



Bi-Weekly Bulletin for May 21, 2020

MEMBER NEWS

Hank Milius: Meridian has stepped up to challenges of healthcare during pandemic

As COVID-19 entered our lives, the delivery of healthcare changed dramatically. In March, we examined how to contain the pandemic. In April, we took measures to withstand an anticipated surge of patients. Now in the month of May, we realize that this virus will be here longer than we desire and are learning to live and work with it, taking all the necessary practical measures to minimize its contagion, and live our mission of helping make our communities healthier.

<https://www.thestarpress.com/story/opinion/contributors/2020/05/14/meridian-has-stepped-up-challenges-healthcare-during-pandemic/5190466002/>

Springfield area already sees uptick in suicides, ODs. Experts worry crisis is coming

Burrell Behavioral Health President and CEO C.J. Davis has been in communication with Well Being Trust researchers and says Burrell is already seeing the impact on people's mental health. He refers to the looming mental health crisis from COVID-19 as the "second curve."

<https://www.news-leader.com/story/news/local/ozarks/2020/05/17/uptick-suicides-locally-mental-health-experts-warn-crisis-looms/5201866002/>

Mental Health Month Matters

Aurora Mental Health Center talks about mental health awareness and the battle against stigma. (VIDEO)

<https://www.9news.com/video/entertainment/television/programs/colorado-and-company/aurora-mental-health-center-may18/73-ff388be6-fc47-4bb7-9acb-8b3742ff0df3>

MH is Essential Health - Thank You Behavioral Health Workforce!

We thank the mental health and addiction treatment professionals that every day, in every community provide healing, hope, recovery, and support. You are HEROES! #MentalHealthHeroes and #RecoveryHeroes! (VIDEO developed in part by Kathy Myers - **Coleman Professional Services**)

https://www.youtube.com/watch?v=vD8px_dY_7M&feature=youtu.be

Chestnut Health Services sites get \$2 million grant for COVID response

The grant is part of a \$14 million total given to four treatment providers in Illinois, according to an announcement by U.S. Sens, Dick Durbin and Tammy Duckworth, both Illinois Democrats. The Chestnut grant will be used in the agency's locations in Madison and St. Clair counties and allows Chestnut to serve an additional 1,165 clients over two years.

https://www.pantagraph.com/lifestyles/health-med-fit/chestnut-health-services-sites-get-2-million-grant-for-covid-response/article_e53f0dd6-be89-5b58-b5d3-c08281422fc0.html

McLean County agencies receive grants to aid homeless during COVID-19

Several McLean County agencies will continue to help to meet the COVID-19-related needs of people experiencing homelessness and those who are housing insecure, thanks to a grant awarded to **Chestnut Health Systems**.

https://www.pantagraph.com/news/local/mclean-county-agencies-receive-grants-to-aid-homeless-during-covid-19/article_b0fe1e20-bcd6-5397-a936-619de6031ffc.html

Community Reach Center schedules virtual 5K race

Safer-at-Home Reach for Recovery 5K highlights mental health awareness

<https://runsignup.com/Race/CO/Westminster/REACHFORRECOVERY>

F&CS awarded second \$4M federal grant for CCBHC

Grants will fund increased access, high-quality community behavioral health services and advanced integration with physical health care for Tulsa's under-served and neediest individuals.

<https://www.fcsok.org/fcs-awarded-second-4m-federal-grant-for-ccbhc/>

Bowen Center assesses Covid-19 response

When Indiana Governor Eric Holcomb issued the shelter in place order to help slow community spread of the coronavirus and the Indiana Division of Mental Health and Addiction gave mental health care providers the greenlight to provide services telephonically, Bowen Center was ready.

<https://www.bowencenter.org/covid19>

Plan Commission supports new LMHA housing, Amazon distribution center

Harbor CEO John Sheehan said he bought the property and neighboring parcels because he did not want to see a historic building torn down, and he believed Harbor could use the site. "That was the original plan," he said. "The building needs a lot of work."

<https://www.toledoblade.com/local/city/2020/05/14/toledo-plan-Commisison-supports-new-LMHA-housing-Amazon-distribution-center/stories/20200514110>

PORTER-STARKE SERVICES RECEIVES \$3 MILLION GRANT FROM SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

Porter-Starke Services was recently awarded a \$3 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to expand its Certified Community Behavioral Health Clinics (CCBHCs). The grant aims to increase access to high-quality mental health and addiction treatment for the community and integrate behavioral healthcare with medical care to improve client outcomes.

<https://nwi.life/article/porter-starke-services-receives-3-million-grant-from-substance-abuse-and-mental-health-services-administration/>

INDUSTRY NEWS

Federal mental health grants canceled because Maine has legal marijuana

Because Maine allows the medical use of marijuana by students, the federal government is cutting off \$3.3 million in already approved funding to support mental health programs for youngsters.

<https://wgme.com/news/local/federal-mental-health-grants-canceled-because-maine-has-legal-marijuana>

Mental Health Videos On TikTok Reach People Where They're At

In between a TikTok featuring a stress-lowering yoga flow and video explaining how to incorporate self-love into mealtime, you might find a video about safe alternatives to self-harm. A quick cruise through the hashtag #MentalHealthAwareness unearths a wealth of mental health professionals on TikTok offering advice, tips, and techniques to viewers' emotional well-being.

<https://www.bustle.com/p/mental-health-videos-on-tiktok-reach-people-where-theyre-at-22901756>

SLO County, TMHA give away mental health 'care packages' at drive-throughs

SLO County and Transitions-Mental Health Association are partnering to hold weekly mental health "drive-throughs." Staff wear masks and give out care packages - large zip-lock bags full of fun and useful shelter-at-home items like colored pencils and crayons, a stress ball, garden seeds, and more, as well as a series of flyers with detailed information about how to seek help.

<https://www.newtimeslo.com/SLOthevirus/archives/2020/05/15/slo-county-tmha-give-away-mental-health-care-packages-at-drive-throughs>

PTSD and Burnout Threaten Medical Workers

On Wednesday, the World Health Organization issued a report about the pandemic's impact on mental health, highlighting health care workers as vulnerable. Recent studies of medical workers in China, Canada and Italy who treated Covid-19 patients found soaring rates of anxiety, depression and insomnia.

<https://www.nytimes.com/2020/05/16/health/coronavirus-ptsd-medical-workers.html>

How hundreds of hospitals are teaming up within their states to tackle COVID-19 data silos

The COVID-19 pandemic has ignited a collaborative approach to patient care, as more hospitals and health systems are teaming up statewide to create digital dashboards and data exchanges to efficiently distribute resources and prepare for patient surges.

<https://www.beckershospitalreview.com/data-analytics/how-hundreds-of-hospitals-are-teaming-up-within-their-states-to-tackle-covid-19-data-silos.html>

BUSINESS NEWS & LEADERSHIP ARTICLES

What new CEOs have learned about pandemic leadership

CEOs who have started in their roles since the coronavirus pandemic disrupted daily life share their experiences in leading during crisis and doing so virtually. These CEOs are learning that time and energy management are essential for everyone, and also that managing the business and planning for recovery require separate teams.

<https://www.spencerstuart.com/research-and-insight/meet-your-new-ceo-on-video>

Letting People Find Their Failure Point

The only way to learn how many plates you can spin is to break some plates.

<https://leadershipfreak.blog/2020/05/14/the-plate-drop-challenge-how-to-respond-to-failure/>

Don't Think Outside The Box. Create The Box.

Freedom doesn't make it easier to create — constraints do.

<https://fortheinterested.com/dont-think-outside-the-box-create-the-box/>

6 Leadership Tips for the COVID-19 Crisis

As leaders during this crisis, how can we rise to the occasion and lift our people up, instead of sinking them further into uncertainty and despair? Here are some strategies to consider

<https://www.prsa.org/article/6-leadership-tips-for-the-covid-19-crisis>

6 ways improv comedy can improve remote meetings

Use the tools of comedy improvisation -- including giving cues, finding patterns and the game of "Set, Twist, Fix" -- to help employees stay engaged in virtual meetings, write Kellogg School of Management professor Leigh Thompson and communications coach Robyn Scott.

<https://insight.kellogg.northwestern.edu/article/too-much-cross-talk-too-little-creativity-how-to-fix-worst-parts-virtual-meeting>

How to thrive as a leader facing uncertainty, ambiguity and change

To thrive within stress and uncertainty, you need a “seize the day” mentality that emanates confidence, capability and the willingness to take risks. Now is the time to radiate executive presence as a leader, in these five key ways.

https://www.smartbrief.com/original/2020/05/how-thrive-leader-facing-uncertainty-ambiguity-and-change?utm_source=brief

Past issues of this publication are available online at: <https://mhca.com/about-us/member-news>

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