



A personal note from Linda McKinnon, CEO.

**E-News This Week
January 13, 2014**

January is National Get Organized and National Mentoring Month!



We at CFBHN work diligently in all of the local communities we serve to get organized around development of a top notch system of behavioral healthcare that can fully integrate with primary care. We are so focused on the whole person that we reenergized our mission statement last year to focus on our efforts to design and manage value driven integrated systems of specialty healthcare services. This new mission statement is driven by our vision - communities where wellness and integrated

healthcare enhance the life of every community member.



Mentoring is also a key component in our system of care and we encourage potential mentors to offer their services in their local communities, in schools, at faith-based organizations, in local businesses and even through the Internet. You don't need special skills to be a mentor, just the ability to listen, and to offer friendship, guidance and encouragement. To learn more about mentoring go to www.mentoring.org which is maintained by The National Mentoring Partnership.

We invite you to partner with us to develop a system of care that meets the needs of our fellow Floridians or consider becoming a mentor in your community.

As always this week's E-News features timely information on special events that recognize people and issues we are passionate about. Here's hoping your week goes well!

Community Efforts Help Veterans & Outdoor Festival Fundraiser

[Thrift store startup is latest venture along with February Fundraiser](#)



They are now selling and collecting donations that include furniture, clothing and accessories for the first "VETERANS THRIFT STORE" in the Tampa Bay community. The objective is two-fold - it will provide homeless Veterans a chance to work a flexible schedule, creating income leading them to self-sufficiency and will in turn provide Liberty Manor the means to become self-sufficient. Liberty Manor is a 501 (c)(3) non-profit organization that assists and houses

homeless veterans. Please consider donating your furniture, or purchasing your household items and furniture at the "Veterans Thrift Store". Volunteer or make a financial contribution to help a veteran in our community. For more information call 813.477.0203 or contact us at Vets@LibertyManor.org. You may also become our partner in this effort. Click on the [link](#) to read more.

The Outdoor Festival will be February 1st from 10:00 am till 2:00 pm at the corner of Newberger Rd and HWY 41 in Lutz. There will be an Archery Shoot and Meat Cook-Off with awards for 1st, 2nd and 3rd place. Raffle Prizes include a Remington 870 Shotgun, Case knives, and more. There will be Family Fun opportunities, live Bluegrass Music, Free BBQ and Kids Carnival Games. For contest registration and event information please visit www.acaciagrove/outdoor-fest. For a flyer click [here](#).

2014 Pasco Mental Health Summit

Sponsored by the James A Haley Veterans' Hospital Mental Health and Behavioral Sciences Service and the Medical Center of Trinity

The date is January 23, 2014 8:30 am- 12:30 pm and the location is Medical Center of Trinity, Conference Rooms A&B. You are invited to a morning of collaboration and continuing education where you will meet with fellow Mental Health providers and other community stakeholders to share ideas on how to better serve Veterans and their families, both in our practices and in the community.

There will be three open-forum breakouts to choose from, followed by Continuing Education on: Military Culture, Taking a Military History and Diagnosis and Treatment of PTSD in the Veteran Population

The Medical Center of Trinity will be providing a continental breakfast and box lunch to all confirmed participants. Space is limited, [so please RSVP as soon as possible to Dr. Nicole Shiber at Nicole.Shiber@va.gov](mailto:Nicole.Shiber@va.gov)

**2 CEs/CMEs offered to Physicians, Psychologists, LCSWs, LMFTs, LMHCs, and Nurses.*

The Highlands Homeless Coalition Needs Volunteers

Annual "Point in Time Count" will be done Monday, January 27th

Volunteer training will be held on Wednesday, January 22nd at noon and Saturday, January 25th at 10am. Anyone volunteering will have to sign a release form that is required by HUD (US Dept. of Housing and Urban Development). For further information, please contact Ken Willis of Heartland Workforce at kwillis@hwib.org.



January 22 WISE Webinar Event

[Register now for the FREE WISE Webinar Event at 3pm EDT](#)

A WISE webinar is a free, fully accessible, online event designed especially for beneficiaries and their families, community partners, and service providers to learn more about the Ticket to Work program and available Work Incentives. [Read more..](#)

Chet Bell Retirement Announcement

Stewart-Marchman Act CEO



Chet Bell has been CEO of the Volusia-Flagler area's largest nonprofit behavioral health agency for the past nine years. "There is another part of my life I am interested in — volunteering, mentoring, traveling and making my yard look better," Bell, 59, said of his decision to retire. The Port Orange resident said he plans to remain in the area. "I really intend to stay involved in behavioral health issues as a volunteer," he said. Daytona Beach-based Stewart-Marchman-Act provides mental health, substance abuse and related behavioral health services in Volusia, Flagler, Putnam and St. Johns counties.

Bell also made a mark beyond Volusia and Flagler counties, earning a reputation across Florida and nationwide as being a leader in diverting criminal offenders into drug treatment programs, said Mark Fontaine, executive director of the Florida Alcohol and Drug Abuse Association. "He's a real thought leader for the industry," Fontaine said "He's an innovator. He has a clear vision and mission of serving people and serving his community." Bell serves on the executive committee for the Florida Alcohol and Drug Abuse Association, which represents more than 100 of the state's community-based substance-abuse treatment and prevention agencies.

Public Workshop for Community Input on Designer Drug Ordinance

Wednesday January 15 at Twin Lakes Park Green Building Conference Room 6700 Clark Road, Sarasota from 5:30-7:00 pm

Participants will be allowed to review the ordinance and then provide written suggestions to specific sections that they would like the county to consider as it moves forward with the public hearing scheduled for February 12. Once the workshop is complete the staff will gather all the comments for analysis and provide the public's response to the Sarasota County Commission.

[Click here](#) to retrieve documents prior to the workshop.

[Click here](#) for background information on designer drugs.

Caregivers for Aging and Disabled Veterans Have Help

Department of Veterans Affairs operates in Aging and Disability Resource Centers



Caregivers of Veterans sometimes feel overwhelmed as they look for services and supports from the community to help care for a loved-one. Often, this search involves many phone calls, office visits, and web searches that produce confusing and sometimes conflicting information. Fortunately, there is a community organization that can help simplify this process—Aging and Disability Resource Centers (ADRCs). ADRCs, a collaborative effort of the U.S. Administration on Community Living and the Centers for Medicare & Medicaid Services, are single points of entry for people looking for long-term supports and services for older adults, people with disabilities, and their Caregivers. ADRCs can reduce consumers' and their families' frustrations because with a single contact with the ADRC, a Caregiver can receive accurate information and be connected to many different long term services and supports.

As of October 2013, 514 ADRCs operate in 52 states and territories. Many of these reside within local Area Agencies on Aging or Centers for Independent Living. ADRC staff are experts in public and private programs within their communities. They provide objective information, advice, counseling, and assistance to empower people to make informed decisions about their long-term services and support. Many agencies also assist with enrollment and eligibility, nursing home diversions, and transitions from hospitals and nursing homes.

Caregivers of Veterans may not be aware of services available through VA, so they instead seek help from ADRCs and other community programs before approaching VA. In these situations, ADRCs serve as a gateway into VA for many Veterans and their Caregivers. Many ADRC staff have attended trainings on Veteran Benefits to expand their very limited knowledge of VA programs. This has greatly increased the information and options they can provide Veterans and Caregivers living within their community. For example, one ADRC site helped a homeless Veteran connect with the local VA medical center prior to his discharge from a nursing home. The VA helped the Veteran transfer directly to a contract nursing home, thus avoiding a period of homelessness.

ADRCs can be an invaluable resource to Caregivers by providing connections to community resources. Working with your local ADRCs will widen the services and support available for Caregivers of Veterans. You can find your local ADRC through the following link: <http://www.adrc-tae.acl.gov/>

Experts Offer Help in Operationalizing Health Reform

New book by leading experts can assist in many facets



What are you doing to gear up for the massive change in healthcare delivery and payment systems? David Lloyd, Scott Lloyd and other experts at MTM Services have developed a new book, Operationalizing Health Reform, to help your agency prepare. In their latest book, MTM Services team members share their expertise in the many facets of strategic planning and operational acumen required for the extreme change management that current market forces demand. The book offers a deep dive into best practices in clinical and business management, outcomes measurement, leadership essentials, marketing and customer service, and change management. Questions? Email

communications@thenationalcouncil.org or call 202.684.3740

Upcoming Webinars

Many options from around the nation and state – click on the title or link to register



Leading a Strengths-Based Culture to Stop Burn-out and Spark High Performance – 1/15/14 @ 2 pm ET

Prosperous Futures: Determining Your Organizational Costs – 1/22/14 @ 2pm ET

Evidence-Based Practices for Justice-Involved Persons: A Five-Part Webinar Series - beginning 1/21/14 @3pm ET. Go to

GAINS@prainc.com for more info on all the sessions and to register.

FADAA Member Benefit - Learn How to use Analytics and Benchmarking to Gain a Competitive Edge 1/21/14 @ 2pm ET [Register Now!](#)

Wellness Round-Up

[2013 CDC Health Disparities and Inequalities Report now available](#)



The CDC Health Disparities and Inequalities Report – United States, 2013, published in CDC's Morbidity and Mortality Weekly Report (MMWR), is the second consolidated assessment that highlights health disparities and inequalities across a wide range of diseases, behavioral risk factors, environmental exposures, social determinants, and health care access by sex, race and ethnicity, income, education, disability status and other social characteristics. This year's report contains 10 new topics including activity limitations due to chronic diseases, asthma attacks, health-related quality of life, and access to healthier foods

DCF Posts Notice of Meeting

[Public meeting January 30 to discuss Baker Act Receiving Facility Designation](#)

This open forum meeting from 1:00 pm – 3:00 pm at the New River Branch Library, 34043 St Road 54, Zephyrhills Florida will discuss the designation of North Tampa Behavioral Health in Wesley Chapel as a Baker Act Receiving Facility. A copy of the agenda may be obtained by contacting Elizabeth Statzer at (813)337-5973 or email: Elizabeth_K_Statzer@dcf.state.fl.us

Data Spotlight



510,176. The number of ED visits related to Ecstasy (sometimes known as "Molly") among patients younger than 21 years old.

18.9 million. The number of U.S. adults in 2011 who had a substance use disorder in the past year - **41.4 million** Adults had mental illness - **6.8 million** adults experienced both (known as Co-Occurring Disorder prevalence).

What's New? Latest Resources on www.Integration.SAMHSA.gov

[Continuous update provided](#)



The SAMHSA-HRSA Center for Integrated Health Solutions (CIHS) continually updates its website to present the best and newest resources and information relevant to integrated primary and behavioral healthcare. Check out some of these new resources or just [peruse the site](#).

FINANCING:

- [The Business Case for the Integration of Behavioral Health and Primary Care](#) and the companion [excel tool](#) can assist you in building a sample business case for behavioral health integration. [Use these resources](#) and other key teachings from the 2013 [NACHC](#) led Behavioral Health Learning Community.

CLINICAL PRACTICE

- CMS released the revised booklet, [Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse](#) to help providers "...better communicate with your patients about Medicare-covered screening and behavioral counseling interventions in primary care to reduce alcohol misuse, as well as assist you in correctly billing for these services."
- SAMHSA's opioid prevention toolkit equips communities and local governments with material to develop policies and practices to help prevent opioid-related overdoses and deaths. SAMHSA's opioid prevention toolkit equips communities and local governments with material to develop policies and practices to help prevent opioid-related overdoses and deaths. Addresses issues for [community members, first responders, treatment providers, and those recovering](#) from opioid overdose and also [provides safety advice](#).

OPERATIONS AND ADMINISTRATION

- CIHS' [Ten Minutes at a Time \(or less!\) Health Information Technology Library](#) offers concise, voice-narrated PowerPoints, packed with information for behavioral health providers about stage 1 meaningful use and project management that ranges from the fundamental (what is meaningful use) to confidentiality, electronic health records, and change management.
- CIHS' [Telebehavioral Health Training and Technical Assistance Series](#) is designed to help safety net providers and rural health clinics understand and adopt telebehavioral health services.
- [Behavioral Health and Health IT](#), a report from the Office of the National Coordinator for Health Information Technology, discusses the adoption of HIT among behavioral health providers and presents actions to improve information exchange.

INTEGRATED CARE MODELS

- Individuals with mental illnesses die earlier than the general population, and often experience co-occurring health conditions. How can the integration of primary and behavioral healthcare change this? CIHS' [infographic](#) explores the problem and illustrates the impact on communities and individuals.
- A new [children and youth](#) webpage features the latest resources and research on integrated care for youth. Resources include:
 - [Integrating Behavioral Health and Primary Care for Children and Youth: Concepts and Strategies](#) is designed specifically for community behavioral health and health centers to learn about models of organizing service delivery for youth, five core competencies of integrated care systems for children with behavioral health problems, and financing mechanisms that support integrated care systems for children.
 - An [online course](#) on alcohol screening and brief intervention for youth from the National Institute on Alcohol Abuse and Alcoholism presents three engaging case scenarios of youth at different levels of risk for alcohol-related harm.
- The National Academy for State Health Policy, with the support of the Kaiser Permanente Community Benefit, developed an [online "toolkit"](#) for state policy makers to capture ideas and expertise from states to equip others with the knowledge and tools they'll need to start advancing integration and payment reform.
- [Approaches to Integrating Primary Care Services into Behavioral Health Organizations](#) is a guide to the continuum of primary care and behavioral health integration from Resources for Integrated Care (RIC), a collaboration between the Medicare-Medicaid Coordination Office in the Centers for Medicare & Medicaid Services, the Lewin Group, and the Institute for Healthcare Improvement to support efforts to deliver more integrated, coordinated care to Medicare-Medicaid enrollees.
- [Innovations in Addictions Treatment: Addiction Treatment Providers Working with Integrated Primary Care Services](#) shares insights and perspectives from organizations that integrate addiction and primary care services.

WORKFORCE

- [A Window of Opportunity: Philanthropy's Role in Eliminating Health Disparities through Integrated Health Care](#) is an overview of the role of philanthropy in eliminating disparities through integrated care, addressed through four key strategies—grant making, educating, convening, and advocating.
- A web-based training [on addictions treatment with complex & comorbid populations](#) from the University of Michigan School of Social Work focuses on addictions treatment with individuals having complex and comorbid circumstances and conditions, including mental health, physical health, criminal justice, and trauma issues.

HEALTH AND WELLNESS

- The [Supervisor Guide: Peer Support Whole Health and Wellness](#), developed by the Georgia Mental Health Consumer Network, contains resources and strategies that supervisors and managers of community behavioral health agencies can use to successfully introduce the Peer Support Whole Health and Wellness service and the Wellness Coach role into their service delivery system.
- [Whole Health Action Management \(WHAM\)](#) is a training program and peer support group model developed by CIHS to encourage increased resiliency, wellness, and self-management of health and behavioral health among people with mental illnesses and substance use disorders. The [training and participant guide are now available in Spanish](#).
- [Clinical Management of Tobacco Dependence in Inpatient Psychiatry: Provider Practices and Patient Utilization](#) examined the clinical management of nicotine withdrawal in smoke-free inpatient psychiatry facilities, particularly the predictors of use of nicotine replacement therapy.

NEWS

- PBHCI grantee Regional Mental Health in Indiana [shares the importance of integrated care](#) and how it works on local news program Lakeshore Focus.
- The Wall Street Journal featured PBHCI Grantee Institute for Family Health in NY in the article, [Getting Mental-Health Care at the Doctor's Office](#), which takes a look at the providers approach to primary and behavioral health care integration.
- ABC 6 in Providence, RI featured PBHCI grantee The Providence Center on their [smoking cessation efforts](#) in conjunction with the Great American Smokeout.

ESOLUTIONS

- [Customer Service: The Priority in Person-Centered Care](#), focuses on the importance of customer service - highlights Cherokee Health Systems in Tennessee and their use of customer feedback, provides tips for assessing customer service using the five senses, and includes a customer service action plan template.
- [100 Strong: Integration Continues to Grow](#), focuses on the growth of integration and the PBHCI program. Articles include quick tips for achieving integration success and a feature on Cohort I grantee CODAC Behavioral Health Services in Tucson, AZ and how they created a culture of integrated care.

And In Other News



Together Rx Access Program is Ending

On February 28th, 2014, the Together Rx Access Program will close. After a thorough review, it was determined that individuals and families who need help obtaining their prescription medicines may be better served by the health coverage options available through the Health Insurance Marketplace, expanded Medicaid programs in select states, or by individual company prescription assistance programs. Uninsured individuals can enroll in the prescription savings program until December 31, 2013 and cardholders can continue to use their Together Rx Access Card February 28, 2014.

Commemorating the Surgeon General's Report on Smoking and Health

The New Year will mark the 50th anniversary of the Surgeon General's Report on Smoking and Health. To commemorate this milestone, the Surgeon General will release a new report in 2014 that will cover 3 major topics: (1) historical trend information, (2) new findings on the health effects of tobacco use, and (3) a call to action. Visit the Surgeon General's webpage on tobacco for more information and to find out what resources are available to you to help reduce the burden of tobacco use.

Get Your Staff a Spot on the Fast Track: Middle Management Academy in 2014

The National Council's popular, effective, and newly updated [Middle Management Academy](#) is a practical and highly interactive training that is designed to help your staff improve their leadership skills and effectiveness in working toward your organization's mission, goals, and bottom line.

[Register today](#) for our 3 upcoming trainings:

- March 10-13 in Grand Rapids, Michigan
- April 30-May 3 in Washington, D.C. (right before the [National Council Conference](#))
- September 7-10 in Lincoln, Nebraska

CMS Releases Revised Alcohol Screening/Intervention Booklet for Providers

Through its Medicare Learning Network, CMS has just released a revised booklet, [Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse](#), for providers. It is intended to help you better communicate with your patients about Medicare-covered screening and behavioral counseling interventions in primary care to reduce alcohol misuse, as well as assist you in correctly billing for these services.

SAMHSA Releases Behavioral Health United States 2012

This [report](#) provides unique, comprehensive information regarding the delivery of behavioral health services in the United States. It is the only available comprehensive source of national-level statistical information on trends in private- and public-sector behavioral health services, costs, and clients

Managing Chronic Pain in Adults With or in Recovery From Substance Use Disorders

This [new guide](#) summarizes various guidelines for clinicians treating chronic pain in adults with a history of substance abuse. Covers patient assessment, chronic pain management, managing addiction risk in patients treated with opioids, and patient education.

LAC Releases FAQs on the Newly Released Federal Parity Regulations

The Legal Action Center (LAC) has developed easy to read FAQs on the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act (MHPAEA), also known as the federal parity law, which seeks to eliminate discriminatory access to substance use disorder and mental health benefits in certain health insurance coverages. MHPAEA became Public Law 110-343 in October 2008. On November 8, 2013, the U.S. Departments of Labor, Treasury, and Health and Human Services released final rules implementing the law. These [FAQs](#) include other resources to help you learn more about the MHPAEA, the ACA and the new policies and regulations that are in place to better address the critical insurance coverage for mental health and addiction disorders.

Social Security Administration has Updated Publications

Among those updated include [Benefits For Children With Disabilities](#)

Prepared for Immediate Release:
Doris G. Nardelli, MPA
Manager of Business Development & Marketing



719 South US Highway 301, Tampa, FL 33619 • phone: 813-740-4811 fax: 813-740-4821 • www.cfbhn.org