

FYI Fridays

DBH Updates and Policy Guidance

April 5, 2019

- MATCP Conference** - The Missouri Association of Treatment Court Professionals (MATCP) Conference was held March 25-27, 2019 at the Branson Hilton Convention Center. Over 800 professionals attended (judges, coordinators, prosecutors, defense attorneys, probation officers, physicians, treatment providers, peers, children's division case managers and many others). The conference provided more than 75 sessions with featured speakers such as Dr. David Mee-Lee, Dr. Shannon Carey, and Elizabeth Smart. A Veterans Treatment Court Boot Camp was held to train new mentors. Several DMH staff attended and those who made presentations included **Mark Stringer** who provided opening remarks, **Dr. Angeline Stanislaus** presented on medications for opioid use disorders, **Rosie Anderson-Harper** presented on Peer Support, and **Jill Richardson** presented on Family Support Providers. Our own **Angie Plunkett** was on the MATCP conference planning committee and was voted in as a MATCP Board member. She was also honored with the 2019 Claire McCaskill Award which is an annual award recognizing significant contributions to Missouri Treatment Courts. Mark your calendars – next year's MATCP conference will be in Branson March 25-27, 2020!
- Welcome, Rachel Jones!** - **Rachel Jones**, LPC started with Division of Behavioral Health on February 15, 2019, as the Manager of Trauma Informed Treatment. In this role, she will provide assistance with various projects to further implement trauma-informed knowledge, practices and treatment. Initial projects include supporting and assisting MOADD (Missouri Alliance for Dual Diagnosis) with inclusion of trauma principles and treatment, helping Missouri schools in their efforts to become Trauma Informed using the Missouri Model developmental framework and creating new supports for CCBHCs and CMHCs through Victims of Crime Act (VOCA). She will provide training, consultation and assistance for various state departments, divisions, and stakeholders that want to become trauma-informed systems. Prior to joining DMH, she served as Director of Children's Services at Burrell Behavioral Health – Central Region. She has experience working in community-based mental health, inpatient alcohol/drug rehabilitation, and in-home therapy settings.
- Welcome, Shawn Hardgrove, Justin Tevie, and Patricia Norton!** – We are excited to announce that DBH Research has THREE new team members. **Shawn Hardgrove** started with us on March 15th and comes to us from DHSS where he had previous experience as an Account Clerk and Research Analyst II. Shawn has a BS in Business Administration. **Justin Tevie** started with us on April 1st and comes to us from Washington state with experience in Medicaid claims data and behavioral health data. Justin has a BS in Business Administration, a MS in Developmental Economics, and a Ph.D. in Economics with a focus on health economics. **Patricia Norton** is our most recent hire and will begin work with us on April 17th. Patricia has direct experience as a Research Analyst II and Research Analyst III at the Department of Corrections. Patricia has an MD and a MS in Public Health. Once we have some time to orient Shawn, Justin, and Patricia, they will begin to work on a variety of program related data requests. Please join me in welcoming all three to DBH!

April is Alcohol Awareness Month

An estimated 88,000 people die from alcohol-related causes annually, making alcohol the 3rd leading preventable cause of death in the US (tobacco is 1st, poor diet/physical inactivity is 2nd).

4. **Ozark Center's National Council Award** - The National Council for Behavioral Health's Awards of Excellence recognize and honor individuals and organizations in behavioral health care for their ingenuity, hard work and dedication to improving the lives of Americans living with mental illnesses and addictions. After reviewing more than 230 impressive submissions from across the country, the National Council notified **Ozark Center** they were selected as the *Excellence in Behavioral Health Care Management* honoree for 2019. Ozark Center was honored for their excellence in developing trauma sensitive facilities across their organization. The award was presented at a banquet on March 26th at the National Council Conference in Nashville, Tennessee.



5. **Economic Costs of the Opioid Crisis** - New [research](#) from the **Missouri Hospital Association** identifies the nationwide economic cost of the opioid crisis at \$685 billion in 2017, or 3.5 percent of GDP, with overdose deaths accounting for 93 percent of the cost. Missouri's toll is 20th highest among the states, with a total burden of just more than \$14 billion. Throughout a decade, Missouri's opioid overdose-related mortality rate increased by 107 percent. The research, modeled on a White House Council of Economic Advisors methodology and updated data from the Centers for Disease Control and Prevention, found significant increases in lost lives and economic costs through the second half of the decade. The growth in lives lost correlates with a significant increase in overdose deaths attributed to synthetic opioids, such as fentanyl.
6. **New Resources from NARR** - The **National Alliance for Recovery Residences** (NARR) released an announcement highlighting two new publications: [Helping Recovery Residences Adapt to Support People with Medication-Assisted Recovery](#) and the [National Standard 3.0 Compendium](#). The guide to medication-assisted recovery (MAR, the term used in the document by NARR) is tailored to the information needs of recovery housing operators and staff members. It discusses the basics of the most commonly prescribed medications, including how they work, how they are improving recovery outcomes, and how residences can become welcoming and supportive recovery environments. The National Standard 3.0 Compendium responds to requests from recovery residence operators and others interested in the genesis and application of recovery best practices. It is a detailed guide to the sources and rationale for the individual requirements comprising the standard. *(taken from NASADAD newsletter)*
7. **Next Region 7 Stakeholders Learning Community** - [Mid-America ATTC](#) and [Missouri Recovery Network](#) hope you join us for the next Region 7 Recovery Stakeholders Learning Community on April 25! This free, monthly Learning Community will provide a networking bridge for recovery stakeholders within the four states in Region 7 (**Iowa, Kansas, Missouri and Nebraska**). The purpose is to allow sharing of innovative recovery program ideas, successful advocacy efforts, available federal grants and other funding opportunities, as well as enable recovery stakeholders to get to know each other. Next Session: **April 25, 2019 from 12:30 to 1:30 p.m. (Central Time Zone)**. Topic: **Peer Leadership**. Presenter: Mirna Herrera. [REGISTER NOW!](#)
8. **MO-TAY-LER \$100,000 Award** - DMH's application to SAMHSA for the Missouri Transition Aged Youth- Local Engagement and Recovery (MO TAY-LER) Cooperative Agreement was recently awarded \$1,000,000 per year for up to five years. This is a Healthy Transitions Initiative working to improve life trajectories for youth and young adults, ages 16-25. Through MO TAY-LER, DMH will work collaboratively with **Behavioral Health Network of Greater St. Louis (BHN), BJC-BH in St. Louis County, COMPASS Health in St. Charles County, and Places for People in St. Louis City** to outreach, engage, and enroll transition-aged youth with significant behavioral health concerns in effective treatment. MO-TAY-LER's three overarching goals are to improve access to care for BH services, to create effective support in the transition from youth to adult services, and to develop advocacy and strategies to ensure funding and policies meet this population's service needs. DMH will work to move positive outcomes and lessons learned statewide.

9. **Link Corrected for SOAR- (SOAR, (SSI/DI Outreach, Access and Recovery), A Step in the Recovery Process)** - The following link can be handy for the case manager trained in SOAR. The library contains an Application toolbox complete with worksheets, samples or forms and the Medical Summary Report along with other tools and worksheets to move you through the process. Remember, if your agency is not successful with SOAR there may be numerous reasons. Primarily consider your candidates for applications. If the individual is not experiencing homelessness or at high risk of homelessness, and/or does not have a mental illness, SOAR is not the appropriate tool. When you identify an appropriate candidate, use the tools available, **including your local lead**, (contacts list) to help you turn in a good application the first time. Stay tuned for an announcement concerning a **Statewide Cohort** for the SOAR online course. <https://www.soarworks.prainc.com/content/library-home> (*new link*)
10. **Mental Health Champions Banquet** - The *Mental Health Champions' Award* recognizes three Missourians annually -- an individual living with mental illness, an individual living with developmental disabilities and an individual in recovery for substance use disorders. The award recipients make positive contributions to their community, exemplify commitment and vision, and their actions have increased the potential for independence in others with similar mental health conditions. The banquet is also an opportunity to come together to share a common goal — a goal to continue the journey of raising awareness and public understanding of issues impacting individuals and families living with mental illness, developmental disabilities and addiction disorders. We look forward to seeing all of you on **Tuesday evening, June 18!** If you have any questions, please don't hesitate to contact the **Missouri Mental Health Foundation** at: 573-635-9201 or e-mail MMHF@MissouriMHF.org
11. **NIH study focuses on New Med for Cravings in OUD** - The National Institutes of Health Clinical Center (NIHCC) has started a clinical trial of an experimental medication designed to treat cravings associated with opioid use disorder (OUD). The NIH's National Institute of Allergy and Infectious Disease (NIAID) is helping to conduct the trial which will assess the safety of an experimental compound used to treat opioid cravings, and how it is processed in the body when given with another drug that is processed by the same liver enzyme pathway. Henry Masur, M.D., Chief of the Clinical Center's Critical Care Medicine Department stated in a [press release](#), "At this time, there are few pharmacological interventions that specifically target the cravings felt by some patients who have physical dependence or opioid use disorder. This trial will lay the groundwork for future studies; together these may lead to effective treatments for the drug cravings that impede the pursuit of sobriety." The clinical trial is funded through NIH's Helping to End Addiction Long-Term (HEAL) initiative. (*taken from NASADAD newsletter*)
12. **FDA Approves Esketamine Nasal Spray for Treatment Resistant Depression** - The Food and Drug Administration (FDA) on March 5 approved a fast-acting nasal treatment for treatment-resistant depression to be marketed under the name Spravato, intended to help adults who live with severe depression that has not responded to other treatments. The new drug, developed by Janssen Pharmaceuticals Inc., an arm of Johnson & Johnson, comes in the form of a nasal spray called esketamine, and can be effective within hours, rather than the weeks-or months-long stretches typical of other antidepressants in the marketplace. The drug contains an active form of ketamine, an anesthetic, which has been used off-label for decades to treat depression. It was abused [**sic**] on the streets in the 1990s and 2000s as "Special K," and can have powerful effects, including hallucinations, tunnel vision, and dissociative effects that make people feel untethered from their surroundings.

The FDA approval requires that doses be given in certified settings such as a doctor's office or clinic, and that patients be monitored for at least 2 hours in case of side effects, such as disassociation. In addition, the packaging for the new treatment will contain a so-called "black box" warning label, the most serious category, indicating potential sedation, problems with attention, judgment and thinking, as well as abuse and suicidal thoughts. The taking of an oral antidepressant must accompany administration of the spray. Two independent advisory panels, the Psychopharmacologic Drug Advisory Committee and Drug Safety and Risk Management Advisory Committee, approved the drug 14-2 in February, concluding the benefits of esketamine outweighed the risks, although some expressed concerns about the proposed risk-mitigation (REMS) procedures limiting access. The drug could help about 5 million people in the United States with major depressive disorder who haven't been helped by current treatments, about 1 in 3 people with depression. The list price of the drug will be \$590 to \$885 per treatment

session based on the dosage taken. Patients will receive the treatment two times a week for a month, then every week, and then every other week. *(taken from NASMHPD newsletter)*

Training Opportunities and Resources

1. **MO Infant & Early Childhood MH Summit** – This FREE event will be held Friday, **April 12, 2019, from 9 am to 4 pm**, at the Hilton Garden Inn Conference Center at 3200 Vandiver Drive in Columbia.
<https://www.eventbrite.com/e/2019-missouri-infant-and-early-childhood-mental-health-summit-registration-56681728576>
7. **Opioid Crisis Management Team (OCMT) Training** – Join this FREE half-day training on managing the opioid crisis and the Medication First model in the state of Missouri as part of Missouri's State Targeted Response to the Opioid Crisis (Opioid STR/SOR) grant (<https://protect2.fireeye.com/url?k=8fa2f686-d3e36e8c-8fa03a4c-0cc47a6d17ce-3fad460fa6951725&u=http://www.missouriopioidstr.org/>). This training will be held at 1346 N. Bishop Avenue in Rolla on **Thursday, April 18 from 1 – 5pm**. Register here: <http://www.cvent.com/d/r6q7sy>
8. **MO Children's Trauma Network Training Summit** - Will be focusing on various topics throughout the training summit, which will include but are not limited to suicide, parent engagement, substance use, trauma, attachment, resiliency, sexual behaviors, education, public policy/advocacy and so much more! Holiday Inn and Expo Center at 2200 Interstate 70 Dr. SW in Columbia, **April 30 – May 1, 2019**. [Click Here](#)
9. **Half & Half MAT Waiver Training** - Opioid STR/SOR, in partnership with the Missouri Coalition for Community Behavioral Healthcare, is providing an 8-hour MAT Waiver Course on **May 4, 2019, from 8:00 am to 12:30 pm** at the SSM Health St. Clare Hospital, Father Krings Conference Center, located at 1015 Bowles Avenue in Fenton. **Register online now:** <http://www.cvent.com/d/bbqb6t>. This course is different from the traditional 8-hour live course, as **the first 4 hours will be in person and second 4 hours will be individual online work.**
10. **Other Upcoming Events:**
 - a. **MCB Ethics** (April dates) <https://missouricb.com/>
 - b. **MCB Clinical Supervision Trainings** (April, May, July, November) <https://missouricb.com/>
 - c. **Missouri Recovery Support Specialist Training** (May 2-4) [Click Here for MRSS Registration Form](#)
 - d. **Addiction Science Conference: Med First Model** (May 10) Click [here](#) for more info
 - e. **2019 Statewide Peer Leadership Summit** (May 28-29) **To Register >>** [CLICK HERE](#)
 - f. **DMH's Spring Training Institute** (May 30-31) [click here for more information and to register](#)
 - g. **Zero Suicide Academy** (June 5-6) <http://zerosuicideinstitute.com/zerosuicideacademy>

Look for updates on different topics/initiatives next Friday!