

FYI Fridays

Policy Guidance and DBH Updates

November 30, 2018

1. **Nominate a Mental Health Champion!** - The Missouri Mental Health Foundation is accepting nominations for the **2019 Missouri Mental Health Champions' Award!** This award recognizes individuals living with a mental illness, developmental disability, or is in recovery for a substance use disorder, who make a positive contribution to their community, exemplify commitment and vision, and whose actions have increased the potential for independence in others living with a mental health condition. Annually, three individuals are selected to receive the Champions' Award – an individual living with mental illness, an individual living with a developmental disability, and an individual in recovery for substance use disorders. We will celebrate our award recipients and the nominees at the annual Mental Health Champions' Banquet, which is scheduled for **Tuesday, June 18, 2019** at the Capitol Plaza Hotel in Jefferson City. **FINAL DEADLINE TO SUBMIT NOMINATIONS: FRIDAY, DECEMBER 5, 2018.** Nominations can be submitted online or by mail/fax.
 - 1) **OPTION 1: ON-LINE Nomination Form** -- Complete your 2019 Mental Health Champions' Award Nomination on-line – select the following link: http://www.missourimhf.org/?page_id=196
NOTE: Release forms must still be printed, signed and submitted to the Missouri Mental Health Foundation (see address and fax information below)
 - 2) **OPTION 2: MAIL/FAX – DOWNLOAD & PRINT hard copies of the Nomination Form & Release Form** – You can access a PDF version of the Nomination & Release forms at the following link: http://www.missourimhf.org/?page_id=196
Submit your completed nomination forms and release forms to the Missouri Mental Health Foundation by mail or fax to the following:
Mail: Missouri Mental Health Foundation
221 Metro Drive, Suite C
Jefferson City, MO 65109

Fax: (573) 469-7268

Training Opportunities and Resources

1. **Webinar: Substance Use Disorders Among Adolescents and Young Adults - December 5 at 1pm Eastern.** Substance use by adolescents is a significant public health issue and is associated with both acute and long-term health problems. In this webinar, you'll learn which developmental factors make adolescents and young adults vulnerable to substance use disorders and how to speak with them about their substance use. Dr. Wilson will share techniques for substance use screening and having impactful conversations with clients or patients who do report using substances. With these new skills, you can look forward to approaching potentially difficult discussions with increased confidence.

[Webinar Registration](#)

2. **Treatment Modalities & Considerations for Persons with Chronic Mental Illness** - FREE CE LECTURE & LUNCHEON presented by CenterPointe Hospital & Compass Health **on Friday, December 7, 2018, 12:00 PM to 1:30 PM.** Held at CenterPointe Hospital Gym, 4801 Weldon Spring Pkwy, St. Charles, MO 63304.

This educational offering will increase participants' understanding of chronic mental illness, illustrate how to meet patients where they are and how to develop connections that lead to learning, growth and sustained health. The benefits of long-acting injectable medications in treating chronic mental illness and the importance of community linkages will also be presented.

Look for updates on different topics/initiatives next Friday

It is with great sadness that we share with you the loss of our friend and colleague, Dr. Christie Lundy. Christie lost her battle with cancer on Wednesday, November 28. Christie was a Research Analyst with the Division of Behavioral Health for 22 years. She was an incredibly valued employee who dedicated much of her life to the mission of the Department. Christie was generally quiet, happy to work with numbers and data that helped to inform our policy decisions and educate the public about substance use disorders. However, she had an infectious and joyful laugh, accompanied by a sparkle in her eyes. She was passionate about the importance of data integrity and the usefulness of data done well...something that has become firmly planted as a cornerstone of quality behavioral healthcare as we advance the field. She had a talent for "translating" data into meaningful information and making it understandable for the rest of us. She assisted the Department in securing federal grants over many years, along with dedicating her efforts to assuring our continuing receipt of the SAPT and CMS Block Grants. Without these funds, countless individuals would have gone without needed services and many would have died. The importance of her contributions to the Division and the Department cannot be adequately described.

*Christie was kind and brilliant and talented and dedicated.
And she will be sorely missed.*
