

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

Thursday, January 8, 2025 1:00 PM to 3:00 PM	Conversations on Access to Lethal Means (CALM Conversations) *IBC approved for 2 hrs. / Counseling Theories & Techniques	Register Here
Tuesday, January 13, 2025 1:00 PM to 2:00 PM	Application Session: Safety Planning for Behavioral Health Professionals *IBC approved for 1 hr. / Generic	Register Here

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.

Wednesday, January 7, 2025 9:00 AM to 10:00 AM	Mood & Anxiety Disorders	Register Here
Wednesday, January 14, 2025 9:00 AM to 10:00 AM	Schizophrenia Spectrum and other Psychotic Disorders	Register Here
Wednesday, January 21, 2025 9:00 AM to 10:00 AM	Trauma- and Stressor-Related Disorders	Register Here
Wednesday, January 28, 2025 9:00 AM to 10:00 AM	Neurodevelopmental & Behavioral Disorders	Register Here



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

[2025](#)

[2024](#)

[2023](#)

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
<u>February 27 - 28, 2026</u> DMACC Newton Convention Center Register Here	<u>April 13 - 16, 2026</u> Holiday Inn & Suites Des Moines - Northwest Register Here
<u>April 17 - 18, 2026</u> Holiday Inn & Suites Des Moines - Northwest Register Here	

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, January 13, 2026 8:00 AM to 9:30 AM	Presenter: Jennie Keleher Meeting ID: 937 6554 4073 Passcode: 441944	Zoom Link
Tuesday, January 27, 2026 2:30 PM to 4:00 PM	Presenter: Sandy Reese Meeting ID: 849 6424 8426 Passcode: 418187	Zoom Link

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

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

January External Live Trainings (cont.)

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

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](#)