



## Bi-Weekly Bulletin for April 9, 2020

In light of the rapidly evolving situation and the overwhelming amount of relevant news coverage - this publication will be provided weekly for the next 2 months.

### MEMBER NEWS

#### **Volunteer Behavioral Health responds to COVID-19 to support community**

Volunteer Behavioral Health detailed its systemwide strategy today for managing the coronavirus threat while prioritizing their commitment to treating community members.

<http://clevelandbanner.com/stories/volunteer-behavioral-health-responds-to-covid-19-to-support-community,110324>

#### **Mental health and COVID-19: Practice kindness, connect with others, journal**

Both **AllHealth** and **Community Reach Center** are seeing increased demand for services along with Telehealth, which allows people to access treatment remotely.

<https://wheatridgetranscript.com/stories/practice-kindness-connect-with-others-journal,296639>

#### **MHP Provides New Online Mental Wellbeing Resources**

In addition to serving as the safety net provider for mental health and addiction recovery services in Boulder and Broomfield counties, **Mental Health Partners** (MHP) also fills the role as an expert resource for issues relating to mental wellbeing and the path to recovery.

<https://www.mhpcolorado.org/mental-wellbeing-resources-now-available-to-our-community-a-note-from-mhps-co-ceos/>

#### **Keep Calm While COVID-19 Carries On: Watch Your Stress Levels, Keep a Routine and Turn Off the TV**

**Cascade Mental Health Care** Chief Executive Officer Richard Stride addresses audience members at Cascade's 5th Annual Legislative and Governmental Forum.

[http://www.chronline.com/community/keep-calm-while-covid-19-carries-on-watch-your-stress-levels-keep-a-routine-and/article\\_3555b0ec-785a-11ea-a8e5-4f6db2903437.html](http://www.chronline.com/community/keep-calm-while-covid-19-carries-on-watch-your-stress-levels-keep-a-routine-and/article_3555b0ec-785a-11ea-a8e5-4f6db2903437.html)

#### **Easing Anxiety in Children: Tips from RiverValley Behavioral Health**

Shifting the focus to what we can control

<https://www.14news.com/2020/04/03/easing-anxiety-children-tips-rivervally-behavioral-health/>

### **Family & Children's Services offering free app to address mental health**

Family & Children's Services has partnered with myStrength on a free app to address various aspects of mental health. All methodologies rely on evidence-based models of treatment and care.

[https://www.tulsaworld.com/news/local/family-childrens-services-offering-free-app-to-address-mental-health/article\\_421979aa-60aa-56c0-9db8-c60ded63372d.html](https://www.tulsaworld.com/news/local/family-childrens-services-offering-free-app-to-address-mental-health/article_421979aa-60aa-56c0-9db8-c60ded63372d.html)

### **F&CS on the front lines of mental health care during COVID-19**

As a result of the COVID-19 stay-at-home order, Family & Children's Services (F&CS) quickly adjusted outpatient services to telephone and teletherapy; but many F&CS staff remain on the front lines of in-person and crisis call care.

<https://www.fcsok.org/fcs-on-the-front-lines-of-mental-health-care-during-covid-19/>

### **Mental health providers worry about spike in cases amid COVID-19 outbreak**

"If you imagine a second curve right behind that major spike, I'm calling that the mental health crisis curve," said **Burrell Behavioral Health** President C.J. Davis. "It could be as big as the COVID curve itself ... If that number continues to uptick, people are flooding our doors and we're experiencing a second public health crisis."

<https://www.news-leader.com/story/news/local/ozarks/2020/04/05/mental-health-providers-worry-impact-coronavirus-outbreak/2940639001/>

### **Sequestered with family for weeks? Tips to manage stress, anxiety**

Experts from **Burrell Behavioral Health** said the upheaval creates extra stress that may exacerbate anxiety, depression and other mental health issues.

<https://www.news-leader.com/story/news/education/2020/04/05/sequestered-family-weeks-tips-maintain-stress-anxiety/5097656002/>

### **A Message from Burrell Behavioral Health Center**

Importance of engaging in care during stressful times.

<https://www.ozarksfirst.com/our-ozarks/burrell-behavioral-health-center-4-6-20/>

### **Emergency mental health care provided round the clock**

**Community Reach Center** reminds the public that the Behavioral Health Urgent

Care (BHUC) center at 2551 W. 84th Ave. in Westminster is open 24/7.

<https://www.communityreachcenter.org/wp-content/uploads/2020/04/Emergency-mental-health-care-provided-round-the-clock.pdf>

## **MENTAL HEALTHCARE MIGRATES TO TELEHEALTH**

**Community Reach Center** will implement further modifications to service delivery to ensure staff and client safety and wellness amidst the pandemic, beginning April 13.

<https://www.communityreachcenter.org/covid-19-update-from-community-reach-center/>

## **Madison County Courts Change Protocol During Stay-At-Home Order**

In the wake of the continuing Stay-At-Home order throughout Illinois, the Drug Court program provided by **Chestnut Health Systems** continues online without drug testing. The Drug Court Program has been beneficial to hundreds of people suffering from addiction since its beginning. This is a new challenge but, as it always does, it will find new ways to continue helping people as this pandemic continues.

<https://www.riverbender.com/articles/details/madison-county-courts-change-protocol-during-stayathome-order-41043.cfm>

## **Central Illinois health centers to share \$52 million in federal COVID-19 grants**

**Chestnut Health Systems** in Bloomington will receive \$569,225.

[https://www.pantagraph.com/news/state-and-regional/bloomington-decatur-carlinville-health-centers-to-receive-covid-19-funding/article\\_dd355e8f-89ce-5d47-be35-a426f7d61c56.html#tracking-source=home-breaking](https://www.pantagraph.com/news/state-and-regional/bloomington-decatur-carlinville-health-centers-to-receive-covid-19-funding/article_dd355e8f-89ce-5d47-be35-a426f7d61c56.html#tracking-source=home-breaking)

## **INDUSTRY NEWS**

### **Coronavirus Changing Telehealth for Behavioral, Mental Health in New York**

As cases of the coronavirus continue to rise, New York Gov. Andrew Cuomo announced the state made several changes to how behavioral and mental health services are delivered, like delivering medically assisted treatment for substance use or waiving the costs of mental health services delivered via telehealth.

<https://spectrumlocalnews.com/nys/buffalo/wny-mental-health/2020/04/06/coronavirus-is-changing-telehealth-for-behavioral-mental-health-in-new-york>

### **COVID-19 job losses could drive down employer plan enrollment by as much as 35M, report shows**

Health Management Associates estimates that between 12 million and 25 million people will lose coverage through their employers as unemployment skyrockets nationwide.

<https://www.fiercehealthcare.com/payer/covid-19-job-losses-could-drive-down-employer-plan-enrollment-by-as-much-as-35m-report-shows>

### **Calls to US helpline jump 891%, as White House is warned of mental health crisis**

Federal officials on the front lines of the U.S. government's pandemic response have privately warned members of the White House and Department of Homeland Security that many more Americans will find themselves in "dire straits" over the coming weeks, and that U.S. agencies have yet to properly prepare for the unfolding "mental health crisis."

<https://www.weisradio.com/calls-to-us-helpline-jump-891-as-white-house-is-warned-of-mental-health-crisis/>

### **CMS has doled out nearly \$34B in advance, accelerated payments to providers to combat COVID-19**

The Trump administration delivered nearly \$34 billion in advance and accelerated payments to providers over the past week as more and more health systems furlough workers. The Centers for Medicare & Medicaid Services (CMS) announced Tuesday that it has reduced the processing time for such payments to four to six days as opposed to the earlier time frame of three to four weeks.

<https://www.fiercehealthcare.com/hospitals-health-systems/cms-has-doled-out-nearly-34b-advance-accelerated-payments-to-providers-to>

### **Policy may affect whether increased telehealth continues**

MDLive saw a big increase in demand for behavioral health services, with many anxious over their health or their jobs. It's not yet clear whether telehealth coverage will go back to business-as-usual once the pandemic is over, or even when it will end.

<https://medcitynews.com/2020/04/seeing-record-numbers-of-patients-will-telehealth-companies-keep-them-after-the-pandemic-ends/>

## **BUSINESS NEWS & LEADERSHIP ARTICLES**

### **Engaging with Your Teams on Video Calls**

When everyone is in the office, even the quietest team member is likely to feel relaxed about speaking up in a meeting, simply because there's not much of a barrier holding them back. However, when everyone is behind a screen, there is a tendency to remain quiet unless spoken to.

<https://www.forbes.com/sites/johnnywarstrom/2020/04/06/stop-managersplaining-on-video-calls-and-give-people-a-voice/#4bac83801f20>

### **How Authentic Communications Wins the Day During Times of Uncertainty**

Why transparency and humanity matter now more than ever.

<https://www.greatplacetowork.com/resources/blog/don-t-overthink-it-how-authentic-communications-will-win-the-day-during-times-of-uncertainty>

### **What Does a Virus Crisis Have to Do With Innovation?**

Innovation depends on ideas being mobilized, moving from person to person, being exposed to different people so the ideas can change to serve as many people as possible. Evolution is its essence. That requires that people communicate frequently, usually face-to-face in a familiar space.

<https://ridg.com/blog/2020/03/23/what-does-a-virus-crisis-have-to-do-with-innovation/>

### **Dealing with Two Fronts of Every Crisis**

Harvard Business School Professor Herman “Dutch” Leonard says what crisis management needs is not answers but an effective process. This idea is encapsulated in his phrase, “learning our way forward.”

[https://www.leadershipnow.com/leadingblog/2020/04/dealing\\_with\\_the\\_two\\_fronts\\_of.html](https://www.leadershipnow.com/leadingblog/2020/04/dealing_with_the_two_fronts_of.html)

### **The Upside of Quarantine? One-on-One Networking and Mentorships Are Thriving**

New connections via video chat create hope amid uncertainty

<https://www.adweek.com/creativity/the-upside-of-quarantine-one-on-one-networking-and-mentorships-are-thriving/>

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

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