

Center of Excellence for Behavioral Health November 2025 Monthly Newsletter

CEBH Updates

- **DEADLINE EXTENDED! Enroll today for free access – a \$40 value!** 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](#)
- We're thrilled to share that CEBH will now be hosting an **Iowa ACT Learning Community!** The first one is scheduled for **Monday, November 17th at 3:00pm, with the topic being "Understanding Grief in the Workplace."** These 90-minute gatherings are open to the public and are designed for **all ACT team members & partners across Iowa**, regardless of your role. Each session will feature: A guest speaker offering insights and support tailored to ACT teams, and time to share success stories, barriers, and ask questions. [Register Here](#)
- November is **National Homelessness Awareness Month** and **National Homeless Youth Awareness Month**. SAMHSA works in partnership with federal, state and local partners and national experts to provide training on housing, treatment and recovery models focused on adults, children, and families who are experiencing or at risk of homelessness and have serious mental illness and/or serious emotional disturbance, and substance use. These partnerships contribute to housing stability, recovery, and ending homelessness. SAMHSA also supports the field through technical assistance to states and localities, treatment systems and individual providers on these issues. [Access the Toolkit](#)

November CEBH Training

Monday, November 10, 2025 1:00 PM to 2:30 PM	<i>Conversations on Access to Lethal Means</i> *In process of obtaining IBC approval	Register Here
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December CEBH Training

Friday, December 12, 2025 1:00 PM to 3:00 PM	<i>Safety Planning for Behavioral Health Professionals</i>	Register Here
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CEBH Trainings Archive

2025	2024	2023
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Self-Care Sticky

"Getting one area of your life organized is contagious and inspiring; it's all the fuel you need to create order everywhere else."
– Julie Morganstern

Take simple steps like making your bed each morning to inspire organization elsewhere. When your space is orderly, you're bound to have a clearer, more relaxed mindset.

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, November 4, 2025 8:00 AM to 9:30 AM	Presenter: Sarah Swanson Zoom Link Meeting ID: 815 3330 6511 Passcode: 002945
Tuesday, November 18, 2025 2:30 PM to 4:00 PM	Presenter: Sandy Reese Zoom Link Meeting ID: 823 6007 1515 Passcode: 543555

Iowa HHS Behavioral Health Virtual Town Hall

Behavioral Health Town Hall

Thursday, November 20, 2025 - 4:00 to 5:00 PM - [Zoom Details](#)
[Sign Up to join roster for ALL the 2025 Behavioral Health Town Halls](#)
[View Iowa Behavioral Health Statewide Service System Plan](#)

Iowa Medicaid Virtual Town Halls

Medicaid Member Town Hall

Thursday, November 6, 2025 - 4:00 to 5:30 PM - [Register Here](#)

CCO Town Hall

Monday, November 17, 2025 - 4:00 to 5:00 PM - [Register Here](#)

Provider Town Hall

Thursday, November 20, 2025 - 4:00 to 5:30 PM - [Register Here](#)

November External Live Trainings

Monday, November 3, 2025 6:30 PM to 7:30 PM	<i>Preparing for College Success: Mental Health, Independence & Executive Function Skills</i>	Register Here
Wednesday, November 5, 2025 2:00 PM to 3:30 PM	<i>NAMI Virtual Town Hall: It Takes a Village - Supportive Communities for Young Adults</i>	Register Here
Thursday, November 6, 2025 8:00 AM to 11:30 AM	<i>Effective Supervision in Prevention: Skills, Tools, and Strategies</i>	Register Here
Thursday, November 6, 2025 12:00 PM to 1:00 PM	<i>Integrating Healthcare and Crisis Lines to Provide High Quality Follow-up and Crisis Care for Older Adults</i>	Register Here
Friday, November 7, 2025 11:00 AM to 12:00 PM	<i>Street Medicine and Caring for HIV and SUD in the Unsheltered</i>	Register Here
Monday, November 10, 2025 12:00 PM to 1:00 PM	<i>6 Principles of IDEA: Principle #3 - Individualized Education Program</i>	Register Here
Wednesday, November 12, 2025 9:30 AM to 11:00 AM	<i>Putting the Mental, Emotional, and Behavioral (MEB) Spectrum into Practice: Strategies for Effective Prevention Planning</i>	Register Here



November External Live Trainings (cont.)

Wednesday, November 12, 2025 12:00 PM to 1:30 PM	Complex Trauma and Young Children	Register Here
Thursday, November 13, 2025 12:00 PM to 1:00 PM *Office hour session from 1:00 PM to 1:30 PM	Beyond the Call: Building Community Informed Follow-up Models	Register Here
Thursday, November 13, 2025 1:00 PM to 2:30 PM	Community Reinforcement and Family Training (CRAFT) Approach to Substance Use/Misuse Intervention	Register Here
Thursday, November 13, 2025 1:00 PM to 2:15 PM	Creating Brain-Friendly Environments: The Key to a Strong Workforce	Register Here
Friday, November 14, 2025 9:00 AM to 11:00 AM	Trauma Strategies for Peer Support Using Self-Care	Register Here
Monday, November 17, 2025 12:00 PM to 1:00 PM	Six Principles of IDEA: Principle #4 - Least Restrictive Environment (LRE)	Register Here
Tuesday, November 18, 2025 1:00 PM to 2:00 PM	Where Is All This Going for Behavioral Health Providers? A Look Into the (Not-so-distant) Future	Register Here
Tuesday, November 18, 2025 10:30 AM to 12:30 PM Tuesday, December 2, 2025 11:00 AM to 12:30 PM	More Than Just "Cutting Back": The Clinician's Toolkit for Alcohol Use Disorder & Learning Collaborative	Register Here
Wednesday, November 19, 2025 12:00 PM to 1:00 PM	Gratitude as a Resilience Tool: Small Shifts with Big Impact	Register Here
Friday, November 21, 2025 9:00 AM to 10:00 AM	De-escalation, Basic Tools for Social Workers	Register Here
Monday, November 24, 2025 9:00 AM to 10:00 AM	Self-Care & Wellness for ALL	Register Here
Monday, November 24, 2025 12:00 PM to 1:00 PM	Six Principles of IDEA: Principle #5 - Parent and Student Participation	Register Here

External On-Demand Trainings

[Be The Certificate \(Suicide Prevention\)](#)

[Mindset and Philosophy: The Stepping Stones to Integrated SUD Implementation Across the Continuum](#)

[Family Mental Health: Navigating the Holidays](#)

[Big Feelings in the Real World](#)

[What They Don't Teach You In Addiction Psychiatry](#)

Resources

[Children's Mental Health: Building Community for Parents & Caregivers](#)

[Suicide Prevention in Health Care Settings](#)

[Centering Lived Experience in Prevention Efforts](#)

[Mental Wellness - Moments for Educators](#)

[Strategies for States to Increase Critical Partnerships for Community Responder Program Sustainability](#)