

WEEKLY Update

September 4, 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! CMHA’s CHI2 white paper “Tradition of Excellence” featured in the press

A recent edition of Crain’s Detroit Business provided a thorough discussion of the findings of the white paper, Traditions of Excellence, developed and issued by CMHA’s Center for Healthcare Integration and Innovation (CHI2). The article highlights the key findings of the report, underscoring the decades of high performance and innovation of Michigan’s public mental health system.

Unfortunately, but as is expected given the contentious times in which we live, the article also quoted critics of the public system. Nonetheless, getting the word out, to the influential readership of Crain’s, about the first comprehensive study of Michigan’s public mental health system’s long history of high performance is an important component of the advocacy and truth-telling work of CMHA, its members, and allies. The Crain’s article can be [found here](#).

State & National Developments and Resources

New! MDHHS reminds Michiganders of resources available during Suicide Prevention Week

Below are excerpts from a press release, from MDHHS, regarding Suicide Prevention Week resources.

The Michigan Department of Health and Human Services (MDHHS), Michigan Association for Suicide Prevention and national and local suicide prevention organizations have been working tirelessly to halt the growth of suicide rates in Michigan. As part of the effort, [Gov. Gretchen Whitmer has declared Sept. 6-12 Suicide Prevention Week](#).

“Michiganders may be experiencing increased levels of emotional distress due to the pandemic and, therefore, it’s critical for people to know there are resources available and help raise awareness about suicide prevention,” said Dr. Debra Pinals, MDHHS Medical Director for Behavioral Health.

Michigan has higher rates of suicide among people who are 10-19 and 25-44 years of age compared to the nation as a whole. Michiganders can help lower these rates by knowing the warning signs of suicide, encouraging those at risk to seek help, and having open and honest conversations about suicide.

Warning signs for those at risk of suicide include:

- Feelings of hopelessness.
- Threatening to or talking about wanting to hurt oneself.
- Loss of interest in activities.
- Withdrawal from friends and family.
- Change in eating and sleeping habits.

If you are in a crisis, or know someone who needs help, contact the National Suicide Prevention Lifeline at 800-273-TALK (8255) or visit the [MDHHS Suicide Prevention website](#) for more information.

Additional emotional-support services for those who are feeling emotional distress during the COVID-19 pandemic are available at [Michigan.gov/StayWell](#) or by calling Michigan Stay Well Counseling via the COVID-19 Hotline at 888-535-6136 and pressing “8” to talk to a counselor 24/7.

New! Michigan recognizes Overdose Awareness Day and launches new partnership with EMS to provide more overdose antidote kits

Below are excerpts from a recent press release announcing the state's Naloxone leave-behind program.

Naloxone leave-behind program aims to reduce overdose deaths:— In honor of Overdose Awareness Day, the Michigan Department of Health and Human Services (MDHHS) is launching a new program with emergency medical services (EMS) providers to further prevent opioid overdose deaths. EMS providers will give overdose survivors extra naloxone kits – the medication that reverses opioid overdoses.

“Far too many Michiganders die from opioid overdoses and tragically the opioid crisis has only gotten worse during the pandemic,” said Robert Gordon, MDHHS director. “That’s why MDHHS is proud to work with the state’s EMS providers to give Michigan families another resource to prevent overdose deaths. It is more urgent than ever that we take decisive action to prevent overdose deaths and dismantle the stigma around addiction.”

Opioid overdose is a preventable cause of death. Michiganders can take steps to prevent overdose deaths by [carrying naloxone](#); [offering support](#) to family and friends who use substances; and [ending the stigma](#) that surrounds substance use disorders.

MDHHS, in partnership with EMS agencies, is launching the EMS Naloxone Leave Behind Program to address these urgent needs and get naloxone into the hands of people who need it most. This program will allow first responders to leave behind extra naloxone kits with the patient, family and friends, or bystanders at the scene of a non-fatal overdose. Survivors are at high risk for repeated overdoses, so providing naloxone to these individuals and their loved ones is particularly important. Each kit will include naloxone and instructions on overdose response.

New! MDHHS provides reminder of wide range of opioid treatment resources

Below is a reminder from MDHHS of the range of resources available to Michiganders as they deal with opioid use and addiction.

If you or someone you know uses opioids:

[Access resources to support the mental and physical health](#) of those with substance use disorder during the COVID-19 pandemic.

Contact your primary care provider before you run low on necessary medications.

If you need access to a medical provider, contact your nearest [Federally Qualified Health Center](#) for support.

Ensure naloxone is readily available. Naloxone for All and NEXT Distro will mail naloxone at no cost to anyone in Michigan. Individuals can [request naloxone online](#). MDHHS has also created an online naloxone portal where [community organizations can request free naloxone](#).

Practice safer drug use (safety practices that prevent overdose deaths) and encourage others to do the same. [More information is available in Safer Drug Use during the COVID-19 Outbreak](#). Never Use Alone is a service anyone can call while using drugs. The caller will be connected to a person who will seek emergency services for them if they drop off the line or don't respond to a return call. Call 800-484-3731 or visit [neverusealone.com](#) to learn more.

Find an [SSP near you](#) that can provide sterile needles, naloxone and other life-saving resources.

If you or someone you know would like to seek treatment for opioid use:

- [Treatment centers](#) are still open during COVID-19 and many are offering telemedicine services.
- *If you or someone you know is in recovery:*
- Reach out with a phone call, text or email to let him or her know you are there. Model good coping behaviors yourself.
- Share the COVID-19 hotline number (888-535-6136) and tell them to press "8" for free emotional support counseling.
- Direct them to [Michigan.gov/StayWell](#) for a list of other help lines, including a peer "warm line" for individuals in distress who want to talk to someone who understands substance use disorders, the National Disaster Distress Helpline at 800-985-5990 and the National Suicide Prevention Lifeline at 800-273-8255.
- Call 211. Anyone struggling or seeking resources for substance use treatment services can call this free service that connects Michigan residents with health resources in their communities.
- For more information about overdoses and resources for prevention and treatment, visit [Michigan.gov/opioids](#).

New! NACBHDD, WICHE, & NASMHPD announce series on behavioral health crisis response

The National Association of County Behavioral Health and Developmental Disability Directors (NACBHDD) & The Western Interstate Commission for Higher Education (WICHE) Behavioral Health Program The National Association of State Mental Health Program Directors (NASMHPD) announce:

IMPLEMENTING BEHAVIORAL HEALTH CRISIS RESPONSE AT STATE AND LOCAL LEVELS: NEW PARADIGMS, PARTNERSHIPS AND INNOVATIVE APPROACHES

The 61ST Annual Conference (1st Virtual Conference)
1 Session – Each Thursday September 17 – October 22, 2020
Time: 2:00 pm to 4:30 pm ET

This year the focus of the National Dialogues on Behavioral Health conference that is usually convened in New Orleans was going to focus on cutting edge and innovative approaches to behavioral health crisis response at both state and local levels. But then, another crisis came along almost to underline the importance and significance of the topic that we had selected. The behavioral health world, including its crisis response systems, has been scrambling to adapt and adjust to the new realities of the Covid-19 Pandemic. We thought it was critical that we take these new realities into account, both in terms of conference content and conference format, to dialogue on this important topic. Join us for 6 consecutive weeks as we address the emerging issues and innovations related to behavioral health crisis response in this new environment.

CONFERENCE RATE; ONLY \$100.00 FOR ALL SIX SESSIONS OR ONLY \$25.00 FOR EACH INDIVIDUAL SESSION

FOR MORE INFORMATION AND TO REGISTER FOR THE CONFERENCE, GO TO OUR WEBSITE: WWW.NATIONALDIALOGUESBH.ORG

CONTINUING EDUCATION CREDITS APPLIED FOR AND PENDING FOR SOCIAL WORKERS

Suggested audience: Psychiatrists, Social Workers, Nurses, Psychologists, Counselors, Addiction Counselors, Case Managers, Administrators, Health Policy Makers,

New! 2020 Michigan ACE Initiative Virtual Conference: ACEs & Equity

2020 Michigan ACE Initiative Virtual Conference: ACEs & Equity
Wednesday, November 18, 2020 from 9:00 a.m. to 12:30 p.m.
On Zoom! Link will be sent prior to the conference.

Registration will be open late September. Watch for other announcements soon on the opening of registration, fees, speakers and continuing education credits for nurses, social workers, health educators and teachers. Questions: Diane Drago, Conference Coordinator
ddrago@dmsevents.com

New! CMS Clarifies that Provider Relief Funds & Paycheck Protection Program Loans will NOT Offset Expenses on Medicare Cost Report

CMS clarified in guidance that providers who received provider relief funds (PRF) and/or paycheck protection program (PPP) loans would not need to offset expenses on their Medicare cost report by the amount received through those programs.

This is a victory for providers reimbursed through cost-based systems such as rural health clinics and critical access hospitals who faced the prospect of having their Medicare reimbursement reduced because they received COVID-19 funds. If this had gone the other way, providers would have had to pay Medicare back (in the form of lower Medicare reimbursement) a significant percentage of the money received through the provider relief fund and/or paycheck protection program. For example, if half of the RHC's patients were on Medicare, then roughly half of the money received through the PRF or PPP would have been recouped by Medicare during the cost settlement.

Key sections of announcement:

Question: Should PRF payments offset expenses on the Medicare cost report?

Answer: No, providers should not adjust the expenses on the Medicare cost report based on PRF payments received. However, providers must adhere to HRSA's guidance regarding appropriate uses of PRF payments, in order to ensure that the money is used for permissible purposes (namely, to prevent, prepare for, or respond to coronavirus, and for health care related expenses or lost revenues that are attributable to coronavirus) and that the uses of the PRF payments do not violate the prohibition on using PRF money to reimburse expenses or losses that have been reimbursed from other sources or that other sources are obligated to reimburse.

Recipients may find additional information on the terms and conditions of the PRF [here](#).

Question: Should SBA loan forgiveness [PPP] amounts offset expenses on the Medicare cost report?

Answer: No. Do not offset SBA Loan Forgiveness amounts against expenses unless those amounts are attributable to specific claims such as payments for the uninsured. The Paycheck Protection Program loan administered by the SBA is a loan designed to provide a direct incentive for small businesses to keep their workers on the payroll. The terms and conditions of the SBA loan forgiveness, overseen by the SBA, include employee retention criteria, and the funds must be used for eligible expenses.

Recipients may find additional information [here](#).

State Legislative Update

August Revenue Estimating Conference

This week, the third Consensus Revenue Estimating Conference (CREC) of the year was held to reevaluate revenue estimates for Fiscal Years (FY) 2019-20, FY 2020-21, and FY 2021-22 due to the COVID-19 pandemic. While the entire country has been upended because of the pandemic, Michigan was hit particularly hard during the spring. As such, projections in May were grim.

This week's conference however, provided some welcome news with projections revised upward from May. Federal stimulus dollars received through the CARES Act and unemployment assistance have helped cushion the blow to the economy. Estimates from Treasury and the House and Senate Fiscal Agencies today indicate the state has received \$43.3 billion in federal assistance during the COVID-19 pandemic.

Unpacking that number reflects \$16 billion in Paycheck Protection Program loans to Michigan businesses; \$8.3 billion in economic impact payments and \$13.4 billion (federal) in unemployment insurance compensation.

For combined General Fund/General Purpose (GF/GP) and School Aid Fund (SAF) revenue for FY 2019-20, projections are up \$2.3 billion from the May CREC, but are still down \$926.4 million from the January CREC. For FY 2020-21, combined revenues are up \$579 million from the May CREC, but still down \$2.47 billion from January's CREC. For FY 2021-22, combined revenues are up \$376 million from the May CREC, but still down \$1.7 billion from January's estimates.

According to the economists, the improvement in outlook can be attributed to the following:

- Delayed tax filing deadline until July yielded higher payments than expected
- Manufacturing and automotive production recovered more rapidly than expected (it was observed that, overall, higher-wage industries are recovering more quickly than lower-wage industries)
- CARES Act impact on revenue was underestimated, specifically the impact of the Paycheck Protection Program, Economic Impact Payments and Pandemic Unemployment Insurance Compensation
- Consumer spending is higher than expected, shifting to home improvement projects, consumer goods, etc.

While economists noted the upward revisions were indeed positive developments, they were careful to frame these developments cautiously. They acknowledged that widespread uncertainty still exists regarding the path of the pandemic, further federal stimulus spending, and how consumers will react, among other variables.

As these forecasts provide the foundation for the construction of the upcoming (Fiscal Year 2020-2021) budget, we can now expect the budget discussions to kick into high gear in the coming weeks.

You can access the presentations and materials from the CREC at the Senate Fiscal Agency website [here](#) or the House Fiscal Agency website [here](#).

Executive Orders Signed

Currently, Governor Gretchen Whitmer has signed over 170 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 2020-172** – Protecting workers who stay home, stay safe when they or their close contacts are sick, please click [here](#) to access Executive Order 172.

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.

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 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.

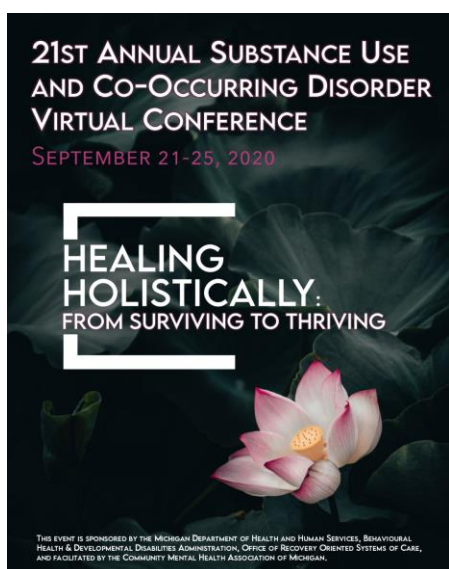
This training addresses the importance of recognizing an FASD in those with whom we work or live. The brain damage seen in FASD is examined, along with common behaviors that result from this damage and that may result in misdiagnoses such as Oppositional Defiant Disorder, Attention-Deficit Hyperactivity 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 24-25, 2020 Click Here](#)

21st Annual Substance Use and Co-Occurring Disorder Conference



"Healing Holistically: From Surviving to Thriving"

September 21-25, 2020

Location: Virtual

Can't make it to the full conference? No problem! We have significantly reduced the rate this year to accommodate your busy schedule. If you attend a session at the live scheduled time and participate fully, (according to the guidelines listed in the brochure) you will receive credit for each session you attend.

Conference Attendees:

Please see the attached conference brochure for more information including breakout session descriptions. Deadline to register is September 14, 2020.

[CLICK HERE TO REGISTER FOR THE FULL CONFERENCE](#)

Exhibitors: Deadline to register is September 4, 2020!

[CLICK HERE TO REGISTER FOR AN EXHIBITOR BOOTH](#)

Virtual Platform Features:

- [Click here](#) to see a video from another conference that used this platform. Please note that we will have some different features, but this gives great representation of how interactive and user-friendly the platform will be!
- Interactive exhibitor booths, including 1:1 video networking with exhibitors.
- LIVE breakout sessions to maximize your CE potential and ability to ask questions directly to the presenters.
- More CE opportunity than ever before! See the brochure for more details.
- Networking among fellow attendees via chat.
- Automatically generated certificate at the end of the conference.
- Access to handouts and recordings of the sessions.



Michigan Celebrate Recovery
2020 Virtual Experience

Wondering about the Michigan Celebrate Recovery Walk & Rally that typically occurs the Saturday before the conference? The Walk & Rally is postponed this year, but that won't stop Michigan from celebrating recovery month. Monday is the kick off for a month long virtual celebration of the Michigan recovery community and you won't to miss the first video!

Follow Michigan Celebrate Recovery on our new social media accounts:

Instagram: @micelebraterecovery

Twitter: @micelerecovery

Youtube: <https://tinyurl.com/mirecovery>

Facebook: Michigan Celebrate Recovery Walk & Rally

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 *(training full)*
- December 7, 2020 [REGISTER HERE!](#) *(30 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

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 *(training full)*
- November 5, 2020 [REGISTER HERE!](#) *(30 spots left)*

Agenda:

Log into Zoom: 8:45 am

Education: 9:00am – 11:00am

Training Fees:

\$39 CMHA Members \$47 Non-Members

Recipient Rights Virtual Conference – Early Bird Deadline 9/4/20

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

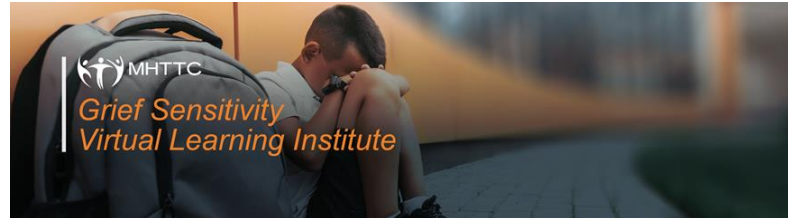
The Great Lakes Mental Health Technology Transfer Center (MHTTC) makes available a large catalog of Great Lakes MHTTC products at its [Products and Resources](#) webpage.



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.

Grief Sensitivity Virtual Learning Institute

The MHTTC Network is pleased to invite you to our upcoming two-part virtual learning series, **Grief Sensitivity Virtual Learning Institute**. This series is geared towards providing front-line workers (Community Mental



Health Practitioners, Social Workers, Psychologists, Therapists, School Mental Health Personnel, School Counselors, Educators, etc.) with tools and strategies that can be used when addressing the needs of individuals experiencing grief and loss during COVID-19 and beyond.

The Institute includes:

Tracked Learning- Each Institute has four sessions with three learning tracks (you are open to attend any session in any track):

Grief Sensitivity

Evidence-Based Practices for Clinicians, and
School Mental Health.

Reflective Discussion- On both days of each Institute, we'll host optional breakout discussions for participants to join, listen and learn from each other's expertise and experience.

Opening Keynote & Closing Activity-

On Day 1 of both Institutes, we open with a keynote from [Dr. Kathy Schear, founder and director of the Center for Complicated Grief](#)

On Day 2 of both Institutes, we close with a youth listening session on grief and healing

September 10 & 11th:

[Grief Sensitivity Institute Part 1: Grounding ourselves in the basics](#) (frameworks, definitions, and foundational concepts)

9:00 am-2:45 pm PT • 10:00 am-3:45 pm MT 11:00 am-4:45 pm CT • 12:00-5:45 pm ET

November 12 & 13th:

[Grief Sensitivity Institute Part 2: Applying concepts to practice](#)

9:00 am-2:45 pm PT • 10:00 am-3:45 pm MT 11:00 am-4:45 pm CT • 12:00-5:45 pm ET

A recording of the learning institutes will be made available in the MHTTC Products and Resource Catalog. Certificates of completion will be available. CEUs are not available for these Learning Institutes.

A flyer with more information about this event is attached. Questions? Contact NetworkOffice@MHTTCNetwork.org

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](#).

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
Carly Sanford, Training and Meeting Planner, csanford@cmham.org
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