

## Center of Excellence for Behavioral Health January 2026 Monthly Newsletter



### SUBSTANCE USE DISORDER TREATMENT MONTH

**Substance Use Disorder Treatment Month**, which is observed in January, serves to support:

- People contemplating or seeking help for their substance use
- Practitioners treating or considering treating substance use disorder
- Friends, family, and loved ones of those with substance use conditions

[View Toolkit](#)

### Disability Benefits 101

DB101 (Disability Benefits 101) is an evidence-based, nationally recognized online platform designed to help individuals with disabilities, their families, and service providers better understand how work and income impact public benefits such as SSI, SSDI, Medicaid, SNAP, and housing supports. The Iowa version of DB101 provides state-specific information, tools, and planning resources to support informed decision-making around employment and financial independence.

DB 101 Iowa is now LIVE and accessed at <https://ia.db101.org/>!

### January CEBH Training

<b>Thursday, January 8, 2025</b> 1:00 PM to 3:00 PM	<b><i>Conversations on Access to Lethal Means (CALM Conversations)</i></b> <small>*IBC approved for 2 hrs. / Counseling Theories &amp; Techniques</small>	<a href="#">Register Here</a>
<b>Tuesday, January 13, 2025</b> 1:00 PM to 2:00 PM	<b><i>Application Session: Safety Planning for Behavioral Health Professionals</i></b> <small>*IBC approved for 1 hr. / Generic</small>	<a href="#">Register Here</a>

### January CEBH Mental Health 101 Micro-Learning Series

This micro-learning series is intended to equip attendees with foundational knowledge about common mental health disorders and navigate signs, symptoms, and basic skills to support treatment or intervention provided. Each session is Iowa Board of Certification (IBC) approved for 1.0 hour of credit.

<b>Wednesday, January 7, 2025</b> 9:00 AM to 10:00 AM	<b><i>Mood &amp; Anxiety Disorders</i></b>	<a href="#">Register Here</a>
<b>Wednesday, January 14, 2025</b> 9:00 AM to 10:00 AM	<b><i>Schizophrenia Spectrum and other Psychotic Disorders</i></b>	<a href="#">Register Here</a>
<b>Wednesday, January 21, 2025</b> 9:00 AM to 10:00 AM	<b><i>Trauma- and Stressor-Related Disorders</i></b>	<a href="#">Register Here</a>
<b>Wednesday, January 28, 2025</b> 9:00 AM to 10:00 AM	<b><i>Neurodevelopmental &amp; Behavioral Disorders</i></b>	<a href="#">Register Here</a>

➔ [iowacebh.org](http://iowacebh.org)

### Self-Care Sticky

*"The New Year stands before us, like a chapter in a book, waiting to be written." -Melody Beattie*

Instead of setting rigid resolutions that oftentimes are easy to neglect, consider setting intentions – broad guiding principles that resonate with your values, like grace, joy, or mindfulness. This approach allows for flexibility and encourages pursuits in the things that truly matter to you.

### 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](#)

### CEBH Trainings Archive

<a href="#">2025</a>
<a href="#">2024</a>
<a href="#">2023</a>

## Upcoming Sources of Strength Trainings



**Sources of Strength** is a radically strength-based, upstream suicide prevention program with shown effectiveness in both preventative upstream and intervention outcomes. Sources of Strength has been involved in several large randomized control trials and is one of the most rigorously evaluated and broadly disseminated prevention programs in the country. Sources of Strength is considered the first suicide prevention program to demonstrate effectiveness in using peer leaders to enhance protective factors associated with reducing suicide across a school population.

Sources of Strength is geared towards individuals who are working directly with students, including teachers, paraprofessionals, administrators, counselors, coaches, community health professionals, social workers, or youth workers.

The Elementary Coaches Training (\$1250 value) and Secondary Train-the-Trainer (\$3000 value) will be provided at **NO COST** due to sponsorship from Iowa's HHS.

[View More Information](#)

Elementary Coaches Training	Secondary Train-the-Trainer
<b>February 27 - 28, 2026</b> DMACC Newton Convention Center <a href="#">Register Here</a>	<b>April 13 - 16, 2026</b> Holiday Inn & Suites Des Moines - Northwest <a href="#">Register Here</a>
<b>April 17 - 18, 2026</b> Holiday Inn & Suites Des Moines - Northwest <a href="#">Register Here</a>	

## 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.

<b>Tuesday, January 13, 2026</b> 8:00 AM to 9:30 AM	Presenter: Jennie Keleher Meeting ID: 937 6554 4073 Passcode: 441944	<a href="#">Zoom Link</a>
<b>Tuesday, January 27, 2026</b> 2:30 PM to 4:00 PM	Presenter: Sandy Reese Meeting ID: 849 6424 8426 Passcode: 418187	<a href="#">Zoom Link</a>

## Iowa Medicaid Virtual Town Halls

**Member Town Hall** - Thursday, January 8, 2026 - 4:00 to 5:30 PM - [Register Here](#)

**Provider Town Hall** - Thursday, January 22, 2026 - 4:00 to 5:30 PM - [Register Here](#)

## January External Live Trainings

<b>Tuesday, January 6, 2026</b> 12:00 PM to 1:30 PM	<i><b>Finding the Way Forward: Professional Goal Setting for Prevention Practitioners</b></i>	<a href="#">Register Here</a>
<b>Tuesday, January 6, 2026</b> 1:00 PM to 2:00 PM	<i><b>Words Matter: Language and Stigma Reduction</b></i>	<a href="#">Register Here</a>
<b>Wednesday, January 7, 2026</b> 12:00 PM to 1:30 PM	<i><b>What Supervisors Need to Know About Peer Support Supervision: What Peer Support Is and What It Is Not</b></i>	<a href="#">Register Here</a>
<b>Wednesday, January 7, 2026</b> 1:00 PM to 2:00 PM	<i><b>Partnering with Emergency and First Responders: Dispatch Call Center Diversion</b></i>	<a href="#">Register Here</a>

## January External Live Trainings (cont.)

<b>Wednesday, January 7, 2026</b> 1:00 PM to 2:00 PM	<b><i>Substance Use 101</i></b>	<a href="#">Register Here</a>
<b>Monday, January 12, 2026</b> 12:00 PM to 1:00 PM	<b><i>Prevention Together: Monthly Learning Community for Substance Misuse Prevention Professionals</i></b>	<a href="#">Register Here</a>
<b>Tuesday, January 13, 2026</b> 1:00 PM to 2:00 PM	<b><i>The Impact of Stigma on Access to Services</i></b>	<a href="#">Register Here</a>
<b>Wednesday, January 14, 2026</b> 11:00 AM to 12:30 PM	<b><i>Vaping: Evidence, Risks, and Clinical Implications for Health Care and Allied Health Professionals</i></b>	<a href="#">Register Here</a>
<b>Wednesday, January 14, 2026</b> 11:00 AM PM to 12:15 PM	<b><i>Building Resilient Communities: Local Strategies to Combat the Opioid Crisis</i></b>	<a href="#">Register Here</a>
<b>Wednesday, January 14, 2026</b> <b>Wednesday, January 21, 2026</b> <b>Wednesday, January 28, 2026</b> 11:00 AM to 12:30 PM	<b><i>Implementation Support for Community and Person-Centered Mental Health Services: 3-Part Series</i></b>	<a href="#">Register Here</a>
<b>Thursday, January 15, 2026</b> 1:00 PM to 1:30 PM	<b><i>Ready-to-Use Resources: Session 2</i></b> <a href="#">Carry the Message Toolkit</a>	<a href="#">Register Here</a>
<b>Thursday, January 15, 2026</b> 1:00 PM to 2:00 PM **Q&A Immediately following	<b><i>Supporting Wellness Through Supervision</i></b>	<a href="#">Register Here</a>
<b>Thursday, January 15, 2026</b> 2:00 PM to 3:00 PM	<b><i>Holding Steady to Support Students Experiencing Homelessness: Strategies for Building Compassion Resilience</i></b>	<a href="#">Register Here</a>
<b>Friday, January 16, 2026</b> 8:30 AM to 11:30 AM	<b><i>Overdose Grief, Loss and Healing Supports</i></b>	<a href="#">Register Here</a>
<b>Friday, January 16, 2026</b> 1:00 PM to 2:00 PM	<b><i>TeleBehavioral Health 2026: Telehealth and TeleBehavioral/TeleMental Health Policy Update</i></b>	<a href="#">Register Here</a>
<b>Tuesday, January 20, 2026</b> <b>Wednesday, January 21, 2026</b> <b>Thursday, January 22, 2026</b> 12:00 PM to 2:00 PM	<b><i>Theory &amp; Practice of Motivational Interviewing</i></b> <b>3-Part Series</b>	<a href="#">Register Here</a>
<b>Wednesday, January 21, 2026</b> 12:00 PM to 1:30 PM	<b><i>What Supervisors Need to Know About Peer Support Supervision: The Foundations of Successful Supervision</i></b>	<a href="#">Register Here</a>
<b>Friday, January 23, 2026</b> 9:00 AM to 10:00 AM	<b><i>Self-Care &amp; Wellness for ALL</i></b>	<a href="#">Register Here</a>
<b>Monday, January 26, 2026</b> 9:00 AM to 12:00 PM	<b><i>Group Facilitation Skills for Alcohol &amp; Other Substance Use Counselors</i></b>	<a href="#">Register Here</a>
<b>Thursday, January 29, 2026</b> 12:00 PM to 1:00 PM **Office Hour Session 1:00PM to 1:30 PM	<b><i>Suicide Prevention in Follow-up Care: Strengthening Safety Planning and Risk Monitoring</i></b>	<a href="#">Register Here</a>
<b>Thursday, January 29, 2026</b> 1:00 PM to 1:30 PM	<b><i>Ready-to-Use Resources: Session 3</i></b> <a href="#">Centering Families in Outpatient Treatment</a>	<a href="#">Register Here</a>
<b>Friday, January 30, 2026</b> 8:30 AM to 11:30 AM	<b><i>Core Principles of Addiction Counselor Ethics</i></b>	<a href="#">Register Here</a>



## 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](#)

## External On-Demand Trainings

[Reducing Risk Factors for Youth Substance Misuse on the Road to Prevention Success](#)

[De-Escalation, Basic Tools for Social Workers](#)

[Unlock the Power of Protective Factors with the Social Development Strategy](#) | [Webinar Slides](#)

[NAMI Ask the Expert: Recognizing and Overcoming Barriers to Mental Health in Rural America](#)

[Co-Occurring Psychiatric Illness and Substance Use Disorder](#)

## Resources

[Provider Toolkit - Iowa Primary Care Association](#)

[HIPAA FAQs for Professionals](#)

[10 Steps for Developing a Sustainment Action Plan](#)

[Native American Veteran Suicide Prevention](#)

[Improving Utilization of Long-Acting Medications: Toward Standardized Measures](#)

[We Need Housing! Now What? - A Resource for Families to Navigate Housing](#)