

# WEEKLY Update

October 23, 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!** Carly Sanford, CMHA Training and Meeting Planner, Recipient of MiSGMP 2020 Zenith Award

Carly Sanford, Training and Meeting Planner at Community Mental Health Association of Michigan, was awarded the 2020 Zenith Award by the Michigan Chapter of the Society of Government Meeting Professionals (MiSGMP) on October 21, 2020. The Zenith Award recognizes a MiSGMP member's dedication and contributions to MiSGMP in a leadership role. The Zenith Award is given annually, to one planner and to one supplier. Nominations for Carly included the following information.



Carly Sanford has been an active member of MiSGMP since joining. She has been a member of, and is now chair of, the communications committee. Carly oversees all aspects of the chapter's communications and is directly responsible for the website. She has developed or improved upon needed systems including tracking documents for advertising and sponsorships and creating a seamless system of invoicing for advertising, sponsorships, and auction purchases.

Carly has willingly and enthusiastically played a role in two of the MiSGMP mock court cases. She takes initiative and goes above and beyond, helping whenever needed. Carly's work ethic and her commitment to high quality meetings and training is exemplary.

In the fall of 2019, Carly was recognized nationally by State Government Meeting Professionals when she was named one of ten Top Young Professionals Under 37. This honor recognizes emerging talent among government meeting professionals nationwide.

Carly is most deserving of the prestigious Zenith Award which recognizes leadership and dedication and contributions to MiSGMP.

### **CMHA to sponsor cultural and linguistic competence learning community**

The MDHHS Developmental Disabilities Council and the Community Mental Health Association of Michigan (CMHA) are jointly developing an 8-month-long Cultural and Linguistic Competence (CLC) Learning Community for Michigan's public mental health system – in partnership with the Georgetown University National Center for Cultural Competence may provide the facilitation for the learning sessions.

The initial information on the dates of the Learning Community will be available next week, as part of the CMHA Fall Conference.

The learning community is made up of the following components:

- **Participants/audience:** The CLC learning community teams will be solicited from CMHA members - including the public CMHs, public Prepaid Inpatient Health Plans, and private providers - to participate in the Learning Community.
- **Learning community staffing:** A Michigan-based facilitator, familiar with the Georgetown Center's CLC framework, has been identified by the Michigan Development Disability Council staff involved in the Cultural and Linguistic Competence (CLC) effort of which CMHA is a partner.
- **Kick-off keynote:** Vivian Jackson, from the National Center for Cultural Competence, will be the keynote speaker at the luncheon of the second day of the CMHA Fall 2020 Conference. Vivian will kick-off the Learning Community by introducing the National Center's cultural competence framework.
- **4 to 6 virtual and face-to-face sessions** over the 8 months of the Learning Community, with the first session of the Learning Community being held in March 2021
- **Self-assessment to level set:** The work of this community will be built around a CLC self-assessment completed by the member of each Learning Community team

- **Team-defined stretch initiatives:** The learning community will be structured around “stretch” cultural and linguistic competency goals as identified by each team.
- **Showcasing work of learning community teams:** October 2021 (F2F at CMHA conference) Wrap-up Sharing and CLC teams to showcase work in workshops at conference

### CMHA and state law enforcement organizations soon to release joint statement

As Weekly Update readers may remember, CMHA has been actively involved in raising the profile of a large number of partnerships between the public mental health system, local law enforcement professionals, prosecutors, and judges across the state. This work has involved a number of media interviews and stories regarding mobile crisis teams, crisis stabilization centers, mental health training for law enforcement professionals, in-jail programs, and mental health courts.

As an extension of this effort, CMHA and a number of state associations, representing law enforcement and prosecutors will soon be issuing a joint statement on the law enforcement and mental health partnerships that exist in Michigan – all designed to improve and refine the response of law enforcement and mental health personnel to community crises. The groups who will be signing onto this joint statement are:

- Michigan Sheriffs Association
- Michigan Association of Chiefs of Police
- Michigan Commission on Law Enforcement
- Prosecuting Attorneys Association of Michigan
- Community Mental Health Association of Michigan

## State & National Developments and Resources

### **New!** Michigan launches dozens of free COVID-19 test sites statewide

Below are excerpts from a recent press release from MDHHS on the expansion of the state’s free COVID-19 test sites.

The Michigan Department of Health and Human Services (MDHHS) is launching new partnerships with Walgreens and the Michigan Primary Care Association to offer 77 new, free COVID-19 test sites statewide, bringing the total number of state-supported, free test sites to nearly 100.

Michiganders can find the free test sites on the state’s locator. Sites operate in all regions of the state to

The new partnership with Walgreens has expanded its COVID-19 testing operations to 36 locations throughout the state. Testing at Walgreens’ sites is available by appointment only and

is provided through existing pharmacy drive-thru lanes. When patients arrive, pharmacy staff walk them through a self-administration of a COVID-19 test. To make an appointment, visit [Walgreens.com/COVID19Testing](https://Walgreens.com/COVID19Testing).

Michigan is also expanding its partnership with the Michigan Primary Care Association, the association of federally qualified health centers (FQHCs) in the state. FQHCs already offer low-cost COVID-19 testing and these newest efforts will ensure patients do not face costs for testing at 47 locations. FQHCs typically serve low-income or socially vulnerable areas, providing a vital source of quality medical care.

MDHHS already launched 20 free neighborhood test sites, which continue to operate in Albion, Benton Harbor, Detroit, Ecorse, Flint, Grayling, Lansing, Niles, Roseville, Saginaw and Wayne.

Federal law requires that private insurance, Medicare and Medicaid cover medically necessary COVID-19 tests without any out-of-pocket costs for patients. However, some tests may not be considered medically necessary by insurers, such as screening of asymptomatic individuals. Free test sites may still collect patient insurance information and attempt to bill insurance first. Costs not covered by insurance will be covered by state funding. Patients will not be responsible for these costs.

Information around this outbreak is changing rapidly. The latest information is available at [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus) and [CDC.gov/Coronavirus](https://CDC.gov/Coronavirus).

### **New! Return to school mental health toolkit issued**

The School Based Mental Health Providers Coalition (consisting of Michigan Association of School Social Workers, Michigan Association of School Psychologists and Michigan School Counselor Association) and its partners have created a [Return to School Mental Health Toolkit](#). As we still do not know how the school year will proceed, this toolkit provides school community members and stakeholders both in-person and remote learning tools and resources. Inside the Return to School Toolkit, you will find resources to help you follow the [Governor's Return to School Roadmap](#). While much of the toolkit focuses on disease prevention, it also considers the underlying long-term effects of the pandemic, including the impact of collective trauma. Specifically, it is concerned with the trauma that some children and families historically have, or are particularly primed for, due to being part of a racial minority group hit harder by COVID-19 and inadequate access to health care

Questions about this resource should be directed to Nick Jaskiw, President, Michigan Association of School Psychologists, at [njaskiw@ncresa.org](mailto:njaskiw@ncresa.org).

### **New! MDHHS announces \$50,000 grant for direct care worker infection control training**

MDHHS recently announced a partnership with IMPART Alliance at Michigan State University's College of Osteopathic Medicine to develop infection control training for direct care workers. MDHHS has provided IMPART Alliance \$50,000 in COVID Relief Funding to develop the training and make it widely available for direct care workers (DCW) providing home and community-based services. IMPART Alliance will develop a comprehensive Infection Control curriculum for training all direct care workers

and family caregivers. MDHHS, IMPART Alliance and others will widely distribute the training to increase access and skills for the caregivers.

For more information on IMPART Alliance, visit at [Impartalliance.org](http://Impartalliance.org)

### **New! Opportunity for input into Michigan's Five-Year Health IT Roadmap**

You may remember that CMHA is supporting the work of the Michigan Department of Health and Human Services (MDHHS) as they seek the guidance of CMHA members in informing the Michigan Health IT Commission as it develops a **Statewide Five-Year Health IT Roadmap**. This Roadmap will be a guide for future planning, investments, and governance of health information technology (HIT) and health information exchange (HIE) for the state of Michigan.

**Opportunity: In partnership with MDHHS, CMHA is encouraging you participation in an electronic survey as part of this effort.** Please ensure your input is included by participating in the survey and sharing your organization's insights relevant to health information technology and health information exchange. If you or the appropriate staff member in your organization could complete this survey by November 17, 2020, it would be greatly appreciated. This survey should take no longer than 20 minutes to complete. The survey is found at: <https://www.surveymonkey.com/r/Z6PSRPP>

More information on the Statewide Five-Year Health IT Roadmap and other opportunities to engage in the process can be found at [here](#).

### **New! NAMI blog: why everything is a mental health issue when you vote**

Below are excerpts from a recent blog by the national NAMI office on the close tie between mental health issues and the coming election.

Never have our mental health system's shortcomings been clearer. According to a [recent poll](#), 8 in 10 Americans say that COVID-19 has impacted their mental health, with many being unable to get the help they need. The same poll showed that 91% want their elected officials to focus more on mental health.

COVID-19 will be on the ballot next month — and so will mental health. In fact, mental health is always on the ballot, even if not directly. Every major political issue has an impact on mental health and the needs of the mental health community.

This is why *everyone* must vote. We must vote for us, our loved ones and our community. We must [#Vote4MentalHealth](#).

To help you assess [candidates and their platforms](#), here are some of the mental health considerations related to three of the major political issues in this election: health care, the economy and education.

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

## **New! Mental Health America: disproportionate impact of mental health concerns among BIPOC communities**

Below are excerpts from a recent report by the nationally recognized group, Mental Health America.

The COVID-19 pandemic and the secondary impacts of the pandemic such as effects on food, housing and economic security have had a disproportionate impact on black, indigenous, and other communities of color. These in turn can create larger impacts on the mental health of individuals within these communities. To better understand existing unmet needs, inequities in care, and the disproportionate impact of COVID-19 on the mental health of traditionally underserved populations, MHA conducted an analysis of the 579,793 screens for anxiety and depression where race/ethnicity was reported from January 1st to September 22, 2020.

**Anxiety:** For nearly all racial/ethnic groups, rates of moderate to severe anxiety increased during the last few days of February 2020 and into the beginning of March, as people became more aware of the pandemic and its spread into the United States. All racial/ethnic groups also experienced an increase in the rate of moderate to severe anxiety from the first weeks of May into the first weeks of June.

**Depression;** The September average for moderate to severe depression among Black or African American and Native American or American Indian screeners was higher than the monthly average for August 2020 (September averages were lower than August for every other race/ethnicity).

**Suicidal Ideation:** The September average for suicidal ideation was higher than the May-August averages, as well as the 2019 average for nearly every racial/ethnic group (excluding Asian or Pacific Islander and White screeners, whose August averages were higher).

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

## **New! CDC: increase in drug overdose deaths involving cocaine: United States, 2009–2018**

The federal Centers for Disease Control (CDC) recently released a report that concluded that “Deaths from drug overdose continue to contribute to mortality in the United States. The rate of drug overdose deaths involving cocaine has nearly tripled in recent years.” This report, in the form of a CDC Data Brief provides additional information on drug overdose deaths involving cocaine by examining trends in rates by sex, age group, race and Hispanic origin, and by concurrent involvement of opioids from 2009 through 2018. The Data Brief can be [found here](#).

## **New! MDHHS Self Determination Policy and Technical Guidance Webinar**

Please join staff from MDHHS and partner organizations (the Arc Michigan, Michigan DD Council, ISK) for a brief roll out and description of the updated Self Determination Policy and Technical Guidance.

Note: This is a free webinar.  
There are no CEs for this webinar.  
Registration is required.

Topic: MDHHS Self Determination Policy and Technical Guidance

When: Thursday, October 29, 2020

Time: 3:00 PM Eastern Time

Register in advance for this webinar:

[https://us02web.zoom.us/webinar/register/WN\\_ySNfQaW8T5uLRSYxV9TL5g](https://us02web.zoom.us/webinar/register/WN_ySNfQaW8T5uLRSYxV9TL5g)

After registering, you will receive a confirmation email containing information about joining the webinar. *For questions, please contact Marie Eagle, for The Arc Michigan, at [marie@arcmi.org](mailto:marie@arcmi.org)*

### **New! Leadership 101 series offered by CMHA partner – incompass Michigan**

Weekly Update readers may be aware of the longstanding leadership development program offered by CMHA's partner, Incompass Michigan (formerly MARO). This five-part series provides sound and concrete leadership and management training to those of us working in the non-profit, governmental, health and human services arena.

Below is the recent announcement, from incompass Michigan, of its next Leadership 101 Series.

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Leadership 101 is designed for new to mid-career managers that want to strengthen their leadership skills. The five-part virtual series will cover DEI, performance management, organizational trust, and work life balance in addition to essential leadership principles.

Each session is \$35 (\$25 for Incompass Michigan members).

When you register for Sessions 1-4 you'll get Session 5 free as a bonus! All five sessions for \$140 (\$100 for Incompass Michigan members).

Learn more and register at <https://incompassmi.silkstart.com/events/leadership-101-series>

### **New! Direct Support Workforce and COVID-19 National Survey Report 2020**

In March of 2020, many businesses and schools followed safety protocols, closed their doors, and began working and participating remotely. For the vast majority of direct support professionals (DSPs), this was not an option. In response to this need, the University of Minnesota's Institute on Community Integration quickly developed a 27-question survey and collaborated with the National Alliance for Direct Support Professionals to reach a large sample of DSPs from across the country. Almost 9,000 direct support workers from the U.S. completed the survey between April 23-May 27, 2020 with at least one survey received from every state. This survey, completed by direct support professionals, was intended to gather evidence about their experiences and lead to effective policy and practice decisions about what is needed and to better prepare for future waves of this pandemic.

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



# State Legislative Update

## **New! Business, Hospitals and Labor Leaders Call For Legislative Unity**

A group of more than 30 business, health care, labor and education leaders from across the state and the political spectrum sent a letter to legislative leadership Wednesday, urging a unified front on fighting COVID-19 and preventing a second wave of the virus from battering Michigan.

The letter stressed the need for mandatory standards on mask usage, workplace practices and public gatherings, as outlined in recent orders from both the Department of Health and Human Services (DHHS) and the Michigan Occupational Health and Safety Administration (MIOSHA), in light of recent DHHS projections that the state could be staring down the possibility of a second wave. In the letter, the group highlighted that COVID-19-related hospitalizations are up in every Michigan Economic Recovery Council (MERC) region in the state, and some hospital systems are seeing their admittance rates for COVID-19 up more than 80 percent in the past few weeks.

In the groups letter, they highlighted that they support the use of “science-based mandatory standards across the state – standards like those we currently adhere to in our hospitals and businesses to suppress COVID-19’s spread and protect the most vulnerable.” The group went on to write, “We hold these views because of what we have learned in our hospitals and businesses: the disciplined use of COVID-19 safety practices clearly work to minimize viral spread. And we hold these views because the evidence strongly suggests – both in Michigan and the other states/countries in which many of us operate – that without such clear standards, people struggle to band together to effectively control viral spread.”

To view the letter from the group, please click [here](#).

## **New! DHHS EMERGENCY ORDERS**

Currently, there are four active DHHS emergency orders. Please find a list of the active emergency orders with the topic, date it was signed and a hyper link accessing the emergency order below.

- ***Reporting of Confirmed and Probable Cases of COVID-19 at Schools*** – Signed October 6, 2020, please click [here](#) to access the emergency order.
- ***Temporary Restrictions on Entry into Congregate Care and Juvenile Justice Facilities*** – Signed October 6, 2020, please click [here](#) to access the emergency order.
- ***Gathering Prohibition and Mask Order*** – Signed October 9, 2020, please click [here](#) to access the emergency order.
- ***Requirements for Residential Care Facilities*** – Signed October 21, 2020, please click [here](#) to access the emergency order.

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

- **Executive Order 2020-181** – Amendment to the Safe Start order, please click [here](#) to access Executive Order 181.

## 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.

Please check our website [by clicking here](#) for updated information!

### VIRTUAL Ethics for Social Work, Substance Use Disorder, Recipient Rights and Psychologist Professionals Trainings – Registration Open

Community Mental Health Association of Michigan is pleased to offer VIRTUAL Ethics for Social Work, Substance Use Disorder, Recipient Rights and Psychologist 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:

- January 11, 2021 ([Register Here](#)) (47 spots left)
- February 22, 2021 ([Register Here](#)) (63 spots left)
- March 22, 2021 ([Register Here](#)) (65 spots left)
- April 5, 2021 ([Register Here](#)) (65 spots left)
- April 26, 2021 ([Register Here](#)) (66 spots left)

#### Agenda:

Log into Zoom: 8:15am  
 Education: 8:30am – 11:30am  
 Lunch Break: 11:30am – 1:00pm  
 Education: 1:00pm – 4:00pm

**Training Fees:** \$120 CMHA Members \$143 Non-Members

### **VIRTUAL Pain Management and Mindfulness Trainings – Registration Open**

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 CE's and fulfills the Michigan Social Work Licensing Board's requirement for licensure renewal for pain management.

**Dates:**

- January 21, 2021 ([Register Here](#)) (53 spots left)
- March 8, 2021 ([Register Here](#)) (64 spots left)

**Agenda:**

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

**Training Fees:** \$43 CMHA Members \$51 Non-Members

## **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.

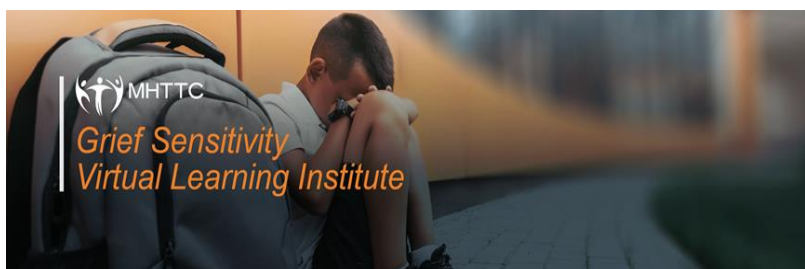
### **Catalog of MHTTC resources**

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.

**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.

**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](mailto:NetworkOffice@MHTTCNetwork.org)

## News from Our Preferred Corporate Partners

### **New!** Relias: addressing racial trauma in the clinical setting

Understanding how racial trauma can affect the mental, emotional, and physical health of your Black clients is critical. In addition to knowing the impacts, organizations and clinicians should know best practices for addressing racism and racial trauma. From the minute they enter your practice to when they go into the therapy room (whether in-person or through telehealth), understanding how racism affects your clients can greatly impact their therapeutic experience.

Jamila Holcomb, Ph.D., LMFT returns to Relias to share how you can address racial trauma in the clinical setting. Join us Thursday, October 29, 2020 at 2 PM ET to learn:

How to apply trauma-informed care best practices when addressing racism and racial trauma in the therapy room

Self-care strategies clinicians can implement to protect their own well-being

What supervisors can do within the supervisor/supervisee relationship to help clinicians leverage trauma-informed care

Ways organizations can create a safe space through their marketing materials, lobby presentation, and staff training

Information on this offering can be [found here](#).

### **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](#).

# 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](mailto:Stonejoe09@gmail.com); (989) 390-2284  
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