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COVID-19 Resources: As the public mental health system copes with the COVID-19 pandemic, nearly every day brings additional information and announcements. To assist CMHA members in making sense of and locating this flurry of information, CMHA has developed a curated set of COVID19-related resources and announcements from the state and national sources. That curated set of resources, which will be regularly updated, **is available by [CLICKING HERE](#)**.

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:

2020 Walk a Mile moved from May 14 to September 29

With the onslaught of COVID-19 (Coronavirus Disease 19), many functions, trainings, conferences and events are being cancelled locally, statewide, and nationally. In an effort to help prevent the spread of this virus, limit exposure, and to ensure the health of those we serve – some of the most vulnerable populations there are! – the Community Mental Health Association has decided to cancel the Walk A Mile Rally at the State Capitol on May 14, 2020.

WE KNOW HOW IMPORTANT THIS EVENT IS FOR THOSE WE SERVE TO HAVE THEIR VOICES HEARD!!

A new date to rally and be heard by our State Legislators has been scheduled for September 29, 2020! More details will be sent out as they become available, and an updated Packet will be posted on the website as soon as it is developed.

Benjamin Franklin said that “An ounce of prevention is worth a pound of cure”, and while there is no cure, yet, for COVID-19, the Association will do its best to provide an ounce of prevention in any way that we can to protect the Public Mental Health System.

Thank you for your understanding.

State and National Developments and Resources:

New! NACBHDD announces town hall meeting on best practices in response to the Coronavirus pandemic

On Mar 25, 2020 3:00 PM EDT, the National Association of County Behavioral Health and Developmental Disabilities Administration (NACBHDD) is holding a town hall on the best practices in response to the COVID19 pandemic. The coronavirus pandemic has changed life in America overnight. It also has changed how county behavioral health and I/DD programs operate. This Town Hall is intended to bring together our shared experiences in how best to respond to some of the challenges we are facing in our work and in our lives.

Register for this town hall [here](#).

New! Resources available to help us deal with COVID19 and its related social distancing

Michiganders are asking for guidance in how to deal, and how to help others deal, with the stress of COVID19 and the stress that COVID19-related social distancing can cause. Links to some of the best resources on these subjects are found below:

- [How to Care for Yourself While Practicing Physical Distancing](#)
- [How Do I Know Someone is Experiencing Anxiety or Depression?](#)
- [How to Help Someone with Anxiety or Depression During COVID-19](#)
- [How to Support a Loved One Going Through a Tough Time During COVID-19](#)

New! Communities on the Coronavirus Disease 2019 (COVID-19) Response

Dr. Butler will share guidance with partners, public health practitioners, healthcare providers, and others working to protect the health of rural communities. He will describe what CDC knows at this point and what CDC is doing in response to this outbreak. We will also have time for questions and answers.

Please email eocevent337@cdc.gov to submit questions in advance and indicate that questions are for the 3/23 call.

This event will be recorded. Questions not answered during it may be sent to ruralhealth@cdc.gov.

[REGISTER HERE.](#)

New! Disability Groups Urge HHS to Take Steps to Prevent Discriminatory Rationing of Coronavirus Treatment



Below are excerpts from a recent letter from the CEO of the Bazelon Center, one of the nation's leading legal advocacy groups working on disability rights issues.

We are working hard to make sure that people with disabilities are not further discriminated against during the COVID-19 pandemic. During times like this, we are working very closely across our civil rights, disability rights, and mental health coalitions. Today the Consortium for Citizens with Disabilities (CCD), the largest coalition of national organizations working together to advocate for Federal public policy that ensures the self-determination, independence, empowerment, integration and inclusion of children and adults with disabilities, sent the following letter to the Department of Health and Human Services. Jennifer Mathis, our Policy Director & Deputy Director of Litigation & one of the co-chairs of the Rights Task Force, helped lead CCD's effort to urge Secretary Azar and Roger Severino, Director of the Office of Civil Rights, to ensure that if the current pandemic results in decisions to ration treatment, decisions about how medical treatment should be allocated are made without discriminating based on disability. You can read the letter [HERE](#).

We will continue to keep you updated and we thank you for your ongoing support during this unprecedented time.

New! Health Affairs blog: Health care priorities for a COVID-19 stimulus bill: recommendations to the Administration, Congress, and other federal, state and local leaders from public health, medical, policy and legal experts

Below are excerpts from a recent Health Affairs blog on health care priorities that should be promoted as part of the federal COVID19 stimulus Bill.

With nationwide community-spread of the novel coronavirus COVID-19 and extreme volatility in the economic markets, Congressional action is necessary and appropriate to help keep the United States healthy and to avoid financial calamity. Doing so will require significant financial investment, legislative and executive action, and the full participation of all segments of American society — government, the private sector, and individual citizens.

As experts in public health, medicine, policy and law, and with prior expertise in developing federal health legislation and public health initiatives, we hereby present a framework designed to protect the health of all Americans in the face of this unprecedented epidemic. Because this framework is directed at Congress, we do not detail critical efforts that must be undertaken, and in some cases already are being undertaken at the state level. States have broad emergency powers to regulate insurance and health care access. If asked, the President should immediately invoke the Stafford Act to trigger an influx of federal funds and support state, tribal, and local government response efforts. An additional Presidential declaration via the National Emergencies Act would empower multiple federal agencies to waive or relax current legal restrictions.

Four basic principles guided the development of the framework offered here:

- * Ensuring health security is the fundamental duty and responsibility of government at all levels — federal, state, and local.

- * Protecting Americans' health in this time of crisis should be a unifying effort; it should not be and cannot be divisive.
- * Immediate and targeted action is required to address the current coronavirus epidemic.
- * Sustained investments in public health are needed to respond to this acute crisis and to prepare the nation for future epidemics.

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

New! SAMHSA Practitioner Training Center: a rich resource for mental health practitioners

At the recent NACBHDD conference, the participants learned of the SAMHSA Practitioner Training Center one of the best kept secrets as a source of information and resources for mental health practitioners. The Mental Health Technology Transfer Center (MHTTD) of the CMHA is the Michigan partner, is only one part of the Practitioner Training Center.

Information about the work of the Center can be found [here](#).

New! MDHHS seeks comments on Psychiatric Collaborative Care Model policy

MDHHS has recently issued a policy that supports a practice that many CMHs, PIHPs, and providers and their primary care practice partners have been using for years, in integrated care practices across the state. Michigan's MC3 initiative, a nation-leading practice (that has been highlighted in the Weekly Update) that is in place at a large number of private practices across Michigan, in partnership with CMHs in their communities, is based on this model.

Policy Summary: The Psychiatric Collaborative Care Model (CoCM) is a model of integrated behavioral health services typically provided within the primary care setting. The goal is to increase access to behavioral health services for those with mild to moderate behavioral health disorders.

Purpose: To increase access to behavioral health services for those with mild-moderate behavioral health conditions within the primary care setting.

Comments should be sent to:

Janell Troutman
Bureau of Medicaid Policy, Operations, and Actuarial Services Medical Services Administration
P.O. Box 30479
Lansing, Michigan 48909-7979
Telephone Number: 517-284-1248 Fax Number: 517-241-8969
E-mail Address: troutmanj1@michigan.gov

The full text of the proposed policy can be found at:
https://www.michigan.gov/documents/mdhhs/1945-CoCM-P_683568_7.pdf

State Legislative Update:

New! Legislature Passes Emergency Supplemental & Limits Session Days

Tuesday night the legislature unanimously approved another supplemental appropriations totaling \$125 million to provide additional state funding to address COVID-19. This is in addition to \$25 million in a separate supplemental bill approved last week that is currently on Governor Whitmer's desk.

The legislation contains \$50 million for hospital services and medical supplies, \$40 million for virus monitoring, infection control, among other things, and sets aside \$35 million for additional spending to be made available via legislative transfer when necessary.

Both House and Senate leaders have effectively stopped all regularly scheduled session days. It is the expectation that no business other than emergency business will be conducted **through April 20**. Specifically, "agenda items will be reduced to those already on the floor and those with true time constraints, as well as those deemed necessary to continue the essential functions of state government and address this public health emergency."

As this situation continues to evolve, we will continue to keep you apprised of developments regarding the legislature's schedule and other pertinent information.

Federal Update:

New! Federal Government Mobilizes Wide-Ranging Coronavirus Response Initiatives

As the novel coronavirus (COVID-19) pandemic continues impacting every corner of society, Congressional leadership and leaders in the Trump Administration are mobilizing wide-ranging supports that have direct impacts on the behavioral health field and the National Council's members. Congress passed its second response bill this week and is now turning its attention to a third legislative package, as various federal agencies provide clarity and increased flexibility to health care and other industries. The National Council has been hearing from our members about their biggest challenges and we are working hard to educate lawmakers and the Administration about the behavioral health field's needs.

The Families First Coronavirus Response Act (H.R. 6201) was passed by Congress on Wednesday and immediately signed into law by President Trump. Additionally, federal agencies including the Centers for Disease Control and Prevention (CDC), the Centers for Medicare and Medicaid Services (CMS), the Drug Enforcement Administration (DEA), and others have been releasing guidance around a number of issues. See below for updates across these sources organized by issue area.

CONDUCTING TELEMEDICINE VISITS

CMS has clarified and provided more flexibility for states to respond to the coronavirus. The allowances outlined below will remain effective for the duration of the COVID-19 public health emergency.

Medicaid Telehealth:

CMS made clear to states that they already have **flexibility to utilize telehealth services, including audio-only services, in their Medicaid programs**. States can cover telehealth using various methods of

communication such as telephonic, video technology commonly available on smart phones and other devices. No federal approval is needed for state Medicaid programs to reimburse providers for telehealth services in the same manner or at the same rate that states pay for face-to-face services.

Note: States themselves, not CMS, are responsible for making these options, including audio-only telephonic services, available to providers.

Telehealth and Prescriptions of Controlled Substances: The DEA has announced that for the duration of the public health emergency, registered practitioners may issue prescriptions for controlled substances to patients for whom they have not conducted an in-person medical evaluation, providing the following conditions are met:

- The prescription is issued for a legitimate medical purpose by a practitioner acting in the usual course of his/her professional practice
- The telemedicine communication is conducted using an audio-visual, real-time, two-way interactive communication system.
- The practitioner is acting in accordance with applicable Federal and State law.
- This temporary relief of the Ryan Haight Act has been a long-term advocacy goal of the National Council and its members. We thank all members who worked to build this case with DEA over the years to make this emergency declaration possible.

Medicare Telehealth

- Retroactive to March 6, Medicare will temporarily pay clinicians to provide telehealth services for beneficiaries across the country. Previously, Medicare only covered particular services in specific situations, such as if an enrollee lived in a rural area and was unable to receive in-person services within a reasonable distance. A range of providers, **including clinical psychologists and licensed clinical social workers**, will be able to offer Medicare-covered telehealth services to enrollees based in any health care facility, **including physicians' offices, nursing homes, as well as from enrollees' homes.**
- Additionally, the Families First Act corrects language included in Congress's first COVID-19 response package to clarify that, for the **purposes of establishing a relationship** with a provider to waive current prohibitions surrounding telehealth services in Medicare, any services allowable under Medicare will qualify as an existing relationship, even if Medicare was not the program paying for the service.

Telehealth Best Practices

- The National Council has compiled a reference document that includes details on these changes and more, titled "Best Practices for Telehealth During COVID-19 Public Health Emergency." This document is intended to provide mental health and substance use treatment providers with the background and resources necessary to help begin or expand the use of telehealth.

TELEHEALTH AND PRIVACY: HIPAA & 42 CFR PART 2

- **HIPAA:** The Office for Civil Rights (OCR) at the Department of Health and Human Services (HHS) announced that it will exercise its enforcement discretion and will waive potential penalties for

HIPAA violations against health care providers that serve patients through everyday communications technologies during the COVID-19 public health emergency. This applies to widely available communication apps such as FaceTime or Skype when used in good faith for any telehealth treatment or diagnostic purpose, regardless of whether the telehealth service is directly related to COVID-19.

- **42 CFR Part 2:** SAMHSA issued guidance related to the sharing of substance use disorder health records throughout the public health emergency. SAMHSA makes clear in the guidance, information disclosed to the medical personnel who are treating such a medical emergency may be re-disclosed by such personnel for treatment purposes as needed. SAMHSA notes that Part 2 requires programs to document certain information in their records after a disclosure is made pursuant to the medical emergency exception. **SAMHSA emphasizes that, under the medical emergency exception, providers make their own determinations whether a bona fide medical emergency exists for purposes of providing needed treatment to patients.**

INCREASED HEALTH FUNDING

- **Federal Medicaid Funds:** The federal government's share of Medicaid payments, known as the Federal Medical Assistance Percentage (FMAP), has been increased by 6.2 percentage points. This increased assistance comes with the requirement that state Medicaid programs cover COVID-19-related treatment, vaccines, and therapeutics at no cost to enrollees as well as states not making eligibility standards more restrictive or increasing any cost sharing for enrollees.
- **More Funding for CDC & NIH:** The Trump Administration is updating its Fiscal Year 2021 Budget Request to include a request for an additional \$45.8 billion and the necessary authorities for the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH) to address ongoing preparedness and response efforts.

OTHER UPDATES

- **Paid Sick Leave:** The Families First Act requires employers to provide two weeks paid sick leave and up to three months of paid family leave for employees affected by the virus, the cost of which could then be claimed by the employer as a fully-refundable tax credit. The measure exempts health care and emergency responders, as well as companies with more than 500 employees. Companies with fewer than 50 employees may attain hardship waivers.

NEXT STEPS

Congress now turns its attention immediately to a third COVID-19 response package, which is rumored to focus on relief for small businesses, direct financial assistance to Americans, assistance for airlines, and a slew of health care updates such as extensions of important Medicaid programs like the Certified Community Behavioral Health Clinic (CCBHC) demonstration. The timeline for this third package is still unclear.

The National Council is hard at work advocating for its members amid these rapidly shifting federal responses. Our President and CEO, Chuck Ingoglia, focused his first monthly townhall with members yesterday on the National Council's COVID-19 efforts and focus. We have compiled a list of resources for the public and for our members that cover topics ranging from updates from the CDC and the World Health Organization all the way to tips and tricks on managing anxiety associated with the coronavirus. This site will be updated regularly, so continue checking back often for more resources. Additionally, check in with *Capitol Connector* each week for continuous updates as the situation evolves.

Education Opportunities:

New! What's Cancelled and What's Taking Place?????

With the rapidly changing situation, events and meetings are being cancelled, postponed, being held virtually or rescheduled. Please refer to www.cmham.org to see if your event /meetings taking place. The site is being updated several times a day.

Registration Opening Soon! CMHA 2020 Annual Spring Conference



New Location for Annual Spring Conference: Grand Traverse Resort, Traverse City, Michigan! The conference will be held on:

2020 Annual Spring Conference

June 8, 2020: Pre-conference Institutes

June 9 & 10, 2020

Grand Traverse Resort, Traverse City

Conference Registration & Hotel Reservations are not available at this time.

COD Regional Trainings: Co-Occurring, Opioid Use, and Cannabis Use Disorder Treatment Planning

Course Description:

Treatment planning for adults with complex mental health, substance use, and physical health needs involves understanding stages of change and system navigation. Collaborating with these individuals on their wellness and recovery planning requires motivational approaches and often interventions that are more effective for early stage readiness. The prevalence of cannabis and opioid use makes these cases even more demanding to navigate.

Add to this, the opioid crisis in the U.S. Since 1999, sales of opioids in the U.S. have quadrupled. From 1999-2015, more than 180,000 people died from overdoses related to prescription opioids. In Michigan, in 2017, there were 1,600 opioid overdose deaths, an increase of 57% from 2016. It is now the #1 cause of accidental death for people under 50. The Centers for Disease Control (CDC) have issued recommendations that include a preference for non-pharmacological therapy. This presentation will provide an overview of a biopsychosocial model of pain, current best practices in pain management, and treatment planning and interventions. Finally, social justice issues for pain management will be addressed with constructs to improve organizationally and individually.

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.** 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 level of practice. This training is designed for persons providing COD services in Adult Mental Health and Substance Use services, including Integrated Dual Disorder Treatment teams.

Dates/Locations:

- May 4, 2020 – Delta Hotels Kalamazoo Conference Center | **CANCELLED**
- July 23, 2020 – Park Place Hotel & Conference Center, Traverse City | [CLICK HERE](#) for more information and to register now

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

Training Fee:

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

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:

~~April – DoubleTree Detroit – Dearborn~~ **CANCELLED**

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.

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 | **CANCELLED**~~
- ~~April 14-15, 2020 — Great Wolf Lodge, Traverse City | **CANCELLED**~~

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 | **SOLD OUT** – email Bethany Rademacher at brademacher@cmham.org to be placed on a waiting list
- 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.

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 | **Registration Full!**

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.

CMHA WEEKLY UPDATE

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 | **Registration Full!**

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

Fetal Alcohol Spectrum Disorder Trainings - CANCELLED

The Fetal Alcohol Spectrum Disorder Training: Improving Outcomes for Youth, Families, and Agencies by Recognizing and Responding to Fetal Alcohol Spectrum Disorders (FASD) and Other Neurocognitive Impairments for Monday, March 16, 2020 – Gaylord and Monday, April 6, 2020 – Jackson are both cancelled. We will reschedule this popular training later in FY2020.

TREM and M-TREM Trainings

Michigan Department of Health and Human Services and Community Mental Health Association of Michigan present: TREM AND M-TREM TRAININGS Featuring: Community Connections, Washington, DC. Based on both clinical experience and research literature, TREM has become one of the major trauma recovery interventions for women and men. TREM and MTREM are fully manualized group interventions for trauma survivors served by behavioral health providers.

LOCATION, DATES AND AGENDA

- Holiday Inn Airport - Grand Rapids - April 28-30, 2020
- Community Mental Health Association of Michigan (CMHAM), Lansing - June 2-4, 2020

Registration: 8:30a.m. - 9:00 a.m.; Training: 9:00 a.m. - 4:00 p.m.

Open to individuals working in the public Mental Health System. Note: The trauma policy is now an amendment to the CMHSP contract. PARTICIPANTS: Master's prepared clinicians (men and women), their clinical supervisor from CMHSPs. CMHSPs that currently DO NOT have trained TREM/M-TREM clinical staff will be prioritized for the training.

Cost is \$150 per participant. Registration fees, hotel, travel and additional meals are at the agency's expense.

EXPECTATION: Clinicians and Clinical Supervisors registering for the training will be expected to:

1. Participate in 3-day TREM/M-TREM training
2. Participate in 12 monthly coaching calls (1-hour calls)

Clinicians will be expected to: Conduct 2 TREM or M-TREM groups in the year following the training

Teams are comprised of 1 limited licensed supervisor and, at a minimum, 2 limited licensed clinicians. All team members are expected to attend the three days of training. Participate in the monthly coaching calls; and implement 2 TREM/M-TREM groups in the next year.

Please email awilson@cmham.org for information. No continuing education credits available.

New! Registration is open for the May 4, 2020 Michigan Health Policy Forum on Health Equity and Social Equity

The next Michigan Health Policy Forum (CMHA is a member of the Forum's Advisory Council) will be held on May 4, 2020. The Forum will begin at 1:00 PM at the Kellogg Center on the campus of Michigan State University. The topic will be "Health Equity and Social Equity".

It is easy to quantify the disparities in our health care outcomes and to attribute those disparities to the Social Determinants of Health. It is more difficult to discuss healthcare disparities through the lens of health equity because to do so requires us to acknowledge health inequities. Our panel of experts will address the topic of health equity, what it means to Michigan, and how we are moving to address this crucial issue.

I hope you will be able to join us for this forthright discussion of why health inequities exist and the steps that we are taking to eliminate them.

The agenda for the event can be found at: [Agenda](#)

Hope to see you on May 4! Please click [here to register](#)

Any individual or organization that would like to support the Michigan Health Policy Forum with a Sponsorship, please [click here](#).

News from Our Preferred Corporate Partners:

Relias: Help Your Staff Understand Trauma-Informed Care

Implementing trauma-informed care involves everyone, including your administrative staff and assistants. Every interaction with a client can either:

- Contribute to a safe and trusting healing environment
- Detract from a safe and trusting healing environment

Research shows that interactions with non-clinical staff often set the tone of the practitioner-patient relationship, making it critical for administrative staff and assistants to understand trauma-informed care.

[Read the Blog](#)

Read this Q&A blog, You Asked, We Answered; 12 Questions About Trauma-Informed Care, to learn how supervisors and managers can help non-clinical staff leverage trauma-informed practices.

Abilita provides guidance to organizations working to employ E911 approaches

The workplace is quickly changing with the global COVID-19 crisis. As more organizations require employees to work from home, it's essential that they incorporate E911 into their remote communication strategies.

In addition, by the end of this year, all organizations in Michigan with greater than 20,000 square feet of workspace and/or multiple buildings or floors must comply. If someone from your organization called 911 now, would their location in the building get sent to the 911 center? Are you in compliance with the new Michigan E911 law?

Check out www.abilita.com/michigan-e911 to learn more about what you need to do to prepare!

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.

[Click here to request a demo.](#)

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

CMHA WEEKLY UPDATE

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
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Second Vice President: Craig Reiter; gullivercraig@gmail.com; (906) 283-3451
Secretary: Cathy Kellerman; balcat3@live.com; (231) 924-3972
Treasurer: Randy Kamps; randyk@4iam.com; (231)392-6670
Immediate Past President: Bill Davie; bill49866@gmail.com; (906) 226-4063

CMHA Staff Contact Information:

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

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