

Contents:

CMH Association and Member Activities:.....	2
2019 Walk A Mile Rally scheduled for Thursday, May 9, 2019!	2
CMHA issues Walk-a-Mile press release	2
North Country CMH Announces 22nd Annual Splash of Color 5K Run/One Mile Walk	3
Don't Forget About the 2019 PAC Campaign	3
CMHA Committee Schedules, Membership, Minutes, and Information	4
News from Our Corporate Partners:	4
Fostering Mindfulness-Based Resilience Among Consumer & Staff Populations	4
State and National Developments and Resources:	4
The Ripple Effect: The Impact of the Opioid Epidemic on Children and Families.....	4
Miami Florida jail diversion project highlighted in Michigan press	5
MDHHS seeking to identify providers interested in participating in Patient Centered Medical Home payment model program	7
State Legislative Update:.....	8
House and Senate Pass Resolutions Recognizing May is Mental Health Month	8
Federal Update:.....	8
House Bill Aims to Address Mental Health Workforce Shortage	8
Education Opportunities:	9
NIATx Change Leader Academy.....	9
Improving Outcomes Conference – June 6 & 7, 2019 – Traverse City.....	9
2 New Dates Added: Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings	9
21st Annual Wraparound Conference.....	10
Practicing Effective Management: A Two-Day Training for Improving Relationships and Results.....	10
CMHA Annual Spring Conference.....	10
Dialectical Behavior Therapy (DBT) Trainings for 2018/2019	11
Implementation of Integrated Dual Disorder Treatment (IDDT) and Co-Occurring Evidence-Based Practices Annual Trainings for 2018/2019	12
Motivational Interviewing College Trainings for 2018/2019	12
Register Now for Fetal Alcohol Spectrum Disorder Trainings.....	13
Individualized Service Plans Using the ASAM Criteria and Motivational Interviewing Trainings	13

CMHA WEEKLY UPDATE

Michigan Health Policy Forum announces spring 2019 Forum: “New People and New Policies”	13
Understanding Benefit Programs: The Impact of Employment and Work Incentive Programs for People with Disabilities	14
CALL FOR PRESENTATIONS: 20th Annual Substance Use and Co-Occurring Disorders Conference.....	15
Miscellaneous News and Information:	15
Job Opportunity: CEO of Rose Hill Center	15
Job Opportunity: Executive Director of Network 180	15
Job Opportunity: Healthy Transitions Youth/Young Adult Peer Coordinator at ACMH	16
CMH Association’s Officers and Staff Contact Information:	16
CMHA Officers Contact Information:	16
CMHA Staff Contact Information:	16

CMH Association and Member Activities:

2019 Walk A Mile Rally scheduled for Thursday, May 9, 2019!

The Walk A Mile rally, held annually on the front lawn of the Michigan Capitol, draws over 3,000 persons served, families, advocates, and CMH, PIHP, and provider staff from all of Michigan’s 83 counties, state legislators and policy makers. May is designated as Mental Health Awareness Month nationwide, and this rally is the largest statewide effort to bring attention to the important issues that persons and families served dedicate themselves to daily.

[Click here to view the full Walk A Mile Packet of information!](#)

CMHA issues Walk-a-Mile press release

Annually, as part of the Walk-a-Mile rally, the CMH Association issued a press release highlighting the rally. That press release is provided below:



FOR IMMEDIATE RELEASE

15th Annual “Walk-a-Mile in My Shoes” Rally to Shed Light on Mental Health Underfunding

LANSING, Mich. (May 3, 2018) – In April 2019, the Community Mental Health Association of Michigan (CMHA) found a \$150 million gap between the cost of health care and the funding provided to Michigan’s public mental health system. On Thursday, May 9, thousands of mental health advocates will meet at the State Capitol in Lansing to advocate for funding to modernize the public mental health system at their annual “Walk-a-Mile in My Shoes” rally.

The 15th annual “Walk-a-Mile in My Shoes” rally will be held from 1:30 to 3 p.m. In addition to advocating for increased funding for mental health services, participants will aim to raise awareness of behavioral health needs in health and policy discussions, and banish behavioral health stigmas.

CMHA WEEKLY UPDATE

CMHA, the advocacy organization for community mental health centers (CMH), expects thousands of supporters to attend the event. It will feature an activist walk around the Capitol and stories from citizens who have experienced disruption of services from budget cuts, focusing on the personal experiences of those who use community mental health services from different counties throughout Michigan.

“Michigan’s public mental health system is underfunded and has been for the past several years,” said Robert Sheehan, chief executive officer of CMHA. “The funding for the public system does not account for work being done to combat the state’s opioid crisis, work to prevent the incarceration of those with mental health needs, the recognition of the prevalence of autism, services to address the growing mental health needs of school-age children and adolescents, nor to prevent homelessness for persons with mental health needs. These are serious issues and we are seeing the system struggle because it lacks the funding to provide enough care and support. Michigan’s public mental health system, one of the best in the country, is clinically sound but incomplete – incomplete due to the systemic underfunding of the system.”

The study identifying the funding gap, “[Systemic Underfunding of Michigan’s Public Mental Health System](#),” identified a set of revenue-related threats that, in combination, have significantly weakened the fiscal soundness of Michigan’s public mental system. This study and the CMHA “[Vision for a World Class Public Mental Health System in Michigan](#)” outlined what can be and must be done to ensure that this system, upon which over 300,000 persons and their families rely on, can become the system that Michigander’s deserve.

As part of the Systemic Underfunding analysis, CMHA also released a five-point financial modernization plan that offers solutions to ensure a fiscally and clinically stable public mental health system. Included in its proposals are: 1) Set Medicaid rates to match demands and costs; 2) Make it so that Medicaid rates include contributions to risk reserves; 3) Allow for the public mental health system to hold sufficient risk reserves; 4) Remove the local match draw-down obligation, Section 928, in the appropriations boilerplate; and 5) Restore general fund dollars to the public mental health system.

Attendees are encouraged to visit the offices of state legislators to share their thoughts after the event. For more information, visit www.cmham.org.

North Country CMH Announces 22nd Annual Splash of Color 5K Run/One Mile Walk

The 22nd Annual “Splash of Color” 5K Run/One Mile Walk will be held Saturday, May 18th at the Bayfront Park at the Petoskey Waterfront Area. This is a fundraiser for the North Country Consumer Council Special Needs Fund. This year’s theme is #4Mind4Body and will raise awareness of the connection between good mental and physical health. There will be prizes and give-aways and fun “Splash of Color” paint throws. Register at <https://www.eventbrite.com/e/splash-of-color-fun-runwalk-mental-health-awareness-event-tickets-57809903979?aff=ebdssbdestsearch> or call 231-547-5885 for information.

Don’t Forget About the 2019 PAC Campaign

Earlier this year we announced our 2019 CMH PAC campaign. We must increase our participation, last year we only had 15 boards participate in our PAC campaign. Please take some time over the next couple of board meetings to encourage your board and staff to participate in our 2019 PAC efforts. As you know, our CMH PAC is a key component to our overall advocacy efforts – the need to upgrade our PAC is greater today than ever before.

For those members who qualify for the drawing for the Tiger game suite (minimum 6 contributions per agency), this year’s game is on Sunday, July 21 at 1:10pm vs. Toronto Blue Jays. Members should forward the

CMHA WEEKLY UPDATE

results of their campaign and donations to the CMHA office by June 28, 2019 in order to be in the drawing for the Tiger tickets if eligible.

Make checks payable to: CMH PAC ~ 426. S. Walnut St. ~ Lansing, MI 48933 (no corporate checks, please)

Thank you. Please feel free to contact Bob or Alan with any questions.

CMHA Committee Schedules, Membership, Minutes, and Information

Visit our website at <https://www.CMHA.org/committees>

News from Our Corporate Partners:

Fostering Mindfulness-Based Resilience Among Consumer & Staff Populations

Work, money and health concerns rank as the top 3 stressors for American adults today. Research finds 63% of people report significant impact to their behavioral health comes from on-the-job stress, while 80% of individuals report functional impairment related to their depression.

Employers and providers can use resiliency-building mindfulness tools to not only reduce care costs, increase productivity, and reduce missed work, but also help individuals:

- Diminish anxiety, stress, chronic pain and insomnia symptoms
- Improve heart health and reduce blood pressure
- Feel more satisfied in life and at work through more purpose and commitment
- More effectively deal with adversity
- Form more successful relationships with others

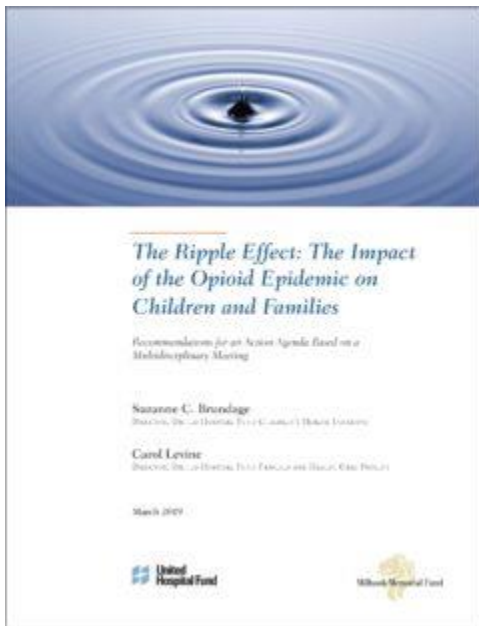
REQUEST A DEMO

myStrength's digital Mindfulness and Meditation program offers evidence-based resources for consumers and staff, including diverse approaches that accommodate any schedule and lifestyle. And since even a quick 60-second activity can open the door to the benefits of mindfulness, these activities can be convenient to work into a daily routine. They also complement myStrength's self-care programs for stress, anxiety, depression, substance use (including opioid recovery), chronic pain, insomnia, and balancing intense emotions to offer a single, integrated platform that addresses a range of behavioral health conditions.

State and National Developments and Resources:

The Ripple Effect: The Impact of the Opioid Epidemic on Children and Families

CMHA WEEKLY UPDATE



A recent report by the United Hospital Fund on the impact of the opioid epidemic on children and adolescents has recently been issued. Excerpts of this report are provided below.

Opioid addiction is well recognized as a national crisis, but its impact on children and adolescents whose parents are addicted has received little attention. A new report published by the United Hospital Fund (UHF), with support from the Milbank Memorial Fund and the Alfred P. Sloan Foundation, makes clear that the magnitude of the epidemic's impact is much greater than realized. Even if the opioid epidemic were stopped cold today, there would be damaging ripples far into the future.

Titled *The Ripple Effect: The Impact of the Opioid Epidemic on Children and Families* and written by Carol Levine and Suzanne Brundage, the report is based on extensive research, interviews, and a literature review by UHF staff, as well as a two-day meeting hosted by UHF in October 2018 that brought together national and local experts in child development, family policy, addiction treatment, child welfare, and state and local

government officials.

While previous reports have examined aspects of the impact on children, such as pregnant women who use drugs or the increased numbers of children who enter foster care, this is the first comprehensive look at the successive waves of loss and trauma experienced by newborns, young children, adolescents, and their families. It also looks at the needs of kinship caregivers, typically grandparents who often step in to care for these children.

The report lays out a blueprint for action aimed at public and private agencies and professionals. Four broad areas for action are identified, with detailed recommendations for each:

- Reduce stigma and misunderstanding of opioid use and treatment
- Make investing in a response to the ripple effect a priority
- Ensure that government and private agencies work as a team
- Identify children at risk as early as possible.
- Recognizing the multigenerational impact of the opioid epidemic is one of the Reforming States Group's focus areas this year.
-

The full report can be found at:

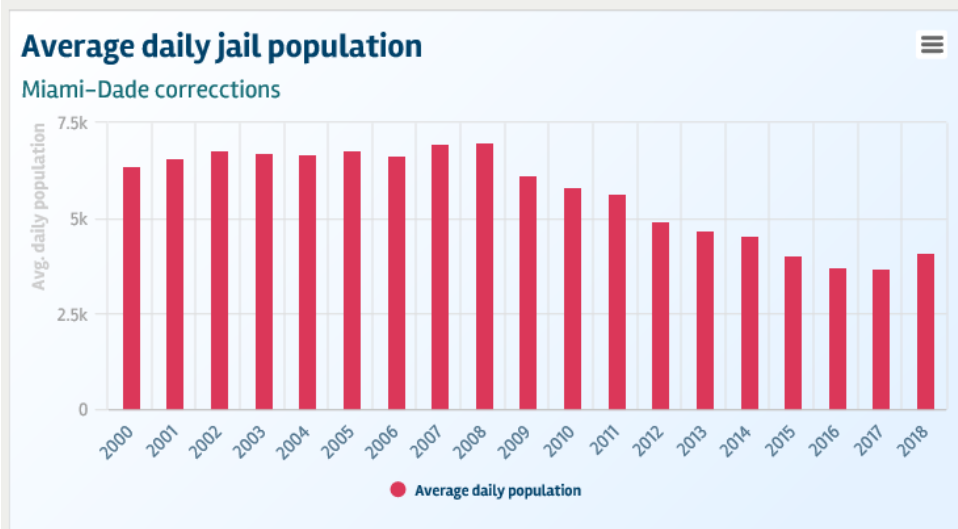
<https://uhfnyc.org/publications/publication/ripple-effect-opioid-epidemic-children-and-families/>

Miami Florida jail diversion project highlighted in Michigan press

Below are excerpts from a recent Bridge Magazine article on the impact of the jail diversion programs in Miami-Dade County on reducing the jail population.

Since it began in 2000, the Miami-Dade Circuit Court Criminal Mental Health Project (or CMHP) has steered thousands of mentally ill offenders into treatment while deeply reducing the county's jail population, from nearly 7,000 prisoners a decade ago to just over 4,000 last year. That in turn has allowed officials to close a detention center while saving the county \$12 million a year.

Florida mental health program reduces arrests, jailings



Source: Miami-Dade Corrections

The project has succeeded on multiple fronts, leading with cops like Brandon Bencosme.

He's one of more than 6,500 officers in Miami-Dade's three dozen police and corrections jurisdictions trained in a 40-hour course on handling people in a mental-health crisis. The training is seen as so valuable, mental health experts across Miami donate their time to instruction.

Known as Crisis Intervention Team (CIT) officers, they're empowered under Florida law to transport individuals with serious mental illness who may pose a risk to themselves or others for involuntary treatment at one of 18 crisis units for up to 72 hours.

The reasoning makes sense – evidence says individuals like John are far less likely to return to jail if they are treated than if they are jailed.

The project runs diversion programs for suspects charged with misdemeanors as well as some felonies, routing hundreds of mentally ill jail inmates a year through treatment. If they complete the program, criminal charges often are dropped.

CMHA WEEKLY UPDATE

Walking alongside the mentally ill as they navigate the world of recovery are eight “peer support specialists,” each of whom have suffered through serious mental illness of their own and know the daily struggles of jail life.

In 2021, Miami-Dade is to open a massive, \$42-million treatment center for the hardest cases: the chronically homeless with severe mental illness who repeatedly cycle through jail and health care systems. The problem is enormous. A University of South Florida study found that 97 people, most of them homeless and diagnosed with schizophrenia, were arrested a combined 2,200 times over a five-year period. Those 97 people accrued 27,000 days in jail and 13,000 days in crisis units, hospitals and emergency rooms, the study found.

That troubling profile is not unfamiliar in larger metro areas in Michigan. A study last year of frequent emergency room users in Washtenaw County, for instance, found that 76 percent had a mental health condition.

The New England Journal of Medicine has called the Criminal Mental Health Project a national model for decriminalizing mental illness.

With Michigan embarking on an ambitious evaluation of its costly and growing county jail population, Miami would seem to offer a promising alternative for a broad swath of inmates across our state.

The mentally ill continue to languish in Michigan prisons and jails in staggering numbers. Nearly one-in-four state prison inmates had some form of mental illness in 2018. There is no comprehensive survey of mental illness in Michigan's jails, but a Council of State Governments Justice Center report found at least 17 percent of jail inmates across the country have a serious mental illness, substance abuse disorder or both.

Which is why a contingent of Wayne County judges, law enforcement and corrections officials along with state officials attended a two-day conference to learn from Miami's experience, sponsored by the Michigan-based Ethel & James Flinn Foundation, which focuses on improving mental-health services. (Disclosure: Flinn also is a funder of Michigan Health Watch, though Bridge paid for its own travel and other expenses in Miami. As with all Bridge journalism, neither Flinn nor any other organization had any role in the writing or editing of this report.)

“A lot of these prisoners need treatment, not jail,” said Michigan State Court Administrator Milton Mack, who was among the Michigan delegation.

The full article and companion pieces can be found at:

https://www.bridgemi.com/michigan-health-watch/mentally-ill-suspects-get-help-miami-jail-michigan-guess-which-works?utm_source=Bridge+Magazine&utm_campaign=35251d879a-Health+Watch+5%2F1%2F17&utm_medium=email&utm_term=0_c64a28dd5a-35251d879a-73901237

MDHHS seeking to identify providers interested in participating in Patient Centered Medical Home payment model program

The Michigan Department of Health and Human Services (MDHHS) has released an application to identify primary care providers interested in engaging in a preferred Patient Centered Medical Home (PCMH) payment model program.

MDHHS has worked with Michigan Medicaid Health Plans (MHPs) to establish a standard set of PCMH requirements designed to better coordinate care for Medicaid beneficiaries. A PCMH is a team-based model

CMHA WEEKLY UPDATE

of care in which a patient's care is coordinated through their primary care physician to ensure they receive the care they need, when and where they need it, in a manner they can understand.

This program, administered through Michigan's MHPs, has built upon initiatives developed in both the Michigan Primary Care Transformation Project and the State Innovation Model PCMH Initiative. Both programs have served as a catalyst for MDHHS to further encourage innovative models of primary care across the state.

MDHHS is committed to sustaining the advancements made in the primary care setting through a program focused on PCMH designation, provision of care management and coordination services and reduction of provider burden. The MDHHS PCMH Preferred Model program is aimed at achieving these goals in partnership with Michigan's MHPs.

MDHHS is facilitating a central application process to identify provider interest in participating in MHP administered PCMH payment programs. Provider interest applications must be submitted electronically by May 24, at 11:59 p.m. EST. The application is found at:
https://umich.qualtrics.com/jfe/form/SV_erDlnF1jTCoDpeR

The application is being issued solely for information and planning purposes. It does not constitute acceptance into a program or commitment of the MHPs to execute a contract.

For questions about completion of the application only, providers should complete the question form:
https://umich.qualtrics.com/jfe/form/SV_4Mmgr5rXyPXugBL

State Legislative Update:

House and Senate Pass Resolutions Recognizing May is Mental Health Month

This week both the House and Senate passed resolutions recognizing May as mental health awareness month. Rep. Mary Whiteford sponsored House Resolution 82 and Sen. Curt VanderWall sponsored Senate Resolution 43.

Both resolutions were unanimously adopted.

Federal Update:

House Bill Aims to Address Mental Health Workforce Shortage

A bill introduced in the House this week would establish a loan repayment program for mental health care providers who commit to working in designated communities with a lack of accessible care. The Mental Health Professionals Workforce Shortage Loan Repayment Act of 2019 (H.R. 2431), introduced by Representatives John Katko (R-NY) and Grace Napolitano (D-CA), seeks to address a critical shortage in the number of mental health care providers across the country.

While around 18 – 20% of the American population lives with some form of mental illness in any given year, there are only enough mental health care professionals across the country to meet around 26% of the need for services, and the gaps are much higher for residents in rural areas. Projections included in a 2016 report from the Health Resources and Services Administration (HRSA) show that, unless these trends are reversed, this shortage will grow astronomically worse by 2025 and will result in shortages of over 250,000 full-time equivalents across certain behavioral health provider types. Establishing loan repayment programs, such as the one proposed in H.R. 2431, could help to incentivize qualified students to pursue careers in the mental health field and contribute to changing this outcome.

"It is imperative we create a sustainable workforce of therapists, psychologists, and counselors who can meet the mental health care needs of the nation," said Rep. Katko upon introduction. "This legislation incentivizes mental health care professionals to practice in underserved communities, improving access to treatment and improving the quality of care. Rep. Napolitano added, "We have no time to waste. We need robust investment in mental health in America."

Education Opportunities:

NIATx Change Leader Academy

Wednesday, May 22, 2019

9:00am – 3:30pm (8:30am Registration)

Holiday Inn & Suites, 5278 East Pickard, Mt. Pleasant, MI

Registration Fee: \$140 per person (The fee includes training materials, continental breakfast and lunch.)

Limited number of attendees! [TO REGISTER, CLICK HERE!](#)

CMHAM and the Great Lakes MHTTC is proud to present a new training:

The NIATx Change Leader Academy (CLA) is a one-day face-to-face workshop followed by three months of peer networking and support from a NIATx coach. The CLA trains change leaders in the *NIATx model of process improvement*: a structured, team-based approach to change management for organizations large and small. Attendees learn how to select a change project, set a project aim, engage senior leaders and staff in the change process, and achieve measurable, sustainable improvements. Following the CLA face-to-face workshop, participants commit to carrying out a three-month change project focusing on one of the following areas: *Medication-Assisted Treatment, Recovery Oriented Systems of Care, Access to and Retention In Treatment*; or a different focus area of their choosing.

Who should attend: Anyone interested in leading change or improving service delivery in their organization: Senior leaders, managers, supervisors and front-line staff from behavioral healthcare, recovery services, criminal justice, and social services. The CLA provides both beginners and those with some experience in process improvement with the tools to lead change projects and teams within their organization.

4.5 CEs for Substance Abuse Professionals

Improving Outcomes Conference – June 6 & 7, 2019 – Traverse City

The Improving Outcomes Conference is a grassroots conference focused on supporting and improving the public behavioral health system in Michigan. Target audience for this conference is leadership and key staff from CMHSPs, PIHPs and Provider Organizations with specific focus on Information Technology, Quality Improvement, Finance, and Provider Network Management.

The conference is on 6 & 7, 2019 at the Grand Traverse Resort in Traverse City.

[Click Here for More Details and to Register!](#)

2 New Dates Added: Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings

Community Mental Health Association of Michigan is pleased to offer 6 Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings presented by Tom Moore, LMSW, LLP, CCS, Owner and Principal, Two Moons, LLC.

CMHA WEEKLY UPDATE

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.

Trainings offered on the following date.

July 17, 2019 – Lansing [Click Here To Register!](#)

August 21, 2019 – Lansing [Click Here To Register!](#)

Training Fees: (fee includes training material, coffee, lunch and refreshments.

\$115 CMHA Members

\$138 Non-Members

21st Annual Wraparound Conference

DHHS/CMHA hosts the 21st Annual Wraparound Conference, "Innovating a Classic!," will be held on June 12-14, 2019 at the Great Wolf Lodge, Traverse City.

[For More Details on the Wraparound Conference & To Register Click Here!](#)

Practicing Effective Management: A Two-Day Training for Improving Relationships and Results

TBD Solutions is hosting its next Practicing Effective Management Training May 8th & 9th at the Grand Rapids Chamber of Commerce. This training provides practical guidance for enhancing relationships and improving results through structured supervision, effective feedback, delegation, interviewing, time management, and employee development. This dynamic, interactive training is relevant for all levels of management.



Since 2016, TBD Solutions has proudly trained over 250 supervisors, managers, and directors from CMHs, PIHPs, and nonprofit organizations, maintaining a 98% satisfaction rate.

Cost for this two-day training is \$500, and lunch is provided. Group discounts are also available.

To learn more or register for the training, visit www.eventbrite.com/e/practicing-effective-management-training-registration-58010345505. For questions about the training, email training@TBDSolutions.com.

CMHA Annual Spring Conference

Hotel reservation and Conference registration opens Wednesday, May 8, 2019! Watch www.cmham.org for the conference announcement!

The CMHA Annual Spring Conference will be held on:

- June 10, 2019: Pre-Conference Institutes
- June 11 & 12, 2019: Full Conference
- Suburban Collection Showplace, Novi, Michigan

Pre-Conference Institute: A Mindfulness Approach to Clinical Social Work

- Monday, June 10, 2019 from 8:45am – 4:00pm
- \$125 CMHA members
- \$148 Non-Members

CMHA WEEKLY UPDATE

Keynote Presentations:

- Keynote: Passive Victim to Resilient Warrior! Transforming the Way You Think About Trauma Informed Care
 - Shari Simmons, LCSW, Executive Director of Fire Mountain Treatment Center; Adjunct Professor
- The MDHHS Behavioral Health and Developmental Disabilities Administration (BHDDA): An Overview
 - George E. Mellos, MD, Senior Executive Psychiatrist Director, Deputy Director for Behavioral Health and Developmental Disabilities, Michigan Department of Health and Human Services
- Keynote: Update from Washington
 - Charles Ingoglia, MSW, Incoming President and CEO, National Council for Behavioral Health

Educational Workshops:

- Putting It All Together: The Need to Belong - An Effective Paradigm Shift for Addressing Mental Health, Physical Health, and Substance Abuse Crises Facing Our Consumers and Communities
- Update on Statewide Efforts for Improving the Medical Assessment of Psychiatric Patients in Emergency Department
- "Shattering Silos and Building Bridges": A Community Approach to Early Intervention for Children and Families with Mental Health Needs
- Supporting LGBTQ+ Individuals Through Affirmative Practices
- Implementing the Trauma Policy
- An Analysis of Parent Support Partner Services in Michigan
- Boardworks 2.0: Board Member Orientation & the Role of Board Members in the Rights Protection Process
- Value-Based Payment Practice Transformation Academy
- The Tri County LifeSavers: Replicable Steps to Building a Community Youth Suicide Prevention Coalition
- Jail Diversion Efforts Across Michigan: Challenges and Successes
- Examining Initial Outcomes of Peer Coaching/Specialized Detoxification Program – Developing a Research Based Curriculum for Integrated Care
- Building a Trauma Informed CMH System
- Boardworks 2.0: Leadership - Participatory Governance and Ethical Implications (formerly Character)
- Trauma and Resilience: Using ACE Surveys, Screenings, and Interventions to Address and Improve Individual and Community Outcomes (Lessons Learned and Outcomes Shared)
- Treatment Foster Care Oregon (TFCO): Community-based Mental Health Treatment for Hospital Level-of-Care Children
- Criminal Justice, Homelessness and Mental Health: How Cross-System Collaboration Assists with Successful Transitions Across Intercepts
- Beyond Case Management: Scaling Team-Based Behavioral Health Homes and an Alternative Payment Model to Achieve the Quadruple Aim Across a Community
- Why Understanding Benefits Is So Important!
- Boardworks 2.0: Management – System
- Making a Home in Higher Education: Expanding the Continuum of Care for Students in Recovery on a College Campus
- Crises in the Emergency Department: System Issues in the Care of People with Developmental Disabilities
- Empathy and Effectiveness in the Recognition and Treatment of Human Trafficking Victims and Survivors
- Understanding Adverse Childhood Experiences (ACEs) and the Impact of Trauma
- Criminal Justice Connection to Care Model
- Integrative Healthcare for Older Behavioral Health Clients
- Fully Present: The Importance of Self-Care and Mindfulness in Our Work

Dialectical Behavior Therapy (DBT) Trainings for 2018/2019

CMHA WEEKLY UPDATE

5-Day Comprehensive DBT Trainings

- This training is designed for CMH, CMH service providers, PIHP, and PIHP service provider staff who are directly responsible for delivering DBT.
- Due to the fact DBT is a comprehensive treatment that treats high-risk individuals, one's core training ought to be comprehensive as well.
- IT IS EXPECTED THAT ALL PARTICIPANTS WILL MAKE A FULL COMMITMENT TO ATTEND ALL 5 DAYS mindfully and will participate fully in discussion, role-plays and complete daily homework assignments.
- Participants are asked to bring a copy of "Cognitive Behavioral Treatment of Borderline Personality Disorder" by Marsha Linehan, PhD, with them to the training.
- COMPLETION OF A 2-DAY INTRODUCTION TO DBT TRAINING OR EQUIVALENT IS A PRE-REQUISITE FOR ATTENDING THIS TRAINING.
- This is NOT a training that teaches DBT skills. There will be very little focus on DBT skills. The majority of the focus of this training will be to help clinicians on how to conduct individual DBT sessions. If your goal is to come to this training in order to learn DBT skills, do not attend. By attending, you understand and consent to knowing this ahead of time.

Training Fee:

\$250 per person. Fee includes training materials, continental breakfast and lunch for 5 days.

Dates/Locations:

May 20-24, 2019 | Detroit Marriott Livonia | [REGISTER HERE](#)

June 3-7, 2019 | Best Western, Okemos | [REGISTER HERE](#)

August 12-16, 2019 | Great Wolf Lodge, Traverse City | [REGISTER HERE](#)

Implementation of Integrated Dual Disorder Treatment (IDDT) and Co-Occurring Evidence-Based Practices Annual Trainings for 2018/2019

Course Description:

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 substantive increased risk, 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 on 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 disorders.

This training fulfills the annual requirement for persons who are part of an IDDT team, as well as for persons providing COD services in Adult Mental Health outpatient services.

Training Fee:

\$65 per person. The fee includes training materials, continental breakfast and lunch.

Dates/Locations:

June 19, 2019 | Okemos Conference Center | [REGISTER HERE](#)

Motivational Interviewing College Trainings for 2018/2019

4 Levels of M.I. Training offered together at 4 convenient locations!

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.

New This Year! We are excited to add a new 2-Day TNT: Teaching Motivational Interviewing training to the lineup.

Remaining Dates/Locations:

June – Holiday Inn Marquette

Basic: Monday & Tuesday, June 10-11, 2019

Advanced: Monday & Tuesday, June 10-11, 2019

Supervisory: Monday, June 10, 2019

TNT: Teaching MI: Wednesday & Thursday, June 12-13, 2019

Training Fees: (The fees include training materials, continental breakfast and lunch each day.)

\$125 per person for all 2-day trainings (Basic, Advanced)

\$69 per person for the 1-day Supervisory training.

[CLICK HERE](#) for full training details, CE information, overnight accommodations and registration links.

Register Now for Fetal Alcohol Spectrum Disorder Trainings

Register now for three Fetal Alcohol Spectrum Disorder Trainings with presenter Dan Dubovsky, MSW – a National FASD Specialist. Registration online at www.CMHA.org -

May 6 – Mackinaw City

May 8 – Ann Arbor

May 9 – Kalamazoo (FILLED TO CAPACITY)

Individualized Service Plans Using the ASAM Criteria and Motivational Interviewing Trainings

- April 30-May 1, 2019 – Drury Inn & Suites, Grand Rapids
- June 18-19, 2019 – Holiday Inn, Marquette
- July 16-17, 2019 – Best Western/Okemos Conference Center, Okemos
- August 13-14, 2019 – Hilton Garden Inn, Detroit
- August 27-28, 2019 – Radisson Plaza Hotel, Kalamazoo
- September 24-25, 2019 – Great Wolf Lodge, Traverse City

Visit www.CMHA.org for more information.

Michigan Health Policy Forum announces spring 2019 Forum: “New People and New Policies”

The Michigan Health Policy Forum, of which the CMH Association is a Board member, has announced its spring 2019 Forum. The announcement is provided below.

CMHA WEEKLY UPDATE

"New People and New Policies"

May 20, 2019 from 1:00 PM to 4:00 PM

Kellogg Center on the Campus of Michigan State University

Welcome and Introductions: Andrea Amalfitano DO., PhD. Dean, MSU College of Osteopathic Medicine

Keynote Address: Robert Gordon, Director, Michigan Department of Health and Human Services

Panel Discussion on Michigan's Health Priorities

Moderator: Janet Olszewski, Senior Fellow, Michigan Health Endowment Fund,

Sarah Esty, Senior Deputy Director, Policy and Planning Administration, Michigan Department of health and Human Services

Joneigh Khaldun M.D., Chief Medical Executive and Chief Deputy for Health, Michigan Department Of Health And Human Services

Rep. Mary Whiteford, (R) Chair, House Appropriations Committee on Human Services

Sen. Curt VanderWall (R) Chair, Senate Committee on Health Policy and Human Services

To register, go to: <https://michiganhpf.msu.edu/index.php/spring-forum-2019>

Understanding Benefit Programs: The Impact of Employment and Work Incentive Programs for People with Disabilities

MARO, a partner of this Association, has recently announced a workshop designed to strengthen the ability of services and supports providers to assist the persons whom they serve in navigating the benefits system – especially as they pursue and obtain employment.

Understanding Benefit Programs



Understanding Benefit Programs

June 17, 2019 - 9:00 AM to 12:00 PM

Lansing Community College-West Campus

5708 Cornerstone Dr, Lansing, MI 48917

\$69 for MARO Members

\$99 for Non-members

Register at: <https://maro.silkstart.com/events/understanding-benefit-programs>

As a result of this course, you will be able to:

- Understand the major components and differences in the SSI, SSDI, Medicaid, and Medicare benefit programs
- Identify how the Social Security Administration defines work, disability and how employment income affects SSI/SSDI benefit checks

CMHA WEEKLY UPDATE

- Understand federal and state work incentive programs and how they can be used to help an individual retain necessary cash and/or medical benefits
- Locate resources that can help an individual navigate through these programs for successful employment outcomes

Trainers will include Hillary Hatch- Area Work Incentive Coordinator for the Social Security Administration. Hillary's service area for the state includes the Upper Peninsula and the Western Half of the Lower Peninsula.

CALL FOR PRESENTATIONS: 20th Annual Substance Use and Co-Occurring Disorders Conference

The Annual Substance Use Disorder/Co-Occurring Disorder Conference brought in over 1,300 attendees last year. We would love for you to join us by sharing your expertise, research or showcasing a successful program!

20th Annual Substance Use Disorder/Co-Occurring Disorder Conference
"Innovative Strategies for Today's Challenges"
September 15, 2019: Pre-Conference Institutes
September 16 & 17, 2019: Full Conference
Cobo Center, Detroit, MI

[Click Here to Download the Presentation Submission Form.](#)

Submit your completed form to Alexandra Risher arisher@CMHA.org by **Friday, May 10, 2019**.

Note: Hotel reservations and Conference registration is not available at this time.

Miscellaneous News and Information:

Job Opportunity: CEO of Rose Hill Center

Kittleman & Associates is pleased and honored to announce the search for the next President & CEO of Rose Hill Center in Holly, Michigan, and I wanted to make sure that you saw the attached Position Guide.

As one of the nation's leading long-term mental health facilities, Rose Hill Center in Holly, Michigan offers comprehensive psychiatric treatment and residential rehabilitation programs for adults, 18 and over, on 400 serene acres close to major amenities offered by Ann Arbor and the greater Detroit region. With an emphasis on Recovery, the programs offered by Rose Hill provide individuals with the insights, life skills, attitudes, opportunities and medication management needed to manage their illness and live fulfilling lives. Rose Hill provides five levels of mental health treatment that are supported largely through private pay with financial assistance provided through the Rose Hill Foundation as well as through Community Mental Health (Medicaid) and commercial insurance. <https://www.rosehillcenter.org/>

Job Opportunity: Executive Director of Network 180

Network180 is seeking its next Executive Director to direct the management and delivery of a complete array of mental health, intellectual /developmental disability, and substance abuse services to the citizens of Kent County, Michigan. With an annual budget of over \$140 million, Network180 annually serves over 18,000 individuals in Kent County through a network of over 30 non-profit providers. Interested candidates can apply through our website at: <http://www.network180.org/en/employment/employment-opportunities>.

CMHA WEEKLY UPDATE

Job Opportunity: Healthy Transitions Youth/Young Adult Peer Coordinator at ACMH

Association for Children's Mental Health (ACMH) is currently accepting applications for a Healthy Transitions Youth/Young Adult Peer Coordinator. To apply, mail or email a cover letter and resume to: Jane Shank, Executive Director | 6017 W. St. Joe Hwy, Suite 200, Lansing, MI 48917 acmhjane@sbcglobal.net

To learn more see the complete job posting below or download it here: [Healthy Transitions Posting final](#)

CMH Association's Officers and Staff Contact Information:

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

President: Joe Stone Stonejoe09@gmail.com; (989) 390-2284
First Vice President: Lois Shulman; Loisshulman@comcast.net; (248) 361-0219
Second Vice President: Carl Rice Jr; cricejr@outlook.com; (517) 745-2124
Secretary: Cathy Kellerman; balcat3@live.com; (231) 924-3972
Treasurer: Craig Reiter; gullivercraig@gmail.com; (906) 283-3451
Immediate Past President: Bill Davie; bill49866@gmail.com; (906) 226-4063

CMHA Staff Contact Information:

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

Alan Bolter, Associate Director, abolter@CMHA.org
Christina Ward, Director of Education and Training, cward@CMHA.org
Monique Francis, Executive Secretary/Committee Clerk, mfrancis@CMHA.org
Nakia Payton, Data-Entry Clerk/Receptionist, npayton@CMHA.org
Dana Ferguson, Accounting Clerk, dferguson@CMHA.org
Michelle Dee, Accounting Assistant, acctassistant@CMHA.org
Anne Wilson, Training and Meeting Planner, awilson@CMHA.org
Chris Lincoln, Training and Meeting Planner, clincoln@cmham.org
Carly Sanford, Training and Meeting Planner, csanford@CMHA.org
Bethany Rademacher, Training and Meeting Planner, brademacher@CMHA.org
Jodi Johnson, Training and Meeting Planner, jjohnson@CMHA.org
Alexandra Risher, Training and Meeting Planner, arisher@CMHA.org
Robert Sheehan, CEO, rsheehan@cmham.org