

THE LRE NEWSLETTER

Winter
2024



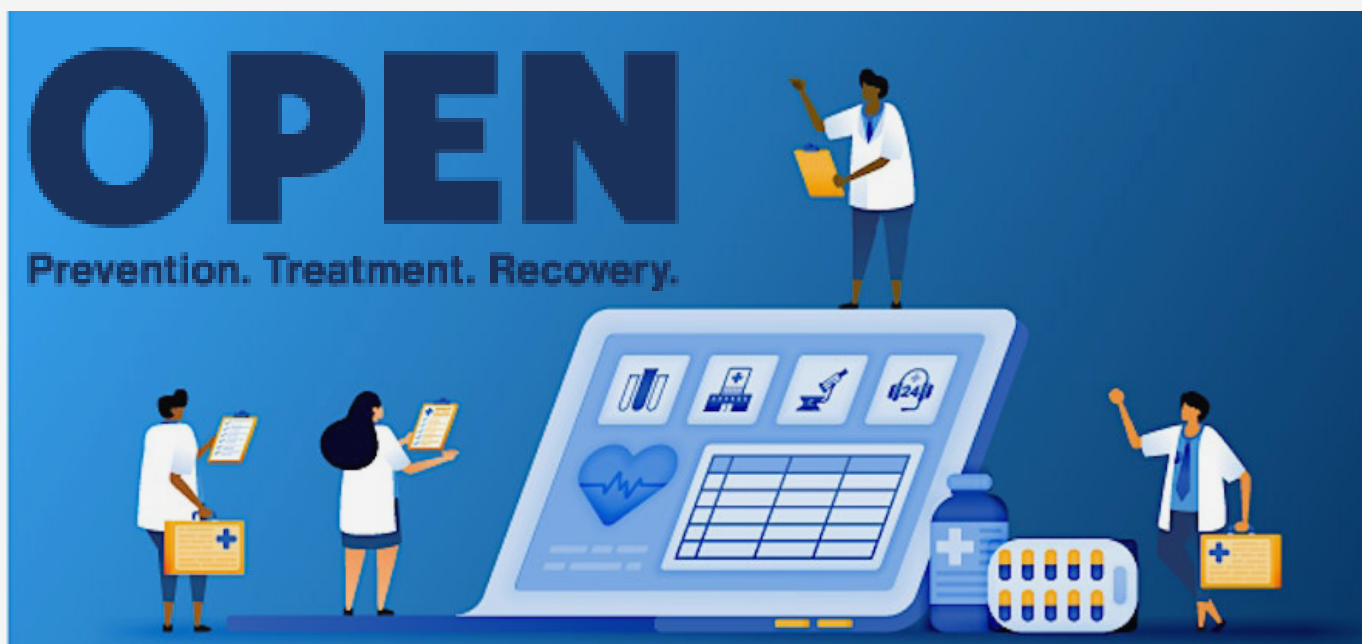
The **Main** Thing

February is Black History Month. Check out a note from our CEO, **Mary Marlatt-Dumas** below.

From The CEO Mary Marlatt-Dumas

In recognition of Black History Month, I would like to focus our attention on the importance of addressing mental health in our black communities. Roughly 37 million people, identify themselves as Black or African American in the United States. The Black community has made enormous contributions to the ongoing fight for social, racial, and economic justice. Despite these efforts, true social justice among the Black community will remain incomplete until mental health disparities among this group are addressed.





The [Overdose Prevention Engagement Network \(OPEN\)](#) is a diverse team dedicated to improving lives and reducing harms of substance use. By engaging with individuals, communities, and organizations, we share education and resources to strengthen person-centered prevention, treatment, and recovery. In early 2024, The Opioid Prescribing Engagement Network and Michigan Opioid Collaborative merged to form a new OPEN – the Overdose Prevention Engagement Network. This strategic integration allows us to more broadly and efficiently address the full continuum of opioid and substance use disorders – from prevention through treatment.

The Overdose Prevention Engagement Network (OPEN) invites you to our upcoming Medication for Opioid Use Disorder (MOUD) trainings. This year, we are incentivizing Primary Care Providers with \$250 to complete one of our MOUD training to encourage confidence and willingness to help expand access to MOUD treatment.

Each Training offers

4 FREE CME credits

First 250 Primary Care Providers (PCPs) registered receive incentive

February, March and September dates available

Medication for Opioid Use Disorder Trainings

Ensuring prescribers have the knowledge to initiate MOUD is imperative to helping patients with opioid use disorder. Blue Cross/Blue Shield will provide a \$250 incentive to Primary Care Physicians who attend this MOUD training. The incentive will be limited to the first 250 registered primary care physicians, so please register early to ensure a spot. Please click on the dates below to register for a training session.

- [February 27, 2024: 1-5pm](#)
- [March 6, 2024: 8am-12pm](#)
- [September 16, 2024: Noon-4pm](#)



Mental Health is an essential part of overall physical health and satisfaction. The Black community suffers from an increased rate of mental health concerns, including anxiety and depression.

Research suggests that the adult Black community is 20% more likely to experience serious mental health problems, such as Major Depressive Disorder or Generalized Anxiety Disorder. Additionally, Black emerging adults (ages 18-25) also experience higher rates of mental health problems and lower rates of mental health service utilization compared to White emerging adults, and older Black adults. These sobering statistics suggest that despite efforts to reduce disparities among race and class in the US, inequalities are increasing. Further research is required to understand the factors associated with lower utilization of mental health care among the Black community. Some factors include lack of trust in the medical system due to historical abuses of Black people in the guise of health care, less access to adequate insurance, culturally responsive mental health providers, financial burden, and past history with discrimination in the mental health system.

There is a need for improved cultural awareness and corresponding responsiveness in the health care and mental health workforce. Research has found that the lack of cultural responsiveness from the therapist, cultural mistrust, and potential negative views from the therapist associated with stigma impact the provision of mental health services in the Black community. Luckily, with the rise of social media and improved awareness related to mental health, the development of and funding for culturally responsive mental health treatment are increasing.



LRE Training Opportunities



Ensuring Accessibility in Member Documents Lunch and Learn Trainings

This training is recommended for everyone who works with **notices or documents intended for those we serve**. Attendees will learn:

- How to identify and correct barriers to accessibility in their own writing
- Ways to meet the MDHHS 6.9 grade reading level requirement
- How to meet the accessibility requirements of 42 CFR
- Common errors and how to avoid them
- Person-centered writing/active voice.

For more information, contact Mari Hesselink at Marih@lsre.org.

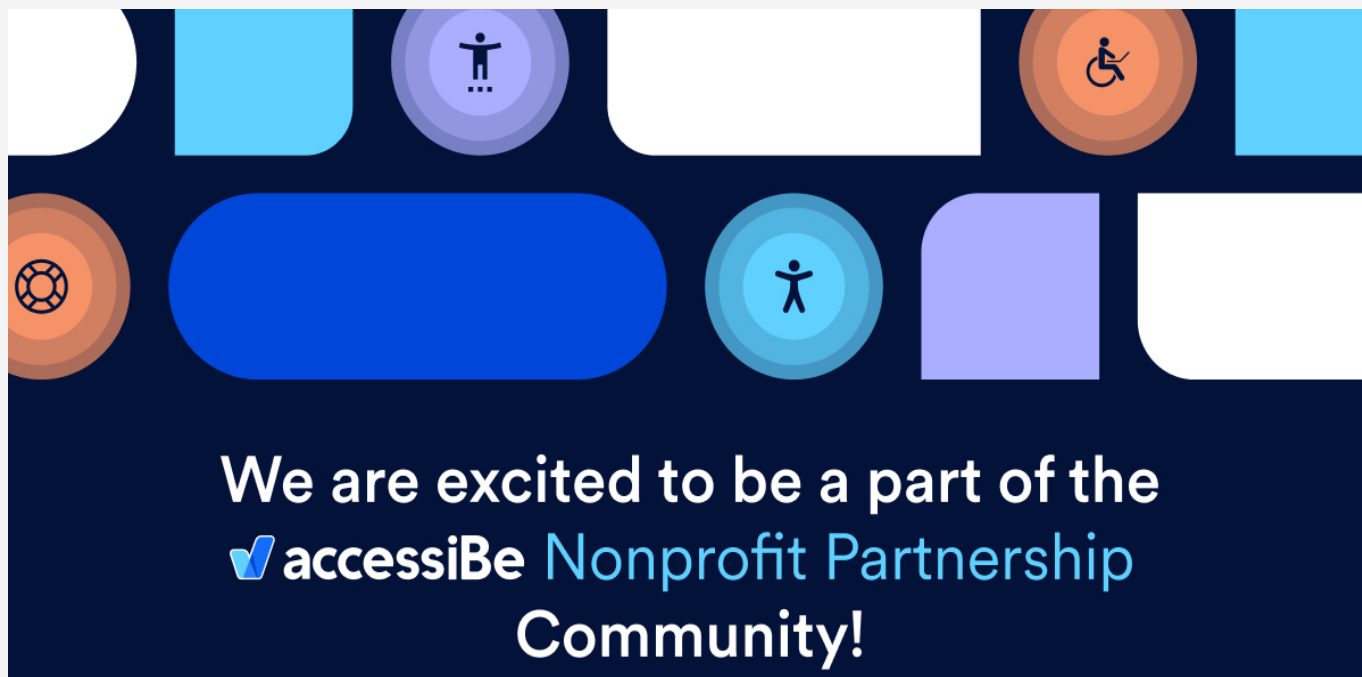
Upcoming training dates:

- **March 7, 2024**
- **May 16, 2024**



NABD Lunch & Learn Training Opportunities

This training is designed to help learn the basics of filling out a **Notice of Adverse Benefits Determination** (NABD) and when it should be utilized. These trainings are held quarterly. The next training opportunity will be Friday, April 27 from 12-1pm. for more information please contact Michelle Anguiano at MichelleA@lsre.org. Trainings will be held on a quarterly basis during 2024.



The [Lakeshore Regional Entity](#) is proud to partner with [Accessibe](#) to make sure our website is ADA compliant.

One area that can be difficult to be ADA compliant is a website. With the help of Accessibe, the LRE website has the tools to help people with special needs have an easier website viewing experience.

Click on the circle with a person in the bottom right corner of LSRE.org and you will be able select how to navigate the website in a way best suited to your individual needs.

Lakeshore Regional Entity CMH 2024 Site Review Schedule

Ottawa: February 5-9

West Michigan: March 4-8

Network180: May 6-10

OnPoint: June 10-14

HealthWest: July 29-August 2

Provider Network Adequacy Council (PNAC) Schedule

April 26, 2024

July 26, 2024

October 25, 2024



Parenting Awareness Michigan

We believe informed and effective parenting is a key factor in alcohol, tobacco, and other drug use prevention, as well as child abuse and neglect prevention.



Parenting Awareness Michigan is dedicated to empowering and supporting parents and caregivers by cultivating healthy parenting practices for raising resilient, and socially and emotionally competent children. March is the month we celebrate and focus on the foundation of society: **parenting!** During this time, we raise awareness about the essential role parents play in shaping the well-being of individuals and communities. By fostering awareness, education, and support, Parenting Awareness Month contributes to the overarching goal of cultivating environments that nurture the physical, emotional, and social development of children.

Parenting Awareness Michigan: Guiding Principles

- We value, embrace, and respect the diversity and uniqueness of everyone and all families.
- We believe informed and effective parenting is a key factor in alcohol, tobacco, and other drug use prevention, as well as child abuse and neglect prevention.
- We believe that everyone deserves access to the knowledge and tools necessary to provide and foster a nurturing and healthy environment for children.
- We value collaboration and the strength that comes from sharing experiences and resources among parents/caregivers, families, professionals, and communities.
- We believe in the importance of active education of state and local leadership to support and build strong families, communities, and resilient children.

SAMHSA Overdose Prevention & Response Tool Kit

SAMHSA

In January, SAMHSA brought together thousands of prevention advocates and professionals from across the country to discuss advances in the field and future opportunities as part of the celebration of the 20th Anniversary of Prevention Day. As part of the celebration, SAMHSA Leader Dr. Miriam Delphin-Rittmon announced an update to the [Overdose Prevention & Response Toolkit](#). The updated toolkit provides guidance on opioid overdose reversal medications, addresses stimulant overdoses, and includes population-specific information. Anyone can now see how they can help address the overdose crisis, whether they are a bystander, medical provider, first responder, or person who uses drugs.



The LRE Board of Directors

The Lakeshore Regional Entity Board of Directors **meeting is on the 4rd Wednesday of each month**. Unless otherwise noted, prior to each Board meeting a Work session is scheduled for 11am. The Board meetings are held in person at the GVSU-Muskegon Innovation Hub, 200 Viridian Dr., Muskegon, MI 49440. Please note, the November & December meetings are on the 3rd Wednesday, due to the Thanksgiving & Christmas Holidays.

Upcoming Board
Meetings

February 28, 2024

March 27, 2024

April 24, 2024

Lakeshore Regional Entity

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