



Update

May 15, 2020

COVID-19 Resources: CMHA has developed a curated set of COVID-19-related resources and announcements from a range of reputable state and national sources. That curated set of resources, which will be regularly updated, **is available by CLICKING HERE.**

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CMH Association and Member Activities

CMHA adds Newsroom page to its website

CMHA has recently added a new tab to its webpage to capture the large number of media stories that feature CMHA members and those served by those members. While the initial set of postings contained on this webpage revolve around the system's response to the COVID pandemic, future postings on this webpage will address a broader set of issues covered by the media. This webpage can be accessed here.

New! Hegira offers telecast for teen Q&A on mental health

Below is a recent announcement from Hegira Health of an upcoming telecast, on social media, designed to help adolescents get sound answers to mental health questions.



DO YOU KNOW TEENAGERS WHO MIGHT WANT TO ASK A THERAPIST QUESTIONS ABOUT MENTAL HEALTH?

Join Kevin, Administrator of Children's Services and Amanda, a licensed therapist, to receive personalized answers to teen

questions about mental health during this special Facebook and Instagram Q&A Telecast Event on May 20, 2020.

Please have teens email their questions before May 18 to jneamtu@hegirahealth.org.

JOIN US ON OUR FACEBOOK (https://www.facebook.com/hegirahealth/) AND INSTAGRAM (https://www.instagram.com/hegirahealthinc/) PAGES ON MAY 20 FOR THE Q&A. PRIVACY: No names or email addresses will be shared.

New! Mental health crisis looms as agencies, clients hit hard by COVID-19 in Wayne County

Below are excerpts from a recent article in Crain's Detroit Business about the fiscal strain that mental health organizations in Wayne County are facing as a result of the COVID pandemic.

With nearly half of the deaths and positive cases of COVID-19, Wayne County, including Detroit, is at the epicenter of the COVID-19 pandemic in Michigan.

Out of the spotlight, Wayne County also is facing a growing behavioral health crisis that is threatening the financial viability of more than a dozen community health agencies in the state's largest county and has contributed to the region's high mortality rates and positive COVID-19 cases, mental health executives tell Crain's.



The crisis is fostering increases in suicides, anxiety and substance abuse, mental health experts say. Meanwhile, the agencies and workers serving the population are being pushed to the brink.

"We have some of the sickest (most acute) patients. Wayne County has 25 percent of all the mental health patients in Michigan (25 percent, or 82,000, of the state's total of 350,000) and has the largest Medicaid population here (28 percent, or 690,000 of 2.5 million)," said Sherry McRill, CEO of Northeast Integrated Health, a Detroit-based mental health provider. Many already have other symptoms of high blood pressure, diabetes, heart disease, hypertension" and they are highly susceptible to being infected by coronavirus, said McRill. Of the more than 4,200 deaths and 45,000 positive COVID-19 cases in Michigan as of last week, 47 percent of deaths and 40 percent of cases are in Wayne County, said the Detroit Wayne Integrated Health Network, the largest of the state's 10 regional behavioral health organizations.

Agencies strained: Willie Brooks, CEO of Detroit Wayne Integrated Health Network, said he has asked for at least \$50 million more in financial support from the state Department of Health and Human Services to deal with the crisis. "This is a two-year scenario. COVID-19 will have another (surge this fall). We are preparing for it. The facts out there show there will be a strain (on agencies). "All the signs are there for an onslaught of more (mental health and substance abuse) cases," he said. "We know life will not be the same. Personal protective equipment will be a part of our lives for a long time."

In a survey this month, the collaborative found among its agencies: 38 COVID-19 client deaths, 202 positive COVID-19 clients, one agency staffer death and 39 positive staff cases. Revenue lost per month averaged about \$250,000 per agency for nine reporting agencies, and furloughs totaled 199, averaging 20 employees per agency of the reporting 10 agencies. McRill and Liesman said most agencies are down 25 percent to 40 percent in case visits and revenue. They say agencies and staff are stressed and nearly at the breaking point. "Most clinics have shut down some programs and services, laid off a lot of staff," McRill said. "There is no back-to-work plan for mental health workers. When this is over, our workers and clients are facing more trauma, more depression, more child abuse. There will be a greater need for services."

Sheehan said he has spoken with MDHHS officials about gaining approval for "retainer payments," or funding to agencies at their historic funding levels, from the Centers of Medicare and Medicaid Services to address shortfalls. "Without federal approval, neither (agencies) nor the prepaid inpatient health plans (including DWIHN) have the authority to make these retainer payments," Sheehan said. Allen Jansen, MDHHS' director of behavioral health and developmental disabilities, said the state has requested a waiver from CMS to allow retainer payments to be made to providers. "Retainer payments creates stability for the provider network and we are very supportive of it," said Jansen, adding the state hopes to have approval by the end of May. It would apply to all mental health providers in the state. McRill said additional funding is needed now, but most providers in Wayne County have been underfunded for behavioral health services for years.

Carol Zuniga, executive director with Hegira Health Inc. in Livonia, said COVID-19 has led to a 20 percent reduction in revenue and its residential services were reduced 65 percent because of social distancing to 24 patients from a typical 41 patient daily census. "We provide crisis services and our detox residential services have been cut tremendously because we had no PPE"We had



a staff member and two patients die in the initial month. We have it under control now, but our revenue has been decimated." In March, Zuniga said 20 employees were furloughed and another 25 part-time workers were cut back to zero hours. Zuniga said mental health agencies would survive if Detroit Wayne paid Hegira and other agencies its historic monthly funding.

Personal protective equipment shortages: Another issue the agencies say is extremely important is an increase in personal protective equipment. Most agencies have been forced to purchase their own PPE and the amount they have received from the state has been minuscule and insufficient. Last week "We have spent thousands of dollars on cloth masks and gloves. We have some clinic sites still open because we have some chronically ill patients who need monthly injections of psychotrophic medication and those needing their blood drawn," McRill said. "We have to keep those services open for adults."

Shift to telemedicine: In mid-March, when Michigan first started seeing increased numbers of COVID-19 patients, mental health agencies, along with many physician offices and other providers, switched from face-to-face appointments to online telehealth services. Shortly afterward, on March 23, when Gov. Gretchen Whitmer issued her first stay home order, the state began to allow Medicaid to pay for telehealth appointments and DWIHN created billing codes for telehealth, Brooks said. "Relaxation of telehealth rules was huge. Overnight we made that transition. We still do 10 percent to 15 percent face to face, but telehealth is here to stay," Liesman said.

"Mental health conditions will get worse (including) PTSD, anxiety, depression," Liesman said. "There are so many people who have died or had the virus, some had good outcomes, but many more people will need counseling because of what we all have been through."

The full article can be found here.

State & National Developments and Resources

New! MDHHS issues L letter regarding premium pay for direct care workers

Below are excerpts from a recently issued letter from MDHHS regarding some of the details related to the payment of increased wages, known as "premium pay".

Dear Provider: RE: COVID-19 Response: Premium Pay Effective April 1, 2020, through June 30, 2020, in response to the COVID-19 state of emergency, a temporary hourly wage increase (referred to as "Premium Pay") will be applied to payment for in-home direct care workers providing certain services under the following programs:

The temporary Premium Pay for services provided in April, May and June 2020 is intended to cover a \$2.00 per hour increase in direct care worker wages, along with a \$.24 per hour increase for agencies to cover their additional costs associated with implementing this increase. These



amounts are to be paid in addition to the wage the direct care worker was earning since April 1, 2020 and recorded separately from base pay. The \$2.00 per hour Premium Pay must be applied entirely to direct care worker wages. The \$2.00 and \$.24 per hour amounts may be implemented by an equivalent as divided per billing unit.

One example of "an equivalent as divided per billing unit" is, for programs billing in 15-minute increments, the payment would be \$.50 per 15-minute unit for the direct care worker, and \$.06 per 15-minute unit for the additional agency cost. For program participants receiving services through a self-determination arrangement under the behavioral health, MI Health Link and MI Choice Waiver programs, direct care workers must receive this Premium Pay for the hours or billing units worked in April, May, and June 2020. The Fiscal Intermediary, or agency (for Agency with Choice), must receive \$.24 per hour for related taxes. The "equivalent as divided per billing unit" described above applies.

Direct care workers should still follow the guidance issued in March 2020 titled "Actions for Caregivers of Older Adults During COVID-19" along with the document "Actions for Caregivers for Older Adults Addendum Frequently Asked Questions". These documents describe recommendations for in-home direct care workers and methods to assure a face-to-face visit is needed. These documents can be found at: https://www.michigan.gov/coronavirus/ and go to "Resources", then "For Health Professionals". Direct care workers who are providing behavioral health services should also follow the additional guidance found at: https://www.michigan.gov/mdhhs/BHDDACOVID19.

The full L letter can be found here.

New! Governor Whitmer Signs Executive Order Expanding Telehealth Options for Michiganders

Below is a recent press release regarding the expansion of telehealth options for Michiganders.

Governor Gretchen Whitmer today signed Executive Order 2020-86, which expands telehealth options for Michiganders by authorizing and encouraging health care providers to use these services when appropriate and after getting consent from patients. The order takes effect immediately and continues through June 10, 2020.

"Telehealth provides a way for patients to safely consult with their doctor and receive health care services while continuing to practice social distancing and limit potential exposure to COVID-19," Governor Whitmer said. "This Executive Order ensures Michiganders who need health care during this ongoing pandemic can still receive care while staying safer at home."

Under Executive Order 2020-86, many health care services, such as mental health care, drug treatment, and home health services may be provided via telehealth. Additionally, insurance carriers must cover virtual check-ins and e-visits, to facilitate the affordability of telehealth services.



Information around this outbreak is changing rapidly. The latest information is available at Michigan.gov/Coronavirus and CDC.gov/Coronavirus.

This Executive Order 2020-86, can be viewed here.

New! PBS Newshour - how persons with disabilities are responding to the COVID 19 pandemic

Recently PBS Newshour aired a segment on how persons with disabilities are responding to the COVID 19 pandemic. The recorded version of that news story can be found here.

New! Federal HEROES Act proposal to aid non-profit organizations

Recently, Democrats in the US House of Representatives released a proposal for the next phase of major COVID-19 relief legislation – the Health and Economic Recovery Omnibus Emergency Solutions (HEROES) Act.

As written, the HEROES Act includes all Section 501(c) organizations in the Paycheck Protection Program (PPP). Any nonprofit with 500 or fewer employees will be able to apply for PPP funds. Following are other notable provisions, among many, that are relevant to our community:

- The covered period for PPP loans would be extended to December 31, 2020
- PPP funds could be stretched over 24 weeks instead of the eight weeks originally passed in the CARES Act
- Businesses and organizations that receive PPP loans would be allowed to defer payroll tax payments
- Coordination between the PPP and Employee Retention Tax Credit would be improved to "ensure borrowers can take advantage of both types of assistance"
- The legislation would direct the Federal Reserve to create a nonprofit-specific program within the Main Street Lending Program

While this is a considerable development, the need for steadfast advocacy remains to ensure associations and nonprofits gain access to the PPP. As stated by Susan Robertson, CAE, ASAE's President and CEO:

"Associations have been working to help prop up the nation's essential industries and professions without a financial safety net during the COVID-19 pandemic, and many are struggling to maintain basic operations such as payroll, mortgages and rent. Elements of this package will obviously require reconciliation with the Republican-controlled Senate where there is bipartisan support for assisting the association community during this economic crisis. ASAE urges Congress to act swiftly to resolve differing priorities in the next round of COVID relief legislation and affirm the support associations need to weather this pandemic."



State Legislative Update

New! Legislative Activity

This week, both the Senate and House took noteworthy actions on the legislative front.

On Wednesday, the Senate Appropriations Committee and then later in the day the FULL Senate unanimously adopted a substitute to Senate Bill 690, which provides \$508 million in supplemental appropriations for Fiscal Year 2020 from the federal coronavirus relief fund for various purposes, including a \$3/hour increase to direct care worker wages; pay for frontline first responders; funding for testing and personal protection equipment; and unemployment agency support, among other things.

The increase amounts to \$178 million in temporary pay increase for direct care workers. There are still a number of details that must be worked out before this money can be operationalized, but this is what we believe some of the details may be:

- 1. Those already receiving \$2/hour under the governor's order would receive \$1 more for \$3/hour total
- 2. Nursing home workers added to receive \$3/hour increase
- 3. Eligibility would be until Sept. 30 and retroactive to April 1

The bill still must pass the House and have the Governor sign into law, both of which are expected to occur in short order.

Also on Wednesday, the House of Representatives unanimously passed HBs 5412-5416, which increases flexibly for telemedicine services. Briefly the bills address store and forward responses, which allows physician to reply to non-live questions/concerns, the bills also address originating sites for consumers and physicians.

New! State Budget Update

Earlier today, state economic leaders gathered for Michigan's semi-annual Consensus Revenue Estimating Conference (CREC).

At this event, previous revenue forecasts are reviewed and revised, and forecasts for the coming year are established. These forecasts are an important step in determining potential adjustments for the current (Fiscal Year 2019-2020) budget and are the foundation for construction of the upcoming (Fiscal Year 2020-2021) budget.

For the current fiscal year, revenue collections are now forecast to decline by \$3.2 billion (\$1.98 billion General Fund; \$1.25 billion School Aid Fund) than was forecast in January 2020.



For the upcoming fiscal year, which will begin on October 1, revenue collections are now forecast to be \$3 billion less than was forecast in January 2020. Of that decrease, \$1.92 billion is General Fund and \$1.14 billion is School Aid Fund.

Since actual revenue for a fiscal year is falling below anticipated as was indicated today, the Michigan Constitution requires the Governor to reduce discretionary expenditures by Executive Order with the approval of the House and Senate Appropriations committees. Barring any extraordinary external factors, such as an infusion of federal dollars, we can anticipate this process beginning to unfold in the coming weeks.

The economists noted that they have strong confidence in their numbers but there is still uncertainty and volatility with respect to the forecasts due to variables, such as potential federal assistance, the risk of a second wave of disease, tax filing extensions, and consumer confidence, among other things. Nonetheless, the numbers were deemed "staggering" and the downward revision was larger than the last largest downward revision in May 2009, during the onset of the Great Recession.

It was announced that it will be appropriate for the CREC to reconvene in late August/early September in order to provide economists with more information to adjust revenues going forward.

Executive Orders Signed

Currently, Governor Gretchen Whitmer has signed 50 Executive Orders in response to COVID-19. Please find a list of active Executive Orders with the topic and a hyper link accessing the Executive Order below.

- **Executive Order 2020-14** Extends the deadline for Michigan residents to pay back taxes and avoid foreclosure on their property, please click here to access Executive Order 14.
- **Executive Order 2020-17** Temporary restrictions on non-essential medical and dental procedures, please click here to access Executive Order 17.
- Executive Order 2020-22 Extension of county canvass deadlines for the March 10, 2020 Presidential Primary Election, please click here to access Executive Order 22.
- Executive Order 2020-26 Extension of April 2020 Michigan income tax filing deadlines, please click here to access Executive Order 26.
- Executive Order 2020-27 Conducting elections on May 5, 2020 using absent voter ballots, please click here to access Executive Order 27.
- Executive Order 2020-28 Restoring water service to occupied residences during the COVID-19 pandemic, please click here to access Executive Order 28.
- Executive Order 2020-31 Suspends the April 1 requirement for lower vapor pressure gasoline, please click here to access Executive Order 31.
- Executive Order 2020-34 Clarifies the temporary restrictions the Governor placed on nonessential veterinary procedures as part of Executive Order 2020-32, please click here to access Executive Order 34.



- **Executive Order 2020-36** Protecting workers who stay home, stay safe when they or their close contacts are sick, please click here to access Executive Order 36.
- Executive Order 2020-38 Temporary extensions of certain FOIA deadlines to facilitate COVID-19 emergency response efforts, please click here to access Executive Order 38.
- Executive Order 2020-39 Temporary relief from certain restrictions and requirements governing the provision of emergency medical services, please click here to access Executive Order 39.
- Executive Order 2020-44 Enhanced support for deliveries, please click <u>here</u> to access Executive Order 44.
- Executive Order 2020-45 Enhanced authorization of remote means for carrying out state administrative procedures, please click here to access Executive Order 45.
- Executive Order 2020-46 Mitigating the economic harms of the COVID-19 pandemic through the creation of a spirits buyback program for restaurants and bars throughout the state, please click here to access Executive Order 46.
- **Executive Order 2020-47** Temporary extension of the validity of certain driver's licenses, state identification cards, and vehicle registrations, please click here to access Executive Order 47.
- **Executive Order 2020-48** Temporary authorization of remote participation in public meetings and hearings and temporary relief from monthly meeting requirements for school boards, please click here to access Executive Order 48.
- **Executive Order 2020-49** Temporary enhancements to operational capacity and efficiency of health care facilities, please click <u>here</u> to access Executive Order 49.
- **Executive Order 2020-50** Enhanced protections for residents and staff of long-term care facilities during the COVID-19 pandemic, please click here to access Executive Order 50.
- Executive Order 2020-51 Expanding child care access during the COVID-19 pandemic and rescission of Executive Order 2020-16, please click here to access Executive Order 51.
- **Executive Order 2020-52** Temporary extension of certain pesticide applicator certificates, please click here to access Executive Order 2020-52.
- Executive Order 2020-53 Enhanced restrictions on price gouging, please click here to access Executive Order 53.
- **Executive Order 2020-54** Temporary prohibition against entry to premises for the purpose of removing or excluding a tenant or mobile home owner from their home, please click here to access Executive Order 54.
- Executive Order 2020-55 Michigan Coronavirus Task Force on Racial Disparities, please click here to access Executive Order 55.
- **Executive Order 2020-56** Temporary enhancements to operational capacity, flexibility, and efficiency of pharmacies, please click here to access Executive Order 56.



- **Executive Order 2020-57** Temporary expansions in unemployment eligibility and cost-sharing, please click here to access Executive Order 57.
- Executive Order 2020-58 Temporary suspension of certain timing requirements relating to the
 commencement of civil and probate actions and proceedings, please click here to access
 Executive Order 58.
- **Executive Order 2020-61** Temporary relief from certain restrictions and requirements governing the provision of medical services, please click here to access Executive Order 61.
- Executive Order 2020-62 Temporary COVID-19 protocols for entry into Michigan Department of Corrections facilities and transfers to and from Department custody; temporary recommended COVID-19 protocols and enhanced early-release authorization for county jails, local lockups, and juvenile detention centers, please click here to access Executive Order 62.
- **Executive Order 2020-63** Temporarily suspending the expiration of personal protection orders, please click here to access Executive Order 63.
- Executive Order 2020-64 Affirming anti-discrimination policies and requiring certain health care
 providers to develop equitable access to care protocols, please click here to access Executive
 Order 64.
- **Executive Order 2020-65** Provision of K–12 education during the remainder of the 2019–2020 school year, please click <u>here</u> to access Executive Order 65.
- Executive Order 2020-66 Termination of the states of emergency and disaster declared under the Emergency Management Act in Executive Order 2020-33, please click here to access Executive Order 66.
- **Executive Order 2020-67** Declaration of state of emergency under the Emergency Powers of the Governor Act, 1945 PA 302, please click here to access Executive Order 67.
- Executive Order 2020-68 Declaration of states of emergency and disaster under the Emergency Management Act, 1976 PA 390, please click here to access Executive Order 68.
- **Executive Order 2020-69** Temporary restrictions on the use of places of public accommodation, please click here to access Executive Order 69.
- **Executive Order 2020-70** Temporary requirement to suspend activities that are not necessary to sustain or protect life, please click here to access Executive Order 70.
- **Executive Order 2020-71** Temporary safety measures for food-selling establishments and pharmacies and temporary relief from requirements applicable to the renewal of licenses for the food-service industry, please click here to access Executive Order 71.
- Executive Order 2020-72 Temporary restrictions on entry into health care facilities, residential care facilities, congregate care facilities, and juvenile justice facilities, please click here to access Executive Order 72.



- Executive Order 2020-73 Temporary relief from certain credentialing requirements for motor carriers transporting essential supplies, equipment, and persons, please click here to access Executive Order 73.
- Executive Order 2020-74 Encouraging the use of electronic signatures and remote notarization, witnessing, and visitation during the COVID-19 pandemic, please click here to access Executive Order 74.
- **Executive Order 2020-75** Temporary authorization of remote participation in public meetings and hearings and temporary relief from monthly meeting requirements for school boards, please click here to access Executive Order 75.
- **Executive Order 2020-76** Temporary expansions in unemployment eligibility and cost-sharing, please click here to access Executive Order 76.
- Executive Order 2020-77 Temporary requirement to suspend certain activities that are not necessary to sustain or protect life, please click here to access Executive Order 77.
- Executive Order 2020-78 Temporary extension of the validity of driver licenses, state identification cards, and certain vehicle registrations, please click here to access Executive Order 78.
- **Executive Order 2020-79** Temporary suspension of youth work permit application requirements, please click <u>here</u> to access Executive Order 79.
- **Executive Order 2020-80** Enhanced authorization of remote means for carrying out state administrative procedures, please click here to access Executive Order 80.
- **Executive Order 2020-81** Enhanced support for deliveries, please click <u>here</u> to access Executive Order 81.
- **Executive Order 2020-82** Temporary enhancements to operational capacity and efficiency of health care facilities, please click <u>here</u> to access Executive Order 82.
- **Executive Order 2020-83** Expanding childcare access during the COVID-19 pandemic, please click here to access Executive Order 83.
- **Executive Order 2020-84** Enhanced protections for residents and staff of long-term care facilities during the COVID-19 pandemic, please click here to access Executive Order 84.



Federal Update

Hill Day 2020 is Going Digital - Join us on June 23!

The COVID-19 pandemic has changed *how* we work, but we must not let it interrupt *our* work. Mental health and addictions organizations need our continued support now more than ever.

That is why this year we are proud to partner with 25 national advocacy organizations to bring you <u>Hill</u> <u>Day at Home!</u> We're still rallying. We're still moving ahead together. And we're still bringing our field's most important issues to Congress.

And as we go virtual this year, we need YOU, our friends in the field, to be right there with us as always.

How can you make a difference?

On Tuesday, June 23, you'll be able to log on to our online event portal for the 2020 Virtual Policy Institute. A link to the portal will be sent to registrants ahead of the event.

This four-hour learning event will include keynote speakers, the latest legislative updates, immersive breakout sessions and all the great content you've come to expect from Hill Day.

Hill Day at Home will culminate on **Wednesday, June 24**, with a series of digital advocacy events and outreach opportunities to urge lawmakers to invest in lifesaving funding for mental health and addiction programs.

Click on the link below to register:

https://www.mylibralounge.com/sites/hillday2020/attendee/en/welcome/?lib_SGU=519BCCD4-05CF-4955-9CB4-2B8AF7E29CB0&lib_CST=8538522F-74F0-4E96-802D-7A4B45DAAD80

ACTION ALERT - Support \$38.5 Billion for Behavioral Health Providers in Fighting COVID-19

Congress continues to deliberate continued aid towards the COVID-19 pandemic, talks have been underway regarding a stimulus 4 aid package. Through the National Council and their members, we are requesting **an emergency appropriation of \$38.5 billion** for providers of mental health and addiction treatment services to be included in the next stimulus package considered by Congress. This is one of the largest and most important appropriations requests of our time.

As COVID-19 has spread fear and anxiety across our nation, we have repeatedly asked you, our members, what you needed and how we could help. We have heard you. You made your needs overwhelmingly clear: you need PPE, you need equipment, and most importantly you need financial resources to keep your doors open and the lights on. You need this emergency funding to continue doing the lifesaving work you do in your community every day, serving individuals with mental illness and addiction.



Will you take two minutes today to urge your Member of Congress to NOT leave mental health and addictions behind? If possible included examples of what you are facing, closing programs, layoffs, impact of social distancing on services etc...

Click the link below to log in and send your message:

https://www.votervoice.net/CMHAM/Campaigns/73480/Respond

Education Opportunities

What's Cancelled and What's Taking Place?????

With the rapidly changing situation, events and meetings are being cancelled, postponed, being held virtually or rescheduled. Please refer to www.cmham.org to see if your event /meetings taking place. The site is being updated several times a day.

CMHAM Annual Spring/Summer Conference Postponed



The 2020 Annual Spring/Summer Conference originally scheduled for June 9 & 10, 2020 at the Grand Traverse Resort, Traverse City has been postponed.

We are exploring future dates and virtual conference options.

Stay tuned for more details in Weekly Update!

VIRTUAL Ethics for Social Work & Substance Use Disorder Professionals Trainings

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

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:

June 22, 2020

Agenda:

Education: 8:30am - 11:30am



August 17, 2020 Lunch Break: 11:30am – 1:00pm
 October 5, 2020 Education: 1:00pm – 4:00pm

• November 2, 2020

Training Fees:

\$103 CMHA Members \$126 Non-Members

Registration will be available next week!

VIRTUAL Pain Management and Mindfulness Trainings

Community Mental Health Association of Michigan is pleased to offer Pain Management Trainings presented by Tom Moore, LMSW, LLP, CCS, Owner and Principal, Two Moons, LLC online through Zoom.

This course qualifies for 2 CEs and fulfills the Michigan Social Work Licensing Board's requirement for licensure renewal for pain management.

Dates: Agenda:

• June 15, 2020 Education: 9:00am – 11:00am

August 3, 2020

Training Fees:

\$39 CMHA Members \$47 Non-Members

Registration will be available next week!

COD Regional Trainings: Co-Occurring, Opioid Use, and Cannabis Use Disorder Treatment Planning

Course Description:

Treatment planning for adults with complex mental health, substance use, and physical health needs involves understanding 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. In Michigan, in 2017, there were 1,600 opioid overdose deaths, an increase of 57% from 2016. It is now the #1 cause of accidental death for people under 50. The Centers for Disease Control (CDC) have issued recommendations that include a preference for non-pharmacological therapy. This presentation will provide an overview of a biopsychosocial model of pain, current best practices in pain management, and treatment planning and interventions. Finally, social justice issues for pain management will be addressed with constructs to improve organizationally and individually.

Who Should Attend?



This event is sponsored by the adult mental health block grant and is **only intended for persons who serve adults through CMH, CMH Service Providers, PIHP, and PIHP providers 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 level of practice. This training is designed for persons providing COD services in Adult Mental Health and Substance Use services, including Integrated Dual Disorder Treatment teams.

Dates/Locations:

- **NEW DATE:** July 10, 2020 Delta Hotels Kalamazoo Conference Center | Save the date! Registration will re-open soon
- July 23, 2020 Park Place Hotel & Conference Center, Traverse City | <u>CLICK HERE</u> for more information and to register now

Be sure to register as soon as possible, training space is limited and will fill up quickly!

Training Fee:

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

Motivational Interviewing College regional trainings

Registration is now open for the FY20 Motivational Interviewing College regional trainings which includes Basic, Advanced, Supervisory, and the TNT course: Teaching Motivational Interviewing! For more information and to register now, click the links below.

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.

Dates/Locations:

July – Hotel Indigo, Traverse City

Basic: Monday & Tuesday, July 20-21, 2020
Advanced: Monday & Tuesday, July 20-21, 2020

Supervisory: Tuesday, July 21, 2020

NEW DATES: August - DoubleTree Detroit - Dearborn - Save the Date! Registration will re-open soon

Basic: Monday & Tuesday, August 10-11, 2020 **Advanced:** Monday & Tuesday, August 10-11, 2020

Supervisory: Tuesday, August 11, 2020

TNT: Teaching MI: Wednesday & Thursday, August 12-13, 2020

Times:

Registration starts at 8:30am & the training will run from 9:00am-4:15pm for all trainings.

Training Fees:



\$125 per person for all 2-day trainings / \$69 per person for the 1-day Supervisory training. The fee includes training materials, continental breakfast and lunch each day.

Be sure to register as soon as possible, training space is limited and will fill up quickly!

Please be sure you're clicking on the correct registration link in the brochure for the date/location you want; unfortunately, full refunds cannot be made when registering for the incorrect date.

NEW DATES: DBT Trainings

2-Day Introduction to DBT Trainings

This 2-Day introduction to DBT training is intended for persons who serve adults through CMH, CMH Service Providers, PIHP, and PIHP providers in the state of Michigan who are interested in learning the theoretical underpinnings of the treatment. It will explain what the key ingredients are in DBT that make up its empirical base. A basic overview of the original DBT skills will be covered along with how to structure and format skills training groups. This training is targeted toward those who are new to DBT with limited experience and who are looking to fulfill the pre-requisite to attend more comprehensive DBT training in the future.

Dates/Locations:

- July 7-8, 2020 Hilton Garden Inn Lansing West | <u>CLICK HERE</u> for more information and to register now
- July 20-21, 2020 Great Wolf Lodge, Traverse City | <u>CLICK HERE</u> for more information and to register now

Who Should Attend?

This event is sponsored by the adult mental health block grant and is *only intended for persons who serve adults through CMH, CMH Service Providers, PIHP, and PIHP providers in the state of Michigan.* This seminar contains content appropriate for medical directors, clinical directors, case workers, supports coordinators, and other practitioners at all beginning level of practice.

Training Fee:

\$125 per person. The fee includes training materials, continental breakfast and lunch for both days.

5-Day Comprehensive DBT Trainings NEW DATES

- 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.

<u>Dates/Locations</u>:

- September 14-18, 2020 Holiday Inn Grand Rapids Airport West | Save the Date! Registration will re-open soon
- September 21-25, 2020 Park Place Hotel & Conference Center, Traverse City | Save the Date! Registration will re-open soon

Who Should Attend?

This event is sponsored by the adult mental health block grant and is *only intended for persons who* serve adults through CMH, CMH Service Providers, PIHP, and PIHP providers in the state of Michigan. This seminar contains content appropriate for medical directors, clinical directors, case workers, supports coordinators, and other practitioners at all beginning level of practice.

Training Fee:

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

NEW DATE: Wraparound Conference

New Dates: Monday, September 28, 2020 – Wednesday, September 30, 2020

<u>Location</u>: Great Wolf Lodge: 3575 N. US 31 South, Traverse City, MI 49684

Registration will be available in July on the CMHA website.

NEW DATE: Self-Determination Conference

This conference will broaden and deepen your understanding of the crucial elements of Self-Direction and the importance of Self-Determination in Behavioral Health. It will provide training and technical assistance on the topics of Effective Person-Centered Planning, Independent Facilitation, Supported Decision-Making, Fiscal Intermediaries, How to Structure Self-Directed Service Arrangements, Budget Development, and more. Dynamic presenters and speakers will reenergize your commitment to the principles and practice of Self-Determination!

<u>Date & Time:</u>
Friday, September 11, 2020
8am – 5pm
Lansing, MI 48933

Location: Lansing Center 333 E. Michigan Ave.

Who Should Attend?:



This conference contains content tracks appropriate for all individuals who receive services, family members, case managers, supports coordinators, clinicians, CMH administrative and clinical staff, providers, HCBS and waiver coordinators, fiscal intermediaries and independent facilitators.

Registration available soon, check **CMHA** website for more information and updates.

Ethics for Social Work & Substance Use Disorder Professionals & Psychologists Trainings

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

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. This training fulfills the MPA requirements for psychologists.

Additional dates to be scheduled soon!

Pain Management and Mindfulness Trainings

Community Mental Health Association of Michigan is pleased to offer Pain Management Trainings presented by Tom Moore, LMSW, LLP, CCS, Owner and Principal, Two Moons, LLC.

This course qualifies for 2 CEs and fulfills the Michigan Social Work Licensing Board's requirement for licensure renewal for pain management.

Additional dates to be scheduled soon!

Training Fees: (fee includes training material) \$39 CMHA Members \$47 Non-Members

Strengthening LOCUS Training Skills

Michigan Department of Health and Human Services and Community Mental Health Association of Michigan present: Strengthening LOCUS Training Skills

- June 22, 2020 Treetops Resort, Gaylord
- July 20, 2020 (Rescheduled from April 20) Hampton Inn & Suites, Okemos

Audience: LOCUS Trainers

Description: This workshop is designed for those individuals who currently or will be providing LOCUS training, coaching, and/or mentoring. Focus is on helping participants to enhance their skills as a LOCUS trainer while identifying skill building opportunities and activities within their trainings. Participants will have the opportunity to develop or work on a Training Plan for their organizations to assist with LOCUS integration. Time will be provided for questions and problem-solving.



Prerequisite: Thorough understanding of the LOCUS; Completion of MDHHS approved LOCUS Train-the-Trainer

Fee: \$0 registration fee and breakfast, lunch, afternoon snack and materials included

This course qualifies for 6.0 Social Work Contact Hours and 6.0 Related MCBAP Contact Hours

LOCUS Specialty Trainings

Michigan Department of Health and Human Services and Community Mental Health Association of Michigan present: LOCUS Specialty Trainings

- June 23, 2020 Treetops Resort, Gaylord
- July 21, 2020 (Rescheduled from April 21) Hampton Inn & Suites, Okemos

Prerequisite: Basic Understanding of the LOCUS

Each course qualifies for 2.5 Social Work Contact Hours and 2.5 Related MCBAP Contact Hours

Enhancing Your LOCUS Skills: 9:00 AM - 11:30 AM

Audience: LOCUS Users, Trainers, Supervisors

Description: This workshop is designed for those individuals who want to fine-tune and enhance their understanding and use of the LOCUS. Ideal for users of the LOCUS, LOCUS trainers, and organizational supervisors.

Fee: \$0 and includes breakfast and materials

Quality & Outcome Measurement with the LOCUS: 1:00 PM - 3:30 PM

Audience: Supervisors, Quality Specialists and Managers, Utilization Management, Organizational Leadership

Description: Statewide LOCUS implementation is not without its challenges. This workshop is designed to help organizational leadership define and implement outcome measures associated with the LOCUS. We will explore how use of data capture and analysis supports systemic change to achieve positive outcomes for the individuals served.

Fee: \$0 and includes an afternoon snack and materials

National Council announces new series on COVID financing strategies

As behavioral health providers continue to adapt service delivery and operations in response to the COVID-19 pandemic, financial management and sustainability are increasingly areas of concern. To support providers in navigating these unprecedented times financially to sustain operations, the National Council, with support from the Delta Center for a Thriving Safety Net, has engaged CohnReznick



to provide a **COVID-19 Financial Response Strategy ECHO Series**. This three-part series will provide guidance on financial/operational strategies for remaining financially viable during these trying times.

Given the urgency of this information, this series is scheduled to take place on a weekly basis starting tomorrow.

Session 1: Extending the Runway – Weekly Cash Flow Projections: Practical guidance and case studies on assessing today's cash situation and developing a plan and control/monitor short-term activities and navigate cash flow constraints due to the COVID-19 pandemic.

Tuesday April 21st at 1pm ET: Register here

Session 2: Extending the Runway – Leveraging Stimulus/Relief Efforts: Review of relief packages available to behavioral health providers and case studies/experiences from the field in accessing these financial relief efforts.

Tuesday April 28th at 1pm ET: Register here

Session 3: Sustaining the New Normal: Guidance on evaluating the "levers" that can be pulled to stabilize operations in the new normal, such as improving forecasted cash flows including staffing adjustments, revenue opportunities and extending credit.

Tuesday May 5th at 1pm ET: Register here

Education & Training Resources from Great Lakes MHTTC

Weekly Update readers may remember that our association, the Community Mental Health Association of Michigan (CMHA) is the Michigan partner of the SAMHSA-funded **Great Lakes Mental Health Technology Transfer Center (Great Lakes MHTTC)**. The Great Lakes MHTTC, in partnership with CMHA, provides education and training on a range of evidence based and promising mental health prevention and treatment practices.

This section of the Weekly Update will regularly feature education, training, and technical assistance offerings from the Great Lakes Mental Health Technology Transfer Center (MHTTC) and its partners MHTTCs from across the country.

Catalog of MHTTC resources to be highlighted via new weekly series in CMHA Weekly Update

This month, the Great Lakes Mental Health Technology Transfer Center (MHTTC) will be making available a large catalog of Great Lakes MHTTC products at its <u>Products and Resources</u> webpage, which can be accessed <u>here</u>.

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.



The first product to be provided on this webpage will be "Social Emotional Learning at Home" resource, which is featured below.

As part of this effort, the CMHA Weekly Update will feature a MHTTC resource each week – drawn from the MHTTC catalog of toolkits, recorded webinars, presentation slides, e-newsletters, and other materials.

Featured resource from the Great Lakes MHTTC

We know this is a challenging time for students, families, and educators. The fear and concern felt by us all is valid and real. While our world is changing and we are learning to adjust, we have the opportunity to use and grow our emotional intelligence to keep us grounded and clear minded – and help our students do the same.

According to the Collaborative for Academic, Social, and Emotional Learning (2003), the goal of



a social emotional learning (SEL) program is to foster the development of five emotional and behavioral competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

We are all learning to navigate remote learning and education from afar. Luckily there are several reputable, evidence-informed resources available to help educators and families promote social and emotional well-being in their students outside the classroom. We have compiled a list of SEL resources, lesson plans, activities, games, and tip sheets to get you started on your SEL at home journey.

Social Emotional Learning at Home: Remote Learning Options – available here.

Telehealth with Children and Adolescents: Telehealth Learning and Consultation (TLC) Tuesdays

9:00am – Every Tuesday | Timezone: US/Mountain Hosted By: Mountain Plains MHTTC

This hour-long online series will support behavioral health providers who are new to using telehealth. During each hour-long session, our Technology Transfer Center (TTC) Network specialists will spend the first 20 minutes addressing a specific topic, then answer questions submitted by TLC Tuesday registrants. Recordings of the 20-minute presentations as well as additional resources will be posted on the web as they become available.

Every session will run from 9:00 am - 10:00 am (MT). Registration is required for every TLC Tuesday session. During registration, you will be prompted to submit any questions you have in advance of the session.

Register for this series here.



COVID-19 resources from MHTTCs across the country

The Mental Health Technology Transfer Center (MHTTC) Network Coordinating Office at Stanford University has compiled a list of resources related to the COVID-19 pandemic that are being produced by all of the MHTTCs across the country. You can find those resources <a href="https://example.com/here-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-memory-resources-new-m

In addition, a set of resources were recently developed in partnership with the National Center for School Mental Health at the University of Maryland, Supporting Student Mental Health: Resources to Prepare Educators. This school mental health resource:

- Describes the role of educators in supporting student mental health.
- Explains the core components of mental health literacy.
- Provides an annotated list of existing resources and trainings that instruct educators on mental health literacy, including information about cost and CEU opportunities.

This resource is now available on the MHTTC website in the Products and Resources Catalog here.

MHTTC's school based mental health resources

MHTTC continually updates its curated list of sound school-based mental health resources. Below are the two most recent sets of such resources:

New Resource on the Great Lakes MHTTC Website - Social Emotional Learning at Home: Remote Learning Options: We are all learning to navigate remote learning and education from afar. Luckily there are several reputable, evidence-informed resources available to help educators and families promote social and emotional well-being in their students outside the classroom. The Great Lakes MHTTC Schoolbased Supplement has compiled a list of SEL resources, lesson plans, activities, games, and tip sheets to get you started on your SEL at home journey. Available here.

New Resource Page on the Great Lakes MHTTC Website – focused on COVID-19 school-based mental health resources: Available here.

News from Our Preferred Corporate Partners

Relias announces offering: Ask the Experts: innovaTEL Telepsychiatry Shares Telemental Health Best Practices

Relias, a longtime partner of CMHA, recently developed a tele-mental health topic page. The page includes our free telehealth course series, tele-mental health webinars, related blogs, and additional resources. We're still finalizing our upcoming telehealth webinar with innovaTel but can share details soon, if you'd like. That page can be found here.



The most recent resource on that page is outlined below:

Ask the Experts: innovaTEL Telepsychiatry Shares Telemental Health Best Practices

Date: Monday, May 11th

Time: 2:00pm EST

During this Ask the Expert webinar, experienced telehealth practitioners from innovaTEL Telepsychiatry will share tips in preparing yourself and clients for sessions and tactics for engaging new and established clients. innovaTEL providers have been delivering care exclusively via telehealth technology for the last six years. This session is intended to support those who are new to telehealth or looking for a refresher—bring your questions and be prepared to engage in this dynamic webinar!

In the session, you'll learn:

- Best practices for offering telemental health services at your organization/practice
- Tips to prepare you and your staff as you move to telemental health
- Ways to engage new and established clients when meeting virtually

Register for this offering here.

New! Message from Abilita to audit telecom costs

The impact of COVID-19 has already caused a significant economic impact in Michigan and may force difficult decisions to balance budgets. We believe now is a good time to audit your telecommunications costs for cost reduction.

From our endorsed partner Abilita:

CMHs and providers' staff are already at full capacity. Their workload will most likely increase when returning to the new normal. Staff will have to do 'more with less' and this will cause important but not urgent tasks to be put aside. As a result, telecom services may increase in cost and contracts left to the carriers to dictate terms.

Abilita regularly audits for savings and is paid out of realized savings (average 29% reduction in costs) while freeing up staffs' time.

Abilita partners with members and act as an extension of CMH staff. This gives our clients peace of mind that someone is watching these services and making ongoing recommendations for cost reduction."

CMHA has endorsed Abilita since 2009 to monitor and implement savings with <u>satisfied</u> results according to a survey of their clients. Contact us or Abilita directly for additional information at <u>abilita.com/cmha</u>

Abilita provides guidance to organizations working to employ E911 approaches

The workplace is quickly changing with the global COVID-19 crisis. As more organizations require employees to work from home, it's essential that they incorporate E911 into their remote communication strategies.



In addition, by the end of this year, all organizations in Michigan with greater than 20,000 square feet of workspace and/or multiple buildings or floors must comply. If someone from your organization called 911 now, would their location in the building get sent to the 911 center? Are you in compliance with the new Michigan E911 law?

Check out www.abilita.com/michigan-e911 to learn more about what you need to do to prepare!

myStrength: new digital behavioral health resources empower consumers to move beyond trauma

Livongo Strength

Trauma and PTSD Recovery

Click at left for a video overview of the new Moving Beyond Trauma program

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. Leveraging gold-standard, evidence-based approaches including cognitive behavioral therapy (CBT) and mindfulness, these web and mobile resources:

- Address a wide range of trauma types from military deployment and assault, to natural disasters, accidents and other traumatic events.
- Empower individuals to manage discomfort and distress with actionable, in-the-moment coping skills to manage their daily symptoms
- Normalize thoughts, feelings and experiences to help consumers understand that there is a way forward that has been proven to work for so many others
- Complement Livongo's whole-person platform, which addresses chronic physical and behavioral health conditions including diabetes, stress, hypertension, and more.

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 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: Carl Rice Jr; cricejr@outlook.com; (517) 745-2124

Second Vice President: Craig Reiter; gullivercraig@gmail.com; (906) 283-3451

Secretary: Cathy Kellerman; <u>balcat3@live.com</u>; (231) 924-3972 Treasurer: Randy Kamps; <u>randyk@4iam.com</u>; (231)392-6670

Immediate Past President: Bill Davie; bill49866@gmail.com; (906) 226-4063

CMHA Staff Contact Information:

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

Alan Bolter, Associate Director, abolter@cmham.org
Christina Ward, Director of Education and Training, cward@cmham.org
Monique Francis, Executive Secretary/Committee Clerk, mfrancis@cmham.org
Audrey Daul, Administrative Assistant, adaul@cmham.org
Anne Wilson, Training and Meeting Planner, awilson@mham.org
Chris Lincoln, Training and Meeting Planner, clincoln@cmham.org
Carly Sanford, Training and Meeting Planner, csanford@cmham.org
Bethany Rademacher, Training and Meeting Planner, brademacher@cmham.org
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