grants would be among the administration's most controversial moves to reshape Medicaid, a federal-state program that provides health coverage to one in five low-income Americans. Medicaid is the main source of long-term care coverage for Americans and is a guaranteed benefit, or entitlement, for eligible individuals.

Lawmakers in Tennessee, Alaska and Oklahoma have already expressed an interest in pursuing block grants. Supporters of block grants say the change would free states from federal requirements and give them more flexibility to try new ways to increase coverage and cut costs.

"Regrettably, the Trump administration is encouraging states to apply for these illegal waivers in its ongoing effort to fundamentally alter and weaken Medicaid's financing structure," Rep. Frank Pallone of New Jersey and Sen. Ron Wyden of Oregon, both Democrats, wrote in a Jan. 14 joint letter to the Health and Human Services inspector general.

Medicaid funding is open-ended, meaning the federal government matches state spending. If that funding is converted to a block grant, a state could get a limited, lump sum of federal money instead.

The full article can be found at:

<https://www.msn.com/en-us/news/us/trump-administration-to-soon-issue-guidance-on-medicaid-block-grants/ar-BBZ7hC3>

New! National Public Radio announces mental health and schools web slide show



National Public Radio (NPR) has recently announced a web-based slide show, “A Silent Epidemic: Our public schools are struggling to handle millions of students with mental health problems. Here’s why. ”

This web-based slide show provides very accessible and sound information on school-based mental health services. That slide show can be found at: <http://apps.npr.org/mental-health/>

New! Resource related to seeing the future of CCBHC

Below is the announcement of an upcoming web-based resource to help the mental health field understand the future of the CCBHC initiative.

Congress has extended the Certified Community Behavioral Health Clinic (CCBHC) demonstration five times and allocated \$450 million to date for CCBHC expansion. Due to the program’s continued success, states are exploring opportunities to implement the CCBHC initiative through Medicaid waivers or State Plan Amendments.

Experts with the National Council and Relias will discuss the future of the CCBHC program and how clinics can seize the opportunity to leverage CCBHC status and funding to enhance staff training and clinical operations.

Join us for this important webinar, [The Future of CCBHCs: Opportunities for Expansion and Lessons Learned From the Field](#), on **Wednesday, January 29 at 2-3 p.m. ET**. Rebecca Farley David, of the National Council for Behavioral Health, and Melissa Lewis-Stoner, of Relias, will discuss:

The ins and outs of the CCBHC model and why states are turning to it as the ‘gold standard’ of delivery system transformation.

Opportunities the CCBHC model presents for clinics—and lessons learned from the first cohort of CCBHCs about how to fully realize those opportunities.

What the future holds for adoption of the CCBHC model outside the original demonstration, including recent updates from SAMHSA.

How clinics leverage CCBHC status to advance staff training, implement a culture of learning, and support clinicians through the transition in team structure and functions.

[Register Today](#)

New! Daily Show discusses impact of race on mental health diagnosis

The Daily Show's Trevor Noah wants to break down the obstacles that limit mental health care access in the black community.

In his latest "If You Don't Know, Now You Know" segment, he walked through the major barriers that keep members of the black community from receiving crucial mental health services.

For one, there are the racial inequalities in diagnosis.

"One of the reasons many black people don't get the proper treatment is misdiagnosis," Noah said. "What is seen as depression in white people can be seen as 'disruptive behavior' in black people."

Making matters worse, there's a stark scarcity of black therapists. This makes it incredibly difficult for black people to find a black therapist, Noah says.

This episode of *The Daily Show* can be seen at: <https://mashable.com/video/trevor-noah-mental-health-access/>

State Legislative Update:

Report: County Jails Holding Too Many People

Crime is at a 50-year low, yet the state's average jail population in 2016 was 16,600, nearly triple that of the 1975 average daily number of 5,700, according to a Michigan Joint Task Force on Jail and Pretrial Incarceration report released this week.

Link to report: <https://courts.michigan.gov/News-Events/Documents/final/Jails%20Task%20Force%20Final%20Report%20and%20Recommendations.pdf>

"When we first gathered in Detroit in July, we did not know enough about who was in our jails or why our jail population had expanded so dramatically when crime is at a 50-year low. And now we do," Supreme Court Chief Justice Bridget McCormack explained at a press conference unveiling the report. "We know that about 50% of our jail population are pretrial detainees and 50% are serving some kind of sentence for an offense or a parole or probation violation. We know what law enforcement and court practices drive those populations. We know that rural jail populations, especially where there are few mental health and substance abuse services, have outpaced urban jail populations."

The task force recommended creating a "tiered statutory framework for pretrial release that presumes release on personal recognizance unless the court makes an individualized determination that the person poses a significant risk of not appearing, absconding, or causing bodily harm to another person."

The task force also found that in 2018 nearly 358,000 driver licenses were suspended for people failing to appear in court and failing to pay fines and fees. The task force recommended that license suspensions and revocations be limited to driving violations related to public safety and should not occur for failure to pay fines or fees.

Other driving offenses, like driving with a suspended license, should be reclassified as civil infractions rather than misdemeanors, the task force found.

A quarter of those entering jails had a serious mental illness, the task force found. Substance abuse also was prevalent in the vast majority of the jail population. To address that, the task force made "ambitious recommendations to deflect and divert certain individuals with behavioral health needs away from the justice system and into treatment."

The report also calls for "behavioral health crisis training for law enforcement, dispatch, and jail officers."

Speaker of the House Lee Chatfield acknowledged there will be costs to implementing the recommendations although no cost figures were included in the report. Chatfield said funding the reform would be a priority.

The report is the product of nine months of data collection which included five public hearings.

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:

Still Time to Register! 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

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

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

[Click Here to be an Exhibitor](#)

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

Monday, February 3, 2020

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

Registration Fees:

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

WINTER CONFERENCE KEYNOTE PRESENTATIONS:

National Perspective: Landscape and Opportunities for Community Mental Health

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

Real Men Do Cry: A Guide to Mental Fitness

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

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

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

Behavioral Health Transformation Update and Breakout Discussions

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

CONTINUING EDUCATION INFORMATION:

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

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

Registration open for FY20 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:

New! TBD Solutions & the Crisis Residential Association hosting webinar on impact of homelike settings in residential crisis services

No Place Like Home? Critical Considerations for Residential Crisis Settings

Thursday, February 27th
12pm ET/9am PT

Nearly 50 years ago, residential crisis treatment emerged as a psychiatric hospital alternative in a vastly different setting--in homes with features much like the neighboring houses occupied by people who are not in crisis. While the model has since been expanded and experimented with, the homelike environment remained constant up until recently as communities have begun building multi-function crisis centers in the same buildings. In this webinar we gather national experts in residential crisis treatment to explore the extent to which residential crisis services should be provided in a home or homelike setting, and the implications of providing them anywhere else.

Moderator:
Travis Atkinson, Consultant, TBD Solutions

Panelists:
Steve Fields, Executive Director, The Progress Foundation, CA
Steve Miccio, Executive Director, People, USA, NY
Jaime Brewer, Director of Programs, Community Reach Center, CO

Register at <https://register.gotowebinar.com/register/3092163552193749772>



Abilita provides telecommunication guidance



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

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

2. Look at the bills....and don't just assume if the bill is the same as last month, all is good! We at Abilita normally find ourselves working in between finance and IT. Finance looks at the bills, but doesn't know what the services are for. IT doesn't look at the bills, but generally knows what the bills are for. Document what each telecom bill is for and the services received.

3. Keep contract copies

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

4. Make sure everything is under contract

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

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

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

6. BUT....be careful what you cut

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

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

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

Dan Aylward
Managing Consultant
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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, Accounting Clerk, 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
Bethany Rademacher, Training and Meeting Planner, brademacher@cmham.org
Jodi Johnson, Training and Meeting Planner, jjohnson@cmham.org
Alexandra Risher, Training and Meeting Planner, arisher@cmham.org
Madi Sholtz, Training and Meeting Planner, msholtz@cmham.org
Robert Sheehan, CEO, rsheehan@cmham.org