

WEEKLY Update

August 21, 2020

COVID-19 Resources: CMHA has developed a curated set of COVID-19-related resources and announcements from a range of reputable state and national sources. That curated set of resources, which will be regularly updated, **is available by [CLICKING HERE](#)**.

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CMH Association and Member Activities

New! MHEF announces grant support for CMHA Telehealth Resource Center

Below are excerpts from a recent notice from the Michigan Health Endowment Fund (MHEF), informing CMHA that its application for support of our Telehealth Resource Center was approved. This is a two-year contract with the Health Endowment Fund. This is very good news and is key to supporting CMHA’s work to ensure that Michigan’s behavioral telehealth system is sound and effective.

“Congratulations! I am pleased to inform you that the Board of Directors of the Michigan Health Endowment Fund approved Michigan Association of Community Mental Health Boards (dba Community Mental Health Association of Michigan)'s 2020 Behavioral Health grant request, ID number R-2004-146275, in the amount of \$257,905.00 to support the program entitled Telehealth Resource Center - Behavioral Health.”

State & National Developments and Resources

New! NIDA and NIH announce Helping to End Addiction Long-term (HEAL) Initiative

The National Institute on Drug Abuse and the National Institute for Health recently announced a series of virtual meetings being held as a part of the NIH Helping to End Addiction Long-term (HEAL) Initiative. For more information, please refer to the links embedded below.

August 24, 2020—[Virtual Workshop: Toward the Use of Buprenorphine in Infants: Scientific and Practical Considerations](#). NIDA Director Dr. Nora Volkow will provide introductory remarks at 10:30.

August 26, 2020—[Virtual Seminar: Engaging Patients in the Research Process](#)

August 31, 2020—[Multi-Disciplinary Working Group Meeting](#). The agenda, including details about the public session, is forthcoming.

September 16, 2020—[HEAL Workshop on Myofascial Pain](#)

New! CDC issues report on mental health, substance use, and suicidal ideation during the COVID-19 pandemic

Below are excerpts from the CDC's Morbidity and Mortality Weekly Report (MMWR) :Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020

Summary

What is already known about this topic?

Communities have faced mental health challenges related to COVID-19–associated morbidity, mortality, and mitigation activities.

What is added by this report?

During June 24–30, 2020, U.S. adults reported considerably elevated adverse mental health conditions associated with COVID-19. Younger adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers reported having experienced disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation.

What are the implications for public health practice?

The public health response to the COVID-19 pandemic should increase intervention and prevention efforts to address associated mental health conditions. Community-level efforts, including health communication strategies, should prioritize young adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers.

During late June, 40% of U.S. adults reported struggling with mental health or substance use^{*}

ANXIETY/DEPRESSION SYMPTOMS



STARTED OR INCREASED SUBSTANCE USE



TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



SERIOUSLY CONSIDERED SUICIDE[†]



*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020
†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping

CDC.GOV

bit.ly/MMWR81320

MMWR

State Legislative Update

New! State of Michigan Reaches Settlement Over the Flint Water Crisis

Governor Gretchen Whitmer announced today that last week the State of Michigan agreed to a \$600 million settlement of the civil lawsuits brought against the State of Michigan by Flint residents after the water supply for the City of Flint was switched to the Flint River on April 25, 2014. The majority of the money will settle claims filed on behalf of children.

The preliminary agreement specifies that about 80 percent of the net settlement fund will be spent on claims of children who were minors when first exposed to the Flint River water, with a majority of that amount to be paid for claims of children age 6 and younger. Two percent will be earmarked for special education services in Genesee County with another 18 percent of the net settlement to be spent on claims of adults and for property damage. Roughly 1 percent will go towards claims for business losses.

“Providing relief for the people of Flint and resolving these long-standing legal disputes has been a top priority for me since taking office,” Attorney General (AG) Dana Nessel said. “Flint residents have endured more than most, and to draw out the legal back-and-forth even longer would have achieved nothing but continued hardship. This settlement focuses on the children and the future of Flint, and the State will do all it can to make this a step forward in the healing process for one of Michigan’s most resilient cities. Ultimately, by reaching this agreement, I hope we can begin the process of closing one of the most difficult chapters in our State’s history and writing a new one that starts with a government that works on behalf of all of its people.”

To view a summary of the preliminary settlement, please click [here](#). The AG's office stated complete details will be made available once the formal settlement is completed, which is expected within about 45 days. Governor Whitmer released a video statement on the settlement, which can be viewed [here](#). AG Nessel also released a video statement, which can be viewed [here](#).

State Revenue Up \$655.8M Above Projections In July

State revenues steered toward the General Fund came in \$385.7 million above projected levels in July while School Aid Fund revenues came in \$270.1 million above the drastically scaled-back projections from the May Consensus Revenue Estimating Conference (CREC).

Through July 2020, year-to-date General Fund collections are \$675 million above the May collections and the School Aid Fund is \$429.1 million above, according to [the Senate Fiscal Agency](#) (SFA).

The higher revenue totals came not only from state income taxes being due July 15, but from personal income taxes and sales taxes coming in stronger than expected, the SFA reported.

No casino tax revenue is coming in, but more people are playing the state Lottery. School Aid Fund money from the Lottery is up \$42 million, 69.4% above projections. State revenues are still projected to be down 10.3% from this point in Fiscal Year '19 the SFA reported.

New! Executive Orders Signed

Currently, Governor Gretchen Whitmer has signed over 130 Executive Orders in response to COVID-19. Below is the most recent list of Executive Orders with the topic and a hyper link accessing the Executive Order below.

For a complete list of Governor Whitmer's Executive Orders click on the link below:

https://www.michigan.gov/whitmer/0,9309,7-387-90499_90705---,00.html

- **Executive Order 2020-170** – 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 170.

Federal Update

National Council Launches CCBHC Success Center

The Certified Community Behavioral Health Center (CCBHC) movement is transforming health care with new approaches to service delivery while expanding community members' access to care.

To help organizations and states make the most of these opportunities, the National Council is excited to announce the launch of our [CCBHC Success Center](#) – a hub for information, implementation support and advocacy on the CCBHC model.

Whether you are a current or prospective CCBHC, a policymaker, association representative or just personally invested in the CCBHC model, the CCBHC Success Center is your one-stop shop for support from the National Council and our network of partners.

We offer training, educational opportunities, data, and resources for CCBHCs and other stakeholders. Visit our site to:

- Kick-start your CCBHC grant or strengthen your existing CCBHC activities.
- Connect with peer CCBHCs to share ideas, innovations, and solutions.
- Get help with becoming CCBHC-ready for the next round of expansion grants.
- Explore how states can implement and tailor the CCBHC model to meet their goals for quality, scope of services and value.
- Learn how non-CCBHCs—like primary care clinics, children's providers, and others—can partner with CCBHCs to improve clients' access to the full spectrum of care.
- See a compilation of the latest data on CCBHCs' activities, outcomes and geographic reach.
- Get engaged in advocacy to advance the CCBHC model.
- And more...

Need one-on-one attention to support your unique needs and goals? Our expert staff have worked with states and clinics since 2014 to provide implementation support, financing guidance, and Medicaid design expertise. We are here to help meet any need.

The CCBHC Success Center is open for business. [Check us out today!](#) Make sure to check back often, as additional resources will be added in the weeks and months ahead.

Education Opportunities

CMHA Takes Trainings Virtual!



The COVID-19 pandemic continues - but so does the need for trainings. **CMHA will NOT be holding any in-person trainings or conferences through January 1, 2021 – we’re moving to a virtual setting when possible.** The virtual training format will provide an excellent opportunity to keep current with best practices (clinical, administrative, governance) and allow attendees to obtain continued education credits. Watch for this graphic on future training notices so you can easily identify virtual trainings.

If you are already registered for an in-person training, the event coordinator will be emailing you directly with more information soon.

Please check our website [by clicking here](#) to determine the status of your training/conference as some are rescheduled virtually for new dates and times, or have been cancelled. Check back often as updates are posted daily.

New! Fetal Alcohol Spectrum Disorder Trainings Improving Outcomes in Treatment and Other Settings by Recognizing and Responding to Fetal Alcohol Spectrum Disorders (FASD)

Virtual Training Dates: September 3-4, 2020 or September 24-25, 2020 (These are 2-half-day sessions)
Time: 9:00am* – 12:00pm each day (registration at 8:30am)

When an individual “fails” in treatment and other services, we often label the person as being non-compliant, unmotivated, or disruptive. However, their behavior may well be due to brain damage caused by prenatal alcohol exposure, which is much more common than most people suspect. Due to this damage, which spans the intellectual spectrum, evidence-based practices that rely on verbal interactions and reward and consequence systems are often not successful with them and set them up to fail. The majority of those with an FASD are not accurately diagnosed. As a result, interventions for them in mental health and substance use treatment, vocational services, child welfare, education, and corrections are often ineffective.

This training addresses the importance of recognizing an FASD in those with whom we work or live. The brain damage seen in FASD is examined, along with common behaviors that result from this damage and that may result in misdiagnoses such as Oppositional Defiant Disorder, Attention-Deficit Hyperactivity Disorder, Conduct Disorder, Borderline Personality Disorder, and Antisocial Personality Disorder in the individual and neglect and sabotaging treatment in family members. Methods to identify those with a possible FASD and strategies for modifying treatment approaches to improve outcomes for the individual, family, and service providers are highlighted. As fetal alcohol spectrum disorders are 100% preventable, methods to integrate prevention into existing services are also discussed.

Who Should Attend?

Children's Services Staff from CMHSP and their network providers' (specifically Children's Services clinicians - OP, Home-based Services), case managers, Parent Support Partners, Wraparound Facilitators, and supervisors are a priority for training. Parents and caregivers of a child or youth with a suspected or confirmed FASD are encouraged to attend. Educators, Child Welfare staff, Juvenile Court staff, Substance Abuse Prevention Staff and Substance Use Disorder Treatment Staff, health care providers and other child/youth service providers are invited to attend as space is available. This seminar contains content appropriate for Michigan clinical staff (social work micro) at all levels of practice.

[To Register for FASD September 3-4, 2020 Click Here](#)

[To Register for FASD September 24-25, 2020 Click Here](#)

Additional Dates Added - VIRTUAL Ethics for Social Work & Substance Use Disorder Professionals Trainings

Community Mental Health Association of Michigan is pleased to offer Ethics for Social Work & Substance Use Disorder Professionals Trainings presented by Tom Moore, LMSW, LLP, CCS, Owner and Principal, Two Moons, LLC online through Zoom. There are 6 CE credits available for this training. 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.

Dates:

- October 5, 2020 *(training full)*
- November 2, 2020 *(training full)*
- November 20, 2020 [REGISTER HERE!](#) *(10 spots left)*
- December 7, 2020 [REGISTER HERE!](#) *(54 spots left)*

Agenda:

Education: 8:30am – 11:30am
Lunch Break: 11:30am – 1:00pm
Education: 1:00pm – 4:00pm

Training Fees: \$103 CMHA Members \$126 Non-Members

Additional Dates Added - VIRTUAL 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 online through Zoom.

This course qualifies for 2 CEs and fulfills the Michigan Social Work Licensing Board's requirement for licensure renewal for pain management.

Dates:

- October 15, 2020 [REGISTER HERE!](#) *(12 spots left)*
- November 5, 2020 [REGISTER HERE!](#) *(43 spots left)*

Agenda:

Log into Zoom: 8:45 am
Education: 9:00am – 11:00am

Training Fees:

\$39 CMHA Members \$47 Non-Members

Registration Open: Self-Determination Conference

2 Sets of Virtual Concurrent Workshops Each Day

Keynote Sessions Tuesday, September 1:

Tuesday, September 1, 2020 from 9:30am – 12:30pm
Thursday, September 3, 2020 from 9:00am – 12:30pm
Thursday, September 10, 2020 from 9:00am – 12:30pm
Monday, September 14, 2020 from 9:00am – 12:30pm

Conference Series Offers Flexible Scheduling for Attendance!

You are *not required to attend the entire* conference.

You can attend 1 day or every day of the conference.

You can attend 1 conference session or attend 9 conference sessions.

You only receive credit for each session you log in and out of.

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!

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. *No fee to attend this conference! Registration is still required.*

Conference brochure and registration are available [BY CLICKING HERE!](#)

Recipient Rights Virtual Conference

The 27th Annual Recipient Rights Conference will be held virtually September 15-18, 2020. This year's conference will feature Lena Sisco, author of "You're Lying! Secrets from an Expert Military Interrogator to Spot the Lies and Get to the Truth." You won't want to miss 21 workshops for Appeals and RRAC members, as well as keynote addresses from Dr. Laura Hirschbein and Lena Sisco.

Continuing Education: Social Work and Recipient Rights CEs will be available.

Schedule: Tuesday September 15 – Friday, September 18, 2020

Daily Sessions: 9:00am – 10:30am; 11:00am – 12:30pm; 1:00pm – 2:30pm and 2:45pm – 4:15pm

Conference Series Offers Flexible Scheduling for Attendance!

You are *not required to attend the entire* conference.

You can attend 1 day or every day of the conference.

You can attend 1 conference session or attend 9 conference sessions.

You only receive credit for each session you log in and out of.

Registration Fee:

Earlybird Price: \$89 per person through 9/4/20

After 9/4/20: \$99 per person

Conference brochure and registration can be found [BY CLICKING HERE!](#)

Education & Training Resources from Great Lakes MHTTC



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

CMHA, in partnership with the SAMHSA-funded Great Lakes Mental Health Technology Transfer Center (Great Lakes MHTTC), CMHA, provides educational materials 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 MHTTC and its partner MHTTCs from across the country.

Catalog of MHTTC resources

The Great Lakes Mental Health Technology Transfer Center (MHTTC) makes available a large catalog of Great Lakes MHTTC products at its [Products and Resources](#) webpage. This section of the MHTTC website hosts all Great Lakes MHTTC products along with products developed with their partner TTCs within the region and across the country.

News from Our Preferred Corporate Partners

Abilita: controlling increasing phone costs

Beginning July 1st, your telecommunication costs

- increased by almost 7%!
- Universal Service Fund (USF) fees have increased to 26.5%, the highest it has ever been.

Abilita can help you navigate this increase and find ways to save other costs on your bill.



One of the largest and probably the most ignored line item on your telecommunications bill is something called the Universal Service Fund (USF). This is a fund established by the Telecommunications Act of 1996. The purpose is to support the funding of technology projects of schools, libraries, rural health care, etc. in areas that are determined to be “high cost”.

The funding of the USF is paid by the providers and carriers, and the calculation for the contribution is done on a quarterly basis. And, of course, this is passed on to the users.

Beginning July 1 that charge went up to 26.5% (up from 19.6% the previous quarter) and is the highest it has ever been. In addition, the FCC is considering adding additional services to the contribution base.

Your phone bill is going to increase! For more information on the USF Contribution Fee, read [this article on NoJitter.com](#).

Although the USF surcharge rate increased and will continue to be a large line item, there may be ways to lower the base line. Now may be the time to do a complete telecommunications review and audit to determine if there are ways to optimize services to lower costs and to review contracts.

We don't sell you telecom or technical services or products: we offer truly independent and objective advice. [Click here](#) to schedule a no obligation 10-minute discussion to help you determine the right course for your organization or give me a call.

myStrength: new digital behavioral health resources empower consumers to move beyond trauma

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

New! Relias: Implement Trauma-Informed Care at Your Organization

Becoming trauma-informed doesn't happen overnight. It requires integrating knowledge about trauma into your policies, practices, and procedures, as well as buy-in from your staff and leadership.

If you want to implement trauma-informed care at your organization, there are five key elements you need to know before getting started:

Organizational self-assessment: Get a baseline for where you are now so you can reassess.

Paradigm shift: Change the way you think about the people you serve, yourself, and others.

Safety: Create a safe environment across your organization, one that impacts physical, emotional, and psychological safety.

Employee wellness and self-care: Implement an employee wellness program that promotes self-care, healthy coping techniques, and trauma-informed clinical supervision.

Everyone is included: Train all employees on the trauma-informed framework, including those who don't perform clinical work, your board of directors, and your leadership team.

Download our white paper, [5 Key Elements to Trauma-Informed Care](#), to dive into more details about implementing trauma-informed care at your organization.

[Download the White Paper](#)

Looking for solutions to support a trauma-informed approach to care? Relias offers a breadth of tools to help you implement TIC for the long term. Request a demo to learn more.

CMH Association's Officers & Staff Contact Info

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 Board of Directors, Steering Committee, Provider Alliance, Association Committees, Directors Forum, PIHP CEOs meeting, nor any of the great number of Association-sponsored and supported dialogue venues, the Officers want to ensure that the members of the Association can reach them to discuss issues of interest to the Association's members. The contact information for the officers is provided below:

President: Joe Stone Stonejoe09@gmail.com; (989) 390-2284
First Vice President: Carl Rice Jr; cricejr@outlook.com; (517) 745-2124
Second Vice President: Craig Reiter; gullivercraig@gmail.com; (906) 283-3451
Secretary: Cathy Kellerman; balcat3@live.com; (231) 924-3972
Treasurer: Randy Kamps; randyk@4iam.com; (231)392-6670
Immediate Past President: Bill Davie; bill49866@gmail.com; (906) 226-4063

CMHA Staff Contact Information:

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

Alan Bolter, Associate Director, abolter@cmham.org

Christina Ward, Director of Education and Training, cward@cmham.org

Monique Francis, Executive Secretary/Committee Clerk, mfrancis@cmham.org

Audrey Daul, Administrative Assistant, adaul@cmham.org

Anne Wilson, Training and Meeting Planner, awilson@mham.org

Chris Lincoln, Training and Meeting Planner, clincoln@cmham.org

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