



# WEEKLY Update



June 11, 2021

**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 and partners work on the intersection of crisis response and law enforcement

For the past several months, CMHA has been working, as part of several behavioral health and justice coalitions, to develop financial and political support, via changes in Michigan statute and appropriations

bills, for crisis response systems including co-responder models aimed at providing the appropriate responses to mental health crises – with bills reflecting this work to be drafted in the coming weeks.

Additionally, CMHA staff (MHTTC funded) are working with the Wayne State University Center for Behavioral Health and Justice on a systemic review of best practices in crisis response – using the work done jointly by CMHA and the Michigan Public Health Institute (MPHI) around inventorying Michigan’s crisis response system. That report can be [found here](#).

### **New! Youth Suicide Prevention Summit III slides and recording available**

Recently, a broad coalition, involving CMHA and a number of school-based mental health associations sponsored the third Youth Suicide Prevention Summit. The slides from and recording of that Summit are found below:

The Youth Suicide Prevention Summit III slide deck can be [found here](#).

The Youth Suicide Prevention Summit III Meeting recording can be [found here](#).

### **Seeking Nominations: Nick Filonow Award of Excellence for 2021**

The Nick Filonow Award of Excellence recognizes eligible individuals, committees or groups that have made a significant contribution or effort to improve the public mental health community-based system at a local or state-wide level through finance, technology or quality efforts.

Nominations may be submitted by any of the following eligible member groups: CMHSP; CMHA Affiliate Member Agency, CMHA Executive Board, PIHP, or CMHA Standing Committee.

**DEADLINE FOR NOMINATIONS IS FRIDAY, OCTOBER 1ST, 2021 AT 5:00PM.** All nominations will be reviewed by the Improving Outcomes Conference Planning Committee. Award recommendations will be based on the quality of the nomination, its support information and attachments, not the number of nominations an individual receives. The award will be presented during the CMHA Improving Outcomes December Conference.

You can download a copy of the nomination form by [CLICKING HERE](#).

### **12th Annual Anti-Stigma Event Day!**

**Wednesday, July 28, 2021**

Virtual Training - 9:00am to 4:00pm

Come and learn what other CMHSPS are doing and share your own ideas. There is no fee for registration. *Online registration is required for attendance.* This year we will have a full roster of speakers and presenters.

[CLICK HERE TO REGISTER FOR ANTI-STIGMA EVENT DAY](#)



## Traveling Art Show

Traveling Art Show VI features pieces from Consumer Art Contests across Michigan. Anyone interested in any of the pieces shown may contact Monique at [mfrancis@cmham.org](mailto:mfrancis@cmham.org). Those NOT sold by October 1, 2021, will be auctioned off at the 2021 Fall Conference in Traverse City, Michigan. Art may be available for viewing locally or on the [CMHA website](#). Check with your local CMH for more information or email Monique at [mfrancis@cmham.org](mailto:mfrancis@cmham.org).

## State & National Developments and Resources

### **New!** Risks of loneliness and isolation: how to support those served during the pandemic

Recently the University of Michigan published a set of slides, funded by the National Center on Disability, Independent Living, and Research, that outline the impact of loneliness on persons with disabilities and how to combat that impact. The slides can be [found here](#).

## State Legislative Update

### View May's Legislative Video on CMHA's Website

The Capitol Briefing is a monthly resource available to CMHA members providing a high-level overview of the key items impacting the public mental health system at the State Capitol.

Our May Briefing features CMHA Associate Director, Alan Bolter, provides an update regarding the FY22 budget process, highlighting action in both the House and Senate.

To view the latest video, [CLICK HERE!](#)

### **New!** May Revenues Top Forecast By \$1 Billion

Revenues to the state's General and School Aid funds in May topped the Consensus Revenue Estimating Conference forecast for the month by an astonishing \$1 billion as the impact of federal aid through the American Rescue Plan continues to swell available funds, the House Fiscal Agency said today.

For May, revenues to the General Fund were \$752.1 million above the May revenue conference projection, more than double expectations. And for the School Aid Fund, revenues were \$258.7 million above the projection.

Annual payments from the individual income tax accounted for more than 80 percent of the difference with the stock market recovery also driving revenues upward. The tax deadline was moved from April 15 to mid-May this year, but forecasters knew that would change the usual revenue to the state when they met for the Consensus Revenue Estimating Conference. The HFA said annual payments in May were the highest on record for any single month.

For revenues to exceed the forecast in a single month by as much as \$1 billion is unheard of. Even more remarkable is that the forecasting differential occurred in the month of the actual revenue conference, when the forecast is usually at its most accurate.

This means the Governor and the Legislature now have \$4.5 billion more in General and School Aid fund revenues available to spend than expected at the start of the calendar year for the current 2020-21 and upcoming 2021-22 fiscal years.

The \$3.5 billion more they thought they had after the May 21 revenue conference already was historic.

## Federal Update

### Excellence in Recovery Housing Act Introduced

Last month, Representatives Trone (D-MD), Chu (D-CA), Levin (D-CA) and McKinley (R-WV) introduced the Excellence in Recovery Housing Act (H.R. 2376), which aims to help states improve and expand access to recovery housing. Recovery housing refers to safe, healthy, alcohol and drug-free living environments that support individuals in recovery from addiction. The bill would create a set of guidelines and a grant program for states to implement those best practices.

### Peer Support Legislation Reintroduced

Last month, Representatives Chu (D-CA) and Smith (R-NE) reintroduced the [Promoting Effective and Empowering Recovery Services \(PEERS\) in Medicare Act of 2021](#) (H.R. 2767). This legislation would expand access to mental health care by clarifying that peer support specialist services can be reimbursed through Medicare. The legislation was first introduced last Congress.

## Education Opportunities

**Save the Date: 22nd Annual Substance Use and Co-Occurring Disorder Virtual Conference**

## 22nd Annual Substance Use and Co-Occurring Disorder Virtual Conference

Health Equity: Transforming to Meet the Challenge

**Conference Date:** September 13-16, 2021

**Conference Location:** Virtual

Questions? Contact Alexandra Risher at [arisher@cmham.org](mailto:arisher@cmham.org).

### Virtual Motivational Interviewing College Trainings – Registration Open

Registration is open for the FY21 VIRTUAL Motivational Interviewing College trainings which includes Basic, Advanced, Supervisory, and the revamped MI for Leadership & Organizations!

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.

*By registering for these trainings, the participant acknowledges they have read & agree to the updated virtual guidelines and terms & conditions in the brochure to ensure they can fully participate in the virtual education. Registration closes 5 business days prior to each training.*

### Be sure to check out the newly updated M.I. for Leadership & Organizations training lead by Randall Estes!

Motivational Interviewing for Leadership and Organizations is designed for individuals and groups interested in implementing, teaching, training others in the practical application of Motivational Interviewing. Individuals attending should have a good basic understanding of MI and a strong desire to practice and teach MI. The training will cover basic and advanced MI skills interwoven with teaching methods practice. Participants will observe and demonstrate skills intended to teach MI spirit, style and skill. This training will be taught from Miller, W. R. and Rollnick, S. (2013), "Motivational Interviewing, Helping People Change" (3rd edition), Marshall and Nielsen (2020) Motivational Interviewing for Leaders in the Helping Profession" and Rosengren, D. (2018) "Building Motivational Interviewing Skills: A Practitioner Workbook (Applications of Motivational Interviewing) 2nd Edition."

*See below for dates and link to the event page where you can view the brochure.*

<u>Dates</u>	<u>Training</u>	<u>Registration Link</u>
July 26-27, 2021	M.I. Basic	<a href="#">CLICK HERE</a>
July 29-30, 2021	M.I. Advanced	<a href="#">CLICK HERE</a>
Aug. 2-3, 2021	M.I. for Leadership & Organizations	<a href="#">CLICK HERE</a>
Aug. 5, 2021	M.I. for Supervisors	<a href="#">CLICK HERE</a>

**Times:** Training(s) start promptly at 9:00am and adjourn at 4:15pm each day. Zoom Waiting Room opens at 8:30am each morning; attendees must be logged on by 8:45am. (All times in EST)

**Training Fees:** \$125 per person for all 2-day trainings / \$70 per person for the 1-day Supervisory training. The fee includes electronic training materials and CEs for each day.

## **Virtual Co-Occurring Disorders Trainings from Jennifer Harrison – Registration Open**

Registration is open for the following co-occurring disorders virtual trainings from presenter Jennifer Harrison.

These events are sponsored by the adult mental health block grant and are intended for persons who serve adults only through the mental health and substance abuse provider network in the state of Michigan. They contain content appropriate for CMHSP clinicians, therapists, peers, supervisors, and nurses.

*By registering for these trainings, the participant acknowledges they have read & agree to the updated virtual guidelines and terms & conditions in the brochure to ensure they can fully participate in the virtual education. Registration closes 5 business days prior to each training.*

***\*Note: Due to the limited number of spots in these trainings, each organization is limited to a maximum of 6 registrants.***

### **SOLD OUT Integrated Dual Disorder Treatment 101**

Adults with co-occurring mental illness and substance use disorders have far worse outcomes in employment, hospitalization, housing, and criminal justice involvement than their single disordered peers. This co-prevalence has been studied since the 1980s, yet despite this, most service systems were organized to treat individuals with a single disorder, excluding those with co-occurring disorders, or providing sequential or parallel treatments that were incompatible or in conflict with each other. Integrated and team-based services offer superior outcomes to parallel or sequential treatments, and call providers to develop interventions to assist individuals in moving toward recovery for both illnesses simultaneously. Integrated Dual Disorder Treatment (IDDT) was designed following systematic study of high intensity COD treatment needs and alterations of the Assertive Community Treatment (ACT) model. Within this training attendees will understand the components of IDDT, including fidelity and outcome measurement. Specific attention will be paid to the development of stage-matched assessment, treatment planning, and treatment interventions for adults with co-occurring mental health and substance use disorders using the IDDT model.

**Date:** July 15, 2021 | **SOLD OUT** [CLICK HERE for more information](#)

**Times:** Training: 8:30am – 4:30pm EST | Zoom log in by 8:15pm

**\$30 Registration fee** includes electronic training materials and CEs

### **Our Brave New World: Cannabis, Opioids, and Pain in Behavioral Health Treatment**

Treatment planning for adults with complex mental health, substance use, and physical health needs involved understanding of 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. It is now the #1 cause of accidental death for people under 50. Michigan is one of 31 states with laws allowing medicinal or recreational marijuana use. Opioids and cannabis have become our new legal drugs.

This training will focus attention on providing stage-matched assessment and treatment surrounding use of legal drugs including cannabis and opioids. Focus on treatment planning and provision for individuals who have opioid or cannabis use, as well as management of co-occurring mental health or pain disorders.

**Date:** August 11, 2021 | [CLICK HERE to register](#)

**Times:** Training: 8:30am – 4:30pm EST | Zoom log in by 8:15pm

**\$30 Registration fee** includes electronic training materials and CEs

### Recovery-Based Co-Occurring Treatment Planning and Delivery

Until the 21st century, most service systems were organized to treat individuals with a single disorder, excluding those with co-occurring disorders, or providing sequential or parallel treatments that were incompatible or in conflict with each other. Integrated services offer superior outcomes to parallel or sequential treatments, and call providers to develop interventions to assist individuals in moving toward recovery for both illnesses simultaneously. Recovery-oriented care requires changes at a systems and individual practitioner level in areas including assessment, treatment planning, and delivery. Integrated co-occurring providers will learn about the research on integrated care including Evidence-Based Practices (EBP), and ways to develop stage-matched assessment, treatment planning, and treatment interventions for adults with co-occurring mental health and substance use.

**Date:** August 24, 2021 | [CLICK HERE to register](#)

**Times:** Training: 8:30am – 4:30pm EST | Zoom log in by 8:15pm

**\$30 Registration fee** includes electronic training materials and CEs

### Stage Matched Treatment for Co-Occurring Needs

Adults with co-occurring mental illness and substance use disorders have far worse outcomes in employment, hospitalization, housing, and criminal justice involvement than their single disordered peers. In addition, treatment engagement is often lower for individuals with COD, particularly when those individuals are in early stage of readiness for one of more presenting problems. This training will focus on the assessment of stage of readiness using validated tools, and the interventions that are best fit for each stage of readiness. In addition, ways to address organizational readiness for COD treatment will be discussed.

**Date:** August 31, 2021 | [CLICK HERE to register](#)

**Times:** Training: 8:30am – 4:30pm EST | Zoom log in by 8:15pm

**\$30 Registration fee** includes electronic training materials and CEs

## **46th Annual National Association for Rural Mental Health Conference**

### **Emerging from COVID-19: Lessons and Future Directions for Rural Mental Health**





As we begin to emerge from the COVID-19 pandemic, NARMH looks forward to engaging the rural mental health community in its 2021 conference: Emerging from COVID-19: Lessons Learned and Future Directions for Rural Mental Health. We are pleased to announce that the conference will be held in a virtual format, and that we have organized a participant-friendly schedule that includes sessions running over a four-week period. This year's conference registration fee will include a one-year individual level membership for new and returning individual level members – a terrific deal for individuals and organizations interested in rural mental health!

Online sessions will be held on October 6, 13, 20 and 27, 2021

- From 1:00 to 4:00 pm EST
- From 12:00 to 3:00 pm CST
- From 11:00 am to 2:00 pm MST
- From 10:00 am to 1:00 pm PST
- From 9:00 am to 12:00 AKST

Keep checking back for details! <https://www.narmh.org/index.php/conferences/>

## Managing Mental Health Crisis - Dynamics of Addiction: Substance Use Disorder

### Live Virtual Classroom

June 23rd, 2021

10:00 a.m. – 12:00 p.m.

**Virtual Session Overview:** This two-hour covers the basics of Substance Use Disorder (SUD) and provides participants with knowledge, skills and strategies to manage SUD related situations as an emergency responder. The content presented in this course is a culmination of information from a partnership of mental health and law enforcement professionals. Development and funding for this course is courtesy of The Michigan Department of Health and Human Services.

**Class Registration Cost:** FREE (Registration for this participant course is covered by funds made available by the Michigan Department of Health & Human Services.) Seats are limited to 48 participants. Deadline for Registration is June 22nd, 2021.

**Registration:** <https://attendee.gototraining.com/r/4878798490117263617>  
Training ID: 758-390-300

For additional information please contact J. Eric Waddell at [jericwaddell@thecardinalgroup2.com](mailto:jericwaddell@thecardinalgroup2.com)

## Classroom WISE: Coming this JUNE!!!

A FREE mental health literacy course, video and resource library, and website designed for teachers and school staff. Check out more information and a sneak peek by [clicking here](#).

### Recorded Parent Webinars

[Parenting Tips for ADHD: How to Unleash Your Child's Superpowers](#)

[More than Sad: Suicide Prevention for Parents](#)

### Recorded Learning Series

Staying Connected with Students and Youth During COVID-19:

[Part 1: Why Social Connection is Important for Mental Health](#)

[Part 2: Maintaining Meaningful Teacher-Student Connections in the time of COVID-19](#)

[Part 3: Tips for Keeping the "Social" in Social Emotional Learning](#)

[Part 4: Cultivating Belonging in the Era of COVID-19](#)

The Impact of Mental Health on Students & Youth:

[Part 1: Assessing Mental Health in Young People](#)

[Part 2: Virtual Signs of Serious Mental Health Problems](#)

[Part 3: Youth, Social Distancing, and Anxiety in the time of COVID-19](#)

[Part 4: How to have Meaningful Conversations with Youth about Mental Health](#)

## Behavioral Telehealth Resource Center

### Telehealth Resource Center

Michigan's Behavioral Telehealth Resource Center serves to provide current information on telehealth policies, training, and engagement opportunities. Please visit the [webpage](#), to see available resources. If you have information to be included on the webpage, please contact [astagg@cmham.org](mailto:astagg@cmham.org).

### **New!** State Telehealth Laws and Reimbursement Policies Report, Spring 2021

The Center for Connected Health Policy (CCHP) has released its Spring [report](#). This report has transitioned to online format. Use the [Policy Finder](#) to track up to date information on each state that is easy to navigate and understand or read the [Executive Summary](#) for an overview of the Center's findings. CCHP has also created a policy [infographic](#) which is a 2-page overview of the policy trends.

### **New!** Upper Midwest Telehealth Resource Center (UMTRC) Podcast

UMTRC [Episode 13](#) discusses legislative changes that have happened in Illinois and Michigan in the past year dealing with telehealth. Deena Dodd, Director of Government Relations and Business Development

for the Indiana Rural Health Assn will give a deep dive on introduced legislation. This podcast is focused on Illinois and Michigan legislation, Michigan specific information starts at 7:00 min. into the podcast.

### **New! American Psychiatric Assn (APA) National Public Opinion Survey on Telehealth**

The APA completed a national public opinion [poll](#) finding that the expansion of telehealth is welcomed by most Americans. A large portion of the population have used telehealth services; more than half say they would use telehealth for mental health services; and more than 30% say they prefer telehealth. To review the full APA 2021 Public Opinion Poll: Access to Care, [click here](#).

### **GAO Reports on Telehealth COVID-19 Flexibility Findings**

The [United States Government Accountability Office](#) (GAO) released [testimony](#) May 19th regarding their ongoing assessment of COVID-19 flexibilities within the Medicare and Medicaid programs, as required under federal pandemic response oversight provisions included the CARES Act. Please [click here](#) to review the summarized findings.

### **Emergency Broadband Benefit**

The [Emergency Broadband Benefit](#) (EBB): Helping Households Connect During the Pandemic, is an [FCC program](#) to help households struggling to pay for internet service during the pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, and virtual classrooms. The EBB will provide a monthly discount towards broadband service and a one-time discount to purchase a laptop, desktop computer or tablet. Please share this information with your community served.

## Education & Training Resources from Great Lakes MHTTC



Great Lakes (HHS Region 5)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

### **CMHA's partnership with SAMHSA funded Great Lakes MHTTC**

CMHA is the Michigan partner of the Great Lakes Mental Health Technology Transfer Center (MHTTC). Through this partnership, funded by the federal Substance Abuse and Mental Health Services Administration (SAMHSA), MHTTC and CMHA provide Michiganders with access to a wide range of evidence-based and promising mental health practices. More information on the work of the Great Lakes MHTTC can be [found here](#).





The Great Lakes MHTTC products and educational offerings can be found 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.

### **New! Great Lakes MHTTC announces Building Wellbeing leadership learning collaborative**

Building Staff Well-being: A Leadership Learning Collaborative

12:00pm - June 22, 2021 thru 1:00pm - August 3, 2021 | Timezone: US/Central

Hosted By: Great Lakes MHTTC

Leaders today are faced with a difficult task of leading their “business” while continuing to care for their staffs’ emotional well-being. This six-part learning collaborative will apply NIATx, an evidence-based implementation model, with other organizational tools to help leaders cultivate well-being practices within their organizations. Leaders will be able to zero in on the current temperature of staff well-being while learning how to redirect and support to reduce burnout and compassion fatigue.

This experiential multi-session learning collaborative will focus on building well-being within your organization through six unique sessions. Each session will identify areas of growth and offer suggestions on how to implement well-being strategies.

#### LEARNING OBJECTIVES

- Define well-being, burnout, empathy/compassion fatigue.
- Assess your current individual and collective wellbeing within your organization.
- Create your own call to well-being within your mission, vision, and values.
- Develop your well-being goal(s) and apply NIATx tools & strategies to implement change with your team.
- Develop a plan for well-being sustainability.

**PRESENTER:** Mat Roosa was a founding member of NIATx and has been a NIATx coach for a wide range of projects. He works as a consultant in quality improvement, organizational development and planning, and implementing evidence-based practices. Mat also serves as a local government planner in behavioral health in New York State. His experience includes direct clinical practice in mental health and substance use services, teaching at the undergraduate and graduate levels, and human service agency administration.

Certificates of attendance will be available to all who attend all sessions in full.

[Register for this learning community here.](#)

**News from Our Preferred Corporate Partners**

## Abilita: Old phone systems being phased out

Are you aware:

- old phone lines connecting legacy systems, fax machines, elevators, fire/security alarms are going away?
- carriers may be gouging you for continuing to use the older technology such as PRI?
- how this will impact your business?

If you don't know already, your plain old telephone service (POTS), copper lines and PRI circuits that plug into your phone system, facsimile machines, elevator lines, fire alarms and security systems are in the process of being phased out.

Instead of cutting services off immediately, your telephone provider may be substantially increasing their monthly rates, surcharges and other fees until you transition to other forms of technology.

This means your telephone invoices may continue to rise, in some cases from a few hundred dollars up to several thousand dollars.

We can help you tackle this: we will first assess the risks and timeline. Then we will identify possible alternative solutions that are more cost effective and provide additional technology benefits.

As the sun sets on this older technology, contact your Abilita Advisor, Dan Aylward [daylward@abilita.com](mailto:daylward@abilita.com) (517.853.8130) to get started with a zero-risk review of your services to help you avoid costly surprises.

## 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  
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; [balcat19@live.com](mailto:balcat19@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 direct phone lines and e-mail addresses below:

Alan Bolter, Associate Director, (517) 237-3144; [abolter@cmham.org](mailto:abolter@cmham.org)  
Audrey Daul, Administrative Assistant, (517) 237-3141; [adaul@cmham.org](mailto:adaul@cmham.org)  
Dana Ferguson, Senior Accounting Specialist, (517) 237-3147; [dferguson@cmham.org](mailto:dferguson@cmham.org)  
Monique Francis, Executive Secretary/Committee Clerk, (517) 237-3145; [mfrancis@cmham.org](mailto:mfrancis@cmham.org)  
Jodi Hammond, Training and Meeting Planner, (517) 237-3148; [jhammond@cmham.org](mailto:jhammond@cmham.org)  
Regina MacDonald, Accounting Assistant, (517) 237-3146; [rmacdonald@cmham.org](mailto:rmacdonald@cmham.org)  
Bethany Rademacher, Training and Meeting Planner, (517) 237-3149; [brademacher@cmham.org](mailto:brademacher@cmham.org)  
Alexandra Risher, Training and Meeting Planner, (517) 237-3150; [arisher@cmham.org](mailto:arisher@cmham.org)  
Carly Sanford, Training and Meeting Planner, (517) 237-3151; [csanford@cmham.org](mailto:csanford@cmham.org)  
Robert Sheehan, CEO, (517) 237-3142 [rsheehan@cmham.org](mailto:rsheehan@cmham.org)  
Madi Sholtz, Training and Meeting Planner, (517) 237-3152; [msholtz@cmham.org](mailto:msholtz@cmham.org)  
Amy Stagg, Behavioral Telehealth Coordinator, (517) 324-7310; [astagg@cmham.org](mailto:astagg@cmham.org)  
Christina Ward, Director of Education & Training, (517) 237-3143; [cward@cmham.org](mailto:cward@cmham.org)  
Anne Wilson, Training and Meeting Planner, (517) 237-3153; [awilson@cmham.org](mailto:awilson@cmham.org)