

FYI Fridays

(Policy Guidance and DBH Updates)

August 31, 2018

- Budget Update** - Work continues on the development of the FY20 budget. Department requests are due to the Governor's Office by October 1. We recently learned the Governor's Budget Office will accept mandatory and high priority items in the requested budget. Discussions among DMH senior managers continue to determine items that will be categorized as mandatory and high priority.
- Awesome Collaboration!!** – Congratulations and “way to go” to **FCC Behavioral Health, Gibson Recovery Center, and Bootheel Counseling!!** They are combining forces and resources to provide an array of behavioral health services at ONE location in Charleston, MO. What a great model of partnership and community investment! (see photo at right)

- Firewall Changes/FTP Alert!** - ITSD is making some important firewall changes this **Friday, September 7th** starting at 10:30 pm and ending approximately 12:00 am. This may impact: Globalscape - **FTP site** for contracted providers to drop billing files. If you are experiencing issues with Globalscape on Saturday or after, this may be caused by the firewall change. ITSD does plan to test Saturday morning, September 8th. Here is contact information to help resolve any issues:
 - Evening hours, please contact the NOC @ itsdnoc@oa.mo.gov or **573.526.7385** or **573.751.1550**. The NOC will get in contact with the firewall team to assist in resolving the issue.
 - Business hours, please open a service request/ticket to Service: **Cyber Security**; Category: **Firewall**; Subcategory: **Submit Incident**.
- CSTAR STR Listening Session** – CSTAR providers from the eastern region, as well as SE and NE region providers, convened in STL at the Dome building on Tuesday of this week for a “listening session” regarding the STR grant. A pre-survey was conducted and the following themes were the most common: 1. Dissemination of information, 2. concerns about the Medication First model, and 3. housing issues (particularly for those with Medicaid). There was great discussion about these and other issues and participants actively engaged. Central Office and MIMH staff plan to discuss the session and will send out a summary that includes answers to questions and/or clarification of expectations. We really appreciate everyone joining us to share thoughts and opinions!
- STR-SOR Fall Meeting** – Round robin updates on the STR grant and presentations from new SOR projects. **Friday, October 5 from 9:00am – 2:00pm** at DMH, Conference Room A/B in Jefferson City. Register here: <https://www.eventbrite.com/e/fall-2018-str-sor-meeting-tickets-48846283549>
- STR Kudos from SAMHSA!** - Yesterday, Spencer Clark, our Public Health Advisor/Government Project Officer with the Opioid State Targeted Response and MAT-PDOA Initiatives at SAMHSA had this to say about Missouri's STR efforts, *“Your state appears to have a well-coordinated and comprehensive plan in place that is addressing a great variety of needs with increasing access and engagement with treatment and recovery populations.”*
- CRAFT Overview** – (as cited in David Mee-Lee's newsletter yesterday; info taken from <https://motivationandchange.com/outpatient-treatment/for-families/craft-overview/>)

Community Reinforcement and Family Training (CRAFT) teaches family and friends effective strategies for helping their loved one to change and for feeling better themselves. CRAFT works to affect the loved one's behavior by changing the way the family interacts with him or her. It is designed to accomplish three goals: 1. When a loved one is [ab]using substances and refusing to get help, CRAFT helps families move their loved one toward treatment. 2. CRAFT helps reduce the loved one's alcohol and drug use, whether or not the loved one has engaged in treatment yet. 3. CRAFT improves the lives of the concerned family and friends.

The CRAFT program was developed to teach families how to impact their loved one while avoiding both detachment and confrontation, the respective strategies of Al-Anon (a 12-Step based approach) and traditional (Johnson Institute-style) interventions in which the substance user is confronted by family members and friends during a surprise meeting. While all three approaches have been found to improve family members' well-being, CRAFT has proven to be significantly more effective in engaging loved ones in treatment and decreasing their substance use, in comparison to the Johnson Institute Intervention or Al-Anon/Nar-Anon facilitation therapy.

CRAFT is a skills-based program that impacts families in multiple areas of their lives, including self-care, pleasurable activities, problem solving, and goal setting. At the same time, CRAFT addresses their loved one's resistance to change. CRAFT teaches families behavioral and motivational strategies for interacting with their loved one. Participants learn, for example, the power of positive reinforcement for positive behavior (and of withdrawing it for unwanted behavior), and how to use positive communication skills to improve interactions and maximize their influence.

Specifically, CRAFT teaches several skills, including:

- Understanding a loved one's triggers to use substances
- Positive communication strategies
- Positive reinforcement strategies – rewarding non-using behavior
- Problem-solving
- Self-care
- Domestic violence precautions
- Getting a loved one to accept help

Many of these skills are valuable for the family even if their loved one does not enter treatment or has already begun the treatment process. Additionally, the skills remain essential over the long run for families in navigating and maintaining a positive trajectory for all family members. CRAFT is not a quick fix, but rather an approach that can benefit both the substance user and the family in the short and long terms with a holistic plan of action and a more optimistic view.

Training Opportunities

1. **Coalition for Community Behavioral Healthcare Annual Conference – September 13-14, 2018** (pre-conference on **September 12**) at Chateau on the Lake in Branson. Anyone connected to the fields of mental health and substance use treatment and services should consider attending this conference. Representatives from all organizational levels should consider attending – individuals identified for the Physician Institute (primary care consultants, psychiatrists, other prescribers), executive, fiscal and clinical team members, community liaison positions, and staff identified for future leadership potential. In addition, this conference provides an affordable learning opportunity for non-Coalition providers – FQHCs, hospitals, law enforcement, court systems, advocacy groups, and many others. **Price:** No Costs are associated with the Pre-Conference Universities! **Member Pricing** = \$110 one-day, \$135 both days. **Non-Member Pricing** = \$150 one-day, \$200 both days. Registration: [CLICK HERE](#)

What to Expect

- The pre-conference will begin Wednesday, September 12, 2018.
 - CEU's will be provided for the whole conference.
 - Breakfast, lunch, and breaks will be provided during the conference on September 13-14, 2018.
 - More information will be provided for breakfast and lunch for the pre-conference workshops, as they may vary from what is provided on September 13-14, 2018.
 - Make your room reservations early, we are only able to block as many rooms as the hotel offers, after that it's sold out! We will however, have overflow hotels available if needed.
2. **Providers Clinical Support System (PCSS) – Does your medical staff need extra support and information to successfully incorporate addiction medications into their practices?** Check out: <https://pcssnow.org/>. PCSS provides evidence-based training and resources to give healthcare providers the skills and knowledge they need to treat patients with OUD. Join the dedicated health professionals who are making a difference in millions of lives. This

site offers important guidance to health professionals including: bupe induction, pregnancy, drug interactions, liver function monitoring, treating adolescents and young adults with bupe, etc. There are also tips for preparing for DEA visits, sample prog notes, sample forms, waiver application, and more. <https://pcssnow.org/resources/clinical-tools/>.

3. **Webinar: Trauma-Informed Addiction Treatment for Women - Tuesday, September 11, 2018 from 1:30 PM – 3:00 PM EDT.** This webinar will discuss the connection between addiction and trauma in the lives of women. Click here to sign up: ncdvtmh.webex.com. For more information, go to <http://ctipp.org/News-And-Resources>
4. **Last Regional Suicide Prevention Conference** – The last one is in **KC on September 21!** Register at <https://suicidepreventionconference.com/>
5. **Opioid Crisis Management Training – Tuesday, October 2, from 1:00 to 5:00 pm** in Columbia at the Holiday Inn Executive Center, 2200 Interstate 70 Drive SW, Columbia, MO 65203. Register here: <https://katiehorst.wufoo.com/forms/m1wqeb3f0eivrsn/>
6. **Youth Mental Health First Aid** - DMH is sponsoring a **Youth** Mental Health First Aid (MHFA) training at DMH CO on **Monday, October 22 and Tuesday, October 23. Times are 8:15 am to 12:30 pm each day.** An attendee must attend both days and the full 8 hours to be certified. CEUs are available and attendees may purchase on their own. Registration is required. To register, contact Vickie Epple at vickie.epple@dmh.mo.gov .

Look for updates on different topics/initiatives next Friday!