

Center of Excellence for Behavioral Health

April 2025 Monthly Newsletter

CEBH Updates

- The **2025 Evidence-Based Practices in Behavioral Health Summit** scheduled for June 10, 2025, is moving to be **HELD VIRTUALLY**. Additional Information will be shared regarding event details and agenda. If you need help in modifying any previously booked accommodations, please email iowa-cebh@uiowa.edu for assistance.
- 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](#).

April CEBH Trainings

<p>Wednesday, April 9, 2025 10:00 AM to 11:30 PM</p>	<p><i>Understanding Adverse Childhood Experiences (ACEs)</i> <i>*IBC approved for 1.5 hrs. / Generic</i></p>	<p>Register Here</p>
<p>Monday, April 21, 2025 9:00 AM to 12:00 PM</p>	<p><i>Counseling on Access to Lethal Means (CALM)</i> <i>*IBC approved for 3.0 hrs. / Counseling Theories & Techniques</i></p>	<p>Register Here</p>

May CEBH Training

<p>Wednesday, May 21, 2025 9:00 AM to 12:00 PM</p>	<p><i>Trauma-Informed Leadership and Supervision</i></p>	<p>Register Here</p>
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Self-Care Sticky

How to Take a Compliment

We all hear so frequently how important self-care is but find it difficult to put into practice.

Our goal each month is to give some very simple ideas to take care of yourself – we call it “Self-Care Sticky”.

This month’s Self-Care Sticky is to say ‘thank you’ when someone gives you a compliment. Recognize your good qualities others see in you and fight the temptation to belittle yourself in response.

Here is an article that helps work through this process: [How to Take a Compliment](#).

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](#)

Resources

- [Motivational Interviewing Skills: OARS, DARN, CAT](#)
- [988 Suicide & Crisis Lifeline Print Materials](#)
- [Listening to the Peer Support Workforce](#)
- [SAFE-T Suicide Assessment Five Step Evaluation and Triage](#)
- [State of Iowa Snapshot – School Mental Health Report Card](#)

CEBH Trainings Archive

- [2025](#)
- [2024](#)
- [2023](#)

April External Live Trainings

Thursday, April 3, 2025 1:00 PM to 2:30 PM	<i>Stress and Burnout in the Crisis Workforce</i>	Register Here
Thursday, April 3, 2025 2:00 PM to 3:00 PM	<i>Supporting Children of Incarcerated Parents: Fostering Collaborative Support Systems</i>	Register Here
Monday, April 7, 2025 1:00 PM to 2:00 PM	<i>Community-Driven Approach: Clinicians, Healers, and Healing Hubs</i>	Register Here
Tuesday, April 8, 2025 9:00 AM to 11:00 AM	<i>Cognitive Processing Disorder (CPD) 101: Awareness and Support in the Field of SUD Treatment</i>	Register Here
Tuesday, April 8, 2025 2:00 PM to 3:30 PM	<i>ABLE Accounts: A Pathway to Financial Empowerment for People with Disabilities</i>	Register Here
Wednesday, April 9, 2025 9:00 AM to 10:30 AM	<i>Prescribing Buprenorphine: Adapting to New Realities</i>	Register Here
Wednesday, April 9, 2025 1:00 PM to 2:00 PM	<i>Community Conversation on Family Homelessness</i>	Register Here
Wednesday, April 9, 2025 1:00 PM to 2:15 PM	<i>How the Americans with Disabilities Act Applies to Addiction and Recovery</i>	Register Here
Monday, April 14, 2025 8:00 AM to 11:15 AM	<i>Overview of Cognitive Behavioral Therapy for Substance Use Disorders</i>	Register Here
Wednesday, April 16, 2025 1:00 PM to 2:30 PM	<i>Supporting your Loved Ones with Mental Illness and/or Substance Use Disorders in Addressing Tobacco Use: The Roll of Families and Family Peers</i>	Register Here
Thursday, April 17, 2025 10:30 AM to 12:00 PM	<i>Older Adults and Substance Use Disorder</i>	Register Here
Monday, April 21, 2025 1:00 PM to 2:00 PM	<i>Community-Driven Approaches: Effective Programming to Support Those Affected by a Death by Suicide</i>	Register Here
Wednesday, April 23, 2025 12:30 PM to 2:00 PM	<i>Co-Occurring Substance Use Disorders and PTSD</i>	Register Here
Friday, April 25, 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
Tuesday, April 29, 2025 1:30 PM to 3:00 PM	<i>Harm Reduction: Laying the Groundwork</i>	Register Here
Wednesday, April 30, 2025 12:00 PM to 1:30 PM	<i>The Role of Career Pathways in Substance Misuse Prevention</i>	Register Here
Wednesday, April 30, 2025 Wednesday, May 21, 2025 12:00 PM to 1:30 PM	<i>Reframing Leadership: Building Strategies for Dynamic Teams</i>	Register Here

Iowa HHS Behavioral Health Launches Monthly Virtual Town Halls

The Iowa Department of Health and Human Services (HHS), Division of Behavioral Health, is launching monthly virtual town halls to provide a forum for updates, questions, and feedback related to Iowa's behavioral health service system and the work to build out the continuum of behavioral health prevention, early intervention, treatment, recovery support, and crisis services available throughout Iowa.

Sessions are intended to help providers, partners, system stakeholders and other interested Iowans feel connected to HHS' system development and to improve HHS' connections to behavioral health services throughout the state.

Upcoming Town Hall Dates: [Register for the Behavioral Health Town Halls](#)

- **April 24, 2025** – 4 p.m. to 5 p.m.

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

Have questions about Iowa's Behavioral Health Service System? [Submit your questions](#)

External On-Demand Trainings

4-Part Learning Community: SAMHSA Learning Community for HUD Rural & Unsheltered Grantee - [More Info](#)

Trauma and Resilience for Early Childhood Educators - [More Info](#)

Improving African American Retention in Mental Health and Substance Use Disorder Treatment - [More Info](#)

Joint Division Learning Collaborative: Creative Solutions for Housing Forensic Populations - [More Info](#)

Providing Quality Care for People with Disabilities - [More Info](#)