



WEEKLY Update

July 30, 2021

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CMH Association and Member Activities

New! CMHA develops social media messages highlighting successes of public system

As part of CMHA's advocacy efforts around the proposed legislature-based system redesign proposals and a range of other issues, CMHA and its public relations partner, Lambert, have developed a set of social media messages that highlight the strengths of Michigan's public system. Those social media messages, provided below, are appearing on a number of CMHA social media platforms.

Strengths graphics: <https://www.dropbox.com/sh/t47xtf2cfvu9lq8/AADF3yZdB9--hLxNGOJyyOyZa?dl=0>

HH/OHH graphics:

https://www.dropbox.com/sh/8wwbgqc6id1y6h5/AADnifGX0E9zzg2DH7S_Cb9ga?dl=0

CCBHC graphics: <https://www.dropbox.com/sh/6bbi5lr9zcijp3o/AAAWwdDnQyenQz-LFwjHWntqa?dl=0>

Full package of social media graphics:

<https://www.dropbox.com/s/dp5fcaau2916i25/CMHA%20Copy.docx?dl=0>

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](#).

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. 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.

State & National Developments and Resources

New! Video recording available from recent MDHHS webinar: COVID 19 emergency response

The latest MDHHS Updates on AFCs and HFAs COVID-19 Emergency Response, held July 28, 2021, can be [found here](#). Access Passcode: 6NXi^UK?

New! Suicide Among Black Girls Is a Mental Health Crisis Hiding in Plain Sight

Below are excerpts from a recent national news story on suicide among black adolescent girls:

“Black youths are two times more likely to die by suicide compared to their white counterparts,” says Arielle Sheftall, a researcher at the Center for Suicide Prevention and Research at Nationwide Children’s Hospital in Columbus, Ohio, and one of the authors of the 2019 *Pediatrics* study. Now, she says, “we’re trying to figure this out.” There’s rarely a single thing that drives someone to attempt suicide, and similarly there are many factors—from bullying to stigma to childhood trauma and racism—but no one cause that could help to explain the increase in suicides among Black youth.

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

New! Overcoming stigma: Three strategies toward better mental health in the workplace

Below is an excerpt from a recent McKinsey report on mental health in the workplace – a key issue given the impact of the pandemic on workplace mental health.

Employees are worried about their mental health as they return to the workplace after the COVID-19 pandemic. Stigma can exacerbate their concerns, but employers can thwart its impact.

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

State Legislative Update

View June’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 June briefing features CMHA Associate Director, Alan Bolter, provides an update regarding the House behavioral health redesign proposal, HBs 4925-4929.

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

Senate Integration Proposal Introduced

On Thursday, July 15, 2021, Senator Shirkey introduced his 2-bill integration package. Senate Bills 597, sponsored by Sen. Shirkey amends the social welfare act and Senate Bill 598, sponsored by Sen. Bizon amends the mental health code. The bills were sent to the Senate Government Operations Committee. Below is a list of the committee members with email addresses:

Senate Government Operations Committee

- (Chair) Mike Shirkey – senmshirkey@senate.michigan.gov
- (Vice Chair) Dan Lauwers – sendlauwers@senate.michigan.gov
- Aric Nesbitt – senanesbitt@senate.michigan.gov
- (Minority Vice Chair) Jim Ananich – senjananich@senate.michigan.gov
- Stephanie Chang – senschang@senate.michigan.gov

Federal Update

Key Legislation Introduced to Expand CCBHC Program

Last month, a bipartisan group of Senators led by Sens. Debbie Stabenow (D-Mich.) and Roy Blunt (R-Mo.) [introduced](#) the Excellence in Mental Health and Addiction Treatment Act of 2021, legislation which would allow for the broad adoption of the Certified Community Behavioral Health Clinic (CCBHC) model.

If passed, this bill would:

- Allow any state or territory to participate in the CCBHC Medicaid Demonstration program and allocate additional planning grant monies for states to prepare to do so. (Currently, only 10 states are in the demonstration.)
- Authorize \$500 million for Substance Abuse and Mental Health Services Administration (SAMHSA) CCBHC Expansion Grants, an important tool in helping provider organizations adopt the CCBHC model and prepare for participation in state led CCBHC implementation efforts.
- Establish and fund a technical assistance center for current and prospective CCBHCs within SAMHSA.

Expanding the CCBHC model is a core priority of the National Council for Mental Wellbeing, as it represents a transformational change in the way people access mental health and substance use

services. Access to high-quality care should not depend on where a person lives, so we will do everything in our power to ensure no one gets left behind.

CCBHCs make a difference by promoting community wellbeing.

That's why we're committed to giving every National Council member the option to transform your clinic by becoming a CCBHC and gaining access to sustainable funding. Our [CCBHC Success Center](#) can help your clinic prepare to become a CCBHC, and I urge you to leverage all our resources.

[Urge your legislators to support this important legislation.](#)

Key resources:

- [National Council public statement](#)
- [Senator Stabenow and Senator Blunt joint press release](#)
- [National Council 2021 CCBHC Impact Report](#)
- [National Council's CCBHC Success Center](#)

Education Opportunities

New! Registration is Open! 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

[CLICK HERE TO REGISTER AS AN ATTENDEE, EXHIBITOR OR SPONSOR!](#)

Questions? Contact Alexandra Risher at arisher@cmham.org.

New! Save the Date! Michigan Celebrate Recovery Walk & Rally



“Remembering the Journey”

When: September 11, 2021

Where: Belle Isle, Detroit

Time: 10:30am Registration

FREE, family fun, food, games, music & more

Follow Michigan Celebrate Recovery on social media:

Facebook: [Michigan Celebrate Recovery Walk & Rally](#)

Instagram: [@micelebraterecovery](#)

Twitter: [@micelerecovery](#)

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

Website: <https://www.michigancelebraterecovery.com/>

VIRTUAL Ethics for Social Work, Substance Use Disorder, and Recipient Rights Professionals Training – Registration now open!

Community Mental Health Association of Michigan is pleased to offer VIRTUAL Ethics for Social Work, Substance Use Disorder, and Recipient Rights Professionals Trainings presented by Stephanie M Huhn MA, LLP, CBIS, CAADC, CCM, ACCTS 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:

- September 9th, 2021 ([Register Here](#))
- October 12th, 2021 ([Register Here](#))
- November 9th, 2021 ([Register Here](#))
- January 18th, 2022 ([Register Here](#))
- February 15th, 2022 ([Register Here](#))
- March 15th, 2022 ([Register Here](#))
- April 13th, 2022 ([Register Here](#))
- April 19th, 2022 ([Register Here](#))

Agenda:

Log into Zoom: 9:45am

Education: 10:00am – 12:30pm

Lunch Break: 12:30pm – 1:00pm

Education: 1:00pm – 4:30pm

Training Fees: \$130 CMHA Members \$153 Non-Members

VIRTUAL Pain Management Essentials: A Psychotherapeutic Approach – Registration now open!

Community Mental Health Association of Michigan is pleased to offer Pain Management Trainings presented by Stephanie M Huhn MA, LLP, CBIS, CAADC, CCM, ACCTS 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 19th, 2021 ([Register Here](#))
- November 12th, 2021 ([Register Here](#))
- January 25th, 2022 ([Register Here](#))
- March 24th, 2022 ([Register Here](#))
- April 27th, 2022 ([Register Here](#))

Agenda:

Log into Zoom: 12:45 pm

Education: 1:00pm – 3:00pm

Training Fees: \$53 CMHA Members \$61 Non-Members

Virtual Self-Determination Conference – Registration Open

Register now for the 2021 Virtual Self-Determination Conference: It Starts With You!

August 25 & 26, 2021
Education Daily from 9:00am – 12:30pm

While there is no fee to attend this conference, registration is required. Registration deadline is 5:00pm on Friday, August 20.

[Click Here to Register](#)

[Click Here to See the Agenda](#)

Deadline: Friday, July 30, 2021. Call for Presentations: CMHA Annual Fall Conference (in person)

We are excited to announce that our Annual Fall Conference will be IN-PERSON (with a virtual component as well). We invite you to share your expertise, research or showcase a successful program with over 800 attendees during our Annual Fall Conference! The CMHA Annual Fall Conference will be held on:

October 25 & 26, 2021
Grand Traverse Resort, Traverse City, Michigan

Presentation Submission Form: [CLICK HERE TO SUBMIT YOUR INFORMATION ELECTRONICALLY](#)

Submit your workshop proposals by **Friday, July 30, 2021**.

Note: Hotel reservation and conference registration are not available at this time.

New! Registration Open: 28th Virtual Annual Recipient Rights Conference

Pre-Conference: “Deceptive Analysis” with presenter: Lena Sisco
September 13 & 14, 2021
9:00am - 12:00pm both days
Pre-Conference ONLY 9/13/21 & 9/14/21.....\$75

Main Conference
September 21 – 24, 2021 ~ Education each morning
Featuring 2 general sessions and 18 workshops!
Main Conference 9/21/21 - 9/24/21.....\$150

[CLICK HERE FOR CONFERENCE BROCHURE & TO REGISTER!](#)

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	SOLD OUT
July 29-30, 2021	M.I. Advanced	CLICK HERE
Aug. 2-3, 2021	M.I. for Leadership & Organizations	CLICK HERE
Aug. 5, 2021	M.I. for Supervisors	CLICK HERE

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.***

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 | **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

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

New! CMHA Partners in Beyond Tokenism announces workshops on empowerment for persons with disabilities

Announcing a 'Special Topics' Webinar Series, starting at 7:00 pm
EST on Thursday, August 5th.



Supported Decision-Making Solutions

Thursday, August 4 (intro) and
Thursday, September 2
(advanced) - 7:00 PM EST

Jonathan Martinis, Esq.,
Senior Director for Law and
Policy at the Burton Blatt
Institute, Syracuse
University

Practical alternatives to
guardianship and trusteeship



Strengthening financial security with ABLE Accounts

Thursday, August 12 - 7:00 PM
EST

R Scott de Varona,
Director, MiABLE Disability
Savings Program

Funding for disability-related
expenses that will
supplement, but not supplant
other benefits such as SSI,
Medicaid, etc.



Customized Employment and Micro- Business

Thursday, August 19 - 7:00 PM
EST

Dr. Ruthie-Marie Beckwith,
Executive Director
Emeritus, TASH

Meaningful, valued
employment in ordinary
community settings, based on
one's unique skills, capacities
and interests



Home of One's Own Solutions

Thursday, August 26 - 7:00 PM
EST

Joe Wykowski, Executive
Director Emeritus,
Community Visions,
Portland, OR

Flexible, person-centered
housing and support
combinations for staying safe,
successful and thriving in
one's own home

[Learn more and register HERE!](#)

Grand Challenges in Social Work announces webinar series: Eliminate Racism



A CMHA staff member is on the Leadership Board of the Grand Challenges for Social Work – a cutting edge research and policy-based initiative aimed at addressing some of the most pressing issues facing the United States and the world.

The Grand Challenges recently distributed the recording for part 2 of the Eliminate Racism series recording on Promote Smart Decarceration and Achieve Equal Opportunity and Justice.

You can view the previous webinars here.

Part 3 will take place on August 10 – [register now!](#)

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 [Telehealth Resource Center](#) to see new information and updated format. If you have content suggestions, please contact Amy Stagg at astagg@chmam.org.

New! NACHC Survey on Audio-Only Telehealth & Health Centers

The National Association of Community Health Centers (NACHC) recently released a [report](#) on their survey of CHCs to assess their telehealth experiences over the course of the public health emergency and determine what the effects would be upon termination of temporary policies, and how that would impact their providers and patients.

The value and necessity of audio-only was stressed throughout the survey. Benefits of audio-only telehealth included:

- Reduced no-show rates
- Improved patient/provider relationships
- Better coordination of care amongst providers and families
- Improved chronic care management

The report concludes that without continued telehealth coverage for CHCs, all of the stated benefits will disappear, create a barrier to the provision of quality health care, and negate the ability for health centers to bring equity and access to underserved communities that would otherwise likely go without

needed services. The authors urge the federal government to act and preserve access to care via telehealth in health centers across the country.

2022 Proposed Physician Fee Schedule

On July 13, 2021, the Center for Medicare and Medicaid Services (CMS) released their proposed CY 2022 Physician Fee Schedule (PFS). The PFS is historically where CMS will make administrative changes to telehealth policy in the Medicare program. As the pandemic begins to stabilize and restrictions begin to lift, there has been great concern as to what will happen with the temporary telehealth changes on the federal level. The [CY 2022 proposed PFS](#) is one step towards addressing those questions.

Mental Health & Audio-Only: One of the most significant proposals involve the provision of mental health services via telehealth and utilization of audio-only to deliver those services. Based on data from COVID-19 and other factors, CMS is proposing to allow the use of audio-only to provide mental health services in the Medicare program if:

It is for an established patient;

The originating site is the patient's home;

The provider has the technical capability to use live video but,

The patient cannot or does not want to use live video and

There must be an in-person visit within six months of the telehealth service.

For an in-depth look at the CY2022 PFS, download the Center for Connected Health Policy (CCHP) [fact sheet](#) or [video](#) from CCHP Executive Director, Mei Kwong.

Insights on utilization of behavioral health services in the context of COVID-19; McKinsey & Company

[Infographic](#) created from analyzed data sample from 115,000 providers who delivered Behavioral Healthcare to over 20+ million Americans in 2019, 2020 and 2021. This report shows trends in behavioral health claims, including telehealth and includes information on the disproportionate impact on racial and ethnic minorities and identifies barriers that limit access to telehealth.

Medicaid Bulletin MSA 21-24 discusses Asynchronous Telemedicine Services, and is issued on July 2, 2021

The purpose of this [bulletin](#) is to clarify current Medicaid program coverage of asynchronous telemedicine services, including store and forward services, interprofessional telephone/Internet/electronic health record consultations, and Remote Patient Monitoring (RPM) services.

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! MHTTC announces new round of school-based mental health offerings

Mental health literacy for teachers and school staff will be a key component of all school reopening plans in the 2021-22 school year. A free 6-hour course, Classroom Well-Being Information and Strategies for Educators (WISE), was just released from the Mental Health Technology Transfer Center Network Coordinating Office. To accompany the course, the Southeast MHTTC is hosting [Classroom WISE Implementation Support Series](#) this summer to support Classroom WISE adoption and implementation at local and state levels in our region. Join Session 5 of this series on Tuesday

[Tuesday, August 3, 2021 | 12 - 1pm EST](#)

Session 5 of the [Classroom WISE Implementation Support](#) will provide an overview of Classroom Wise Module 6: Classroom Strategies to Support Students Experiencing Distress. Join us to discuss how this module aligns with your existing initiatives and supports and explore effective approaches to roll out the Classroom Wise in your local schools. Register for this event, explore the series landing page, and share with your peers using the links below!

Register for this event [here](#).

Get the description of the full series [here](#).

New! Communicating About School Mental Health

This series, Communicating About School Mental Health, provides state and local education agencies with information about how to most effectively communicate about school mental health to audiences who may not have a background in education or mental health. It provides strategies and tools that help

navigate pitfalls and craft messaging likely to raise awareness, increase engagement, and convey the value of improving student wellness.

Communication 101 for School Mental Health: Engaging Adults on Campus Who Do Not Have a Mental Health Background shares key considerations for how to communicate about children's mental health in ways that resonate with individuals who are not mental health professionals. It provides strategies and tools for making sure that teachers, principals, parents, caregivers and other allies learn what you would like them to know about school mental health and student wellness.

July 22, 12:00 - 1:30pm ET

[REGISTER HERE](#)

Making Sense of School Mental Health: A New Graphic Tool on the Role of Teachers provides recommendations on how to translate complex concepts about children's mental health and school mental health into visual aides to enhance understanding. In this session, we provide a new graphic tool designed to help you communicate with teachers about their role and the role of other adults on campus in supporting school mental health. Participants will be able to access and implement the graphic tool with a full suite of support tools.

August 5, 12:00 - 1:30pm ET

[REGISTER HERE](#)

News from Our Preferred Corporate Partners

New! Relias: Essentials to Help You Become Trauma-Informed

Becoming and maintaining a trauma-informed organization is possible, even as COVID-19 continues to impact your staff and clients. However, it isn't a one-time implementation or the responsibility of a committee. It requires full support from your leadership, board of directors, and employees. It also requires ongoing communication and training.

Relias offers training to help everyone at your organization not only understand trauma-informed care but practice it as well. Our behavioral health training library covers topics like:

- Introduction to trauma-informed care
- Compassion fatigue
- Trauma-informed supervision
- Employee wellness

To learn how Relias can help your organization implement trauma-informed care, including training courses available in our behavioral health library, [contact Relias today](#). Register for this offering [here](#).

Abilita: Top Ten Times for a Communications Review

It's never a bad time to review your organization's communications technology expenses, and never a better time to enlist the help of a specialist. That's because there are certain milestones when not having a good handle on spending and inventory can result in the greatest financial risk.

Here are our top 10 scenarios for a Communications technology expense review and inventory update:

- Before a Move
- After an acquisition or merger with another company
- Upon Contract Renewal with Communications Service Providers (before and after)
- After Closing a Site
- When there are changes in Regulatory Charges
- When moving from Premise to Cloud-Based Services
- When Transforming Network Technology
- When a New Person is taking over responsibility for Communications Technology Management
- When changing to a new Data Center Provider
- When Employees Work from Home

For more details and what you might want to consider, download Abilita's Top 10 Times newsletter [here](#). To get started now, contact your Abilita Advisor, Dan Aylward, at daylward@abilita.com for a zero-risk review of your technology systems and services.

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, in their commitment to fostering dialogue among the members of the Association with the Association's leaders, post their contact information below. 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.

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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; balcat19@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:

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