



# CBHA's Public Newsletter

November 5th, 2020

Dear Behavioral Health Colleagues,

As we continue to wait for Presidential Election results, cope through an unprecedented health crisis, and work to improve individuals' and families' health, CBHA recognizes the stress that you all are under. In recognition of that stress, CBHA has launched our Monday Mindfulness Minute series - where we will highlight a 1-minute exercise to help support our association's mental health. Below, we have shared our most recent activity to support you through these uncertain times.



Also, due to the economic realities of the times we are living in, the conversation about the sustainability of behavioral health provider organizations is VITAL! To facilitate that conversation, CBHA is partnering with OPEN MINDS and Qualifacts + Credible to bring a forum together that will help behavioral health providers strategize about how to build towards sustainability.

Read below for additional information and how you can register for this exciting and essential forum. Space is limited, so make sure to register today!

In Service,

Le Ondra Clark Harvey, Ph.D.  
Chief Executive Officer

## Mindfulness Minute -STOP-

- o **Stand up and breathe.** Feel your connection to the earth.
- o **Tune in to your body.** Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.
- o **Observe.** Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.
- o **Possibility.** Ask yourself what is possible or what is new or what is a forward step.



If you find yourself being reactive, try the following steps:

- Pause and take one to three big breaths.
- Say "step back." ( You don't have to physically step back, you can just do it in your mind.)
- Say "clear head."
- Say "calm body."
- Breathe again. Say "relax," "melt" or "ease."

**CBHA hopes this minute will help you stop, reset, and thrive throughout the rest of your day!**

## OPEN MINDS & Qualifacts Partner with CBHA for a Virtual Provider Sustainability Forum

The California Council of Community Behavioral Health Agencies (CBHA) is excited to announce we have formed a partnership with **OPEN MINDS and Qualifacts** to bring you our **2020 Virtual Provider Sustainability Forum on November 18th from 9am -**

**1:30pm PT.** This executive forum is designed to help California behavioral health providers understand and gain the organizational competencies required to remain resilient and sustainable during a time of unprecedented disruption and uncertainty.



**qualifacts + CREDIBLE** **cbha**  
California Council of Community Behavioral Health Agencies

**OPEN MINDS**

Virtual Provider Sustainability Forum

CBHA partners with **OPEN MINDS** and Qualifacts + Credible for a Virtual Provider Sustainability Forum

**November 18, 2020 | 9:00am - 1:30pm PST**



[Click to Register](#) > Free for Members  
> Nonmembers \$20

The Executive Webinars will be led by **OPEN MINDS** Senior Associates, **Ken Carr**, **Joe Naughton-Travers**, and **Raymond Wolfe, J.D.**, bringing over 30 years of finance, technology, data analysis and reporting experience in the health and human service field.

**Forum Sessions:**

1. Short Term Cash Management - Assuring Continued Operations
2. Revenue Maximization During Times Of Disruption - Building Top Line To Sustain Margins
3. Strategic Planning For Post-Disruption Recovery & Sustainability

**Presenters & Guests**

 Opening & Policy Update Le Ondra Clark Harvey, Ph.D. Chief Executive Officer	 Session 1 Ken Carr OPEN MINDS Senior Associate
 Remarks by Senator Scott Wiener Senate District 11	 Session 2 Joe Naughton-Travers OPEN MINDS Senior Associate
 Remarks by Assemblymember Marie Waldron Assembly District 75	 Session 3 Raymond Wolfe, J.D. OPEN MINDS Senior Associate

Please email [openminds@cbha.org](mailto:openminds@cbha.org) with any questions.

[www.openminds.com](http://www.openminds.com) [www.cbha.org](http://www.cbha.org) [www.qualifacts.com](http://www.qualifacts.com)

- **Short Term Cash Management - Assuring Continued Operations:**
  - Learn how you can manage quickly increasing your cash inflows and prepare for business continuity in a recession
  - See what assets bring the greatest cash return, how they can be used efficiently, and what resources support those revenue producing assets and activities
  - From renegotiating payment terms with vendors, to improving the speed of billing and collections and aggressively managing costs, there are many steps you can take to ensure you keep your doors open.
- **Revenue Maximization During Times Of Disruption - Building Top Line To Sustain Margins:**
  - Learn about revenue maximization and how it can increase your cash flow and help you save jobs and sustain services in the short term
  - Learn how revenue maximization can enable you to build a more stable platform and provide extra cash to accelerate strategy implementation in the mid-term
  - Learn how it can generate innovative ideas to develop new care models and define the new care provider long term.
- **Strategic Planning For Post-Disruption Recovery & Sustainability:**
  - Learn how to develop your strategic plan with a realistic new perspective and landscape assessment, including a solid understanding of market dynamics and key questions
  - Learn how to develop a well-defined planning and implementation process, and a metrics based approach to strategy assessment.

### Special Guests



**Senator Scott Wiener**  
Senate District 11



**Assemblymember Marie Waldron**  
Assembly District 75

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Attendance is **FREE** for CBHA members! Non-members may attend for a rate of \$20.00. **Register now!!**

[Register now!](#)

[Download the VPSF Flyer!](#)

**Survey Response Requested:**

The Middle Management Academy helps thousands of behavioral health's best and brightest reach their maximum leadership potential through intensive training tailored for mental health and addiction professionals. The National Council for Behavioral Health has updated the curriculum and incorporated more content in the new virtual training – and the content is more relevant than ever in learning to manage in these uncertain and stressful times. The in-person training spans 3.5 days for about 21 total hours of content. In contrast, the virtual training has about 34 total hours of content with 18 hours of self-paced individual and group work and 16 hours of live gatherings that can be paced over 2 weeks or over a 4-week period. The training is \$1300 for CBHA Members.

CBHA has hosted the in-person training for years, and we want to gauge your interest in the new virtual MMA training, so please take part in **this linked survey** to help us decide if and when to hold an MMA session. In the meantime, you can also find more information here: **Middle Management Academy**. "I really loved it. There are many techniques that I am implementing with my staff that I think will be helpful to improve teamwork and productivity." -South Coast Community Services MMA Graduate  
Please contact CBHA Director of Programs and Operations, Sara Kahoalii, [atskahoalii@ccbha.org](mailto:atskahoalii@ccbha.org) or at (916) 557-1166 for more information.

Learn more!

Take the survey now!

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*We appreciate our **Business Associates** for their partnerships that both provide our members exceptional services and sponsor our advocacy efforts.*



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**California Council of Community Behavioral Health Agencies**

We're social. Connect with us!



Visit CBHA's website