

## Contents:

**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 COVID-19-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:

### **New! Don’t go out – reach out! Network180, Forest View & Pine Rest Collaborate in COVID-19 Crisis Response**

Below is an excerpt from a recent press release from Network 180, Forest View, and Pine Rest regarding their joint “Don’t go out – reach out!” campaign.

To combat COVID-19, we all need to do our part, which is why Network180, Forest View Psychiatric Hospital and Pine Rest Christian Mental Health Services are combining their efforts to

encourage individuals seeking mental health support to “Don’t Go Out – Reach Out” by staying away from local Emergency Departments and contacting one of their agencies for help instead. This is a very stressful time for many people in our community and local agencies are experiencing an increase in calls from individuals experiencing mental health and substance use issues. Our area Emergency Departments are also under great strain treating people with COVID-19. To reduce this strain, help preserve our medical infrastructure, and protect the community by encouraging them to stay home during this difficult time, Network180, Forest View and Pine Rest want people to know that they are open 24/7 and ready to provide services to anyone in crisis during this time. Each agency is set up to be able to conduct services via phone or tele-health. In the event of a life-threatening crisis, on-site assessments are also available. Visiting an emergency department is not necessary for help with a mental health or substance use issue.

Help begins by picking up the phone:

Network180: (616) 336-3909

Forest View: (800) 949-8439

Pine Rest: (800) 678-5500 or (616) 455-9200

### CMHA highlights its members’ “Exceptional, Selfless Service Response To COVID-19”



As Weekly Update readers, you remember, CMHA has initiated an “Accurate Picture Campaign” as one of the core elements of our association’s advocacy work. This campaign aims to highlight, in accessible formats and terms, the strengths of Michigan’s public mental health system (one of the best in the country)

With the advent of the COVID-19 pandemic, the first phase of this campaign will highlight stories of excellence, innovation, selflessness, and heroic effort in response to the COVID-19 pandemic. We will use these stories as part of a media relations effort, in partnership with the skilled PR firm of Lambert, aimed at media markets across the state.

These stories are coming to CMHA, from member organizations, across the state and are being highlighted on the Association’s COVID-19 webpage under the heading “CMHA Members Exceptional, Selfless Service Response To COVID-19”. The CMHA COVID-19 webpage can be found [here](#).

## State and National Developments and Resources:

### **New! Michigan Seeks Approval to Streamline Medicaid; Request would provide easier access to coverage while keeping residents safe during COVID-19 outbreak**

Below is a recent announcement, by MDHHS, of Michigan’s submission of the Medicaid Section 1135 waiver application. If approved, the contents in this application will provide Michigan with increased flexibility in the use of its Medicaid program to meet the needs of Michiganders during the COVID pandemic.

The Michigan Department of Health and Human Services (MDHHS) is requesting federal approval of flexibilities for the state’s Medicaid Program that are consistent with the commitment of Gov.

Gretchen Whitmer and Chief Medical Executive Dr. Joneigh Khaldun to keep Michigan's most vulnerable residents safe during the COVID-19 pandemic. MDHHS today is making the request to the federal Centers for Medicare & Medicaid Services (CMS) to temporarily waive a number of Medicaid requirements.

"Michiganders need to stay home and stay safe," Whitmer said. "They also need easy access to healthcare coverage now more than ever. That's why we need to suspend the red tape to make it easier for Medicaid beneficiaries to receive the services they need to stay healthy during this national crisis."

COVID-19 has the potential to cause serious and fatal complications for individuals with underlying medical conditions, meaning the state's 2.5 million Medicaid beneficiaries are at an elevated risk.

"These essential changes will ensure Medicaid beneficiaries have access to health care coverage, medicine and providers while also preventing potentially dangerous face-to-face interactions," Khaldun said.

Michigan is asking the federal government to allow its Medicaid program to:

- Suspend the need for new prior authorization requests for medical services and extending existing prior authorization agreements.
- Streamline enrollment for Medicaid providers and allowing approved out-of-state providers to begin serving beneficiaries quickly.
- Allow telephonic healthcare services as part of telehealth/telemedicine delivery.
- Waive quantity limits on durable medical equipment, medical supplies and pharmaceuticals.
- Remove limitations on providers to allow qualified physician assistants and nurses to treat COVID-19 patients.

The presidential declaration of the COVID-19 pandemic as a national emergency allowed CMS to waive certain requirements in Medicare, Medicaid and the Children's Health Insurance Program (CHIP) under Section 1135 emergency authority.

Waivers would end upon termination of the public health emergency, including any extensions. Information around this outbreak is changing rapidly. The latest information is available at [www.Michigan.gov/Coronavirus](http://www.Michigan.gov/Coronavirus) and [www.CDC.gov/Coronavirus](http://www.CDC.gov/Coronavirus)

### **New! Health care workers face a mental health crisis as they battle the coronavirus pandemic**

Below are excerpts from a recent editorial, on the mental health impact of COVID on healthcare workers, written by Dr. Shahdabul Faraz, a resident physician in the Department of Surgery at Beth Israel Deaconess Medical Center, a teaching hospital of Harvard Medical School.



America has become the epicenter of the global Covid-19 pandemic, surpassing both China and Italy in the number of confirmed cases. While the toll on our health care system and economy are widely discussed, we have been far too quiet about another, more insidious, problem.

The virus will undoubtedly unleash an unprecedented level of psychological trauma on both health care providers and patients.

I'm a doctor in NYC. This is what I need to feel safe.

Health care workers have felt frustrated, anxious and vulnerable about facing patients infected with a contagious and potentially lethal disease without adequate personal protective equipment (PPE). N95 masks are in short supply, and some health care workers have even had to resort to using garbage bags as protective gowns. The PPE crisis may be in part just another political battle between President Trump and our state governors, but it has real consequences for us. Our fellow providers have been diagnosed with Covid-19 in startling numbers, and many are dying.

At first I read the warnings from doctors in Italy. Then, more and more people in the US started becoming infected. Now, people I personally know are getting ill. Who is next? Could it be me? If I get sick, will I infect my patients, colleagues and family members? These are the questions we ask ourselves every day. This constant state of fear quickly becomes mentally exhausting, especially in the face of increased work demands during a pandemic.

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

### **New! LARA issues FAQ on COVID-related issues for adult foster care homes and similarly licensed sites**

The Michigan Department of Licensing and Regulatory Authority (LARA) recently issued a set of concrete Frequently Asked Questions (FAQ) to guide organizations and staff providing services in adult foster care homes and similarly licensed settings. The FAQ can be found [here](#).

Note: That these FAQs are as of March 31, 2020. With things changing rapidly, please check back at the link, above, for updates.

### **New! Op-Art: Recovery in Isolation**

Joe Maccarone, an illustrator living and working in Baltimore, recently developed an opinion piece, picked up by national media, that addressed, in pictorial form, the experience of substance use disorder recovery while also being isolated due to COVID-19. Mr. Maccarone, noted, "I expected sobriety to be easier when I was forced to stay home..."

His pictorial opinion piece can be found [here](#).

### **New! CHCS: Stemming the risk of disability bias during the COVID-19 pandemic**

Below are excerpts from a recent blog, from the Centers for Health Care Strategies (CHCS) that warns against the potential for bias against persons with disabilities, on the part of the nation's healthcare system, during the COVID-19 pandemic.

The COVID-19 pandemic has raised a number of ethical dilemmas related to equal access to health care diagnostic and treatment services. In doing so, it is shedding light on many populations that are uniquely impacted and compromised by this public health crisis — including

people with disability.

CHCS President and CEO Allison Hamblin recently spoke with CHCS Board member Lisa Iezzoni, MD, MSc, professor of medicine at Harvard Medical School, to explore the treatment bias that people with disability may face in the current environment and consider opportunities to reduce potential discrimination. Dr. Iezzoni, who has used a wheelchair for more than 30 years because of multiple sclerosis, brings a unique personal and professional perspective to this issue.

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

### **New! CHCS and SCAN Foundation blog: Crisis response can lead to lasting transformation**

A recent Center for Health Care Strategies (CHCS) and SCAN Foundation blog predicted that many of the innovations and changes made to the nation's Medicare and Medicaid programs, in response to the demands of the COVID pandemic, could be/should be/will be retained and further refined as the pandemic ebbs. Excerpts from that blog are provided below:

Unprecedented times call for unprecedented action, and the Centers for Medicare & Medicaid Services (CMS) has been quick to respond. In the last few weeks, CMS has issued an array of waivers and rules creating new flexibilities that allow health systems to respond to the growing challenges brought forth by COVID-19. These new flexibilities allow health systems to build off current capacities tested in recent years, as well as implement strategies that have never been done before.

People with complex care needs are at the most risk during this pandemic, and federal policies are evolving daily to respond to the current environment. The Better Care Playbook now offers a COVID-19 resource center that compiles federal policy information impacting the care for individuals with complex care needs.

In this Better Care Playbook blog post, author Bruce Chernof, MD, president and CEO of The SCAN Foundation, highlights new flexibilities designed to positively influence both medical and non-medical services for people with complex care needs in the short-term as well as key considerations to learn from today's crisis response to shape the future of complex care.

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

### **New! Resources for sexual assault survivors continue during COVID-19: Survivors can call or text Michigan's Sexual Assault Hotline for immediate crisis counseling, support**

Below is a recent press release reminding Michiganders who are survivors of sexual assault that the Sexual Assault Hotline continues to operate during the pandemic.

Michigan's Sexual Assault Hotline, 855-VOICES4, continues to operate and provide 24/7, free, confidential and anonymous support to survivors of sexual assault, their family, and friends. April is National Sexual Assault Awareness Month.

"Providing support for Michigan's survivors of sexual assault is an essential service that remains in place during the COVID-19 pandemic," Gov. Whitmer said. "It's important to make sure that survivors are aware of these resources – in April and throughout the year."

Michigan's Sexual Assault Hotline, 855-VOICES4, was launched in 2018 to provide immediate crisis counseling and referrals to local community-based sexual assault programs and programs that provide sexual assault medical forensic examinations across the state. Last year at the annual Let's End Campus Sexual Assault summit, Gov. Whitmer announced an expansion to the hotline that now allows survivors to text 866-238-1454 for counseling support.

"The Michigan Department of Health and Human Services (MDHHS) is committed to easy access to resources for any Michigander who is a survivor of sexual assault," said Debi Cain, executive director of the MDHHS Division of Victim Services. "This hotline is a critical resource for any survivor in Michigan who needs a safe person to talk to, no matter the time, day or night."

Raising public awareness about sexual assault, and educating communities about how to prevent it, are the center of the national campaign for Sexual Assault Awareness Month. Sexual assault is broadly defined as any form of unwanted sexual contact obtained without consent. National statistics show that one in three women and one in six men experienced some form of contact sexual violence in their lifetime.

"The impact of sexual assault can have lifetime effects for survivors and their families," said Michigan Attorney General Dana Nessel. "In April we recognize Sexual Assault Awareness Month and the need for continued education to better serve survivors and hold their offenders accountable. It is a month dedicated to standing with survivors of sexual assault – honoring and amplifying their voices while providing education on the dynamics and realities of this crime."

If you are a survivor of sexual assault and need to talk, call Michigan's 24/7, free, confidential and anonymous hotline: 855-VOICES4 (855-864-2374). You can also text 866-238-1454. Resources are also available online at [www.Michigan.gov/voices4](http://www.Michigan.gov/voices4).

## State Legislative Update:

### **New! Executive Order 2020-42: "Stay-Home, Stay Safe" Order Extended through April 30**

*April 9, 2020*

Governor Whitmer's newest order, Executive Order 2020-42 ("**EO 2020-42**"), updates and replaces her previous "stay-home, stay-safe order," Executive Order 2020-21 ("**EO 2020-21**"). EO 2020-42 extends the order through April 30, 2020, and modifies the travel exceptions for individuals and the restrictions on some businesses.

#### **Exceptions for Individuals**

EO 2020-42 clarifies and narrows the travel exceptions for individuals. Individuals are restricted from leaving their place of residence except to travel as necessary. Under the previous order, residents could leave home for outdoor activities. The Governor has updated EO 2020-42 to include previous clarifications that expanded outdoor physical activity to include kayaking, canoeing, and other similar activities. It also puts new restraints on travel between two residences and explicitly prohibits the travel to vacation rentals, as well as the advertising and renting out of vacation properties. The prohibition between two residences appears to bar travel to and from second homes and vacation homes.

#### **Exceptions for Critical Infrastructure Workers**

Notably, EO 2020-42 *does not* adopt the updated Guidance on the Essential Critical Workforce published by the director of Cybersecurity and Infrastructure Security Agency (the “**CISA Guidance**”). The March 28 CISA Guidance expands the definition of “critical infrastructure worker” to include employees in industries such as landscaping and new home building, among others. Instead, Michigan businesses are still governed by the more restrictive March 19 CISA Guidance.

The order has also incorporated some of the Governor’s previous interpretations; it provides exceptions for laundromats, hotels, and motels (provided they do not off their in-house amenities like the pool and gym), and car dealerships that process electronic sales and leases.

## **Supplier, Distributor, and Service Provider Designations**

Previously, a business that employs critical infrastructure workers could designate suppliers, distributors, and service providers that are necessary to enable, support, or facilitate the operations of the original business. A business that employs critical infrastructure workers is no longer required to designate its downstream providers. Instead, the burden is on the supplier, distributor, and service provider to determine if its work is necessary to support the critical infrastructure work of a business.

## **New Guidelines for Operating**

The biggest changes, except for extending the lockdown, govern how businesses are allowed to conduct in-person operations. Businesses must now adopt a COVID-19 preparedness and response plan. The plan should include:

- Steps to reduce worker exposure to COVID-19;
- Identification and isolation of potentially infectious persons;
- Information to help employees self-monitor for signs and symptoms of COVID-19;
- Policies and procedures for employees to report when they are sick or experiencing COVID-19 symptoms; and
- Other steps to limit the spread of respiratory secretions, such as encouraging employees to cover their noses and mouths.

Any store that remains open must:

- Establish lines to regulate entry;
- Consider establishing curbside pick-up;
- Establish 2 hours per week for shopping by vulnerable populations;
- For stores less than 50,000 square feet in customer floor space, they must limit the number of people in the store to 25% total occupancy; and
- For stores greater than 50,000 square feet, they must limit the number of customers to 4 people per 1,000 square feet, excluding any area that must be closed off.

Stores must close off areas that are dedicated to selling carpet or flooring, furniture, garden centers and plant nurseries, and paint. Furthermore, advertising is limited to promotion of groceries, medical supplies, or other items necessary to maintain the safety, sanitation, and basic operation of residences.



EO 2020-42 keeps in place restrictions on the type and number of workers, the standards for cleaning and disinfecting surfaces, and other social distancing practices and mitigation measures.

### **New! House and Senate Extend State of Emergency**

On Tuesday, under extraordinary circumstances and protocols, the House and Senate passed Senate Concurrent Resolution 24, which extends Governor Gretchen Whitmer's State of Emergency and Declaration of Disaster through April 30, 2020. SCR 24 extends both declarations by 23 days despite the Governor's request for a 70-day extension. Senator Jim Ananich (D-Flint) offered an amendment that would have extended the declarations for 70 days, but the amendment was not adopted.

Wearing face masks and in some instances, gloves, members of the Senate quickly passed SCR 24 in approximately 20 minutes. The House executed Speaker Lee Chatfield's (R-Levering) plan to limit the number of representatives on the floor at one time, taking three hours and finishing up shortly after 1 p.m. House Democratic Leader Christine Greig (D-Farmington Hills) offered House Resolution 245 that would allow the House to vote remotely and House Concurrent Resolution 19 that would have extended the emergency declarations until June. Both resolutions were referred to the House Government Operations Committee.

As of today, the Governor has not extended the Stay Home Stay Safe order, which runs out on April 14, but it is widely expected she will extend the order later this week.

### **New! Senate Safe Behavior for Safe Workplaces Workgroup Formed**

Senate Majority Leader Mike Shirkey (R-Clarklake) and Senator Ken Horn (R-Frankenmuth) announced the formation of the "Safe Behavior for Safe Workplaces" Senate workgroup today.

The workgroup will gather information from businesses, medical professionals, and citizens across Michigan to create recommendations for best practices in the workplace in preparation for the transition back to work. Senator Shirkey said, "our goal is to have recommendations to the Governor by April 17. This is an aggressive goal, but we feel it is important to have solid recommendations in place to be ready when the risk level in our state decreases."

The bipartisan workgroup includes Senators: Ken Horn, Wayne Schmidt (R- Traverse City), Curt VanderWall (R-Ludington), Stephanie Chang (D-Detroit), Sylvia Santana (D-Detroit) and Jeremy Moss (D-Southfield).

Both chambers are now adjourned. The next scheduled session days are Thursday, April 16, 2020 and Thursday, April 30, 2020.

## **Federal Update:**

### **New! Federal Advocacy Groups Urge Continued Support for Behavioral Health During Pandemic**

The National Council continued its advocacy efforts this week with legislators and administration officials, urging the allocation of nearly \$40 billion in emergency funds for providers of mental health and addiction treatment services. National Council President and CEO Chuck Ingoglia participated in a call with the White House on Thursday and spoke directly to President Trump and Vice President Mike Pence about the field's needs for emergency appropriations to avert a large-scale public health calamity. We are

also actively engaging with Congress, leadership in the Trump Administration, and state and local leaders to ensure fixes to the continued problems our members have made us aware of, including increasing access to telehealth services and equipment and expanding crisis stabilization services across the country.

### **CONTINUING INVESTMENTS IN BEHAVIORAL HEALTH FIELD**

In its request to Congressional and administrative leadership to infuse **\$38.5 billion in emergency funds**, the National Council highlighted that all mental health and/or addiction providers and organizations are in an economic crisis and in jeopardy of failing because of the COVID-19 pandemic. If these organizations fail, millions of people living with mental illness or addiction will flood health centers, urgent care facilities and emergency departments, all of which are already over-burdened. The mental health and addiction field needs emergency funding in the next legislative package to combat the economic and health care effects of COVID-19, maintain operations and ensure stability for the duration of the crisis.

Further, the National Council has joined with other organizations to request supports beyond this emergency infusion of funds, including:

- **Increase access to telehealth & crisis response programs:** The Mental Health Liaison Group, of which the National Council is a founding member, sent a letter to Congressional leadership urging the provision of funds for virtual peer support programs, including group support meetings, for individuals with mental health conditions and substance use disorders. A group of 22 state and national mental health advocacy groups also requested that Congress, in addition to including the \$38.5 billion ask, invest \$10 billion in emergency funding to expand services to meet increased demand in response to the COVID-19 pandemic, including quickly transitioning the current national suicide prevention lifeline to the 9-8-8 dialing code and enhancing local crisis response programs.
- **States should invest funds in behavioral health:** The National Council authored a letter to national associations of state behavioral health leaders including NASMHPD, NASADAD, and NAMD, requesting these associations urge their members to begin making interim prospective payments to all mental health and/or addiction treatment organizations in their states to support these critical entities in responding to the COVID-19 pandemic. This would complement funding coming from the federal government to keep these organizations afloat through these trying times. The National Council thanks NAMD for making progress on this front by sending a letter to CMS and the Office of Management and Budget, calling for them to allow states to make retainer payments to essential Medicaid providers.

### **FINE-TUNING CURRENT SUPPORTS**

The National Council greatly appreciates the attention that the federal government has paid toward supporting mental health and substance use disorder treatment providers through the pandemic thus far. The CARES Act, signed into law two weeks ago, provided a number of financial supports for National Council members, including emergency funds for the Substance Abuse and Mental Health Services Administration (SAMHSA) to administer, and federal loan programs for small and mid-sized businesses. The National Council has reached out to thank various leaders for their work to secure these supports and has offered recommendations on how to administer them to best address community needs.

**Directing SAMHSA Funds Where Needed Most:** The National Council wrote a letter to SAMHSA's Assistant Secretary Eleanor McCance-Katz, making recommendations on how to direct the \$250 million in emergency funding appropriated to the agency for behavioral health organizations in the CARES Act. Specifically, National Council suggested that SAMHSA should:

- Extend eligibility for direct funds beyond the Certified Community Behavioral Health Clinics (CCBHCs) to reach all community behavioral health organizations and community addiction treatment providers.
- Secure personal protective equipment (PPE) to provide to frontline staff members in behavioral health organizations.
- Assist all mental health and/or addiction and organizations with covering personnel costs including sick leave, overtime pay, hazard pay and shift differential pay.
- Assist with the purchase of equipment needed to provide telehealth, including laptops, cameras, and IT systems.

### TAKE ACTION

As COVID-19 has spread fear and anxiety across our nation, National Council has repeatedly asked its members what they need and how we can help. Those voices have been heard, and our members' needs are overwhelmingly clear: on-the-ground mental health and/or addiction providers and organizations need personal protective equipment, telehealth technologies, and most importantly, financial resources to keep organizations' doors open and the lights on. Take two minutes today to urge your Member of Congress to support our request of \$38.5 billion in direct payments to providers of mental health and addiction treatment services. [Take action now.](#)

## Education Opportunities:

### 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](http://www.cmham.org) to see if your event /meetings taking place. The site is being updated several times a day.

### **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:

- ~~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](mailto: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.

## **NEW DATE: Wraparound Conference**

**New Dates:** Monday, September 28, 2020 – Wednesday, September 30, 2020

**Location:** Great Wolf Lodge: 3575 N. US 31 South, Traverse City, MI 49684

Registration will be available in July on the [CMHA website](#).

## **NEW 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:

Friday, September 11, 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:

April 15, 2020 – Kalamazoo **CANCELLED**

April 22, 2020 – Detroit **CANCELLED**

Additional dates to be scheduled soon!

## 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.***

Trainings offered on the following dates:

April 23, 2020, 9:00am-11:00am – Detroit **CANCELLED**

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 **CANCELLED**
- 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](mailto:awilson@cmham.org) for information. No continuing education credits available.

## **New! Strengthening LOCUS Training Skills**

Michigan Department of Health and Human Services and Community Mental Health Association of Michigan present: Strengthening LOCUS Training Skills

- [June 22, 2020 – Treetops Resort, Gaylord](#)
- [July 20, 2020 \(Rescheduled from April 20\) – Hampton Inn & Suites, Okemos](#)

Audience: LOCUS Trainers

Description: This workshop is designed for those individuals who currently or will be providing LOCUS training, coaching, and/or mentoring. Focus is on helping participants to enhance their skills as a LOCUS trainer while identifying skill building opportunities and activities within their trainings. Participants will have the opportunity to develop or work on a Training Plan for their organizations to assist with LOCUS integration. Time will be provided for questions and problem-solving.

Prerequisite: Thorough understanding of the LOCUS; Completion of MDHHS approved LOCUS Train-the-Trainer

Fee: \$0 registration fee and breakfast, lunch, afternoon snack and materials included

This course qualifies for 6.0 Social Work Contact Hours and 6.0 Related MCBAP Contact Hours

## **New! LOCUS Specialty Trainings:**

Michigan Department of Health and Human Services and Community Mental Health Association of Michigan present: LOCUS Specialty Trainings

- [June 23, 2020 – Treetops Resort, Gaylord](#)
- [July 21, 2020 \(Rescheduled from April 21\) – Hampton Inn & Suites, Okemos](#)

Prerequisite: Basic Understanding of the LOCUS

Each course qualifies for 2.5 Social Work Contact Hours and 2.5 Related MCBAP Contact Hours

**Enhancing Your LOCUS Skills:** 9:00 AM – 11:30 AM

Audience: LOCUS Users, Trainers, Supervisors

Description: This workshop is designed for those individuals who want to fine-tune and enhance their understanding and use of the LOCUS. Ideal for users of the LOCUS, LOCUS trainers, and organizational supervisors.

Fee: \$0 and includes breakfast and materials



## **Quality & Outcome Measurement with the LOCUS: 1:00 PM – 3:30 PM**

Audience: Supervisors, Quality Specialists and Managers, Utilization Management, Organizational Leadership

Description: Statewide LOCUS implementation is not without it's challenges. This workshop is designed to help organizational leadership define and implement outcome measures associated with the LOCUS. We will explore how use of data capture and analysis supports systemic change to achieve positive outcomes for the individuals served.

Fee: \$0 and includes an afternoon snack and materials

## **News from Our Preferred Corporate Partners:**

### **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](http://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 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  
First Vice President: Carl Rice Jr; [cricejr@outlook.com](mailto:cricejr@outlook.com); (517) 745-2124  
Second Vice President: Craig Reiter; [gullivercraig@gmail.com](mailto:gullivercraig@gmail.com); (906) 283-3451  
Secretary: Cathy Kellerman; [balcat3@live.com](mailto:balcat3@live.com); (231) 924-3972  
Treasurer: Randy Kamps; [randyk@4iam.com](mailto:randyk@4iam.com); (231)392-6670  
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)  
Audrey Daul, Administrative Assistant, [adaul@cmham.org](mailto:adaul@cmham.org)  
Dana Ferguson, Senior Accounting Specialist, [dferguson@cmham.org](mailto:dferguson@cmham.org)  
Anne Wilson, Training and Meeting Planner, [awilson@mham.org](mailto:awilson@mham.org)  
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