

*News, programs and training opportunities / Distributed to all members*



Regional Care Group Member

**We are delighted to welcome Regional Health Systems for this month's Member Spotlight feature.**

Regional Health Systems is a community mental health center and federally qualified health center located in Lake County, Indiana, currently serving more than 7,000 patients annually ...

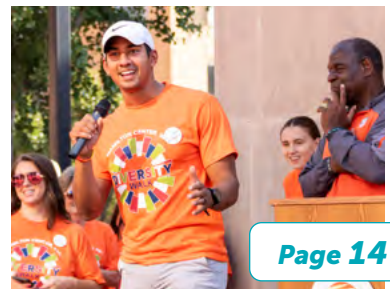
**Read more... See page 8 - 13**

**Also this issue:**



**Pages 16 - 19**

**State & Federal updates**



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**Recent events**

## Dear members, affiliate members, partners, and key stakeholders!

**I am writing this letter on National Suicide Prevention Day.** I want to take a moment to thank all of you who participate in prevention efforts in our state. I also want to take the moment to let you know that you are not alone. If you need help, please know that Indiana, and our system, has been leading in crisis response nationally, by having someone to call, someone to respond and somewhere to go. **Please call 988 if you or someone you know needs mental health and/or substance use disorder help.**

It is also **National Recovery Month**. Again, my heartfelt thanks to all of you who have helped people find recovery and to all people that are in recovery that serve such a crucial role as peers in our state.

**For more information on Recovery Month and Suicide Prevention Month, please see page 7.**

Lastly it is **Hispanic Heritage Month**, and I am thankful for the efforts of our Racial, Equity, and Leadership Committee (REL) as well as our Hispanic members who help in providing culturally and linguistically appropriate services for all. The REL committee will be starting a connect hub in October with a keynote speaker on October 17. To learn more about this hub and speaker **see page 20-21**

As I write this we just learned that **Jay Chaudhary**, Director of Indiana Division of Mental Health and Addiction and the Chair of the Governor's Behavioral Health Commission, will be leaving this role effective October 11, 2024. I want to take a moment to recognize Jay in his role at DMHA and with the commission. Through his leadership we were able to see through SB 1 that set the foundation for Certified Community Behavioral Health Clinics and Crisis

Services within our system. Jay was the Indiana Council's Mental Health Advocate of the Year in 2023 for his work. I am forever grateful for his collaboration and support.



While we are in the midst of state transition it is critical for us to be focused on getting CCBHC to the finish line for all 24 CMHCS come 2027. Please see the transformation talking points on CCBHC **on page 6.**

We are also in the midst of a federal transition, and I am thankful for our federal legislature support. One of the most impactful rules that just rolled out this week is **Mental Health Parity and Addiction Equity Act (MHPAEA)**. Please see the update on this and the resources for providers from the Department of Labor **on page 18.**

The council will be visiting DC this coming week to award our Federal Legislator of the Year award to **Representative Larry Bucshon**. For more about this award please **see page 6.**

Parity will also be addressed by **Indiana's Governor's Behavioral Health Commission report** that will be coming out in October. The council will be sharing and advocating for the recommendations in this report that are aligned with our public policy platform.

There are so many other things taking place statewide as far as events and funding opportunities so please visit the state updates. There are also many things taking place with our membership. You can get more information on both of these on **pages 16 - 18.**

I do want to thank **Regional Health Systems for being our CMHC highlight this month.** I had the opportunity to attend their Crisis Stabilization Services and Receiving opening awhile back. They gave me a

## WELCOME

sledgehammer to knock down a wall to this service. How symbolic that was! That they have and our system has been knocking down so many walls to see our vision of building the health and wellbeing for all Hoosiers! **Read all about Regional Health Systems on pages 8 - 13**

It is hard to believe I will be seeing most of you on October 9 - 11 for our **in-person committee meetings, CCBHC conference and business meeting**. If you have not yet registered, please see more information on our conference and to **register here**. It is an event you will not want to miss!

We will be voting for two new board members since **Katy Adams** and **Dr. Danita Johnson Woods'** terms are ending. I want to take this opportunity to thank these two women leaders for their vision, collaboration, and support. You will be missed but the vision that you set forth for our system will continue as we welcome the new members.

A member we will not be seeing in October is **Dan Peck**, CEO of Swanson Center. Dan has accepted a position in New Jersey and will be relocating while we are at our conference. I want to take a moment to recognize Dan. He has been an engaged council member and someone I consider a friend. Swanson and those they serve are better and stronger because of your leadership. I welcome Swanson's **interim CEO, Katie Jasnieski**, who is no stranger to the council since she has been Swanson's Chief Clinical Officer for quite some time. Please join me in welcoming Katie to her new role and wishing Dan the best in his.

**While the leaves might not be in full color yet, they are transforming just like our system. We are in the midst of a transformation - CMHC to CCBHC.** We must stay diligent and focused on keeping our CMHC system and the CCBHC transformation at the forefront and at the table. I look forward to being at the table with you in October. By then we might be able to see some of the beautiful fall leaves together. They are transforming just like our system ... Beautifully!

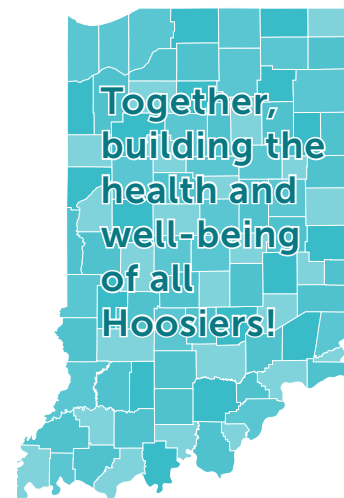
*In advocacy,*

Zoe

**Zoe Frantz** President, CEO  
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## The Indiana Council of Community Mental Health Centers

represents the collective interests of all community mental health centers (CMHCs) currently certified and accredited to provide community-based behavioral health services across all ninety-two counties in Indiana.

**CMHCs in Indiana served over 300,000 behavioral health consumers in 2023.**

CMHCs provide services primarily to those suffering from severe behavioral health and substance abuse conditions which further reduce additional costs to society by directing coordinated care to our most vulnerable citizens.

Click the image below to view / download our flyer on the benefits provided to our communities by our network of CMHCs.

**INDIANA COUNCIL** **How do CMHCs benefit their communities?**

Indiana's Community Mental Health Centers (CMHCs) provide comprehensive mental health care to persons of all ages who suffer from mental illness or substance use disorders.

- The 24 CMHCs focus on serving economically disadvantaged Hoosiers and those who typically encounter difficulties accessing care.
- The services CMHCs provide to their communities include: inpatient and outpatient treatment, crisis services, services for children and adolescents, elderly people, substance use services, residential services, peer-led services and more.
- CMHCs provide life-improving, critical mental health services to Hoosiers who otherwise might never receive care, including the economically disadvantaged, persons involved in the criminal justice system, and persons who are experiencing homelessness.

**Access to high quality, comprehensive behavioral health care**

**Development of behavioural health workforce**

**Addressing the behavioural health care needs of underserved communities**

**Innovative service delivery approaches**

**Total Economic Impact for Indiana**  
\$1,382,440,371 ANNUALLY  
\$510,369,303 NOW-DIRECT \$872,080,068 INDIRECT

**Tax Revenue Generated**  
\$186 Million ANNUALLY  
\$28.5 MILLION STATE & LOCAL \$50.6 MILLION FEDERAL

**Employment**  
15,304 TOTAL JOBS  
3,511 NOW-DIRECT 11,829 INDIRECT

**CMHCs have a positive impact on Indiana's economy.**

- The overall economic footprint of CMHCs statewide is nearly \$1.4 billion
- CMHCs directly employ 11,829 Hoosiers, and indirectly support the jobs of an additional 3,511 Hoosiers through the supply chain, and via income generated by the CMHCs.
- Every \$1.00 invested by CMHCs generates another \$0.59 in additional economic activity.
- CMHCs help improve the state's mental healthcare workforce by providing internships to graduate students to learn skills needed to work in a community mental health environment.

**How can you support Indiana CMHCs?**

CMHCs face many challenges, the biggest of which are acquiring and retaining a quality workforce, lack of adequate funding, and administrative burdens. The following measures would assist CMHCs to provide Hoosiers with more effective and timely services...

- Continue Telehealth supports, integrated care-to-face services, as during the first year of the Covid-19 pandemic.
- Continue and expand the Certified Community Behavioral Health Center (CCBHC) grantee program, implement Prospective Payment System rate methodology.
- Increase Medicaid reimbursement rates to reflect the true cost of services.
- Provide incentives to work at CMHCs, such as student loan repayment or tuition reimbursement.
- Improve the licensure process by removing barriers to get a license more quickly.
- Reduce the administrative burden to CMHC staff by streamlining processes and reducing paperwork.
- Allow reimbursement of support services for contractors, such as transportation to and from the CMHC.
- Improve Hoosiers' mental health literacy to help them recognize, manage and prevent mental, health and substance use disorders.

Text adapted from The Impact Of Indiana's Community Mental Health Centers by the Center for Health Policy. View /download the full report here

Indiana Council of Community Health Centers, 301 West Ohio Street, Suite 600, Indianapolis, IN 46204 (317) 694-3684 indianacouncil.org

or scan this QR code:



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## ANDY'S UPDATE

### Grant Update

#### A lot of great news regarding our grants.

- The group home grant has provided over \$2.5 million dollars to our centers to both renovate existing group homes and the purchase of new buildings to increase and preserve bed capacity.
- The REL grant has reached its end, and the last claim has been filed for those funds.
- Bridge grant funds continue to be issued on a quarterly basis, and COVID grant funds are being claimed and issued monthly.
- We hope to share some news regarding the Humana grant soon, as it will provide funding for center employees who work with our aging population in Indiana.



[Click here to Contact Andy](#)

We continue to keep you posted of any new grant opportunities, and advocate for funding for our centers. We hope everyone has a great end of the summer and start of the fall!

Thank you,

#### Andy Zellers

Indiana Council Grant Administrator and Policy & Research Analyst

### A special event at Family Health Center

Lt Governor Suzanne Crouch asked one of our county commissioners, Kellie Streeter, to visit Knox County and speak about mental health initiatives. We at Family Health Center were delighted to host. During this event we were able to hear the latest from Lt. Governor Crouch on the State's initiatives for Mental Health as well as Family Health Center program leaders on Youth Prevention Programs and Crisis Services.

*Right above: Resident & CEO of Family Health Center, Jennifer Emmons during Conversation with Lt. Governor Suzanne Crouch*

*Right below: Kelly Streeter, President, Indiana County Commissioners at Family Health Center - Conversation with Lt. Governor Suzanne Crouch*





## Indiana Council Honors Congressman Larry Bucshon, M.D. as Federal Legislator of the Year

The Indiana Council of Community Mental Health Centers is proud to announce that Congressman Larry Bucshon, M.D. has been named the 2024 Federal Legislator of the Year. This prestigious award recognizes his unwavering commitment to improving mental health care and expanding access to behavioral health services across Indiana and the nation.

Congressman Bucshon, representing Indiana’s 8th District, has been a tireless advocate for legislation that supports Certified Community Behavioral Health Clinics (CCBHCs), addressing critical gaps in care for individuals facing mental health and substance use challenges. His leadership in promoting federal policies that increase funding for mental health services, workforce development, and community-based care has made a lasting impact on Indiana’s most vulnerable populations.

“Congressman Bucshon has demonstrated a deep understanding of the mental health challenges faced by Hoosiers and has worked diligently to ensure that everyone has access to the care they need,” said Zoe Frantz, CEO & President of Indiana Council. “His efforts have significantly contributed to the growth and sustainability of CCBHCs, helping to transform the way mental health care is delivered in Indiana.”

The Indiana Council of Community Mental Health Centers remains committed to working alongside local, state, and federal partners to enhance mental health services and support the ongoing success of CCBHC in Indiana. With the continued support of leaders like Congressman Bucshon, Indiana Council looks forward to a future where every individual has access to the mental health care they need.

### CMHC to CCBHC - A transformative transition

Indiana Council has produced this useful flyer with a summary of talking points to help explain the transformation from CMHC to CCBHC.

**Click to view / download the flyer here**



## COMMUNITY UPDATE

# Recovery Month

September is Recovery Month, a great time to think about what makes life meaningful,

What inspires you? What sparks joy?

Relationships and social networks lead to friendship, love, hope, and support.

Recovery can be a more manageable journey with the support of others.

Together, we can make long-term recovery a reality for everyone, regardless of who they are and where they are in their journey.

[Read more here](#)



## September is Suicide Prevention Month

September marks **Suicide Prevention Month** – a time to remember the lives lost to suicide, the millions who have struggled with suicidal thoughts & the individuals, families, and communities that have been impacted.

**Create hope** in your family and your community by educating yourself about suicide prevention.

**Learn the warning signs** and risk factors for suicide, how to support someone considering suicide, and familiarize yourself with the **988 Lifeline**.

**The world needs YOU!**





# **REGIONAL HEALTH SYSTEMS**

Regional Care Group Member



*Regional Health Systems Crisis C.A.R.E. Unit Ribbon Cutting:  
RHS Leadership, Board, and local officials*

**Regional Health Systems is a community mental health center and federally qualified health center located in Lake County, Indiana.**

**As a member of Regional Care Group, our purpose is to provide affordable care to all people regardless of age, income or circumstance. We are Indiana's largest and most comprehensive network of community-based healthcare and social services. Our organizations are here for individuals and families for all seasons of life.**

As a network of human service organizations, Regional Care Group offers integrated care — a one-stop shop for health care and social services across an individual's lifespan. Despite our expansion in scope and scale, we haven't lost sight of what matters. In simple terms, we walk alongside people in their life journey — providing support and compassion.

Regional Care Group also includes **Geminus** and **Lake Park Residential Care**. Geminus provides social services to children and families. Lake Park Residential Care provides assisted living and housing to homeless and low-income adults coping with complex and severe mental health issues.

Our Continuum of Care connects community members with the care and assistance they need to get through life. Head Start children can receive care at one of our eight health care locations or catch the mobile clinic when it stops by. The mobile clinic offers health screenings, lab work and dental services. Health care staff assist with the needs of residents in the assisted living program. Every part of our organization connects and strengthens each other.

Regional Health Systems is constantly trying to better itself for the needs of our community. We introduced a residency program three years ago to help train future providers in our field. Last year, our mobile clinic made its debut to the public. This year our doors opened to a new crisis receiving unit.

**As Northwest Indiana grows and new needs are demanded, Regional Health Systems will continue to expand. We are dedicated to providing care today, for better tomorrows.**



## REGIONAL HEALTH SYSTEMS

### Building the Future of Mental Health Care: Regional Health Systems Launches Northwest Indiana's First Psychiatry Residency Program

**In a bold move to tackle the mental health crisis in Northwest Indiana, Regional Health Systems, in partnership with Indiana University School of Medicine and the Northwest Indiana Graduate Medical Education Consortium, launched the region's first psychiatry residency program.**

This program directly addresses the critical shortage of mental health professionals in the area, which has been designated by the United States Health Resources and Services Administration (HRSA) as a high-needs region for mental health care.

The residency program is already making a tangible difference. Regional Health Systems has recruited 14 residents, who are being immersed in comprehensive training across various psychiatric disciplines, including inpatient care, addictions, child and adolescent mental health, and primary care. With three cohorts of resident students at Regional Health Systems, the first group is set to graduate in 2026. What sets this program apart is its hands-on approach, allowing residents to follow patients throughout their care, equipping them with the experience to manage complex, long-term psychiatric conditions.

"This program is not just about training doctors—it's about creating lasting change in the way mental health is addressed in our community," said Bill Trowbridge, CEO of Regional Health Systems. "We're building a pipeline of highly skilled psychiatrists who will serve our most vulnerable populations and ensure that everyone, no matter their circumstances, has access to the care they need."

Dr. Kobie Douglas, Chief Medical Officer and residency director at Regional Health Systems, emphasized the life-saving impact this program will have. "We

understand that depression, addiction, and trauma can be fatal. This program allows us to train young doctors to intervene at critical moments and save lives."

This psychiatry residency program is more than just an educational initiative—it represents a significant step toward addressing the long-term public health needs of the region's most underserved communities. By expanding residency opportunities locally, Regional Health Systems is not only building a stronger mental health workforce but also ensuring that many of these new psychiatrists will stay in the area, reducing disparities in access to care.

Through this initiative, Regional Health Systems continues to lead the charge in transforming mental health care in Northwest Indiana, making a positive, lasting impact on the community.



*Kobie Douglas M.D., Chief Medical Officer (center) with Dr. Cory Mahler, Dr. Dasia McClain, Dr. Manisha Byreddy, Dr. Sotirios Travlos*



## Immediate Care, Lasting Impact: Regional Health Systems Launches Crisis C.A.R.E. Unit to Transform Mental Health Support

On July 16, 2024, Regional Health Systems took a bold step in transforming mental health care in Northwest Indiana with the launch of its innovative **Crisis C.A.R.E. Unit at the Merrillville Care Center.**

This new facility, which has been in development for over a year and a half, provides immediate, life-saving support to individuals experiencing a mental health crisis.

“The Crisis C.A.R.E. Unit is a game-changer,” said **Bill Trowbridge, CEO of Regional Health Systems.** “Instead of waiting for an appointment, anyone in crisis can walk in and receive immediate care, just like an urgent care center—but specifically for mental health emergencies. Whether someone is dealing with a serious mental health crisis or just needs help getting through a tough time, they can come here and get help on the spot. This will transform the landscape of mental health care in our community.”

Regional Health Systems has long been a leading force in Lake County’s Crisis Intervention Team (CIT), working closely with local law enforcement to address mental health emergencies more effectively. The Crisis C.A.R.E. Unit is a natural extension of this partnership, providing a crucial resource that meets the needs of both the community and law enforcement. By offering a safe, welcoming space for those in crisis, the unit helps to decriminalize mental health, giving officers an alternative to jail or emergency rooms.

Angela Comsa, Chief Clinical Officer, emphasized the importance of this new resource. “Finally, we have a warm, welcoming place where people can turn in their most vulnerable moments. No more worrying about whether to take them to a hospital or call the



police—now, there’s a better option. This partnership will ensure that those in crisis get the help they need,



*Bill Trowbridge, CEO, giving a tour of the Crisis C.A.R.E. Unit.*

without the stigma or criminalization that too often accompanies mental health issues.”

**The Crisis C.A.R.E. Unit is set to become a cornerstone of mental health care in the region, offering immediate, compassionate support while strengthening the collaboration between mental health providers and law enforcement to create lasting, positive change in the community.**

## REGIONAL HEALTH SYSTEMS

### Partnering for Brighter Futures: Regional Health Systems and Geminus Head Start Unite for Children’s Mental Health

**At Regional Health Systems, nurturing the growth, development, and mental health of children is at the heart of what we do. Like us, Geminus Head Start has a shared commitment to children’s wellbeing.**

A collaboration between the two entities brings vital mental health care directly to children from low-income families. Together, we’re ensuring that every child receives the support they need for their cognitive, social, and emotional development.

**Geminus Head Start** is more than just an early childhood education program; it’s a lifeline for the behavioral and physical health of its students and their families. To complement this, Regional Health Systems offers a specialized program that serves children aged 3 to 5, focusing on identifying and addressing behavioral health issues early—before they enter the traditional school system.

As part of this partnership, Regional Health Systems provides on-site consultations to Head Start staff and teachers, equipping them with the tools to identify students who could benefit from behavioral health services. Following these consultations, students and families can access in-home services and a wealth of resources designed to meet their unique needs. Our team offers classroom training, hands-on support, and family services, ensuring no child’s needs go unnoticed.

Additionally, Regional Health Systems and Geminus Head Start staff collaborate to teach Conscious Discipline techniques to identified parents as part of the comprehensive care we provide to children and families. With this support, one parent transformed their relationship with their child. “We noticed a lot of positive changes,” shared the Geminus Early Head Start staff. “The parent strengthened their connection with the child, making a real difference.”

By addressing mental health concerns early, we’re not



*CEO Bill Trowbridge with the Head Start team*

just improving outcomes for today—we’re laying the foundation for a brighter future for these children.

**Together with Geminus Head Start, we’re making a lasting impact on the wellbeing of our community’s youngest members.**

### Family Preservation: A Strong Partnership for Whole Family Support

**At Regional Health Systems, our mission is to empower families to stay together and overcome challenges.**

Through our Family Preservation Services program, in partnership with the Indiana Department of Child Services (DCS), we offer crucial support to families at risk of child removal due to abuse, neglect, or safety concerns. What sets us apart is our seamless collaboration with Geminus and its Community Partners Program, creating an integrated network of care that addresses both immediate family needs and long-term stability.

Families receiving services from Regional Health Systems benefit from intensive, in-home interventions such as safety planning, parenting education, and support for issues like substance abuse or domestic violence. Our interventions help create safe, nurturing environments where children can thrive. One parent shared, “I am very grateful for the program; I really see a change in my son, Jarrod. The program is really needed for the youth today.”

The partnership with Geminus adds an additional

layer of support, connecting families with vital social services like financial assistance, healthcare access, and parenting coaching. These services are woven into the treatment plan, offering holistic care that reinforces the interventions provided by Regional Health Systems. As one family noted, “This program is helping more than I thought it would. This is exactly what I asked for from my judge.”

Together, Regional Health Systems and Geminus ensure families receive the full spectrum of care, combining therapeutic interventions with social services to create long-lasting stability. Whether through Family Preservation Services or the Community Partners Program, our united approach provides families with the support they need to build a brighter future—here for good, here to help.

### **A Night with the Stars: Celebrating Community at New Beginnings Clubhouse**

**New Beginnings Clubhouse, part of Regional Health Systems, continues to expand its mission of empowering individuals living with mental illness at its Merrillville location.** As a member-run organization, New Beginnings Clubhouse helps people regain self-worth, purpose, and dignity by offering opportunities to reintegrate into family, employment, education and community life.

Operating on the Clubhouse Model, New Beginnings Clubhouse is more than a mental health service—it’s a community where members and staff work side by side to manage the Clubhouse like a business. This unique

approach fosters recovery through meaningful work, allowing members to build skills that promote personal growth and reintegration into society.

On June 21, 2024, members celebrated with the community at the New Beginnings Prom: A Night with the Stars. Planned by the members and for the members, the event featured food, music, a 360-photo booth, and plenty of dancing. Prom-goers dressed in their finest and enjoyed an evening of fun, friendship, and celebration—all while helping to stomp out the stigma surrounding mental illness.

Through events like this prom, New Beginnings Clubhouse reinforces its commitment to creating a sense of belonging and pride, empowering individuals on their recovery journey. The impact of the Clubhouse Model is perhaps best captured in the words of Dashawn P., a long-time member:

“Being a member of New Beginnings Clubhouse has been a transformative experience for me. I have had the opportunity to meet new friends and build my confidence in ways I never thought possible. The Clubhouse Model has equipped me with essential socialization skills and provided valuable resources for employment and education opportunities. The structured daily routine at the Clubhouse has helped me prepare for everyday life scenarios.”

**At New Beginnings Clubhouse, the focus remains on creating an environment where members can grow, thrive, and feel a sense of purpose as they continue on their path to recovery.**



*New Beginnings Clubhouse Members and Staff on Prom Night, 2024.*

## REGIONAL HEALTH SYSTEMS

### Celebrating 10 Years of Care: Regional Health Systems Marks a Decade of Primary Care in Northwest Indiana

This year, Regional Health Systems celebrates the 10th anniversary of opening its first Federally Qualified Health Center (FQHC) in Hammond, a critical milestone in the organization's ongoing mission to meet the healthcare needs of Northwest Indiana. Initially focused on addressing gaps in primary care for individuals with chronic mental illness, the Hammond clinic laid the foundation for Regional Health Systems' expansion. Since then, additional health centers have opened in East Chicago, Merrillville, and a second Hammond location.

In 2016, Regional Health Systems broadened its offerings with the addition of a dental suite, responding to growing community needs for accessible oral healthcare. Now, as the organization marks a decade of providing comprehensive services, it continues to evolve, soon offering mammogram screenings to further support preventative care.

**Regional Health Systems' clinics currently serve more than 7,000 patients annually, with 95% residing in Lake County, Indiana.** As Amy Lopez, Executive Director of the Health Clinic and Vice President of Primary Care at Regional Health Systems, explained, "We've always expanded services based on what the community and our patient population need. Bringing care directly to the community helps us reduce barriers so patients can receive the preventative and primary care they need to stay healthy."

**As Regional Health Systems celebrates this decade of growth and care, it remains focused on continuing to adapt and expand its services to meet the needs of the communities it serves, ensuring that comprehensive healthcare remains accessible to all.**



*Regional Health Systems' Mobile Health Clinic*

Reflecting on the organization's commitment to access, Regional Health Systems launched a 30-foot mobile health care unit, designed to bring primary care and preventative services directly to underserved communities. "Our new mobile health clinic isn't just a vehicle. It's a symbol of our promise to the community," said Bill Trowbridge, CEO of Regional Health Systems. "A promise that says we're here for you, that we're committed to being part of the solution to better health, wherever and whenever you need us."



**20** Regional Health Systems  
8555 Taft Street, Merrillville, IN 46410  
Designated in: LAKE

[www.rhs.care](http://www.rhs.care)

## Hamilton Center celebrates diversity and inclusion during the 10th annual Diversity Walk

**On Saturday, August 24, Terre Haute and surrounding communities came together to celebrate diversity and inclusion during the tenth annual Diversity Walk.**

The Diversity Walk, sponsored by **Hamilton Center, Inc.**, is a free event in downtown Terre Haute that welcomes all people of varying ages, races, creeds, colors, orientations, and abilities to walk together to unify our community and spread messages of respect and acceptance.



“Our community is beautifully diverse, and that deserves to be celebrated,” said Shannon Jackson, Hamilton Center’s Chief of Culture and Chair of the Diversity Walk Committee.

The 1.5-mile walk began and ended at the corner of 6th and Ohio, in the First Financial Bank parking lot, in downtown Terre Haute. Following the walk, participants were invited to stay for a brief program, food trucks, music, and an opportunity to come together in unity to celebrate the differences that make our community stronger.



## RECENT EVENTS

Registration was FREE and included a T-shirt.

The Diversity Walk began in 2014 with Melvin L. Burks, President/CEO of Hamilton Center and a group of likeminded community members recognizing the power of unifying our community to spread messages of respect and acceptance.

“The Diversity Walk was created to bring a diverse group of people together to break down barriers, build relationships, and show what’s possible when a community is welcoming to all,” Burks said.



### Burks to be honored as Indiana State University Distinguished Alumnus

Mel Burks, CEO of Hamilton Center, has been announced as one of the 2024 recipients of Indiana State University’s Distinguished Alumni Award for outstanding contributions to their careers and communities.

The Distinguished Alumni Award has been presented annually since 1957 to Indiana State University alumni who have made remarkable professional achievements and still devote time and support to giving back to their communities and their alma mater.

Mel Burks has worked at Hamilton Center, Inc. for over 45 years and has served as the Chief Executive Officer since January 2012. Throughout his decorated career, Burks has served in leadership roles in nearly 20 different organizations, and has been recognized for his commitment to his community with numerous awards.

[Read more here](#)



INDIANA STATE  
UNIVERSITY

## Latest news

### FSSA News: Indiana to expand program for expectant, new mothers with substance-use disorders

Indiana will expand its Pregnancy Promise Program to support more expectant and new mothers with substance use disorders. The Indiana Family and Social Services Administration (FSSA) received a three-year, up to \$2.7 million federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), which will allow it to support an additional 300 pregnant Hoosiers over the next three years, with a focus on those living in rural and under-resourced communities.

“The program’s multigeneration approach supports pregnant women and infants from the prenatal period through 12 months postpartum,” FSSA Secretary Dr. Dan Rusyniak said. “Not only are we helping mothers find treatment and sustain recovery, but we



also ensure infants have an established pediatrician, appropriate referrals to pediatric specialists as needed, and developmental support services.”

The **Pregnancy Promise Program** has supported more than 900 mothers since it launched in 2021. While maternal and infant mortality rates are decreasing slightly across Indiana, data from the most recent Indiana Maternal Morality Review Committee’s annual report shows substance use disorder and overdose continues to be a leading cause of maternal death in the state.

[Read more here](#)



### REQUEST FOR FUNDING:

#### Access to Funding for Certified Recovery Residences

The FSSA’s Division of Mental Health and Addiction, is announcing a Request for Funding (RFF) to select providers, certified by the DMHA as Level II, III, or IV Recovery Residences to provide access to funding for room or room and board for those who meet the following criteria: 1) diagnosed with any substance use disorder (SUD); 2) admitted into the Recovery Residence within the last 30 days; and 3) currently receiving outpatient addiction treatment at a DMHA certified treatment facility in the American Society of Addiction Medicine (ASAM) Level 2.5 or Level 2.1 level of care.

The total amount available for this RFF is \$500,000 for DMHA certified recovery residences for persons who have moved into recovery residences within the past 30 days, currently in an ASAM 2.5 or 2.1 level of care AND have a diagnosis of Substance Use Disorder. The funding source for this RFF is SUPTRS Block Grant funds provided through Substance Abuse and Mental Health Services Administration (SAMHSA). No awardee will be given an individual award, all awardees will be eligible to bill for these services in the DMHA Electronic Billing Services, not to exceed a total of \$500,000.

**>>> For full details, application and timeline click here**

**The deadline to apply is Oct. 11, 2024 by 4:30 p.m. EDT.**



## STATE UPDATES

### 2024 AGAR Conference

*Friday, October 25, 2024, 8:00 AM - 6:15 PM,  
Indiana State Museum, Indianapolis, IN*

The 2024 AGAR Conference, presented by IU Addiction Psychiatry Fellowship Program and Overdose Lifeline is a multidisciplinary professional educational conference for physicians, nurses, therapists, scientists, trainees, and policymakers. Addiction death by overdose and many other fatal pathways is the leading cause of premature death in the U.S. Significant gaps exist in understanding the nature and suffering of this death toll for patients and families among treatment professionals.

This conference will explore clinical-scientific knowledge addressing these 3 themes:

- 1) Addiction is a brain disease of motivation and attachment
- 2) Understanding and treating patients suffering with the special grief of losing loved ones to addiction
- 3) Understanding and driving addiction and mental illness recovery as a form of Grief Processing

Audience participation is expected and the proceedings will be filmed to create an educational documentary. Lunch will be provided.

For more information and to register [click here](#) - or scan the QR code.



### 2024 COMPETENCY RESTORATION FALL FORUM: STATE OF THE CONTINUUM

**MONDAY, OCT. 7, 9 A.M. TO 12:30 P.M. EDT  
INDIANA GOVERNMENT CENTER AUDITORIUM**

**Enhancing Collaboration and Innovation in Behavioral Health**  
DMHA and its partners will explore the innovative work happening across the state's behavioral health care continuum and how it ties back to competency restoration. Speakers will include representatives from DMHA, the Indiana State Psychiatric Hospital Network, the Indiana Supreme Court and several behavioral health providers in the state. For questions, please contact [justin.mcafee@fssa.in.gov](mailto:justin.mcafee@fssa.in.gov).



### 2024 Competency Restoration Fall Forum - State of the Continuum

As a valued partner to Indiana Family and Social Services Administration's Division of Mental Health and Addiction, you are invited to attend the 2024 Competency Restoration Fall Forum: State of the Continuum.

**Date: Monday, October 7, 2024  
Time: 9:00 a.m.\* to 12:30 p.m. EDT**

\*Doors will open and registration will begin at 8 a.m.

Location: Indiana Government Center Auditorium

[Click here to register](#) or scan the QR code

## New Mental Health and Substance Use Disorder Parity Rules: What They Mean for Providers



On September 9, 2024, the Departments of Labor, Health and Human Services, and the Treasury released new final rules to strengthen parity between mental health and substance use disorder (MH/SUD) benefits and medical and surgical (M/S) benefits.

The Mental Health Parity and Addiction Equity Act (MHPAEA) prohibits health plans and health insurance companies from imposing greater restrictions on MH/SUD benefits than on M/S benefits. This includes financial requirements such as copays and treatment limitations such as visit limits or prior authorization requirements.

### What do the new rules do?

The new rules better ensure that plans and companies comply with MHPAEA. They also allow providers to obtain more information from these plans and companies about how nonquantitative treatment limitations comply with the requirements.

### When do the new rules take effect?


For patients with group health coverage, the new rules will generally begin to apply on January 1, 2025, though plans and companies will be given until January 1, 2026, to comply with certain new standards. For patients with individual health insurance coverage (i.e., Marketplace), the new protections will generally begin to apply on January 1, 2026.

Although some of the new rules do not take effect right away, MHPAEA and existing regulations still provide protections for patients seeking MH/SUD treatment and will continue to be enforced.

**For full details click here**

**>>> or click here to download the flyer above**

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**Key Highlights**

Providers can expect how health plans and health insurance companies define MH conditions and SUDs to be consistent with the most current version of the International Classification of Diseases or Diagnostic and Statistical Manual of Mental Disorders.

Providers can expect that their patients' MH/SUD coverage will no longer be designed using information, evidence, sources, and standards that discriminate against MH conditions and SUDs.

Providers can expect reasonable action as necessary from plans and companies if data, such as claims denials, in-network and out-of-network utilization rates, and provider reimbursement rates, they collect and evaluate shows material differences in access to MH/SUD benefits as compared to M/S benefits.

Providers can expect to see the following types of changes if plans and companies need to improve access to MH/SUD providers, including but not limited to:

- strengthening efforts to recruit a broad range of available providers,
- expanding the availability of telehealth arrangements,
- providing outreach and assistance to help individuals find available in-network providers, and
- ensuring that provider directories are accurate and reliable.

Providers can expect plans and companies to cover meaningful benefits (including a core treatment) for each covered MH condition and SUD if benefits are covered for medical conditions or surgical procedures in the same benefit classification (e.g., inpatient, in-network; outpatient, in-network; emergency).

Providers can generally request written documentation of their patients' plans' and insurance companies' compliance with MHPAEA, if they are acting as authorized representatives for their patients in connection with denied claims.

**EMPLOYEE BENEFITS SECURITY ADMINISTRATION  
UNITED STATES DEPARTMENT OF LABOR**

## FEDERAL UPDATES

### **SAMHSA Announces \$65.7 Million in Prevention, Treatment, and Workforce Enhancement Awards**

On Monday, the U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), announced over \$65 million in grant awards and notices of funding opportunity (NOFO) intended to help address the mental health and substance use crises.

This includes \$27.5 million through the Strategic Prevention Framework – Partnerships for Success (SPF-PFS) program to help Tribes, state and local governments, and colleges and universities to develop and deliver substance use prevention services. Additional awards aim to help children with unmet behavioral health needs, increase access to behavioral health care for people who are (or are at risk of) becoming unhoused, and enhance the behavioral health workforce by supporting substance use disorder training for graduate-level health care professionals.

**Find more information, including the full list of awards and links to grant applications.**



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



## HISPANIC HERITAGE MONTH

In celebration of Hispanic Heritage Month, we honor the rich culture, history, and countless contributions of the Hispanic community. It's a time to reflect on the vibrant diversity that strengthens our society and fuels innovation, creativity, and progress.

Let's take this opportunity to celebrate and amplify the voices and stories that have shaped and continue to inspire us all.

## CCBHC committee

Future structure of CCBHC/CRSS/MCT Committee to ensure needs are being met for all 24 centers, including those in CCBHC designation and those preparing for next round.

Training and resource sharing related to EBP's supported by CCBHC.



## Adult Services Committee

**The Adult Service Committee** continues to address MRO service pack issues that jeopardize mental health residential programs across the state.

Exploring AMHH has been a focus for centers attempting to ensure the long-term viability of these programs. While a number of centers have met with the DMHA SET Team, many are still in the initial stages of implementing AMHH.

All centers remain focused on CCBHC transformation.

## Racial Equity & Leadership Committee

**We are very excited to welcome our speaker for our REL Connect Hub webinar, Selena Webster- Bass.**  
*(See flyer opposite)*

Ms. Webster-Bass, M.P.H., is a Jacksonville native with more than 20 years of experience in health equity, community health, and cultural and linguistic competence. A nationally-recognized health advocate and author of *Rainbows*, a sickle cell disease awareness book dedicated to her son, Richard, who succumbed to the disease. Webster-Bass has held leadership roles with several Jacksonville-based institutions including the University of Florida (UF) Health Jacksonville, where she was Community Medicine Director for the pediatrics and family medicine residency programs, Shands Jacksonville/ Nemours Children's Clinic where she served as Manager of the Pediatric Sickle Cell Clinic, and the Jacksonville System of Care Initiative, where she led mental health literacy, multicultural engagement, and cultural competence educational efforts.

Thank you to **CareSource** for sponsoring this event.

## Child & Adolescent Committee

**Child & Adolescent** is continuing to work on collaboration for wraparound services.

We are also continuing to address access and the need for more therapists.



● **Indiana Council Racial Equity & Leadership Committee**

# Improving Workforce & Retention

*Presenter: Selena Webster-Bass, M.P.H*

## Date/Time

● 17th October, 2024

● Start at 9:00am CST/  
10:00am EST

## Location

● Zoom

## Zoom Link Below



<https://us02web.zoom.us/j/2109535684?pwd=TSsxQzszZjJlTnA2QWludDFkRmQzd09>

Meeting ID: 210-953-5684  
Password: ICCMHC

CEUs available



(Click flyer for Zoom link)

## Daniel Carey joins 4C Health as Vice-President of Psychiatric Hospital Services

**4C Health is pleased to announce the hire of Daniel Carey as Vice-President of Psychiatric Hospital Services. Carey brings with him over 30 years of leadership experience in behavioral health settings.**

Carey had this to say about joining 4C Health, "I am very excited to be joining 4C Health at this time in their history. In the immediate future, I am looking forward to leading a couple of initiatives that will bring some fresh services to the community, like a new inpatient psychiatric facility located in Peru for adults as well as an adolescent unit at some point soon after. I am also anticipating the expansion of crisis stabilization unit services for youth as part of 4C Health's Certified Community Behavioral Health Center designation. Most of all, I am looking forward to working for an organization where care, compassion, collaboration and competence are their 4Cs."

[Read more here](#)



Join us for a brighter  
kind of celebration



**September 27, 2024**

**12:00 - 1:00 pm**

**2219 S Washington St  
Marion, IN 46953**

Help us celebrate Radiant House with a ribbon cutting and light refreshments.



**Radiant Health is thrilled to announce a special ribbon cutting ceremony to mark the newly revitalized Radiant House and honor the ongoing efforts in our addictions care programs.**

Join us on September 27th from 12 to 1 pm at 2219 S Washington St, Marion, IN as we celebrate the inspiring stories of recovery for the residents of Radiant House and extend our appreciation to individuals across the nation during September, which is recognized as National Recovery Month.

[Click the image to read more](#)

## Colts kick stigma game

In honor of the Colts regular season officially kicking off in less than 3 weeks, we are excited to extend a ticket discount for mental health professionals and their families to our upcoming game on Oct. 20 against the Miami Dolphins.



The October 20 game will be dedicated to **Kicking The Stigma** and with purchase of a ticket, mental health professionals and their families will have the chance to take part in holding the American Flag during The National Anthem pregame on the field. A thank you breakfast for mental health professionals will be offered to those holding the American Flag that morning prior to kickoff.

While we hope to honor mental health professionals of all kinds at the October 20 game, I am asking for your help in spreading the word. Please let me know if you are interested in sending out an email to your database of professionals and we can supply information for you to do so.

In the meantime, please share this link to all those at your organization to ensure first access. Families of mental health professionals are welcome to take part in this ticket offer as well.

[www.coltsgroups.com/kickingthestigma](http://www.coltsgroups.com/kickingthestigma)

## DCS celebrates importance of family, highlights resources and support during Kinship Care Awareness Month

The **Indiana Department of Child Services (DCS)** is promoting awareness, resources and support during Kinship Care Awareness Month – a time to celebrate family members who help maintain familial connections, provide stability, reinforce cultural identity and support the well-being of children who can no longer live with their birth parents.

Governor Eric J. Holcomb has proclaimed Kinship Care Awareness Month to promote and preserve kinship, sibling and other familial connections for Indiana's children. [Read his proclamation here.](#)

"Family is the backbone needed to help keep kids safe and loved," said DCS Director Eric Miller, MPA, MBA. "It's a selfless act to step forward and care for the child of a relative or a close family friend, often with little notice or training, to help that child maintain close connections and stability when they are needed most."

[Read more here](#)



- Numbers show head office locations.
- Click provider logos to visit their sites



### 1 Adult & Child

603 E. Washington St. – 9th Floor,  
Indianapolis IN 46204

Designated in: **MARION, JOHNSON**



### 2 Aspire Indiana Health, Inc.

9615 E. 148th St., Noblesville, IN 46060

Designated in: **BOONE, HAMILTON, MADISON, MARION**  
Also serving: **GRANT**



### 3 Otis R. Bowen Center for Human Services, Inc.

2621 E Jefferson St, Warsaw, IN 46580

Designated in: **HUNTINGTON, KOSCIUSKO, MARSHALL, WABASH, WHITLEY** Also serving: **ALLEN, DEKALB, LAGRANGE, NOBLE, STEUBEN**



### 4 Centerstone of Indiana, Inc.

645 S. Rogers Street, Bloomington, IN 47403

Designated in: **BARTHOLOMEW, BROWN, DECATUR, FAYETTE, JACKSON, JEFFERSON, JENNINGS, LAWRENCE, MONROE, MORGAN, OWEN, RANDOLPH, RUSH, UNION, WAYNE**  
Also serving: **CLARK, DELAWARE, HENRY, JOHNSON, MARION, PUTNAM, SCOTT**



### 5 Community Fairbanks Behavioral Health

8180 Clearvista Pkwy, Indianapolis, IN 46256

Designated in: **MARION, HANCOCK, SHELBY**  
Also serving: **MADISON, JOHNSON**



### 6 Community Fairbanks Behavioral Health – Howard

322 N. Main St, Kokomo, IN 46901

Designated in: **CLINTON, HOWARD, TIPTON**



### 7 Cummins Behavioral Health Systems, Inc.

6655 East US 36, Avon IN 46123

Designated in: **HENDRICKS, PUTNAM**  
Also serving: **BOONE, MONTGOMERY, MARION**



### 8 Edgewater Systems for Balanced Living, Inc.

1100 West Sixth Avenue, Gary IN 46402

Designated in: **LAKE** Also serving: **PORTER, LAPORTE**



### 9 Family Health Center

515 Bayou Street, Vincennes IN 47591

Designated in: **DAVISS, KNOX, MARTIN, PIKE**



### 10 4C Health

401 E. 8th Street, Rochester, IN 46975

Designated in: **CASS, FULTON, MIAMI, PULASKI**  
Also serving: **CARROLL, CLINTON, GRANT, MARSHALL, TIPPECANOE, WABASH HOWARD, TIPTON, WHITE**



### 11 Hamilton Center, Inc.

620 Eighth Avenue, Terre Haute IN 47804

Designated in: **CLAY, GREENE, PARKE, SULLIVAN, VERMILLION, VIGO**  
Also serving: **HENDRICKS, MARION, OWEN, PUTNAM**



### 12 Incompass Healthcare

285 Bielby Road, Lawrenceburg IN 47025

Designated in: **DEARBORN, FRANKLIN, OHIO, RIPLEY, SWITZERLAND** Also serving: **DECATUR, FAYETTE, HENRY, JEFFERSON, JENNINGS, RUSH, SCOTT, UNION, WAYNE**



### 13 LifeSpring Health Systems

460 Spring Street, Jeffersonville IN 47130

Designated in: **CLARK, CRAWFORD, DUBOIS, FLOYD, HARRISON, JEFFERSON, ORANGE, PERRY, SCOTT, SPENCER, WASHINGTON**



### 14 Meridian Health Services

240 N. Tillotson Avenue, Muncie IN 47304

Designated in: **DELAWARE, HENRY, JAY**  
Also serving: **ALLEN, FAYETTE, HOWARD, LAPORTE, MADISON, MARION, RANDOLPH, RUSH, ST. JOSEPH, TIPPECANOE, WAYNE**



### 15 Northeastern Center, Inc.

220 South Main Street, Kendallville IN 46755

Designated in: **DEKALB, LAGRANGE, NOBLE, STEUBEN**



### 16 Oaklawn Psychiatric Center, Inc.

330 Lakeview Drive, Goshen IN 46527

Designated in: **ELKHART, ST. JOSEPH**



### 17 Park Center

909 East State Boulevard, Fort Wayne IN 46805

Designated in: **ADAMS, ALLEN, WELLS**  
Also serving: **HUNTINGTON, WHITLEY**



### 18 Porter-Starke Services

601 Wall Street, Valparaiso IN 46383

Designated in: **PORTER & STARKE**



### 19 Radiant Health

505 N. Wabash Avenue, Marion IN 46952

Designated in: **GRANT, BLACKFORD**



### 20 Regional Health Systems

8555 Taft Street, Merrillville, IN 46410

Designated in: **LAKE**



### 21 Sandra Eskenazi Mental Health Center

720 Eskenazi Avenue, Indianapolis IN 46202

Designated in: **MARION**



### 22 Southwestern Behavioral Healthcare, Inc.

415 Mulberry Street, Evansville IN 47713

Designated in: **GIBSON, POSEY, VANDERBURGH, WARRICK**



### 23 Swanson Center

7224 W. 400 N., Michigan City IN 46360

Designated in: **LAPORTE**



### 24 Valley Oaks

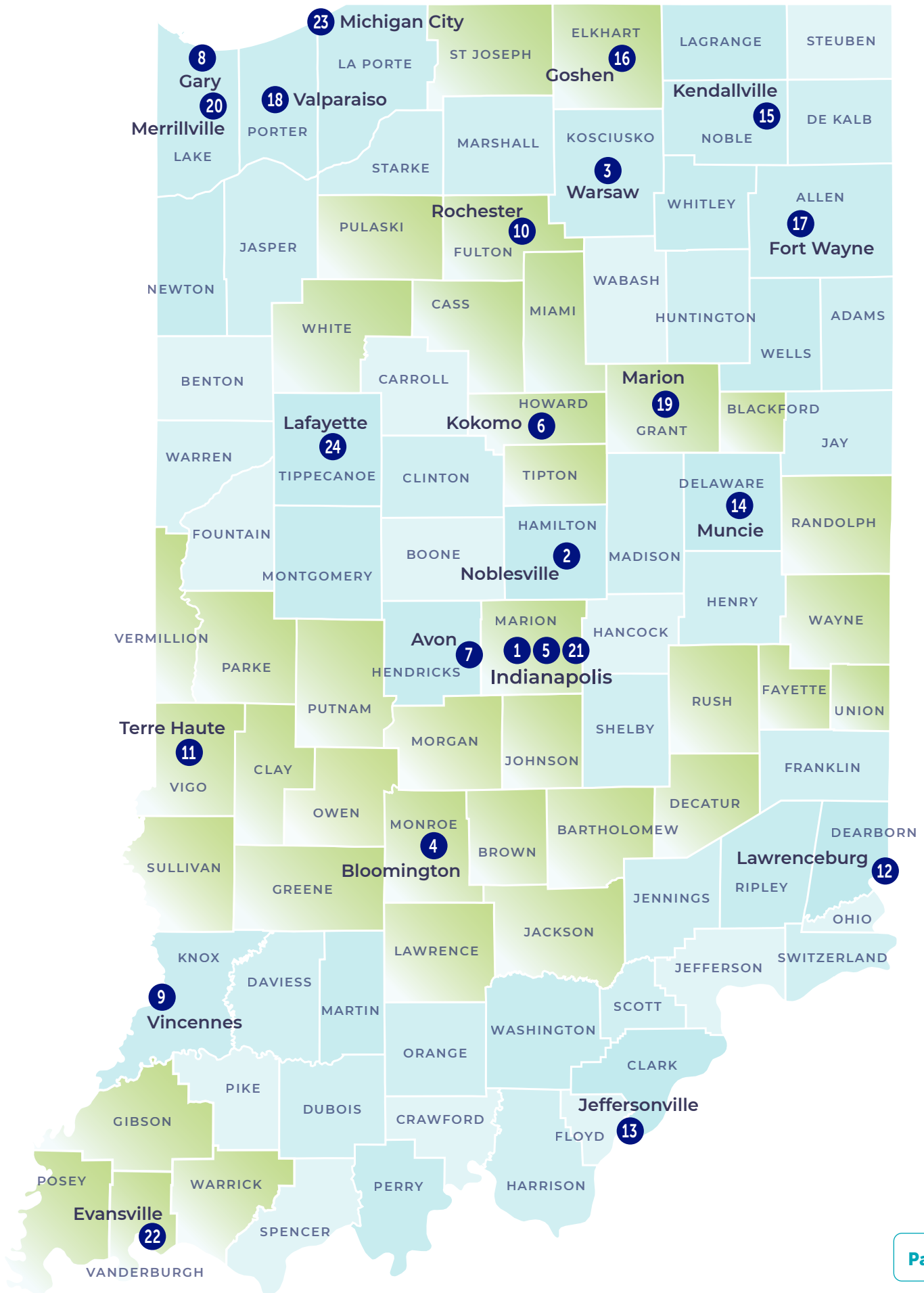
415 N. 26th Street, Lafayette, IN 47904

Designated in: **BENTON, CARROLL, FOUNTAIN, JASPER, MONTGOMERY, NEWTON, TIPPECANOE, WARREN, WHITE**

CCBHC DEMO indicates provider is a designated CCBHC demonstration site in the counties shown

[>> Click here to view provider details on our site](#)





## Calendar 2024 Save the dates!

### Cup of Joe with Zoe

Half hour State leader meet and greet with our members and partners. Second Tuesday of every month at 8:30am EST via Zoom.



[>> Click here for Zoom link](#)

Meeting ID: 210-953-5684  
Password: ICCMHC

#### UPCOMING DATES:

October  
**8**

November  
**12**

December  
**10**

#### DID YOU KNOW? -

You can watch past Cup of Joe meetings on YouTube -

[Click here to subscribe!](#)

**ROLLING**  
*into*  
**CCBHC**

**WHERE EVERYONE COUNTS!**

**JOIN US!** **FALL QUARTERLY MEETING**  
**FOCUSING ON CCBHC**

**WHEN: OCT 9-11**  
**WHERE: BLOOMINGTON**

INDIANA COUNCIL