



Bi-Weekly Bulletin for March 26, 2020

MEMBER NEWS

Coronavirus: Physical health is important, but don't forget about mental health

While fear of being infected by the coronavirus spreads through Central Illinois, medical professionals say people shouldn't just be on guard for physical symptoms, they should also be protecting their mental health. Dozens of Twin Cities community members gathered at **Chestnut Health Systems** in Bloomington to learn about the impacts mental health issues can have on your life.

<https://www.centralillinoisproud.com/health/coronavirus-health/physical-health-is-important-but-dont-forget-about-mental-health/>

Yavapai County Attorney to Launch Criminal Offender Diversion Program

Polk's office followed a thorough process to solicit public input and find the right partners for the program. "I am excited to announce that our collaborators are a newly formed partnership between the **West Yavapai Guidance Clinic** and **Spectrum Healthcare**, called Complete Care Partners, LLC. I believe we have put together the best program in the state with two highly respected behavioral health providers who truly care about their clients."

<https://www.signalsaz.com/articles/yavapai-county-attorney-to-launch-criminal-offender-diversion-program/>

Chestnut Health Seeks To Change Culture In Construction

The construction industry consistently ranks among the highest suicide rates in the United States according to the Centers for Disease Control and Prevention. Chestnut's Behavioral Health Clinical Director Carrie Hilling said construction workers should be able to talk about their struggles and their bosses and coworkers need to look and listen for warning signs.

<https://www.wglt.org/post/chestnut-health-seeks-change-culture-construction-0#stream/0>

Disability services an important part of Highland Rivers

At Highland Rivers, our IDD services are delivered under a program called Kaleidoscope. The Kaleidoscope program provides activities, services, learning opportunities and supports to help individuals with intellectual and/or developmental disabilities live independently in their communities. The program provides year-round, quality-driven social, recreational, vocational and educational programs for individuals, and provides support to their families.

https://www.northwestgeorgianews.com/calhoun_times/melanie-dallas-disability-services-an-important-part-of-highland-rivers/article_44002550-64a0-11ea-a39b-9bebbba06c514.html

Coleman Behavioral Health Services reminds importance of relaxation and stress relief

Many of us may feel boxed in and even anxious or afraid of what will happen next with the coronavirus. Coleman Behavioral Health Services wants to let the Lima area know that they are here to help.

https://www.hometownstations.com/news/coleman-behavioral-health-services-reminds-importance-of-relaxation-and-stress/article_7825da9a-68bb-11ea-9928-9ba15e058414.html

Having good mental health while you're stuck at home

The Burrell Behavioral Health Center says people still need to connect with other people even when they are stuck in their homes. "You've got to find ways to keep your day structured," said C.J. Davis, Burrell Behavioral Health President & CEO.

<https://www.ozarksfirst.com/local-news/local-news-local-news/having-good-mental-health-while-youre-stuck-at-home/>

Addiction Recovery Meetings In Illinois Continue Despite COVID-19 Spread

Joan Hartman, vice president of behavioral health at **Chestnut Health Systems** in Bloomington, said an interruption of meetings would have a negative impact on people experiencing drug or alcohol problems and their recovery. He urges everyone in recovery who can't come in for treatment to contact their sponsors over the phone, take advantage of other options - such as virtual 12-Step Programs, or call an addiction recovery hotline.

<https://www.nprillinois.org/post/addiction-recovery-meetings-illinois-continue-despite-covid-19-spread-0#stream/0>

Centerstone and others respond to help prevent the spread of coronavirus in Sarasota-Manatee

"Now is a time where people are so stressed out, they need calm, they need support and we are trying to deliver that no matter what," said Melissa Larkin-Skinner, **Centerstone Florida's** regional chief executive officer.

<https://www.heraldtribune.com/news/20200323/coronavirus-florida-how-mental-health-providers-are-responding>

Comprehensive Health to remain open, despite challenges and shortages

"Right now, in the state of this emergency, we want to make sure our fellow health care professionals working in the hospitals have the resources and space to serve the most critically ill," Daly said in a news release. "We must continue to do our part and help prevent individuals from needing hospitalization due to mental illness."

https://www.yakimaherald.com/special_projects/coronavirus/comprehensive-health-to-remain-open-despite-challenges-and-shortages/article_52246fb2-865b-5f65-83de-c23c67749311.html

Lakeland's nonprofit mental health center offers 24/7 hotline to aid with COVID-19 anxiety, frustration.

Kirk Fasshauer, Peace River Center's director of crisis services, said the nonprofit's 24/7 hotline is providing crisis and mental health services to those feeling anxious or stressed by COVID-19. The hotline can be reached by calling 863-519-3744 or toll-free at 800-627-5906.

<https://www.theledger.com/news/20200324/coronavirus-in-polk-peace-riversquos-crisis-line-helps-combat-stress>

Frontier Behavioral Health closes outpatient locations, but will treat clients over the phone

Jeff Thomas, CEO of Frontier Behavioral Health, stresses that the organization is not closing its services. He says he knows clients in the community are relying on them. "Instead of clients coming into our offices for appointments, or in some cases where clinicians have gone out to individuals in their homes because of the needs of clients, we are now transitioning into all being held via telephone," Thomas tells the Inlander.

<https://www.inlander.com/spokane/frontier-behavioral-health-closes-outpatient-locations-but-will-treat-clients-over-the-phone/Content?oid=19317732>

Compass Behavioral Health shifting gears

"We are more cognizant of cleaning during business hours at this time," said Broz. "We have all staff working a schedule of wiping down door handles, light switches, furniture, counters, etc. Hand sanitizer stations have been installed in various areas within our building and after hours cleaning service remains in place."

<https://www.dodgeglobe.com/news/20200320/compass-behavioral-health-shifting-gears>

INDUSTRY NEWS

Coronavirus: Relief for Behavioral Health Providers in Agency Waivers, Guidance

As federal agencies scramble to provide regulatory relief from the fall-out of the coronavirus pandemic taking hold in the United States, several waivers and bulletins provide guidance specifically applicable to substance use disorder and mental health treatment providers.

<https://www.jdsupra.com/legalnews/coronavirus-relief-for-behavioral-32678/>

Ohio OKs take-home methadone under strict new guidelines due to COVID-19 pandemic

Soon, if not already, some clients of methadone clinics in Ohio will be taking home up to 14 days' worth of their medication. And it's possible, in other states, that some patients will be permitted to take home up to 28 days' worth of doses.

<https://www.dispatch.com/news/20200320/ohio-oks-take-home-methadone-under-strict-new-guidelines-due-to-covid-19-pandemic>

5 innovation leaders on how COVID-19 has altered digital strategy at Houston Methodist, Penn Medicine & more

As Roy Rosin, chief innovation officer of Penn Medicine, put it, "I've been incredibly impressed by colleagues and teams across the health system — and in other systems, too — stepping up to do whatever they can in the face of this challenge, and their passion to help people and keep patients safe is making a difference."

<https://www.beckershospitalreview.com/innovation/5-innovation-leaders-on-how-covid-19-has-altered-digital-strategy-at-houston-methodist-penn-medicine-more.html>

Coronavirus is a 'personal nightmare' for people with OCD and anxiety disorders

For people with mental health conditions, COVID-19 is both their worst nightmare and sudden validation of their habits.

<https://www.nbcnews.com/news/us-news/coronavirus-personal-nightmare-people-ocd-anxiety-disorders-n1164066>

BUSINESS NEWS & LEADERSHIP ARTICLES

HOW TO BE DECISIVE AND COLLABORATIVE WHEN THE HOUSE IS ON FIRE

Leaders can be effective in a crisis by keeping their mission and focus top of mind, giving team members clear roles and relying more on collaboration.

<https://leadershipfreak.blog/2020/03/24/how-to-be-decisive-and-collaborative-when-the-house-is-on-fire/>

Building Authentic Workplace Connections Virtually

I had a beautiful coaching call with my client Laura yesterday. It was beautiful because it was messy and real. She was working from home, and we were on video-chat on Zoom.

<https://www.transformleaders.tv/daily-dose-of-inspiration-building-authentic-workplace-connections-virtually/>

Leading your team through crisis

Here are some important practices to put into place for remote workers that can reinforce interpersonal and organizational connection among your team and reduce employee stress levels.

https://www.smartbrief.com/original/2020/03/leading-your-team-through-crisis?utm_source=brief

You Don't Have to Work All the Time Now

Employers relying on a newly remote workforce should be offering maximum flexibility in these difficult times.

<https://slate.com/human-interest/2020/03/coronavirus-working-from-home-remote-workforce-telework.html>

How to maintain your mental health while working from home

Working where you live is not as easy as it sounds, especially if you have other people in the space. Here's how to avoid the darker side of remote work.

<https://www.fastcompany.com/90479504/how-to-maintain-your-mental-health-while-working-from-home>

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

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