

Center of Excellence for Behavioral Health

October 2025 Monthly Newsletter

October is Substance Use & Misuse Prevention Month. Prevention helps to reduce the long-term impacts of mental health and substance use on individuals, families, and communities before they worsen. There are many benefits that prevention can offer such as offering evidence-based programs, practices and policies.

Prevention practices can include the promotion of healthy coping skills, resilience, and early strategies to address behavioral health issues. By taking an upstream approach to addressing behavioral health issues, prevention efforts can help to promote protective factors within communities which in turn supports the decrease of risk factors associated with serious mental illness, addiction, and related social and economic costs. Investing in prevention not only improves the quality of life for individuals and communities as a whole, it also strengthens public health systems and fosters safer, more productive communities.

[Access the Toolkit](#)

October is National Disability Employment Awareness Month (NDEAM). The 2025 theme is “*Celebrating Value and Talent.*” Each year, NDEAM highlights the vital contributions of individuals with disabilities—including those with mental health conditions and other nonapparent disabilities—to the nation's workplaces and economy.

The resources in the link below are designed to support organizations in recognizing and participating in NDEAM. Additional ideas for involvement are available on the [main NDEAM webpage](#), tailored to various groups such as employers, employees, educators, youth service professionals, policymakers, associations, unions, disability-related organizations, and federal agencies.

[31 Days of NDEAM](#)

CEBH Updates

- Thank you to everyone who joined us on September 9th for the Youth Suicide Prevention Summit! Your presence, insights, and commitment to supporting youth mental health made the event truly impactful. We’re grateful for your role in this vital conversation and for helping us move forward with hope and meaningful action.
- Iowa’s Department of Health and Human Services (HHS) released a new Recovery Housing RFP (628454 FY26 RFP BHTHPT26091) has been posted in IowaGrants following legislation signed earlier this summer distributing Opioid Settlement Funds. The RFP can be access through the following link: <https://www.iowagrants.gov/viewStorefrontOpportunity.do?OIDString=1752589554726|Opportunity>. Any questions must be submitted through the process outlined in the RFP documents.
- 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](#).

October CEBH Trainings

Wednesday, October 8, 2025 12:00 PM to 1:30 PM	<i>Introduction to Iowa's Center of Excellence for Behavioral Health</i> *Please note this is an information webinar, certificates of attendance and CEUs will not be provided.	Register Here
Tuesday, October 21, 2025 9:00 AM to 12:00 PM	<i>Connecting Paradigms: Trauma-Informed Motivational Interviewing (TIMI)</i> *In process of obtaining IBC approval	Register Here

CEBH Trainings Archive

[2025](#)

[2024](#)

[2023](#)

Self-Care Sticky

"We're most affected by the five people with whom we share most of our time."

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Self-care entails determining who are the Energy Vampires and the Energy Infusers within your social circles, then devoting time to nurture the relationships which evoke joy and neutralizing those relationships which are draining.

CEBH Resources

CEBH On-Demand Trainings

[IPS 101: Introduction to the Basics](#)
[Introduction to Assertive Community Treatment \(ACT\)](#)
[Iowa IPS Specialist Training Course](#)

[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](#)

Iowa Works and Employer's Council of Iowa (ECI) National Disability Employment Awareness Month (NDEAM) Webinar Series

[Click Here to See Session Descriptions and to Register](#)

Session 1	Wednesday, October 1, 2025 11:00 AM to 12:00 PM	<i>Digital Accessibility</i>
Session 2	Wednesday, October 8, 2025 11:00 AM to 12:00 PM	<i>Employer Panel: Hiring, Supporting, and Retaining Employees with Disabilities</i>
Session 3	Wednesday, October 15, 2025 11:00 AM to 12:00 PM	<i>Disability Etiquette</i>
Session 4	Wednesday, October 22, 2025 11:00 AM to 12:00 PM	<i>Flexible by Design: Celebrating Value and Retaining Talent in a Changing Workforce</i>
Session 5	Wednesday, October 29, 2025 11:00 AM to 12:00 PM	<i>The ADA and FMLA: Understanding the Alphabet Soup</i>

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, October 7, 2025 8:00 AM to 9:30 AM	Presenter: Ruth Brock Link: https://us06web.zoom.us/j/82218954305?pwd=XX3TFGEvYpYKuFGIR8acplq24dfJB.1 Meeting ID: 822 1895 4305 Passcode: Practice
Tuesday, October 21, 2025 2:30 PM to 4:00 PM	Presenter: Jennie Keleher Link: https://zoom.us/j/92082571145?pwd=R3zXgXILZwWHaJn3Sm6bJkdJHl7QbU.1 Meeting ID: 920 8257 1145 Passcode: 651623

Iowa HHS Virtual Town Halls

Disability Services Provider Town Hall (CANCELLED)

Wednesday, October 8, 2025 - 4:00 to 5:00 PM

Disability Services Member Town Hall

Tuesday, October 21, 2025 - 4:00 to 5:00 PM - [Zoom Details](#)

[View Aging and Disability Service Rules](#)

Behavioral Health Town Hall

Thursday, October 23 - 4:00 to 5:00 PM - [Zoom Details](#)

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

[View Behavioral Health Rules](#)

Medicaid Member Town Hall

Thursday, October 2, 2025 - 4:00 to 5:30 PM - [Register Here](#)

Medicaid Provider Town Hall

Tuesday, October 16 - 4:00 to 5:30 PM - [Register Here](#)

October External Live Trainings

Wednesday, October 1, 2025 10:30 AM to 12:00 PM	<i>Flipping the Script: A Teach-In for Healthcare Workers on Homelessness and Substance Use</i>	Register Here
Wednesday, October 1, 2025 12:00 PM to 1:00 PM	<i>Scenario Planning for Nonprofits: Building Resilience and Sustaining Impact</i>	Register Here
Thursday, October 2, 2025 1:00 PM to 2:00 PM	<i>Post-Crisis Debriefing and Processing Workforce Wellness Series Workshop 3</i>	Register Here
Friday, October 3, 2025 9:00 AM to 10:00 AM	<i>Self-Care & Wellness for ALL</i>	Register Here
Tuesday, October 7, 2025 12:00 PM to 1:00 PM	<i>Securing the Future: What Behavioral Health Providers Need to Know About AI and Data Security</i>	Register Here
Tuesday, October 7, 2025 1:00 PM to 2:00 PM	<i>Innovative Medicaid Strategies to Enhance the Behavioral Health Care Workforce</i>	Register Here
Wednesday, October 8, 2025 1:00 PM to 2:00 PM	<i>Understanding Military Sexual Trauma as a Risk Factor for Suicide</i>	Register Here
Thursday, October 9, 2025 1:00 PM to 2:30 PM	<i>Conflict to Connection: Create the Conditions for Healthy Disagreement</i>	Register Here
Wednesday, October 15, 2025 9:00 AM to 9:30 AM	<i>Caffeinate & Innovate: Habits, Addiction and Mindfulness with Dr. Jud Brewer</i>	Register Here
Thursday, October 16, 2025 8:00 AM to 11:00 AM	<i>Making the Magic Happen in a Meeting: Meeting Facilitation Skills</i>	Register Here

October External Live Trainings (cont.)

Friday, October 17, 2025 9:00 AM to 11:00 AM	<i>Discerning Between Substance Use, Misuse, and Substance Use Disorders, to Provide Appropriate Care and Support</i>	Register Here
Monday, October 20, 2025 8:30 AM to 11:30 AM	<i>Addiction Counselor Ethics</i>	Register Here
Monday, October 20, 2025 12:00 PM to 1:00 PM	<i>6 Principles of IDEA: Principle #1: Free Appropriate Public Education</i>	Register Here
Wednesday, October 22, 2025 8:30 AM to 11:30 AM	<i>Core Principles of Addiction Counselor Ethics</i>	Register Here
Thursday, October 23, 2025 12:00 PM to 1:00 PM	<i>AI in Action: Community Behavioral Health Providers Share Lessons Learned</i>	Register Here
Monday, October 27, 2025 12:00 PM to 1:00 PM	<i>6 Principles of IDEA: Principle #2: Appropriate Evaluation</i>	Register Here
Tuesday, October 28, 2025 10:00 AM to 11:30 AM	<i>Breaking Barriers: Utilizing Trauma-Informed Care with IPS</i>	Register Here
Wednesday, October 29, 2025 11:00 AM to 12:30 PM	<i>Befriend Your Brain, Heal Your Behavioral Addiction</i>	Register Here

External On-Demand Trainings

[Introduction to Substance Use Disorder](#)

[Understanding Opioid Use Disorders and Justice Settings](#)

[Be There.org](#)

[Older Adults in the Criminal Justice System](#)

[Narcan 101](#)

Resources

[Taking Care: Promoting Well-being for Recovery and Behavioral Health Care Providers](#)

[Moving Suicide Prevention Upstream: From Concept to Action](#)

[Advancing Measurement-Based Care in School Mental Health](#)

[Act With Hope: 8 Takeaways to Empower Peer Support](#)

[Medicaid Work Requirements Implementation Resources](#)

[Tools to Talk with Your Young Person about Anything \(including substance use\)](#)