



mhca News Bulletin

MEMBER NEWS

Combining Screening, Brief Intervention, And Referral To Treatment With Recovery Management In Primary Care Settings Improves Outcomes

Investigators with **Chestnut Health Systems'** Lighthouse Institute conducted a randomized controlled trial to evaluate the effectiveness of SBIRT plus recovery management checkups for primary care (RMC-PC) compared to SBIRT only. The study findings reinforce the critical role of primary care in identifying and intervening with alcohol and other substance-related problems, and in providing continuous support to improve treatment and recovery outcomes.

<https://scienceblog.com/542357/combining-screening-brief-intervention-and-referral-to-treatment-with-recovery-management-in-primary-care-settings-improves-outcomes/>

Melanie Dallas: The importance of residential substance use treatment

Many of the individuals who come to **Highland Rivers'** residential programs have co-occurring mental health conditions, and may have started using substances to self-medicate, to manage the symptoms of their mental illness. So, while stopping using substances is critical, it is also important for people to receive treatment for mental health conditions.

https://www.dailycitizen.news/news/lifestyles/melanie-dallas-the-importance-of-residential-substance-use-treatment/article_39124124-f2cb-11ee-b9af-93035aa18c2b.html

WellPower's Carl Clark Receives Lifetime Achievement Award

As President and CEO of WellPower — a community mental health center in Denver, CO — Dr. Carl Clark leads the organization by “focusing on what people can do, not what they can’t do.”

<https://natcon24.eventscribe.net/fsPopup.asp?Mode=presenterInfo&HPRID=706910>

Funding Agreement Approved for Mental Health Facility

The Board of County Commissioners (BOCC) unanimously approved a Federal Subrecipient Agreement with Lifestream Behavioral Center, Inc. The County was awarded \$2 million in federal funds specifically to be used for the construction of the \$14 million facility, which is expected to break ground this summer.

<https://www.hernandosun.com/2024/04/06/funding-agreement-approved-for-mental-health-facility/>

Meridian to celebrate expansion of patient receiving center

The expansion of Meridian's Crisis Stabilization Unit will include the Central Receiving Facility, which represents a bold step forward in redefining mental health crisis response. This expansion is driven by a steadfast commitment to providing timely, compassionate care to individuals experiencing mental health crises, while removing confusion associated with the admissions process.

<https://www.mainstreetdailynews.com/local-living/meridian-expansion-patient-receiving-center>

'They don't have to hurt alone': New Telehealth service at WellStone expected to help thousands with their mental health needs

WellStone is now offering Telehealth services for its patients, and all you have to do is pick up your phone for that face-to-face connection if you can't get to the office in Huntsville or Cullman. It's a service the community has been asking for, according to Karen Petersen, the Director of Development at WellStone. It's one more tool to help those struggling with a mental health crisis, which is important since Alabama is currently 50th in the country when it comes to access to mental health care, according to the latest numbers from Mental Health America.

<https://www.waff.com/2024/04/04/they-dont-have-hurt-alone-new-telehealth-service-wellstone-expected-help-thousands-with-their-mental-health-needs/?outputType=amp>

INDUSTRY NEWS

CMS' New Behavioral Health Model Illustrates Ongoing Effort To Push Value-Based Care, Integration Forward

The model will connect adults with mental health conditions or substance use disorders (SUDs) to physical, behavioral and social supports, prioritizing a collaborative care model between behavioral health and physical health providers. The model also goes in the opposite direction of most integration programs. Instead of integrating behavioral health in physical care settings, the IBH Model calls for physical health and social support to be integrated into behavioral health, an idea becoming increasingly common in the mainstream of health care.

https://bhbusiness.com/2024/02/05/cms-new-behavioral-health-model-illustrates-ongoing-effort-to-push-value-based-care-integration-forward/?euid=5ea7e2fa61&utm_source=bhb-newsletter&utm_medium=email&utm_campaign=d9336efd58&mc_cid=d9336efd58&mc_eid=5ea7e2fa61

3 Trends Shaping the Behavioral Health Workforce

In 2023, 53% of behavioral health insiders said that staff was the biggest challenge in the industry, which dropped to 42% in 2024, according to a Behavioral Health Business survey. Several tailwinds could be helping to remedy the workforce shortages.

<https://bhbusiness.com/2024/03/28/3-trends-shaping-the-behavioral-health-workforce/>

Hard Truths About AI For Mental Health

The advent of generative AI has let the horse out of the barn when it comes to mental health therapy. A dutifully postulated perspective is that we aren't doing enough to figure out where this let-loose horse is going and that we might be heading in the most disconcerting of directions.

<https://www.forbes.com/sites/lanceeliot/2024/04/10/acclaimed-60-minutes-showcases-hard-truths-about-ai-for-mental-health/?sh=6a40d6e71bf6>

Anxiety and depression is spiking among young people. No one knows why.

Desperate to help record numbers of children suffering anxiety and depression, state and local governments are testing new interventions to get to the root of the crisis — even if they don't know what that is. “It is really hard to suss out which of these tools and new little bobbles is really delivering clinically meaningful benefit,” said Julia Harris, who works on the Bipartisan Policy Center's initiative.

<https://www.politico.com/news/2024/04/10/mental-health-crisis-kids-experiment-00151369>

BUSINESS NEWS & LEADERSHIP ARTICLES

Caring for Your Mental Health While Leading

Recent data from the Workforce Institute at UKG found that for 69 percent of people, managers had more impact on employee mental health than their therapist (41 percent) or doctor (51 percent), which is about equal to the effects of a domestic partner. But, for that impact to be positive, leaders must first address their own mental health needs.

<https://comobusinesstimes.com/2024/04/15/caring-for-your-mental-health-while-leading/>

How To Sew Unity In A Time Of Division

To keep your company culture strong in these troubled times, don't let the things that divide the nation divide your organization. The problem comes when an organization inadvertently adds new elements to the culture by embracing sociopolitical issues or causes that are unrelated to its core mission. Without realizing it, they leave many of their employees, who were once seen to be culturally aligned, suddenly feeling that they don't belong.

<https://chiefexecutive.net/how-to-sew-unity-in-a-time-of-division/>

How to Make Tough Decisions

Seek out diverse perspectives, gather information quickly, and challenge your assumptions. By doing this, you can open the door to innovative solutions and unforeseen opportunities.

<https://real-leaders.com/stories/leadership/tony-robbins-on-how-to-make-tough-decisions/>

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

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