

MAY 9, 2023

# MIMIND Memorandum



## MAY IS MENTAL HEALTH AWARENESS MONTH

During May, join the national movement to reduce stigma and increase mental health support. Make it a point to share the [988 Suicide and Crisis Lifeline](#) with patients and their support persons. Above all, support your own mental health with these tips for provider self-care:

- Take a deep breath.
- Remember that you are human and allow self-compassion.
- Connect with friends and loved ones in person.
- Take a mental vacation by doing something engaging and different.
- Don't skip on sleep.
- Appeal to your senses: Spend time outside, listen to music, take a hot bath, read a good book.

The MI Mind team encourages all of our providers to care for their mental health, so they can care for their patients.



Visit the MI Mind team at [Motor City Pride](#), Saturday, June 10 at Hart Plaza. We'll be at the Henry Ford Health tent with giveaways and information.

VOLUME 1, ISSUE 3

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# MIMIND

Support for MI Mind is provided by Blue Cross Blue Shield of Michigan (BCBSM) as part of the BCBSM Value Partnerships program. Although BCBSM and MI Mind work collaboratively, the opinions, beliefs and viewpoints expressed in this newsletter do not necessarily reflect the opinions, beliefs and viewpoints of BCBSM or any of its employees.

# SAVE THE DATE FOR UPCOMING REGIONAL AND COLLABORATIVE MEETINGS

Beginning in July, MI Mind will present regional meetings for current members and a collaborative meeting for new members.

- Regional meetings include a recap of MI Mind’s first year; a leading site or provider profile; Plan-Do-Study-Act improvement strategy; brief data review; and a preview of what to expect in year two.
- At the Collaborative meeting, new members will meet the MI Mind team and fellow providers and learn about the MI Mind CQI, training content and schedule.

All in-person meetings include a meal and MI Mind-branded giveaways. Watch your email for a save the date for your regional meeting. All save the dates will be emailed by mid-May. Then, you'll receive an invitation with a link to RSVP about six weeks before your scheduled meeting. If you have questions about the meetings, contact Gabrielle Benton, LLMSW, MPH, CQI Program Coordinator, [gbenton2@hfhs.org](mailto:gbenton2@hfhs.org).



Meet members of the MI Mind team at upcoming regional and collaborative meetings.

| Member   | Date                  | Time  | Venue   | Who should attend   |
|--|-----------------------|---|---|---|
| Trinity Health<br>IHA Medical<br>Group                                 | Wednesday,<br>July 12 | Noon – 2 p.m.   | Virtual. Link will<br>be emailed.   | Provider Organization<br>leaders, site champions,<br>and administrative leads |
| Med Net One  | Mid-July              | Time TBD  | Location will be<br>announced   |   |
| Answer<br>Health & Pine<br>Rest Christian<br>Mental Health<br>Services | Wednesday,<br>Aug. 2  | 6 – 8 p.m.  | Answer Health<br>Corporate Office,<br>Boardroom                             |   |
| Henry Ford<br>Medical Group  | Wednesday,<br>Aug. 16 | 6 – 8 p.m.  | <a href="#">Henry Ford West<br/>Bloomfield<br/>Hospital,<br/>Greenhouse</a> |   |
| Collaborative<br>Meeting   | Friday, Sept. 29      | Noon to 4 p.m.,<br>including lunch<br>(follows the<br>morning MIBAC<br>session) | BCBSM Lyon<br>Meadows<br>Conference<br>Center                               |   |

# APPLY NOW TO ADD NEW PRACTICES AND PROVIDERS

If a provider or practice at your organization is interested in joining MI Mind, direct them to contact their administrative leadership to express their interest. Participating Provider Organizations are invited to add new providers and practices to the CQI until Thursday, May 19.

As a reminder, practices should meet the following criteria:

- Serve an adult (18 years and older) population
- Support integrated models of behavioral health and primary care
- Retain Physician Group Incentive Program (PGIP)  
Affiliated Provers: Primary care physicians with Patient Centered Medical Home (PCMH) designation, psychologists, psychiatrists

## Apply now for Cohort 2024

Applications for Cohort 2024 are now being accepted from Provider Organizations. The MI Mind team will notify applicants of their status during the second quarter of 2024. To apply, visit the [applications page](#) on our website.

If you have questions about MI Mind recruitment, email Program Manager Heather Omdal, [homdal1@hfhs.org](mailto:homdal1@hfhs.org).

# LEARN MORE ABOUT THE COLLABORATIVE CARE MODEL

In honor of Mental Health Awareness Month, Michigan Value Collaborative will host an informative workgroup about implementing the Collaborative Care Model, a cost-effective, evidence-based integrated behavioral health care model. The presentation for primary care and behavioral health providers is Thursday, May 11, from 11 a.m. – noon. Gregory Dalack, M.D., and Karla Metzger, LMSW, of the Michigan Collaborative Care Implementation Support Team are presenting. [Register and attend.](#)

# US MILITARY PRIORITIZES SUICIDE PREVENTION

The U.S. Department of Defense has launched an effort to prevent and eliminate suicides in the military. Suicide prevention became a priority last year after statistics showed that despite prevention programs, the military suicide rate increased over the past 15 years. Financial concerns, relationship problems, alcohol abuse, shortages of mental health professionals and housing hassles increase the risk of suicide among service members. The majority of military suicides involve firearms.

A Department of Defense committee has prioritized hiring more behavioral health practitioners, expanding access to care, and utilizing evidence-based care and intervention pathways. [Read more.](#) Change was evident last month when the [Navy deployed additional chaplains](#) as crew members on ships to offer greater access to mental health care.

MI Mind Co-director Brian Ahmedani, Ph.D., will address veteran suicide prevention at a workshop presented by the National Academy of Medicine on Tuesday, May 23. [Learn more.](#)



## Calls to 988 from Veterans reach Record High

The Veterans Crisis Line is receiving an increasing volume of calls. The highest number of calls, texts and chats to date – 88,000 – were received in March. The VA speculates that outreach campaigns and the new 988 phone number are contributing factors. Another factor may be trauma associated with the withdrawal of US service members from Iraq and most recently, Afghanistan.

# REDUCE SUICIDE RISK BY SENDING CARING CARDS

Studies demonstrate that Caring Cards are an effective strategy to reduce risk of suicide. Caring Cards can be letters, emails, texts or phone calls, but letters ensure confidentiality. This simple and low-cost strategy has been replicated in more than 11 well-controlled studies. (Original Study: Motto, J. A., & Bostrom, A. G. A randomized controlled trial of post-crisis suicide prevention. *Psychiatric Services*. 2001;52(6), 828- 833.)

Four online templates to fit various patient scenarios are available on the MI Mind website:

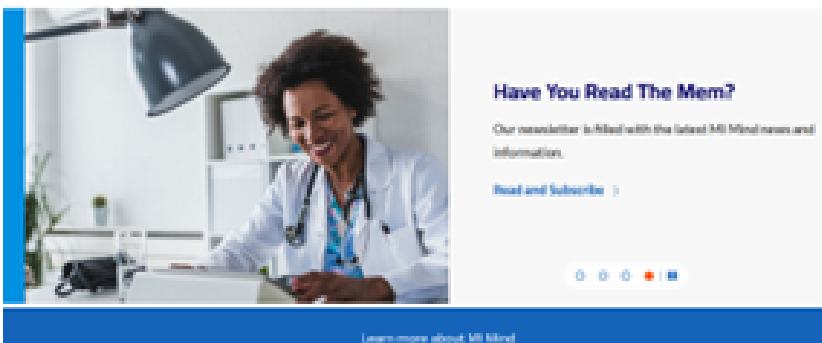
1. Inpatients and residential patients at discharge.
2. Patient with acute risk, suicidal ideations or high PHQ-9 score.
3. At the time of noncompliance with treatment.
4. At the time of the first missed appointment.



Add your own and your patient's information to the appropriate letter where indicated in bold. If you have questions about using the letters, contact Sarah Moore, [smoore18@hfhs.org](mailto:smoore18@hfhs.org).

## CHECK OUT THE MI MIND WEBSITE, BLOG AND SOCIAL MEDIA

**MIMIND**



Have you visited the MI Mind website recently? We've added new, updated information to the site and built in more navigation. You can read past issues of "The Mem," access tools and materials to use with your patients, connect with us on social media, log into the Partner Portal and get to know the MI Mind team.

The [MI Mind blog](#) is hosted on our [website](#) and promoted via our social media channels. Follow us on [LinkedIn](#) and [Twitter](#) to read the latest blog posts and news from MI Mind.

## DIRECT LINK FOR PATIENTS AND SUPPORT PERSONS

The [MI Mind website](#) has a dedicated page with tools to share with your patients and their support persons: [www.henryford.com/mind/gethelp](http://www.henryford.com/mind/gethelp). Offer this direct link to your patients and their support persons. They'll have easy access to crisis and suicide prevention hotlines, tips for parents, community mental health support groups and recommended self-help books,

# MI MIND TEAM SPOTLIGHT: AMANDA MAY, LMSW

Training Director Amanda May, LMSW, leads the MI Mind team as they develop provider training from the research and data generated by Program Directors Brian Ahmedani, Ph.D., and Cathy Frank, M.D. May is also director of operations for Collaborative Care at Henry Ford Health and maintains a small patient caseload.



When planning training sessions and creating materials, May is mindful that providers are at different places when it comes to suicide prevention strategies. “At MI Mind, we fit the Zero Suicide program to the clinic and tailor training to strengthen the knowledge providers already have,” she explains. “We strive to make our trainings individualized, which at times involves some extensive logistics and is only possible because of the incredible team at MI Mind.”

the MI Mind team holds multiple training sessions, sometimes several in one day, to ensure each session is beneficial for the providers attending. She credits the [Partner Portal](#) for making it easy for providers to schedule training.

MI Mind enables May to extend care to thousands of patients through providers. While the concept of Zero Suicide can be initially daunting, “Once providers start training, we hope they feel reassured knowing they are doing everything possible to screen and care for their patients. When you have a patient in front of you in crisis, it’s empowering to have care pathways, a safety plan and resources at your fingertips,” she says. “Through MI Mind, I can take care of the people who take care of our people.”

Passionate about suicide prevention, May wants providers to know education and support for their entire team is available. “Medical assistants, CSRs, nurses – anyone at your practice can come to training. By strengthening pathways and coming together, no one is ever alone.”

[Learn more](#) about Amanda May and the MI Mind team.

## MI MIND RECOMMENDED READING



For providers interested in learning more about motivational interviewing, the MI Mind training team recommends [Motivational Interviewing in Health Care: Helping Patients Change Behavior](#). The guide may be particularly helpful for primary care providers. Sample dialogues, tips, and scripts help providers incorporate motivational interviewing techniques into conversations with their patients. Looking for more reading or self-help books for patients? See the [MI Mind curated book list](#).

## CONTACT US

To reach the MI Mind team, email [MIMind@hfhs.org](mailto:MIMind@hfhs.org), One Ford Place, Suite 5E, Detroit, MI 48202.

The MI Mind Memorandum is a newsletter for providers participating in the MI Mind Collaborative Quality Initiative (CQI). If you have questions or suggestions for *The Mem*, please contact Program Manager Heather Omdal, [homdal1@hfhs.org](mailto:homdal1@hfhs.org).

