

Center of Excellence for Behavioral Health May 2025 Monthly Newsletter



MAY 2025

May is **Mental Health Awareness Month (MHAM)**. It was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. For more than 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized Mental Health Awareness Month every May to increase awareness about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support. [Access the Mental Health Awareness Month Toolkit](#)

CEBH Updates

- The **2025 Evidence-Based Practices in Behavioral Health Summit** scheduled for June 10, 2025, will be HELD VIRTUALLY. Additional information will be shared regarding event details and agenda. If you need help in modifying any previously booked accommodation, please email iowa-cebh@uiowa.edu for assistance.
- **Iowa's Youth Suicide Prevention Summit - Fostering Change through Meaningful Conversations to Prevent Youth Suicide** will be Tuesday, September 9, 2025, from 9:00 AM to 4:00 PM at the Holiday Inn & Suites Des Moines. [Register Here](#)
- The CEBH team is working to prepare our upcoming **Fall 2025 Training Plan**. Training dates will be announced soon.
- On behalf of Iowa's CEBH, we are pleased to offer enrollment to **LivingWorks Start** at no cost to you. LivingWorks Start is a 90-minute online training that helps learners develop foundational skills to recognize when someone may be thinking of suicide and connect them to further help. [Enroll Now](#)

May CEBH Training

Wednesday, May 21, 2025
9:00 AM to 12:00 PM

Trauma-Informed Leadership and Supervision

**IBC approved for 3.0 hrs. Counseling Theories & Techniques*

[Register Here](#)

CEBH Trainings Archive

[2025](#)

[2024](#)

[2023](#)

→ iowacebh.org

Self-Care Sticky

Don't judge each other by the harvest you reap, but by the seed you plant" – Robert Louis Stevenson

Rather than focusing on changing others or external factors, gauge "success" by the effort and contribution provided. We can not control the choices and beliefs of others, nor do we always see the ultimate outcome, but celebrating each "seed planted" can put the focus back on what can be done.

This will take the burden of responsibility for others off your shoulders and allow time to reflect on the victories which deserve to be celebrated.

CEBH On-Demand Trainings

[IPS 101: Introduction to the Basics](#)

[Introduction to Assertive Community Treatment \(ACT\)](#)

[Iowa IPS Specialist Training Course](#)

CEBH Resources

[ACT in Iowa Contact Information](#)

[Iowa ACT Teams Map](#)

[Proposed Numbers & Location of ACT Teams in Iowa](#)

[MEMO: Outreach on ACT Rate in Iowa](#)

[Preparing for an ACT Fidelity Review](#)

[Iowa IPS Start-Up Checklist](#)

[Iowa IPS Fidelity Manual](#)

[PSH Infographic](#)

[Iowa PSH Program Guide](#)

[PSH Toolbox](#)

[Iowa IPS Toolbox](#)

Iowa HHS Virtual Aging & Disability Town Halls

Iowa HHS is launching a new series of virtual monthly Aging & Disability Town Halls to share updates, ask questions, and connect with service providers or clients who receive services. These town halls are a valuable opportunity to stay informed, share your voice, and hear directly from leaders and advocates in aging and disability services. Everyone is welcome—community members, caregivers, professionals, and anyone with an interest in these topics.

Starting in May, the regular schedule will be:

- Provider Town Hall - Second Wednesday of each month, 4:00 to 5:00 PM - [Sign up here](#)
- Member Town Hall - Third Tuesday of each month, 4:00 to 5:00 PM - [Sign up here](#)

[View Aging and Disability Service Rules](#) [View Behavioral Health Rules](#)

May External Live Trainings

Friday May 2, 2025 11:00 AM to 12:00 PM	<i>Breaking Intergenerational Patterns of Trauma, Addiction, and Dark Family Secrets</i>	Register Here
Monday, May 5, 2025 8:00 AM to 10:00 AM	<i>Creating a Map for Success: Effective Treatment Plan Documentation</i>	Register Here
Tuesday, May 6, 2025 9:00 AM to 12:00 PM	<i>Addiction Counselor Ethics</i>	Register Here
Thursday, May 8, 2025 12:00 PM to 2:00 PM	<i>Effective Sharing of 'Lived Experience' While Maintaining Boundaries</i>	Register Here
Monday, May 12, 2025 8:00 AM to 11:15 AM	<i>Strengthening a Person's Own Motivation and Commitment to Change</i>	Register Here
Tuesday, May 13, 2025 11:00 AM to 12:00 PM	<i>The Role of Peer Specialists in Early Serious Mental Illness Programs</i>	Register Here
Tuesday, May 13, 2025 1:30 PM to 2:30 PM	<i>4-Part Series to Strengthen Partnerships and Collaborations with Mental Health and Substance Use Organizations to Address Tobacco-Related Disparities</i>	Register Here
Wednesday, May 14, 2025 9:00 AM to 3:00 PM	<i>Mental Health First Aid</i>	Register Here
Wednesday, May 14, 2025 1:00 PM to 3:00 PM	<i>Recovery Policy Barriers and Solutions</i>	Register Here
Thursday, May 15, 2025 2:00 PM to 3:00 PM	<i>Equity as a Foundation for Leadership Theme: Demonstrating Transformational Leadership to Improve Communities</i>	Register Here
Thursday, May 15, 2025 2:00 PM to 3:00 PM	<i>Co-Occurring SMI and SUD Learning Series Session 2: Navigating Pharmacotherapy - Co-Occurring Bipolar Disorder and Opioid Use Disorder</i>	Register Here

May External Live Trainings (cont.)

Monday, May 19, 2025 9:00 AM to 11:00 PM	<i>Family Matters: The Impact of SUDs on the Family and the Value of Incorporating Family-Based Interventions into SUD Treatment</i>	Register Here
Tuesday, May 20, 2025 11:00 AM to 12:00 PM	<i>Act With Hope: After Grief and Loss in Peer Services</i>	Register Here
Thursday, May 22, 2025 12:00 PM to 1:00 PM	<i>A Fresh Look at the Strategic Prevention Framework: Community-Centered Prevention in Action Session 1: Rethinking Assessment</i>	Register Here
Wednesday, May 28, 2025 12:00 PM to 1:00 PM	<i>Supporting Clients with Dual Diagnosis</i>	Register Here
Wednesday, May 28, 2025 1:00 PM to 2:00 PM	<i>Ethics, Values and Boundaries</i>	Register Here
Thursday, May 29, 2025 12:00 PM to 1:00 PM	<i>A Fresh Look at the Strategic Prevention Framework: Community-Centered Prevention in Action Session 2: Building Capacity with Connection</i>	Register Here

External On-Demand Trainings

Understanding Contingency Management: A Foundational Webinar for Homeless Service Providers - More Info
Impactful Advocacy for Substance Misuse Prevention - More Info
4-Part Learning Community: Trauma-Informed Outreach and Engagement - More Info
Loneliness Among Homeless and Formerly Homeless Individuals - More Info
Co-occurring Alcohol and Stimulant Use - More Info

Resources

National Behavioral Health Crisis Care Guidance- More Info
ACT Evidence-based Practices for Psychosis - More Info
Stigma and Substance Use: Rewriting the Narrative Podcast - More Info
Support for Use of Naloxone and Other Opioid Overdose Reversal Medications to Prevent Overdose Deaths- More Info
Neuroscience: The Brain in Addiction and Recovery - More Info
Harm Reduction in Rural Areas: A Workbook for Homeless Response System Staff – More Info