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addiction technology transfer centers

Unifying research, education, and practice to transform lives.

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Look. Listen. Learn. Lead.



attc networker

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Market Your Distance Ed Courses on New Website

With the number of students enrolled in distance education expected to top 2.2 million in 2002, the ATTC has launched an innovative new website – **addictionED.org** – to assist students and professionals in identifying distance education opportunities in the addiction field. To facilitate the site’s development, the ATTC encourages organizations that offer addiction education courses to apply to post those opportunities now.

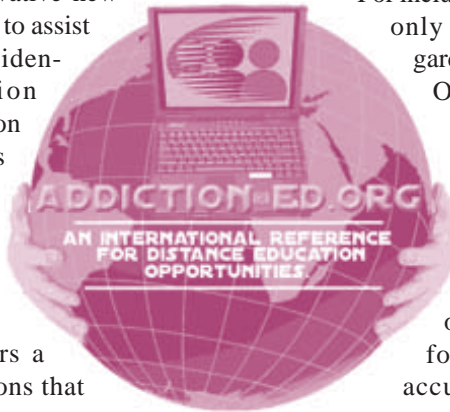
“**AddictionED.org** offers a unique venue for organizations that sponsor distance education to reach treatment professionals all over the world,” explains Mary Beth Johnson, director, ATTC National Office. “It will be a comprehensive portal to addictions-related dis-

tance education opportunities, increasing access to important resources like never before.”

For inclusion on the site, organizations need only answer a few key questions regarding their courses and background. Once approved, the organizations register a username and password and can then post and edit offerings at their convenience. There is no charge for anyone world-wide to post their educational offerings. Sponsoring organizations will be responsible for ensuring their information is accurate and up-to-date.

Visitors to the site can search by course category, duration, language and format, as well as by sponsoring organization. To

begin the application process, call (816) 482-1135 or visit **AddictionED.org**.



New ATTC website provides access to addiction-related distance education around the world.

ATTC Preconference Symposium at NAADAC Conference

Harnessing Science to Transform Lives: Post-Incarceration Continued Care in the Community

The national ATTC Criminal Justice Committee is sponsoring a preconference symposium at the National Association of Alcohol and Drug Abuse Counselors (NAADAC) annual conference. The symposium will take place May 23, 2001 in Portland, Oregon. This interactive event will address the

specific issues facing persons moving from incarceration to community living, specifically how best to individualize case management services. The symposium format is very interactive and features researchers Kevin Knight, Ph.D. and Gary Field, Ph.D. To register, call 1-800-548-0497 or visit www.naadac.org.

Inside the Networker

Market Your Distance Ed Courses on New Website ...	1
ATTC Preconference Symposium	1
Students Learn Value of Organizational Change	2
Change Is at Heart of Disabilities Conference	3
ATTC Uses Change Book for Internal Training	3
ATTC Spotlight: Mountain West ATTC	4

National Treatment Plan Available for All to Use	5
It's On the Web: MEDLINEplus	5
ATTC Conference: The Hispanic/Latino Family in the New Millennium	6
Counselor Reflections	6
How Sensitive Is Your Brain to Alcohol Induced Damage?	7
Substance Abuse Web Resources	7

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**It is
important
that students
learn certain
lessons.**

**One of
those is
that change
is a natural
property.**

**It helps people
and agencies
better serve
their goals.**

-Gerald Garrett,
Director of Alcohol
and Substance
Abuse Studies
University of
Massachusetts
Boston

The Change Book

The Change Book: A Blueprint for Technology Transfer (The Change Book) was released July, 2000 by the ATTC. Requests for the publication came so quickly that the first printing was gone in six weeks. Because it is making such an impact in the field, we decided to highlight some of the ways this document is being used to assist government organizations, educational institutions, treatment agencies and others implement technology transfer initiatives. To learn more, contact the ATTC National Office at 1-877-652-ATTC or visit www.nattc.org.

Students Learn the Value of Organizational Change

“Although occasionally we like to try the new and different, on the whole, we humans resist change. We find comfort and a sense of confidence in the tried-and-true, in doing things the way we’ve always done them. Resistance to change is not unique to the individual. The groups, institutions and disciplines that we are part of also resist change.”

This quote is taken from the ATTC Publication, **The Change Book**. Because change is often seen as a threat to both the individual and the organization, Gerald R. Garrett, Ph.D., professor and chair of the Department of Sociology, and director of Alcohol and Substance Abuse Studies at the University of Massachusetts Boston, has begun emphasizing the value of organizational change to his students.

“It is important that students learn certain lessons. One of those is that change is a natural property. It helps people and agencies better serve their goals,” explains Garrett.

Garrett began emphasizing the change process in his courses after serving as a member of the national ATTC Practice Committee, the group that authored **The Change Book**. Garrett still serves on the committee and also acts as a member of the national ATTC Advisory Group.

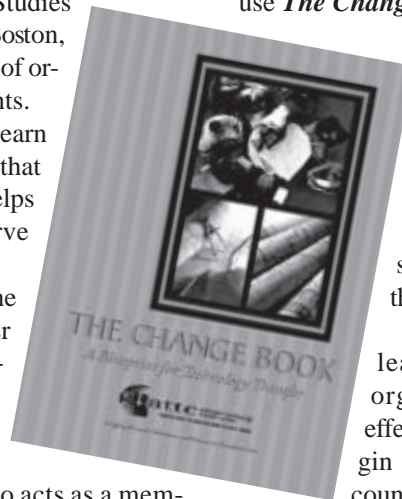
Garrett is one of the first to use **The Change Book** in a classroom setting. He distributes the publication to students in a capstone course entitled, **Alcohol/Drug Agency Experience**, a six-credit class which features an internship or practicum. When describing the course he states, “Internships serve as a ‘theatre’ to play out skill-building exercises such

as service delivery programming, policy analyses, and understanding dynamics and change. It is a living classroom where students experience agency problems and issues.”

Students discuss their ‘issues’ in class and then use **The Change Book** as a tool to begin problem-solving. “These students exude competence,” says Garrett. “Through use of this publication, they gain experience designing an evaluation component in problem-solving. They are also extremely research literate and use research to support their practical needs within the agency setting.”

Garrett hopes that his students will learn to think critically regarding organizational issues and will become effective agents of change when they begin (or continue) their own careers in counseling.

Garrett is pleased he took part in creating this document. He states, “My participation on the ATTC Practice Committee and my work with **The Change Book** has influenced the way I deliver this course and my work in general. Teaching my students to value and embrace change wouldn’t have happened without this publication. It has helped me foster a whole new dynamic in my classes.”



Change Is at the Heart of Disabilities Conference

The Second National Conference on Substance Abuse and Coexisting Disabilities will take place June, 2001 with the theme "Facilitating Employment for a Hidden Population." This conference will focus on identifying changes needed to help individuals with substance use disorders and coexisting disabilities achieve employment outcomes. It will be the most comprehensive effort made to date to identify the cross-disciplinary barriers and consumer-focused solutions needed to address these complex issues.

The conference is sponsored by the Rehabilitation Research and Training Center on Drugs and Disability (RRTC) funded by the National Institute on Disability and Rehabilitation Research, and a Center for Substance Abuse Treatment Knowledge Dissemination Conference Grant.

"Change is at the heart of this conference," explains Eileen Wolkstein, Ph.D., CRC, training director of the RRTC. "The recovery process for individuals with substance abuse and coexisting disabilities is incomplete without effort directed toward helping achieve gainful employment. The RRTC's national conference will bring together leaders in substance abuse, coexisting disabilities, rehabilitation and employment to arrive at consensus on the changes needed to help individuals in recovery achieve successful employment outcomes. The conference promises to be a catalyst for change."

Special emphasis will be placed on collaboration. In order to have an impact on the change process conference, organizers knew they needed to bring together decision leaders so change recommendations

would have an opportunity to be put into effect. Participants representing an interdisciplinary group of researchers, policy developers, treatment providers, educators/trainers, consumer advocates and local, state and federal executives have been invited.

Participants will work together in groups to build consensus on current best practices. Wolkstein says that *The Change Book* was useful in designing this portion of the conference. "We took chapters from the book as planning guides for the plenary sessions and the work groups. We saw the publication as a vehicle to develop change on a macro level and worked from that paradigm. The conference process, evaluation forms and guides for recording the proceedings all emanate from *The Change Book* concepts and approach."

A full participant group will gather on the last day of the conference to formulate final consensus statements. Participants will be encouraged to bring these recommendations to their agencies, organizations, and universities for implementation. Conference proceedings will be published and disseminated widely.

Additional cosponsors of the event include the Northwest Frontier, DC/Delaware, Mid-Atlantic and Prairielands ATTCs along with the National Association on Alcohol, Drugs and Disability and the National Counsel on Rehabilitation Education.

Conference participants and individuals not attending the event are invited to share their thoughts and ideas through the conference website at <http://sardi.wright.edu/conference>.

The recovery process for individuals with substance abuse and coexisting disabilities is incomplete without effort directed toward helping achieve gainful employment.

... This conference promises to be a catalyst for change.

*-Eileen Wolkstein,
Training Director
RRTC*

ATTC Uses *The Change Book* for Internal Training

The Change Book is not only being used by other agencies in the substance abuse field, but the ATTC is also utilizing *The Change Book* at an upcoming internal training event. In July, staff from each ATTC will convene in Boston for a two-day workshop on facilitating change. Representatives from community agencies who are currently partnering with an ATTC or that will soon be collaborating on a technology transfer initiative with an ATTC will also attend.

Participants will collaborate and share a variety of tools and approaches consistent with *The Change Book* model for facilitating technology transfer initiatives within community agencies. They will also

practice developing plans for a specific technology transfer initiative and will develop curriculum ideas for teaching *The Change Book* concepts to others.

Steve Gallon, director of the Northwest Frontier ATTC and chair of the ATTC Practice Committee says, "This workshop is designed to increase our Network's capacity to provide technical assistance. Through training staff to use *The Change Book* model they will be better equipped to assist local agencies in implementing technology transfer initiatives. A primary goal of the workshop is for participants to leave with ideas about utilizing and teaching concepts from *The Change Book*."



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*Our master's
degree
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and
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*...The
internships
expose
students to
a wide range
of treatment
modalities
and services.*

*-Nancy Roget,
Co-director
Mountain West
ATTC*

Networker

SPOTLIGHT

Mountain West ATTC Prepares Students for Careers in Addiction Counseling

The Mountain West ATTC (MWATTC) is housed at the University of Nevada-Reno and is one component of a larger agency - the Center for the Application of Substance Abuse Technologies (CASAT). The primary mission of CASAT is to improve substance abuse prevention and treatment services by assisting states, agencies and individuals to apply research-based practices in the field. The MWATTC is the "treatment arm" of CASAT, while the Western Region Center for the Application of Prevention Technologies (WestCAPT), a grant from the Center for Substance Abuse Prevention, is the "prevention arm."

The MWATTC works in the states of Nevada, Montana, Utah and Wyoming to assist addiction counselors and other professionals apply science-based skills, knowledge and practices in substance abuse treatment settings.

The MWATTC has strong university-based programs at the University of Nevada-Reno and the University of Nevada-Las Vegas. Both universities offer a 60-credit hour master's degree in counseling and educational psychology with an emphasis in addiction counseling. The program is designed to prepare individuals to become addiction counseling professionals.

When explaining the program, Nancy Roget, co-director of the MWATTC explains, "Our master's degree includes rigorous academic and experiential study components. Students who complete this degree meet certification requirements for both Nevada and the nation. The culminating activity for those wanting to become addictions counselors is the completion of at least one internship at an accredited treatment program. The internships expose students to a wide range of treatment modalities and services."

Roget gave an example of an internship that is truly teaching students to put research into practice. She continues, "Three of our graduate students have combined efforts with a treatment provider

and a juvenile probation agency. They are using the evidence-based model of Multidimensional Family Therapy to work with substance abusing juveniles. This program is teaching them how to apply evidence-based models of counseling to real-life settings."

In addition to this program, an 18-credit hour undergraduate minor is also available at both Nevada universities to students majoring in criminal justice, the social services or health care. A certificate program is available to students who already have a bachelor's degree or who do not wish to complete a bachelor's degree.

In Nevada, a new licensure bill for addictions professionals was passed in 1999. A bachelor's degree is now required for certification and a master's degree is required for licensure. Recently, the MWATTC was successful in convincing the licensing board to provide internship waivers for students who complete undergraduate or graduate degrees with an addiction counseling emphasis.

In addition to university-based programs in Nevada, MWATTC sponsors an associates degree, an undergraduate concentration and a graduate degree emphasis in chemical dependency counsel-



Back Row (L-R):
Steve Rock, Nancy Roget, Gary Fisher, Pete Singleton

Front Row (L-R):
Mary O'Malia, Gretchen Casey, Meri Shadley

Not Pictured:
Susan Doctor, Frieda Hill, Marlene O'Connell, Mike Warner

ing at Great Falls University in Montana. They also sponsor classes at the University of Wyoming at Laramie and at the University of Utah.

To reach people outside their region, the MWATTC offers a number of distance learning opportunities. They currently offer approximately 11 online courses a year, many of which are also available on cd-rom. Roget says, "Cd's are a great way to take a course because the information is at your disposal. You can use it as a self-paced program, but by completing the homework and tests you can still earn CEUs."

All MWATTC online courses are approved by the National Association of Alcohol and Drug Abuse Counselors and some are approved by the Navy. Eventually both the master's program and undergraduate minor described previously will be available entirely through online coursework.

For those who are intimidated by computers or the Internet, the MWATTC offers an especially valuable tool called *Self-Paced Internet Modules for Substance Abuse Professionals*. This publication is designed to help individuals improve their skills with the Internet at their own pace.

Another important training event by MWATTC and CASAT is an annual Summer Institute on Substance Abuse Treatment and Prevention with support from the Nevada State Bureau of Alcohol and Drug Abuse. Each year the Institute attracts 450-650 people. This year, the 33rd Annual Summer Institute, will take place July 16-20 in Reno. Several national presenters will deliver workshops on topics such as: club drugs, employee assistance programs, family therapy, gambling, HIV/AIDS, motivational enhancement, pharmacological approaches to treating addiction, prevention strategies and tobacco prevention and treatment.

In addition to providing training, MWATTC also works with state policy-makers and agencies to improve treatment delivery systems in the region. Recently, they conducted a workforce survey in Montana, Wyoming, Utah and Nevada. Two thousand surveys were sent to licensed counselors in these states to gain a profile of the current counseling workforce. The results will be used with each state's Single State Agency to guide policy decisions for the treatment field.

The MWATTC is also working with approximately 50 policy-makers, educators, researchers and consumers on a regional practice to research initiative. The group is proposing nine pilot research projects with a goal of improving treatment delivery. For more information about MWATTC, call (775) 784-6265 or visit www.unr.edu/mwattc.

National Treatment Plan Available for All to Use

In November, 2000, the Center for Substance Abuse Treatment (CSAT) released *Changing the Conversation: The National Treatment Plan Initiative (NTP)*. This document was drafted by five expert panels whose recommendations will serve as a 'blueprint' for improving treatment services in the United States.

Donna Cotter, national treatment plan coordinator at CSAT, explains, "We don't want this document to live on a shelf. We want it to be used at all levels of the substance abuse treatment system to decide the most appropriate approach for the future. This is the first consensus document we have had across the field. Implementing it is much bigger than CSAT alone."

CSAT plans to continue the initiative by focusing on recommendations for which it has both the authority and resources. Those involved with the plan hope stakeholders at all levels will use the document to plan and improve treatment services in the future.

An in-depth review of the recommendations made in the NTP is available at www.stepona.org. Click the February/March newsletter link to read an article written by Susan Rook, editor of "The Next Step." For a copy of the NTP, visit www.natxplan.org.

It's On the Web!

MEDLINEplus is a great website for anyone with a medical question. It contains up-to-date, quality health care information from the world's largest medical library, the National Library of Medicine at the National Institutes of Health.

Both health professionals and consumers can find accurate, current, medical information about specific diseases and conditions. It also provides dictionaries, lists of hospitals and physicians, health information in Spanish and other languages, and information about clinical trials.

Visit www.nlm.nih.gov/medlineplus to learn more.



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**The
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-James Krebs,
Clinical
Coordinator

Conference to Explore Role of Hispanic/Latino Family In Treating & Preventing Adolescent Substance Abuse

The Puerto Rico & U.S. Virgin Islands ATTC will present a national conference entitled *The Hispanic/Latino Family in the New Millennium: Strategies to Prevent & Treat Substance Abuse Among Children & Adolescents* in San Juan, Puerto Rico, May 9-11, 2001.

The goal of the conference is to examine the role of the Hispanic/Latino family as a system of care to prevent and treat substance abuse among children and

adolescents. The conference format will facilitate an open discussion of research, experience and controversies related to this topic. Participants will examine the settings in which youth programs take place and the public policies that affect the provision of services to adolescents.

Workshops will be conducted in both Spanish and English. For more information, call (787) 723-7238 or visit www.uccaribe.edu/prattc.

Counselor Reflections

After years of traveling, playing southern rock in a band, and doing his fair share of drugs, James Krebs had no idea that he would one day become a substance abuse counselor.

Krebs began his career in the 1970s when he started a master's in counseling program. His path soon took a different turn, however, when he left Kansas to play in a band. For the next twenty years, he played music in Texas.

It wasn't until 1991 that he decided to return to counseling. He learned about the ATTC substance abuse program at Galveston College and began taking classes. He eventually became a licensed substance abuse counselor in Texas.

Currently, Krebs is clinical coordinator for the Gulf Coast Center's Galveston County Recovery Program. He oversees the clinical staff of an outpatient substance abuse program and an HIV division. He also supervises the clinical training of interns.

Seven years ago, he began teaching counseling theory courses for the Galveston College ATTC program. "I love teaching students about the different modalities of counseling," says Krebs. "It is wonderful to give future counselors a strong basis in theory to really bring counseling into focus."

Although Krebs moved from primarily a counseling role to a supervisory role in 1998, he still loves working with clients and tries to remain focused on clinical work at his agency. "The therapeutic relationship is key for counselors. We are an instrument in the recovery process. Our clients must do the work, but we can share in their journey."

Because Krebs believes so strongly in the therapeutic relationship, he tries to find ways to

"free-up" his staff from paperwork so they can concentrate on time with clients. To do this,

he encourages his staff to use computers and the Internet. Each counselor at his agency has their own computer with Internet access.

"My staff have instant access to tools such as information about the neurobiology of addiction, current research statistics and presentations they can show clients. We have found that visuals often have a strong impact on clients, and many presentations are ready for counselors to simply download," says Krebs.

When asked how the ATTC program has impacted his work, Krebs says, "I wouldn't be here doing what I am doing if I hadn't gone through the ATTC program. And now, as a supervisor of interns, I see a marked difference between the people coming from the ATTC program and other counseling education programs. ATTC students have a higher level of preparedness and a higher level of understanding."

Krebs, who has been married for thirty years and has a 13 year old daughter, says he doesn't want to move any farther away from clinical work because he really enjoys contact with clients and the treatment team. If time allows he would enjoy becoming more involved with teaching in the future. He also believes that computers will become increasingly important in treatment, and finds new technology to be very exciting for the field.

For more information about the Texas ATTC, call (512) 471-3538.



James Krebs

How Sensitive Is Your Brain to Alcohol Induced Damage?

Addiction Science
Made Easy

Each month the ATTC highlights research from the journal **Alcoholism: Clinical and Experimental Research**, the official journal of the Research Society on Alcoholism. The following article was rewritten from the original source: Bowden, S.C., Crews, F.T., Bates, M.E., Fals-Stewart, W., Ambrose, M.L. (2001) Neurotoxicity and Neurocognitive Impairments with Alcohol and Drug Use Disorders: Potential Roles in Addiction and Recovery. **Alcoholism: Clinical & Experimental Research**, February, 25(2), 317-321.

Symposium findings from a June 2000 Research Society on Alcoholism meeting may change the way researchers think about the influence of alcohol-related brain injury on how people develop addictions, respond to treatment, and ultimately recover.

"In the past 20 years, the emphasis of research has been on what makes some people respond to alcohol, regardless of whether their brain is damaged. What they're saying here is that by drinking, you modify the brain, and the brain can be modified differentially in people," says Peter R. Martin, professor of psychiatry and pharmacology, and director of the Vanderbilt Addiction Center at the Vanderbilt University School of Medicine.

"Data indicates that risk factors for alcoholism include heavy binge drinking, genetics and adolescent drinking," said Fulton T. Crews, director of the Center for Alcohol Studies at the University of North Carolina and one of the symposium presenters. "These may also be risk factors for increased brain damage."

That's the bad news; that simply drinking alcohol can injure someone's brain, its neurotoxic effects depending on the individual's genetic

makeup, age, metabolism, and even gender. The good news is that because of the close 'working relationship' between alcohol and the brain, recovery seems possible with the right kind of treatment.

"Preclinical studies have suggested that brain damage is a component of the progression from casual drinking to addiction," said Crews. "Clinical studies have suggested that 'exercising the brain' likely improves brain regrowth as well as recovery from the addiction. Including certain activities in therapy - activities that require use of the frontal cortex, the site of executive function, impulse inhibition and goal setting - have been shown to improve recovery and increase retention in the treatment program. Also, thiamine therapy seems to increase treatment effects, likely by restoring aspects of central nervous system function."

Martin added that future research should be directed at recovery. "We need to spend more time trying to understand how the brain recovers after people stop drinking because that's going to determine how well they ultimately do."

To view the complete article, see the ATTC national website at www.nattc.org. Go to the "Research to Practice" section and click "Addiction Science Made Easy."

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Substance Abuse Web Resources

Addiction Science Research and Education Center	http://www.utexas.edu/research/asrec
National Criminal Justice Reference Service	http://www.ncjrs.org
Substance Abuse Librarians and Informations Specialists	http://www.salis.org
World Wide Web Resources for Social Workers	http://www.nyu.edu/socialwork/wwwrsw
Substance Abuse & Mental Health Services Administration (SAMHSA)	http://www.samhsa.gov
Center for Substance Abuse Treatment (CSAT)	http://www.samhsa.gov/csac
Center for Substance Abuse Prevention (CSAP)	http://www.samhsa.gov/csap
Center for Mental Health Services (CMHS)	http://www.samhsa.gov/cmhs