

Center of Excellence for Behavioral Health September 2025 Monthly Newsletter



September is **Suicide Prevention Awareness Month**—a time to raise awareness, promote hope, and normalize help-seeking. Suicide affects millions of people every year, yet too many struggle in silence. Whether you're facing challenges, supporting a friend or loved one, or are looking to help, your voice matters. This month is dedicated to recognizing the warning signs for suicide, encouraging open conversations about mental health, and connecting people to proven treatment and resources. When we stand together in strength, dignity, hope, and purpose, we can make a difference—we can help save lives. [Access the Toolkit](#)



National Recovery Month (Recovery Month), which started in 1989, is observed every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery possible. SAMHSA aims to increase public awareness surrounding mental health and addiction recovery. In the years since Recovery Month launched, SAMHSA has timed announcements of initiatives and grant funding during Recovery Month, while collaborating with private and public entities to celebrate individuals during their long-term recoveries. [Access the Toolkit](#)

CEBH Updates

- Thank you to all who registered for our **Youth Suicide Prevention Summit** – we are excited to have you join us! We can't wait to see you on September 9th.
- 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](#).

September CEBH Training

Thursday, September 4, 2025 10:00 AM to 12:00 PM	Youth Suicide - Clinical Implications and Interventions: 2025 **In process of obtaining IBC approval	Register Here
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CEBH Trainings Archive

2025	2024	2023
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Self-Care Sticky

"Music has real health benefits. It boosts dopamine, lowers cortisol, and it makes us feel great. Your brain is better on music." - Alex Doman, author of 'Healing at the Speed of Sound'

Music can deeply impact your emotional state. Whether you need relaxation or motivation, create a playlist that resonates with you. The right tunes can lift your spirits instantly.

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](#)

[IPS Providers in Iowa](#)

[Iowa IPS Start-Up Checklist](#)

[Iowa IPS Fidelity Manual](#)

[Iowa PSH Program Guide](#)

[PSH Infographic](#)

[Iowa IPS Toolbox](#)

[Permanent Supportive Housing Toolbox](#)



IPS Practice Principles for New IPS Practitioners and Peer Specialists

These virtual trainings cover the eight practice principles of IPS Supported Employment. New staff in IPS programs, case managers, and clinicians are welcome to join. The trainings are available at no cost. Each training covers the same material.

Tuesday, September 2, 2025 8:00 AM to 9:30 AM	Presenter: Sarah Swanson Zoom Link: https://us06web.zoom.us/j/81261793877?pwd=G7ZkHITWAufxF2RNpgmdH9WQ5h74G2.1 Meeting ID: 812 6179 3877 Passcode: 241904
Tuesday, September 16, 2025 2:30 PM to 4:00 PM	Presenter: Sandy Reese Zoom Link: https://us06web.zoom.us/j/86423627553?pwd=76Fqex9lVYl1JUWn83az3b1c1kYPje.1 Meeting ID: 864 2362 7553 Passcode: 263177

Iowa HHS Virtual Town Halls

Disability Services Provider Town Hall

Wednesday, September 10, 2025 - 4:00 to 5:00 PM - [Zoom Details](#)

Disability Services Member Town Hall

Tuesday, September 16, 2025 - 4:00 to 5:00 PM - [Zoom Details](#)

Behavioral Health Town Hall

Thursday, September 25, 2025 - [Zoom Details](#)

[Sign Up to join roster for ALL the 2025 Behavioral Health Town Halls](#)

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

September External Live Trainings

Wednesday, September 3, 2025 11:00 AM to 12:00 PM	<i>Partnering With Crisis Services in Early Serious Mental Illness Programs</i>	Register Here
Wednesday, September 3, 2025 12:00 PM to 1:00 PM	<i>Understanding Anosognosia and Assisted Outpatient Treatment</i>	Register Here
Wednesday, September 3, 2025 5:00 PM to 6:30 PM	<i>Adolescent Focus: Opioid Overdose, Response, and Naloxone</i>	Register Here
Wednesday, September 3, 2025 2:00 PM to 2:45 PM	<i>How H.R.1 Will Impact Supportive Housing Development and Preservation</i>	Register Here
Thursday, September 4, 2025 Thursday, September 18, 2025 1:00 PM to 2:00 PM (optional support 2:00 to 2:30 PM)	<i>Leveraging Implementation Approaches to Strengthen Mental Health Services: Marketing Programs and Services</i>	Register Here
Thursday, September 4, 2025 2:00 PM to 3:00 PM	<i>Creating Optimal Access for Opioid Use Disorder (OUD) Services Utilizing Stages of Change</i>	Register Here

September External Live Trainings (cont.)

Thursday, September 4, 2025 2:00 PM to 3:00 PM	<i>Creating Optimal Access for Opioid Use Disorder (OUD) Services Utilizing Stages of Change</i>	Register Here
Friday, September 5, 2025 9:00 AM to 10:00 AM	<i>Self-Care & Wellness for ALL</i>	Register Here
Monday, September 8, 2025 9:00 AM to 11:00 AM	<i>High Stress Coping and Substance Use: A Toxic Combination</i>	Register Here
Monday, September 8, 2025 4:00 PM to 5:00 PM 7:00 PM to 8:00 PM	<i>Inside Adolescence: Substance Use Patterns, Predictions, Risk, and Resilience in the ABCD Study</i>	Register Here
Tuesday, September 9, 2025 Tuesday, September 23, 2025 12:00 PM to 1:00 PM	<i>Leveraging Implementation Approaches to Strengthen Mental Health Services: Navigating Roadblocks and Key Drivers for Implementation Success</i>	Register Here
Tuesday, September 9, 2025 Wednesday, September 10, 2025 12:00 PM to 2:30 PM	<i>Annual National Summit to Increase Social Connections</i>	Register Here
Wednesday, September 10, 2025 11:00 AM to 12:00 PM	<i>Suicide Prevention Best Practices for Individuals at Clinical High Risk for Psychosis or Experiencing First Episode Psychosis</i>	Register Here
Wednesday, September 10, 2025 11:00 AM to 12:30 PM	<i>Developing a Special Time Routine for Kids in Grieving Families</i>	Register Here
Thursday, September 11, 2025 12:30 PM to 2:00 PM	<i>Regulation and Resilience: Understanding Developmental Trauma Through a Prevention Lens</i>	Register Here
Thursday, September 11, 2025 3:00 PM to 4:30 PM	<i>Facts, Myths, and Misconceptions About Long-Acting Antipsychotic Injectables (LAIs)</i>	Register Here
Monday, September 15, 2025 10:00 AM to 11:30 AM	<i>The Changing Landscape Around Evidence-Based Programs</i>	Register Here
Tuesday, September 16, 2025 1:00 PM to 2:00 PM	<i>Advancing Integrated Care Via Collaborative Partnerships: Hospitals, Health Systems, CMHCs and CCBHCs</i>	Register Here

September External Live Trainings (cont.)

Wednesday, September 17, 2025 9:00 AM to 11:00 AM	<i>Translating the Guiding Principles of Trauma-Informed Care in Practice</i>	Register Here
Thursday, September 18, 2025 1:00 PM to 2:00 PM	<i>Overcoming Opposition to Substance Use Programs: Leveraging Anti-Discrimination Law</i>	Register Here
Tuesday, September 23, 2025 9:00 AM to 12:00 PM	<i>Impact of Trauma in Relation to Substance Use Disorder</i>	Register Here
Thursday, September 25, 2025 12:00 PM to 5:00 PM Friday, September 26, 2025 10:00 AM to 3:00 PM	<i>2025 Re-Imaging Behavioral Health: Race, Equity & Social Justice Conference</i>	Register Here
Friday, September 26, 2025 9:00 AM to 11:00 AM	<i>Aging Adults and Medication Use: Staying Safe</i>	Register Here
Monday, September 29, 2025 8:00 AM to 11:00 AM	<i>Overdose Grief, Loss and Healing Supports</i>	Register Here

External On-Demand Trainings

[Workforce Training for New Behavioral Health Staff](#)

[Community-Based Suicide Prevention for Local Health Departments](#)

[Suicide Prevention Resource Center - Best Practices Registry](#)

[Introduction to Women and Substance Use Disorders](#)

[Working Effectively With Clients from Different Age Groups](#)

Resources

[Supporting People With Traumatic Brain Injury \(TBI\) Before, During, & After a Disaster](#)

[Responding to Immigration Enforcement: A Guide for Substance Use Disorder Treatment Programs](#)

[Opioid Use Disorder Treatment Courses](#)

[After a Suicide: A Toolkit for Schools](#)

[Building Student Resilience Through Shared Resources](#)

[Preventing Suicide: The Role of High School Teachers](#)

[Hope Starts With Us: What Comes Next for Mental Health and Medicaid](#)