

## 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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# CMHA WEEKLY UPDATE

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## CMH Association and Member Activities:

### **New! Ottawa County CMH discusses innovations during COVID-19 pandemic**

Recently, Community Mental Health of Ottawa County was featured in a news story on the innovative work that they are doing in response to the COVID-19 pandemic. The link to that media interview can be found [here](#).

### **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! MDHHS announces peer-operated COVID-19 warm line**

Below are excerpts from a recent press release on the peer-operated COVID-19 warm line. (This number is provided on CMHA's COVID webpage.

The Michigan Department of Health and Human Services (MDHHS) is launching a statewide warmline for Michiganders living with persistent mental health conditions. The warmline will connect individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers.

The warmline will operate seven days a week from 10 a.m. to 2 a.m. at 888-PEER-753 (888-733-7753). It is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma. Individuals in crisis, including those considering suicide, are urged to contact the Disaster Distress Helpline 24/7 at 800-985-5990 or the National Suicide Prevention Lifeline 24/7 at 800-273-8255.

“The warmline will help individuals with long-term mental health challenges find someone to talk to – someone who has lived these challenges themselves – and do it while staying safe and staying home,” said Robert Gordon, MDHHS director. “COVID-19 is a grave threat not just to physical health, but also to mental health, and we are doing everything we can to offer supports for everyone.”

Warmlines are an alternative to traditional psychiatric crisis hotlines and are used to avoid extreme emotional distress that can lead to hospitalization or other severe outcomes that are preventable with early intervention of peer support. Warmlines alleviate the burden on crisis responders by offering a solution for non-crisis callers. The Certified Peer Support Specialist (CPSS) Warmline will offer support for individuals feeling isolated from society, and will provide referrals for outreach and assistance for those seeking critical physical and behavioral health services.

The warmline will provide particular support to underserved Medicaid beneficiaries, who often lack social connectedness and may now have increased anxiety and feelings of severe isolation during this critical time. It is available to all Michiganders, regardless of insurance status.

MDHHS is collaborating with Justice In Mental Health Organization (JIMHO) Project DOORS, Michigan's first peer-run organization. JIMHO will moderate the warmline and network with CPSS, statewide peer-run organizations, Community Mental Health Association of Michigan and MDHHS peer services unit. JIMHO has provided critical peer-support and community living skills to persons living with mental illness for 39 years and has assisted more than 15,000 residents using experienced peer-support specialists during the pandemic.

### **New! National Alliance for Direct Support Professionals issues COVID-19 resources**

Below is a recent announcement of a set of resources designed to support the work of the nation's Direct Support Professionals/Direct Care Workers.

With the coronavirus (COVID-19) global pandemic, there is a constant barrage of information being shared. Things are changing almost hourly across the country. The National Alliance for Direct Support Professionals (NADSP) is committed to sharing resources for Direct Support Professionals. We understand that given this global crisis, Direct Support Professionals are still working to provide supports. As Direct Support Professionals are on the front lines, we have created this tool kit with self care information and additional resources for individuals. This tool kit is available at this [link](#).

The webinars in this tool kit include:

- Self Care for Direct Support Professionals in Crisis
- Meditation for DSPs in Times in Stress
- The Role of the DSP and the Coronavirus: Part One
- The Role of the DSP and Coronavirus: Part Two
- The Role of the DSP and Coronavirus: Part Three
- Frontline Initiative: Self Care for DSPs
- Grief and Loss for Direct Support Professionals
- Let's Talk with Dave: When Death Happens at Work

DSPs are on the front lines of supporting people with confirmed or possible infection with coronavirus (COVID-19) and therefore have an increased risk of exposure to this virus. DSPs can

minimize their risk of exposure when supporting possible COVID-19 patients by following CDC infection prevention and control guidelines. The free COVID-19 Handouts NADSP COVID-19 Fact Sheet is available [here](#).

### **New! MHEF announces telehealth grants**

Below are excerpts from a recent announcement, by the Michigan Health Endowment Fund, of a large number of grants provided to mental health centers (most of which are CMHA members) and primary care centers throughout Michigan to support their telehealth work.

With a stay-at-home order in place, patients and providers alike are searching for safe alternatives to in-person appointments. Last week, we announced just under \$3 million in grants to 61 organizations across Michigan to help them build out their telehealth services.

“Telehealth is a key strategy for expanding access to care, and we’ve supported this work for a number of years,” said Program Director Becky Cienki. “The current urgency underscores this ongoing need, and our goal is for these projects to both spur immediate action and create lasting infrastructure for telehealth.”

The Ethel and James Flinn Foundation, the Metro Health Foundation, Blue Cross Blue Shield of Michigan, and the Blue Cross Blue Shield of Michigan Foundation joined us in funding these awards.

The awardees are listed [here](#).

### **New! Health Affairs article underscores value of health and human services integration**

Below are excerpts from a recent article in Health Affairs: Health And Human Services Integration: Generating Sustained Health And Equity Improvements

Concurrent increases in evidence about social determinants of health and the use of value-based health care incentives are driving new efforts to integrate health care and human services. Despite expectations that the integration of these complementary services could improve health, reduce health inequities, and reduce potentially avoidable health care use and costs, current evidence on the effectiveness, implementation, and sustainability of such cross-sectoral partnerships is sparse and mixed. To realize the potential of health care and human services integration, knowledge gaps in these key areas must be filled. In doing so, particular attention needs to be paid to understanding how power and resource differentials between organizations in the two sectors influence integration approaches and their impacts.

Furthermore, increased societal investments in resources to address social needs are likely necessary for integrative initiatives to yield desired individual- and population-level impacts.

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

### **New! MC3 announces resources for families and children during pandemic**

Below is a recent announcement from the Michigan Child Care Collaborative (MC3) of a weekly on-line video series providing a range of resources for families and children to support them during the COVID-19 pandemic.

A new Michigan Medicine weekly online video series, Thrive with Your Family will be broadcast over the C. S. Mott Children's Hospital Facebook page and Michigan Medicine's YouTube channel. The series will offer support to families during the coronavirus pandemic. Please share this resource with your patients and their families.

Access to this series and other resources can be found [here](#).

### **New! New report from leading mental health organizations reveals impact of covid-19 on behavioral health crisis services**

Below are excerpts from a recent news story on a report that examines how the nation's mental health crisis services are responding to the COVID-19 pandemic.

A recent national survey of behavioral health crisis service providers reveals that crisis services are severely impacted by the effects of COVID-19, as workers are overwhelmed and service demand is fluctuating dramatically. This includes Mobile Crisis Teams, Crisis Residential Programs, and Crisis Call Centers across the country.

A report released by TBD Solutions LLC in conjunction with other leading mental health organizations analyzed the responses of over 350 crisis providers, including 147 Mobile Crisis Teams, 130 Crisis Residential Programs, and 93 Crisis Call Centers. The research revealed a crisis system susceptible to the same issues as its medical counterparts that must be treated with the same heightened consideration. Survey responses were elicited from members of the American Association of Suicidology, the Crisis Residential Association, and the National Association of Crisis Organization Directors.

"As illness spreads in our area, there will be reduction in our workforce due to illness, isolation, and return-to-work policies," one respondent to the survey stated. "Staff [have] concerns about continuing to work amid the public health concern."

Responses to the survey fell into six main categories:

- **Staffing:** Morale and workforce stability have been compromised, leaving supervisors with few solutions to keep their services intact.
- **Health Concerns:** Employees maintain a fear of contracting and/or spreading COVID-19.
- **Clinical Services and Client/Caller Support:** With so much attention and energy devoted to COVID-19 risks, programs have less human and financial resources to devote to treatment interventions.
- **Equipment/Supplies/Technology:** Dozens of respondents reported inadequate supplies of critical PPE needed to do their jobs, and limited technology and IT equipment is inhibiting some Crisis Call Centers and Mobile Crisis Teams from moving to a remote workforce.
- **Operations/Sustainability:** When some crisis services exist in fee-for-service models, reduced referrals means reduced income, forcing some providers to make difficult staffing and operations decisions.
- **Community Resources:** Outpatient therapists, homeless shelters, psychiatric hospital beds, primary care clinics, and other critical resources have reduced service capacity or offer services remotely, an option that is not accessible for those with limited resources.

The report can be found [here](#).

## State Legislative Update:

### **New! Economists Expects \$2.6B Fall Off In 2020 State Dollars from Pandemic**

Economists who advise state officials on projected revenue numbers are forecasting an ugly couple of years for state government following this quarter's COVID-19 induced economic crash.

For 2020, the Research Seminar on Quantitative Economics (RSQE) at the University of Michigan is forecasting that the state will see a 15.9% dip in General Fund revenues (\$1.7 billion) and a 4% dip in the state's School Aid Fund (\$550 million). Combined, those changes represent a \$2.6 billion fall off for the year.

The RSQE team which addressed a Southeastern Michigan Council of Governments (SEMCOG) webinar Tuesday, is also forecasting these low levels of revenue to persist through 2021 and, to a degree, 2022.

For 2021, they are forecasting only modest 1.5% General Fund growth over 2020 levels. The School Aid Fund is expected to grow 1.1%. Revenues are expected to begin rebounding more strongly in 2022.

The drop off in revenue is in large part to what the economists expect to be a second quarter decline in employment of 26% or 1.16 million jobs. Jobs are expected to begin being added back in June with much of the job loss recovered by the end of 2021. While the state revenue figures are disturbing, the RSQE economists argued the federal response is expected to significantly cushion the impacts on personal income.

According to RSQE Director Gabriel Ehrlich, Michigan's total aggregate wages are expected to decline by \$1.1 billion due to the pandemic. However, he noted that if all eligible workers sought and obtained the federally expanded Unemployment Insurance benefits that were included in the stimulus package, Michigan's total personal income for the year would come out at 98% of 2019 personal income levels.

"Total aggregate wages will decline by \$1.1 billion," Ehrlich said. "Unemployment benefits will increase by \$1.03 billion."

While that 98% figure is pegged on full participation, RSQE is forecasting that only 75% of eligible laid off Michigan workers will apply for unemployment - meaning that there will be a fall of personal income, but not as steep as it could have been. While the higher UI benefits are taxable and could help state and local governments, Ehrlich noted that whether withholding occurs on jobless benefits is at the discretion of the unemployed worker and roughly half generally defer paying taxes on the benefits.

The RSQE is also noting that the federal stimulus checks of \$1,200 per person are estimated to bring into the state a total of \$8 billion.

A key part of the RSQE analysis relies on COVID models that suggest Michigan has already passed the so-called apex point. The economists believe that while the state has passed the apex, that apex still lies ahead for the country as a whole.

RSQE's forecasting, argued that while the federal stimulus actions to date were rapid and large, more has to be done. For example, the Paycheck Protection Program is the most important component of the federal action, but at \$360 billion it is about \$200 billion too light to cover all eligible U.S. small businesses. They also note that to date there is no federal funding to help mitigate the loss of revenues

that states and local units of government are sure to feel. To cover that the federal government would need to provide \$500 billion in aid.

### **New! Midwest Governors Announce Partnership to Reopen Regional Economy**

Yesterday, Governors Gretchen Whitmer (MI), Mike DeWine (OH), Tony Evers (WI), Tim Walz (MN), JB Pritzker (IL), Eric Holcomb (IN), and Andy Beshear (KY) announced that they will work in close coordination to reopen the economy in the Midwest region.

The governors said, "We are doing everything we can to protect the people of our states and slow the spread of COVID-19, and we are eager to work together to mitigate the economic crisis this virus has caused in our region. Here in the Midwest, we are bound by our commitment to our people and the community. We recognize that our economies are all reliant on each other, and we must work together to safely reopen them so hardworking people can get back to work and businesses can get back on their feet.

"Today, we are announcing that Michigan, Ohio, Wisconsin, Minnesota, Illinois, Indiana, and Kentucky will work in close coordination to reopen our economies in a way that prioritizes our workers' health. We look forward to working with experts and taking a fact-based, data-driven approach to reopening our economy in a way that protect families from the spread of COVID-19.

"Our number one priority when analyzing when best to reopen our economy is the health and safety of our citizens. We will make decisions based on facts, science, and recommendations from experts in health care, business, labor, and education.

"We will closely examine at least these four factors when determining when best to reopen our economy:

- Sustained control of the rate of new infections and hospitalizations.
- Enhanced ability to test and trace.
- Sufficient health care capacity to handle resurgence.
- And best practices for social distancing in the workplace.

"Phasing in sectors of our economy will be most effective when we work together as a region. This doesn't mean our economy will reopen all at once, or that every state will take the same steps at the same time. But close coordination will ensure we get this right. Over time, people will go back to work, restaurants will reopen, and things will go back to normal. We look forward to working together as one region to tackle this challenge together."

### **New! Executive Orders Signed**

Earlier this week, Governor Gretchen Whitmer signed two expected Executive Orders, 2020-48 and 2020-49, which are extensions of previous Executive Orders. Additionally, Governor Whitmer signed Executive Order 2020-50.

***Executive Order 2020-48 replaces and extends Executive Order 2020-15, which extends until May 12 the ability of local boards, commissions, committees, subcommittees, authorities, councils and nonprofit boards to use telephone or video-conferencing methods to continue meeting and conducting business while ensuring the public has access to join the meetings.*** Please click [here](#) to view Executive Order 2020-48.



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Currently, Governor Gretchen Whitmer has signed 31 Executive Orders in response to COVID-19. Please find a list of active Executive Orders with the topic and a hyper link accessing the Executive Order below:

- **Executive Order 2020-14** – Extends the deadline for Michigan residents to pay back taxes and avoid foreclosure on their property, please click [here](#) to access Executive Order 14.
- **Executive Order 2020-16** – Expanding child care access during the COVID-19 emergency, please click [here](#) to access Executive Order 16.
- **Executive Order 2020-17** – Temporary restrictions on non-essential medical and dental procedures, please click [here](#) to access Executive Order 17.
- **Executive Order 2020-18** – Enhanced restrictions on price gouging, please click [here](#) to access Executive Order 18.
- **Executive Order 2020-19** – Temporary prohibition against entry to premises for the purpose of removing or excluding a tenant or mobile home owner from their home, please click [here](#) to access Executive Order 19.
- **Executive Order 2020-22** – Extension of county canvass deadlines for the March 10, 2020 Presidential Primary Election, please click [here](#) to access Executive Order 22.
- **Executive Order 2020-24** – Temporary expansions in unemployment eligibility and cost-sharing, please click [here](#) to access Executive Order 24.
- **Executive Order 2020-25** – Temporary enhancements to operational capacity, flexibility, and efficiency of pharmacies, please click [here](#) to access Executive Order 25.
- **Executive Order 2020-26** – Extension of April 2020 Michigan income tax filing deadlines, please click [here](#) to access Executive Order 26.
- **Executive Order 2020-27** – Conducting elections on May 5, 2020 using absent voter ballots, please click [here](#) to access Executive Order 27.
- **Executive Order 2020-28** – Restoring water service to occupied residences during the COVID-19 pandemic, please click [here](#) to access Executive Order 28.
- **Executive Order 2020-29** – Temporary COVID-19 protocols for entry into Michigan Department of Corrections facilities and transfers to and from Department custody; temporary recommended COVID-19 protocols and enhanced early-release authorization for county jails, local lockups, and juvenile detention centers, please click [here](#) to access Executive Order 29.
- **Executive Order 2020-30** – Temporary relief from certain restrictions and requirements governing the provision of medical services, please click [here](#) to access Executive Order 30.
- **Executive Order 2020-31** – Suspends the April 1 requirement for lower vapor pressure gasoline, please click [here](#) to access Executive Order 31.
- **Executive Order 2020-33** – Recognizes the expanded scope of economic, educational, and civic dislocation caused by the COVID-19, and equips the administration to address fully the devastation caused by virus and formally declares a state of disaster, please click [here](#) to access Executive Order 33.

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- **Executive Order 2020-34** – Clarifies the temporary restrictions the Governor placed on non-essential veterinary procedures as part of Executive Order 2020-32, please click [here](#) to access Executive Order 34.
- **Executive Order 2020-35** – Provision of K-12 education during the remainder of the 2019-2020 school year, please click [here](#) to access Executive Order 35.
- **Executive Order 2020-36** – Protecting workers who stay home, stay safe when they or their close contacts are sick, please click [here](#) to access Executive Order 36.
- **Executive Order 2020-37** – Temporary restrictions on entry into health care facilities, residential care facilities, congregate care facilities, and juvenile justice facilities, please click [here](#) to access Executive Order 37.
- **Executive Order 2020-38** – Temporary extensions of certain FOIA deadlines to facilitate COVID-19 emergency response efforts, please click [here](#) to access Executive Order 38.
- **Executive Order 2020-39** – Temporary relief from certain restrictions and requirements governing the provision of emergency medical services, please click [here](#) to access Executive Order 39.
- **Executive Order 2020-40** – Temporary relief from certain credentialing requirements for motor carriers transporting essential supplies, equipment, and persons, please click [here](#) to access Executive Order 40.
- **Executive Order 2020-41** – Encouraging the use of electronic signatures and remote notarization, witnessing, and visitation during the COVID-19 pandemic, please click [here](#) to access Executive Order 41.
- **Executive Order 2020-42** – Temporary requirement to suspend activities that are not necessary to sustain or protect life, please click [here](#) to access Executive Order 42.
- **Executive Order 2020-43** – Temporary restrictions on the use of places of public accommodation, please click [here](#) to access Executive Order 43.
- **Executive Order 2020-44** – Enhanced support for deliveries, please click [here](#) to access Executive Order 44.
- **Executive Order 2020-45** – Enhanced authorization of remote means for carrying out state administrative procedures, please click [here](#) to access Executive Order 45.
- **Executive Order 2020-46** – Mitigating the economic harms of the COVID-19 pandemic through the creation of a spirits buyback program for restaurants and bars throughout the state, please click [here](#) to access Executive Order 46.
- **Executive Order 2020-47** – Temporary extension of the validity of certain driver's licenses, state identification cards, and vehicle registrations, please click [here](#) to access Executive Order 47.
- **Executive Order 2020-48** – Temporary authorization of remote participation in public meetings and hearings and temporary relief from monthly meeting requirements for school boards, please click [here](#) to access Executive Order 48.
- **Executive Order 2020-49** – Temporary enhancements to operational capacity and efficiency of health care facilities, please click [here](#) to access Executive Order 49.

## Federal Update:

### **New! ACTION ALERT - Support \$38.5 Billion for Behavioral Health Providers in Fighting COVID-19**

Congress continues to deliberate continued aid towards the COVID-19 pandemic, talks have been underway regarding a stimulus 4 aid package. Through the National Council and their members, we are requesting **an emergency appropriation of \$38.5 billion** for providers of mental health and addiction treatment services to be included in the next stimulus package considered by Congress. This is one of the largest and most important appropriations requests of our time.

As COVID-19 has spread fear and anxiety across our nation, we have repeatedly asked you, our members, what you needed and how we could help. **We have heard you. You made your needs overwhelmingly clear: you need PPE, you need equipment, and most importantly you need financial resources to keep your doors open and the lights on.** You need this emergency funding to continue doing the lifesaving work you do in your community every day, serving individuals with mental illness and addiction.

**Will you take two minutes today to urge your Member of Congress to NOT leave mental health and addictions behind? If possible included examples of what you are facing, closing programs, layoffs, impact of social distancing on services etc...**

Click the link below to log in and send your message:

<https://www.voterveice.net/CMHAM/Campaigns/73480/Respond>

## 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

### 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 | **CANCELLED**
- June 8-12, 2020 – Park Place Hotel & Conference Center, 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:

\$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,

# CMHA WEEKLY UPDATE

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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 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.

### **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

## **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

## **New! Association of University Centers on Disabilities' webinar series on COVID 19**

Below is an announcement from the Association of University Centers on Disabilities' COVID-19 Public Health Webinar Series

Join us for this 4-part webinar series, as we review what we currently know on disability inclusion as it relates to this emerging issue. Each session will be 75-minutes. (Note that these sessions recorded and can be accessed at the link, provided below.)



Session 1: Advice from Medical Providers  
Wednesday, April 15, 2020, 4:00 p.m. - 5:30 p.m. ET

Session 2: Advice from Family Members and Caregivers on Dealing with COVID-19  
Wednesday, April 22, 2020, 4:00 p.m. - 5:30 p.m. ET

Session 3: Advice from People who have a Disability on Dealing with COVID-19  
Wednesday, April 29, 2020, 4:00 p.m. - 5:30 p.m. ET

Session 4: Advice on Your Questions  
Thursday, April 30, 2020, 4:00 p.m. - 5:30 p.m. ET

More information on this series can be found [here](#).

## **Education & Training Resources from Great Lakes MHTTC**

Weekly Update readers may remember that our association, the Community Mental Health Association of Michigan (CMHA) is the Michigan partner of the SAMHSA-funded Great Lakes Mental Health Technology Transfer Center (Great Lakes MHTTC). The Great Lakes MHTTC, in partnership with CMHA, provides education and training on a range of evidence based and promising mental health prevention and treatment practices.

This section of the Weekly Update will regularly feature education, training, and technical assistance offerings from the Great Lakes Mental Health Technology Transfer Center (MHTTC) and its partners MHTTCs from across the country.

### **New! Telehealth with Children and Adolescents: Telehealth Learning and Consultation (TLC) Tuesdays**

9:00am - April 21, 2020 | Timezone: US/Mountain  
Hosted By: Mountain Plains MHTTC

This hour-long online series will support behavioral health providers who are new to using telehealth. During each hour-long session, our Technology Transfer Center (TTC) Network specialists will spend the first 20 minutes addressing a specific topic, then answer questions submitted by TLC Tuesday registrants. Recordings of the 20-minute presentations as well as additional resources will be posted on the web as they become available.

Every session will run from 9:00 am – 10:00 am (MT). Registration is required for every TLC Tuesday session. During registration, you will be prompted to submit any questions you have in advance of the session.

Register for this series [here](#).

### **New! ACT and COVID-19: Meet Up for ACT Mental Health Authorities, Funders, Trainers, and Fidelity Reviewers**

12:00pm - April 21, 2020 | Timezone: US/Pacific  
Hosted By:

Northwest MHTTC

**Assertive Community Treatment (ACT)** is a multidisciplinary, team-based model that provides intensive community-based and outreach-oriented services to people who experience the most severe and persistent mental illness. The vast majority also have a co-occurring substance use disorder and many experience comorbid medical illnesses as well as homelessness. This is a vulnerable population and their providers – ACT teams – are at elevated risk themselves during the COVID-19 pandemic.

We are hosting a meet-up for non-provider ACT stakeholders who assume a role of overseeing ACT, funding ACT, providing ACT training and technical supports, and/or conducting ACT fidelity reviews. The intent is to create a unique space to share challenges and solutions related ACT operations and services during the COVID-19 pandemic. This meet-up is hosted by Lorna Moser, Ph.D. of the Institute for Best Practices, UNC Center for Excellence in Community Mental Health and Maria Monroe-DeVita, PhD of the University of Washington Department of Psychiatry and Behavioral Sciences and the Northwest Mental Health Technology Transfer Center (MHTTC), the sponsor for these ACT meet-up events.

Register [here](#).

### **New! COVID-19 resources from MHTTCs across the country**

The Mental Health Technology Transfer Center (MHTTC) Network Coordinating Office at Stanford University has compiled a list of resources related to the COVID-19 pandemic that are being produced by all of the MHTTCs across the country. You can find those resources [here](#).

In addition, a set of resources were recently developed in partnership with the National Center for School Mental Health at the University of Maryland, Supporting Student Mental Health: Resources to Prepare Educators. This school mental health resource:

- Describes the role of educators in supporting student mental health.
- Explains the core components of mental health literacy.
- Provides an annotated list of existing resources and trainings that instruct educators on mental health literacy, including information about cost and CEU opportunities.

This resource is now available on the MHTTC website in the Products and Resources Catalog [here](#).

### **New! MHTTC's school based mental health resources**

MHTTC continually updates its curated list of sound school-based mental health resources. Below are the two most recent sets of such resources:

**New Resource on the Great Lakes MHTTC Website** - Social Emotional Learning at Home: Remote Learning Options: We are all learning to navigate remote learning and education from afar. Luckily there are several reputable, evidence-informed resources available to help educators and families promote social and emotional well-being in their students outside the classroom. The Great Lakes MHTTC School-based Supplement has compiled a list of SEL resources, lesson plans, activities, games, and tip sheets to get you started on your SEL at home journey. Available [here](#).

**New Resource Page on the Great Lakes MHTTC Website – focused on COVID-19 school-based mental health resources:** Available [here](#).

## News from Our Preferred Corporate Partners:

### **New! Relias announces telehealth catalog**

Relias, a longtime partner of CMHA, recently developed a tele-mental health topic page. The page includes our free telehealth course series, tel-emental health webinars, related blogs, and additional resources. We're still finalizing our upcoming telehealth webinar with innovaTel but can share details soon, if you'd like. That page can be found [here](#).

### **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)  
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Anne Wilson, Training and Meeting Planner, [awilson@mham.org](mailto:awilson@mham.org)  
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