



Hello, District 2,

Here are some Helpful Resources From CMHA:

COVID-19 RESOURCES

As the public mental health system copes with the COVID19 pandemic, nearly every day brings additional information and announcements. To assist CMHA members in making sense of and locating this flurry of information, CMHA has developed a curated set of COVID19-related resources and announcements from the state and national sources. That curated set of resources, which will be regularly updated, is available here.

Guidance from MDHHS & Other State Departments

[State of Michigan COVID-19 Website](#)

[COVID-19 Response: Premium Pay \(L20-27\)](#)

[Guidance Document 20-07 ABA COVID19 Guidance & Resources](#)

[Letter from Michigan Department of Civil Rights: cultural awareness and face masks during pandemic](#)

[Telemedicine Case Management Monitoring DHHS Memo 4.27.20](#)

[LARA Communication Re Temporary Limited Licenses Extension](#)

[LARA FAQ for Residential Providers Updated 3.31.20](#)

[Rounding Rules for Behavioral Health Services DHHS Memo 4.7.20](#)

[Rounding Rules for Behavioral Health Services DHHS Memo 4.3.20](#)

[Plan of Service and Due Process Concerns DHHS Memo 4.8.20](#)

[Opioid Treatment Program Essential Services Dosing Guidance](#)

[Opioid Treatment Program Infection Control](#)

The following resources are from Autism Alliance of Michigan (AAoM), a longtime partner of CMHA, and a trusted source of sound clinical and policy guidance:

- [AAoM Medical Advisory Position Statement RE Direct ABA Services during COVID Crisis](#)
- [Proposed Process for Risk Mitigation](#)

Questions about Michigan's COVID-19 Response can be Directed to checcdeptcoor@michigan.gov

[FAQ on COVID-19](#)

[Click here to receive periodic COVID-19 updates from MDHHS](#)

[BHDDA Guidance for Specific Clinically Essential Face to Face Encounters in Behavioral Health Clinics, Substance Use Services and Residential Settings in the COVID-19 Context](#)

[BHDDA Infection Control Issues during Patient Close Contact Face to Face Assessment in Behavioral Health Clinic Settings in the COVID-19](#)

[BHDDA Communication Essential Services Stay Home Stay Safe signed](#)

[MDHHS Notice on Service and Settings during COVID19](#)

[Guidance in Caring for Older Adults During the COVID19 Pandemic](#)

On March 19, 2020, the Bureau of Behavioral Health and Developmental Disabilities (BHDDA), within Michigan Department of Health and Human Services (MDHHS) announced, in response to the social distancing and quarantining of many Michiganders, the approval of the use of telehealth approaches to providing all mental health services and supports that are clinically appropriate for the use of telehealth approaches. This announcement from BHDDA, the Medical Services Administration (MSA) memo underscoring the purpose of the telehealth codes, and the approved telehealth code list are provided below:

- [Telepractice Memo from Jeff Wieferich Updated 4.1.20](#)
- [MSA Relaxing Face-to-Face Requirements Memo 3.19.2020](#)
- [PIHP/CMHSP COVID-19 Encounter Code Chart Updated 4.1.20](#)

Michigan and National Mental Health Crisis Lines

MDHHS COVID-19 Hotline and Email Response

Call Michigan COVID19 Hotline at **888-535-6136** to answer health-related questions about the

virus. It is open from 8 a.m.- 5 p.m. seven days a week, or e-mail: COVID19@michigan.gov (emails will be answered from 8 am to 5 pm, 7 days a week).

COVID-19 Line – Senior Citizens

Michigan Senior Citizens needing emotional support. Call: 1-888-535-6136

National Disaster Distress Helpline

Offers 24/7 crisis counseling and support to people experiencing emotional distress. Call: 1-800-985-5950 or Text: 66746

National Suicide Prevention Lifeline

Provides free and confidential support 24/7 to anyone in suicidal crisis or emotional distress. Call: 1-800-273-8255 or visit: suicidepreventionlifeline.org

Crisis Text Line

Persons needing crisis counseling via text. Text RESTORE to 741741

HeadSpace Web Service

A collection of meditation, sleep and movement exercises designed to help keep a strong and healthy mind. Free to Michiganders (normally a paid service). Visit: headspace.com/mi

Michigan PEER Warmline

Staffed by peer support specialists, the warmline is for those living with serious mental health and/or substance use challenges. Provides resource referral and shared experience of recovery and hope. Call: 1-888-PEER-753 (888-733-7753)

Healthcare Provider Support Hotline

Michigan healthcare personnel needing support. Staffed by volunteer nurses, social workers psychologists at Wayne State University. Call: 1-888-910-1636

SAMHSA CCP 2-Month Crisis Counseling

Michigan residents needing crisis counseling and support for emotional distress related to COVID-19 in the *Detroit area*. Call: 1-888-535-6136

Michigan Crisis and Access Line (MCAL)

Michigan residents needing behavioral health supports and services, including crisis support: *In development*

Governor's COVID19-Related Executive Orders of Greatest Relevance to CMHA Members

- [Executive Order 2020-61 – Temporary Relief from Certain Restrictions](#)
- [Executive Order 2020-59 – Stay at Home Extended Until May 15, 2020](#)
- [Executive Order 2020-48 – Rescission of Executive Order 2020-15](#)
- [Executive Order 2020-42 – Stay Home Stay Safe Extended & Temporary Restrictions](#)
- [LARA Guidance on Executive Order 2020-30 Temporary Limited Licenses Extension](#)
- [Executive Order 2020-37 Updated: Temporary Restrictions on Entry into Health Care Facilities, etc.](#)

- [Executive Order 2020-21: Stay Home Stay Safe RESCINDED](#)
- [Executive Order 2020-21: Stay Home Stay Safe RESCINDED Page Summary](#)
- [Executive Order 2020-15: Temporarily Changes the Open Meetings Act to allow Public Bodies to Conduct their Meetings Electronically](#)
- [Executive Order 2020-16: Expands the Capacity for Childcare Services for Health Care Workers, First Responders, and other Members of the Essential Workforce Providing Critical Infrastructure to Michiganders](#)
- [Executive Order 2020-04: Declaration of State of Emergency](#)
- [Link to Other Executive Orders and Directives](#)

Guidance and Financial Resources to CMHA Member Organizations as Employers Impacted by COVID-19

- [Michigan Economic Recovery Council – COVID-related re-opening strategy](#)
- [Federal Paycheck Protection Program – forgivable loans for small businesses](#)
- [USDA Federal Rural Resource Guide for COVID-19](#)
- [NAMD Letter to CMS RE Retainer Payments to Essential Medicaid Providers through Section 1115 Waivers](#)
- [Families First Summary – Legal Client Update](#)
- [Definition of Health Care Provider – Legal Interpretation](#)
- [Coronavirus \(COVID-19\) Pandemic: Eligible Emergency Protective Measures](#)
- [Michigan Department of Labor and Economic Opportunity \(LEO\) provided information on a number of resources to assist employers, such as CMHA members, to avoid layoffs and to obtain support for laid off workers, resulting from COVID-19](#)
- [Additional COVID19-related guidance and support for Michigan employers](#)

Centers for Disease Control (CDC) Information

- [CDC COVID-19 Website](#)
- [Implementation of Community Mitigation Strategies With Local COVID-19 Transmission](#)
- [What To Do If You Are Sick With COVID-19](#)
- [Share Facts About COVID-19 Poster](#)
- [What You Need to Know About COVID-19](#)
- [Stop the Spread of Germs Poster](#)
- [Symptoms of COVID-19 Poster](#)

SAMHSA, CMS, and other Federal Offices

The Centers for Medicare & Medicaid Services (CMS) is taking action to protect the health and safety of our nation's patients and providers in the wake of the 2019 Coronavirus (COVID-19) outbreak. In an effort to be transparent and share this information broadly, CMS will be posting several of our stakeholder calls. CMS held a National Stakeholder Call on March 13, 2020, to update the healthcare community on the rapidly evolving COVID-19 situation which was declared a national emergency by President Trump on March 13th. This bold move empowered CMS to waive certain federal requirements in Medicare, Medicaid, and CHIP to rapidly expand the Administration's aggressive efforts against COVID-19 led by the White House Coronavirus Taskforce. The transcript and audio recording from that call is now available to download. CMS will

hold future calls and post those transcripts and audio recordings as they become available. To access Coronavirus COVID-19 Stakeholder calls visit:

- [SAMHSA/MHTTC set of resources on COVID-19 – May 2020](#)
- [COVID-19 Fact Sheet from Office of National Drug Control Policy](#)
- [CMS stakeholder calls on COVID19 – how to participate](#)

COVID-19 Prevention and Mitigation Strategies

- [Michigan's Community Mitigation Strategy](#)
- [CDC Community Mitigation Strategy](#)

Guidance for Healthcare Workers & Provider Organizations

[CLICK HERE FOR MASKS AND GLOVES RESOURCES](#)

National Alliance for Direct Support Professionals issues COVID-19 resources: With the coronavirus (COVID-19) global pandemic, there is a constant barrage of information being shared. Things are changing almost hourly across the country. The National Alliance for Direct Support Professionals (NADSP) is committed to sharing resources for Direct Support Professionals. We understand that given this global crisis, Direct Support Professionals are still working to provide supports. As Direct Support Professionals are on the front lines, we have created this tool kit with self care information and additional resources for individuals. This tool kit is available at:

<https://nadsp.org/covid-19resources/>

The webinars in this tool kit include:

- Self Care for Direct Support Professionals in Crisis
- Meditation for DSPs in Times in Stress
- The Role of the DSP and the Coronavirus: Part One
- The Role of the DSP and Coronavirus: Part Two
- The Role of the DSP and Coronavirus: Part Three
- Frontline Initiative: Self Care for DSPs
- Grief and Loss for Direct Support Professionals
- Let's Talk with Dave: When Death Happens at Work
- Free COVID-19 Handouts NADSP COVID-19 Fact Sheet

DSPs are on the front lines of supporting people with confirmed or possible infection with coronavirus (COVID-19) and therefore have an increased risk of exposure to this virus. DSPs can minimize their risk of exposure when supporting possible COVID-19 patients by following CDC infection prevention and control guidelines. [CORONAVIRUS 101 Info for DSPs](#)

- [DHHS Lab tests for SARS-CoV-2](#)
- [Workforce Management and Support Strategies](#)
- [Trump Administration New Toolkit to Help Health Workforce Challenges](#)
- [National Council for Behavioral Health guidelines for behavioral health residential providers](#)
- [National Center for PTSD: Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak](#)

- [National Center for PTSD: For Providers and Community Leaders: Helping People Manage Stress Associated with the COVID-19 Virus Outbreak](#)
- [National Center for PTSD: Managing Stress Associated with the COVID-19 Virus Outbreak](#)
- [Supportive Practices for Mental Health Professionals During Pandemic-Related Social Distancing](#)
- [Click here for a Range of Resources for Healthcare Professionals in Michigan](#)
- [Protective & Preventive Measures to be Taken by Healthcare Workers](#)

Ensuring Social Connection and Mental Health During COVID19

- [How to Talk With Kids About COVID-19](#)
- [How to Care for Yourself While Practicing Physical Distancing](#)
- [How Do I Know Someone is Experiencing Anxiety or Depression?](#)
- [How to Help Someone with Anxiety or Depression During COVID-19](#)
- [How to Support a Loved One Going Through a Tough Time During COVID-19](#)

Reducing the Impact of COVID-19 on Racial and Ethnic Minority Communities

The Michigan Department of Health and Human Services' Public Health Administration and Office of Equity and Minority Health uploaded links to the 4/2/20 Town Hall: Reducing the Impact of COVID-19 on Racial and Ethnic Minority Communities. Additional resources on COVID-19 and Racial and Ethnic Minorities are included on the Office of Equity and Minority Health's website: www.michigan.gov/minorityhealth.

The Recommendations for Diverse Communities (Race and Ethnicity) resource document, with the link provided below, was created in response to the rising needs for culturally and linguistically appropriate responses to the disparate living conditions faced by racial and ethnic groups, including: lack of access to water and hand sanitizer in local community, lack of spacious housing that allows for correct isolation, disproportionate exposure to COVID-19 due to higher utilization of public transportation and higher percentages of People of Color working in essential jobs. These recommendations are grounded in cultural and linguistic competence. A cultural and linguistic competent framework allows us to 1.) attend to literacy and health literacy needs by rendering complicated concepts like cleaning vs. disinfecting into accessible plain language for the intended audience, 2.) include culturally-defined meanings of the intended audience, 3.) present materials in the language/s of the intended audience, 4.) identify and address societal cultural contexts impacting the intended audience, 5.) determine how to develop, bridge and disseminate the message with the intended communities in culturally relevant ways for a more effective reach, and more. This is only the beginning of many possibilities. We hope this document *begins* to provide clarity in direction and alternatives for racial and ethnic minority groups to protect themselves, family and larger community. More on this to come.

The Culturally and Linguistically Competent (CLC) Recommendations for Organizations/Entities resource document (with the link provided below) was created to assist organizations, leaders and personnel in thinking about adopting, creating and executing culturally and linguistically appropriate responses to COVID-19. The MDHHS' Office of Equity and Minority Health conducted a light environmental scan of CLC efforts taking place in the country in response to the COVID-19. This document includes a compilation of national, state and local efforts currently underway.

- [OEMH COVID-19 Racial and Ethnic Considerations](#)
- [Townhall Webinar](#) with Racial and Ethnic communities
- [Townhall PowerPoint](#) – An Equity Lens: COVID-19 and Racial/Ethnic Minority Populations
- [Townhall with Racial and Ethnic Communities FAQs](#)
- [Townhall with Racial and Ethnic Communities Resources](#)
- [COVID-19 Anti Stigma](#)
- [Culturally & Linguistically Competent Recommendations for the General Public](#) – Recommendations for Diverse Communities (Race and Ethnicity)
- [Culturally & Linguistically Competent Recommendations for Organizations](#)

Thank you,

Councilman Roy McCalister, Jr.

" Be Safe, Save Lives"

For More Information Contact:

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Detroit, MI 48226

PH: 313-224-4535

callp@detroitmi.gov

(Please leave a message, voicemails are checked daily)

District Office

PH: 313-340-2073

blackmonw@detroitmi.gov

(Please leave a message, voicemails are checked daily)

