



mhca News Bulletin – July 2023

MEMBER NEWS

Presenting the 2023 People to Watch in Health Care

Tara Chalakani is the CEO of Lakewood-based **Preferred Behavioral Health Group**, which was recently recognized as a Workplace Wellness Hero during the 2023 NJBIZ Health Care Heroes awards ceremony.

<https://njbiz.com/presenting-the-2023-people-to-watch-in-health-care-slideshow/>

Alaska Behavioral Health starts Mobile Outreach for Children and Families

Housed in a facility near the Aurora neighborhood of Fairbanks, this new program hopes to change the way family crises involving mental health are managed in the Golden Heart City. “Lots of times youth have behaviors that end them up in the hospital, or right away the recommendation is residential treatment,” continued Ledna.

<https://www.webcenterfairbanks.com/2023/06/15/alaska-behavioral-health-starts-mobile-outreach-children-families/>

LifeStream Behavioral Center board announces unanimous decision on organization’s leadership

The LifeStream Behavioral Center Board of Directors has announced a unanimous decision to appoint Rick Hankey, current interim president and CEO, to serve as the company’s president and Chief Executive Officer.

<https://www.leesburg-news.com/2023/07/16/lifestream-behavioral-center-board-announces-unanimous-decision-on-organizations-leadership/>

Burrell Behavioral Health marks the anniversary of 988 Suicide Crisis Lifeline

Workers hosted a ceremony on Friday morning to reveal a new 988 ‘Be Well’ bell. A Substance Abuse and Mental Health Services Administration grant paid for the bell. Chains and shackles, once used as restraints on mental health patients in the 1950s, were melted down and cast into the bell shape.

<https://www.ky3.com/2023/07/14/burrell-behavioral-health-marks-anniversary-988-suicide-crisis-lifeline/>

Broncos, WellPower join youth experiencing homelessness at Urban Peak

"So many people look up to the players and the Broncos organization as pillars of the community," WellPower's Melissa Zotara said, "so just to have some players here to be with the youth ... I think means so much to the youth, to be here and know that an organization like the Broncos is in their corner and on their side."

<https://www.denverbroncos.com/news/broncos-wellpower-join-youth-experiencing-homelessness-at-urban-peak-for-convers#msdyntrid=fMPvauyyWnvufJ8noQbOgHfjwLbBOXqglyHyVla4J7c>

Chestnut's Lighthouse Institute Receives National Recognition

For its annual conference, the American Psychiatric Association (APA) produced a video that details a current LI research project. The experiment follows adults recently released from the Cook County, IL jail who live with opioid use disorder. The study aims to learn whether people are more likely to achieve and stay in recovery if they have periodic recovery check-ups, much like check-ups a person would have for any chronic illness. An estimated 14,000 attended the conference in San Francisco, where the video was shown. View the video and learn more about the LI study here.

<https://www.youtube.com/watch?app=desktop&v=NCAVusB1vmk&list=PL9CZabk3nD4GNnInWRRFxNoA9qIocme0N&index=16>

Peace River Center Receives Spirit of Leadership Polk Award

The Spirit of Leadership Polk Award serves to spotlight an organization operating across the county and in a way that specifically enhances the leadership pools in Polk's communities.

<https://www.peacerivercenter.org/spirit-leadership-award/>

INDUSTRY NEWS

Study: AI-Assisted Therapy Shows Superior Depression and Anxiety Outcomes Versus Standard Treatment

A new Peer-reviewed study published in the Journal of Medical Research (JMIR) showed that compared to treatment as usual, therapists using Eleos Health solutions increased patient session attendance, reduced depression and anxiety symptoms, and improved note submission time.

https://eleos.health/blog-posts/enhancing-therapy-effectiveness-with-eleos/?utm_campaign=2023_National_MHCA&utm_source=mhca&utm_medium=sponsored-email&utm_content=RCT

Mental health respite facilities are filling care gaps in over a dozen states

Public health professionals say respite facilities can potentially play a big role in addressing a national mental health crisis that accelerated dramatically during the COVID-19 pandemic, especially when it comes to suicide prevention.

<https://www.cbsnews.com/news/mental-health-respite-facilities-states/>

Head to Heart: The program training Black barbers, stylists to be mental health advocates

A metro program aims to provide mental health support for the Black community through people they may already be comfortable with. Through "Head to Heart," barbers and stylists are trained on how to direct their clients to much-needed help.

<https://www.ketv.com/article/head-to-heart-the-program-training-black-barbers-stylists-to-be-mental-health-advocates/44479836#>

MGMA: MEDIAN TOTAL COMPENSATION FOR NURSES HAS INCREASED 19.37% SINCE 2018

The new report, "Management and Staff Compensation Data Report 2023," features data on more than 157,000 management and staff positions at more than 2,940 organizations. The MGMA represents about 15,000 group medical practices ranging from private medical practices to large health systems that employ more than 350,000 physicians.

<https://www.healthleadersmedia.com/clinical-care/mgma-median-total-compensation-nurses-has-increased-1937-2018>

4 Principles to Guide Your Digital Health Strategy

Digital health strategy has taken on greater importance as providers work to meet rising consumer expectations. Yet even after the many digital front-door improvements health care organizations made during the pandemic to make it easier for consumers to access and schedule care, it appears more work needs to be done. That's a key finding from a recent Experian Health survey of more than 1,200 providers and consumers.

<https://www.aha.org/aha-center-health-innovation-market-scan/2023-07-11-4-principles-guide-your-digital-health-strategy>

BUSINESS NEWS & LEADERSHIP ARTICLES

The secret sauce of employee retention

The past few years have taught leaders a lot about recruiting and retention. At the center of it is having a strong employee culture and creating a workplace where everyone thrives.

https://corp.smartbrief.com/original/2023/06/the-secret-sauce-of-employee-retention?utm_term=EFB52392-F1D7-42F3-93F4-7097B463179E&utm_content=909CCBF3-2800-42D2-B1EA-2EFD44EE4B34&utm_source=brief

Less Doing and More Learning: The Art of Unburdened Leadership

A look at three of the most impactful ways to empower your team to take ownership.

<https://www.industryweek.com/leadership/corporate-culture/article/21269695/less-doing-and-more-learning-the-art-of-unburdened-leadership>

Why leaders need to lighten the mood

Life is serious, business is serious, many organizations are doing powerful, life-enhancing things. Laughter helps engagement and wellbeing and collaboration. Here are some ideas on how to bring more laughter to your organization.

<https://www.maddyness.com/uk/2023/07/17/why-leaders-need-to-lighten-the-mood/>

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

NOTE: If we missed a recent (past 2 weeks) news article about your organization, please send the [link](#) to Lonnie Parizek at lparizek@mhca.com to be included in our next issue. We cannot accept links to articles that are behind paywalls. Have something to report that wasn't covered in your local news? We'd love to hear all about it and link to the news on your website! If you can't wait to read the latest news, follow [@mhca](#) on Twitter where we post these articles and many others daily.

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