

## FYI Fridays

### *DBH Updates, Notices, and Policy Guidance*

February 14, 2020

- Budget Update** – On Monday, February 17, the Supplemental budgets for all Departments will be presented to the House Budget Committee. If interested you can watch the hearing by following the below link. <https://www.house.mo.gov/> Click on the Hearings Tab, click on the budget hearing in House Hearing Room 3 at 1:00 and then click on the live feed to watch.
- Peer Support - One is Not Enough!** – On Monday, February 10, 2020, there was an excellent presentation on Peer Support given at the quarterly Coalition’s Medical Directors meeting. The credential was introduced and described by **Scott Breedlove** of the Missouri Credentialing Board. Then there was an interactive presentation by **Dr. Sarfaraz Jasadwala** and **Matt Mobley**, Peer Support Specialist, both of Compass Health Network. The two discussed how they work together to optimize clients’ chances for success in recovery. Mr. Mobley offered his honest impressions and experiences about serving others as a Peer Specialist. Both gentlemen took questions from those in attendance. Some take aways:
  - Peer Specialists (PS) are uniquely helpful to consumers because of their lived experiences and are often the best at improving client engagement in other services.
  - PSs need good supervision and should be treated as vital members of the treatment teams.
  - Agencies should not just have one PS...more than that is needed to adequately serve the caseloads in CPR and CSTAR. And PSs need the support of one another, so having them connect within an agency for literal peer support is important.
- MHD Provider Manual Update** - *For provider and policy issues regarding MHD Clinical Services Programs, including Pharmacy, The Missouri Rx Plan (MORx), Psychology, Exceptions, and Medical Precertifications, email us at: [clinical.services@dss.mo.gov](mailto:clinical.services@dss.mo.gov). Questions and comments regarding any other issues should be directed to: [ask.MHD@dss.mo.gov](mailto:ask.MHD@dss.mo.gov).*

The following updates have been made to the [Physician Provider Manual](#):

  - Section 13.41.E - Drug Screening Tests

The following Hot Tip is now available on the [Provider Hot Tip](#) page:  
[Physician & Laboratory Responsibilities for Drug Screening Services Billed to MO HealthNet: Reminders](#)
- Welcome Back, Karen Will!** - The DBH Certification Unit welcomes **Karen Will** as a member of the certification team here in Central Office. Karen brings thirty plus years of experience working with individuals with behavioral health needs. She began working in the field in 1989 with developmentally challenged individuals in their home. Through the years she worked in detox, residential and outpatient settings for individuals with co-occurring disorders. She has also worked as a SATOP Administrator for several years, worked at DMH previously in the Certification Unit conducting surveys and ITCD fidelity reviews for fourteen months, and recently, prior to returning to the DBH, worked as a Life Coach at MERS Goodwill. Karen received her Master’s Degree in Counseling and Human Development from Troy University in 1996, and is credentialed through MCB as a CCDP-D. Karen plans to obtain licensure in the future. We are so happy to have rejoin our team here at DBH!
- New Director of Employment Services at DBH** - Please join us in congratulating **Chad Hinkle** on his promotion to DBH Director of Employment Services. Chad enters the position with 19 years of experience in social services with the majority dedicated to the supported employment field. He comes to us from the position as a Program Specialist II in Adult Community Operations in the Southeast Region. He will use his regional experience on the evidence-based practice of Individualized Placements and Supports Supported Employment training and fidelity on a statewide level. He will continue to work on training the Employment Specialists for the Justice Reinvestment

Initiative. As a former psychiatric hospital Patient Rights Coordinator and supervisor of Certified Peer Specialists, he will continue to advocate and promote the value of peer support. Most importantly he comes with the passion that “Employment is Recovery and Recovery is Employment. Work nourishes recovery.” Please welcome Chad to this new role. We are very excited that he will continue to promote the culture of employment as an expectation for those we serve statewide. Feel free to reach out to him if you have questions about getting individuals with SMI and SUD employed. His email address is [Chad.Hinkle@dmh.mo.gov](mailto:Chad.Hinkle@dmh.mo.gov).

6. **DMH Staff as Co-Authors on Dual Diagnosis Publication** – Several DMH staff working with the MOADD (Missouri Alliance for Dual Diagnosis) Taskforce to define best practices are co-authors on an article entitled: “Toward Actionable Practice Parameters for Dual Diagnosis: Principles of Assessment and Management for Co-Occurring Psychiatric and Intellectual/Developmental Disability” published this week in the professional journal, *Current Psychiatry Reports*. The article in its entirety may be found here: <https://link.springer.com/article/10.1007/s11920-020-1127-8>

### ***Info and Resources***

1. **Targeting Motivation Could Improve Other Negative Symptoms in Schizophrenia** - Successfully treating reduced motivation, or avolition, in patients with schizophrenia has a positive effect on other negative symptoms, according to a study published online in *Schizophrenia Bulletin*. [Read More](#)
2. **Eating Disorders Resources** - For resources, information, and training on Eating Disorders go to <http://www.moedc.org/training/training-events/1382-2/> Check out the Missouri Eating Disorders Council website and their February Newsletter.
3. **Trauma-Informed Schools ECHO** - Missouri Telehealth Network (MTN) launched Trauma Informed Schools ECHO (Extension for Community Healthcare Outcomes) in November, 2019 with the goal to assist school districts interesting in implementing trauma informed system changes and helping students and families get access to mental health services. Trauma Informed Schools ECHO meets twice a month. DMH and DESE have partnered to promote this tele-mentoring opportunity for school districts and local community mental health providers. **Registration link:** <https://showmeecho.org/>
4. **Resource for Parents of Youth in Need of SUD Treatment** - The Partnership for Drug-Free Kids announced the release of a new resource, [Your Child’s Treatment Roadmap](#), that provides guidance for parents and caregivers of youth struggling with a substance use disorder. The resource provides a step-by-step pathway through the continuum of care to educate parents on the options available for their children. Various levels of care are explained, and parents are encouraged to schedule an assessment for their child through the SAMHSA, the ASAM directory, or Psychology Today to determine the appropriate next step. Information is also provided on insurance coverage, what to expect when a child enters treatment, and a guide to continuing care.
5. **ONDCP Releases 2020 National Drug Control Strategy and Rural Toolkit** - The White House Office of National Drug Control Policy (ONDCP) recently released its [annual report](#) on the National Drug Control Strategy as well as a [new toolkit](#) to assist rural communities in responding to the addiction crisis. The 2020 National Strategy prioritizes increasing access to Medication Assisted Treatment (MAT) and supporting those in recovery with peer services, access to housing, training, education, and employment. [Read more.](#)
6. **SUCCESS Resources** - To learn more about early signs and symptoms of psychosis, trauma and psychosis, mental health in rural communities, Youth Peer Support, and other related topics, go to <https://www.mosuccess.com/> to

register for past and future webinars and in-person trainings. Registration for all trainings and webinars are free and CEU's are provided for all future webinars and trainings at no cost.

7. **Probation and Parole Regional Oversight Meetings –**

- **March 3 – Western Region**  
10:00 am – 12:00 pm  
P&P Office, 8800 Blue Ridge Blvd. 3rd Floor Kansas City
- **March 6 – Southwest Region**  
Location TBD
- **April 14, 2020 – Northeast Region (Districts 3, 18, 26)**  
9:00 a – 11:00 a  
Moberly P&P Office 1317 E Hwy 24 Suite B, Moberly
- **April 21, 2020 – Southeast Region**  
10:00 a – 12:00 p  
Location: TBD
- **June 23, 2020 - Districts 11, 16, 17, & 38**  
10:00 a – 12:00 p  
Spencer Road Library, 427 Spencer Rd, St Peters 63376

### **Training Events**

1. **The Physical Health Integration in Behavioral Health Framework** - SAMHSA's Center of Excellence for Integrated Health Solutions announced an upcoming **webinar** on the integration of physical health care in substance use and mental health treatment settings. Due to challenges in care planning, coordination, and data sharing, patients with substance use and/or mental health disorders often face barriers to care. The Physical Health Integration in Behavioral Health framework is a promising approach to enhance community behavioral health clinic planning, integration priorities, team-based care, and information-sharing. The webinar will provide a high-level overview of the evidence-based policies and practices that support integrated care, strategies to improve planning and outcomes-based quality improvement, and core components to developing and implementing the framework. The webinar will be held on **February 19, 2020 from 2:00-3:00pm EST** and registration can be found [here](#).
2. **Suicide, Depression, and Addiction. It's Complicated** – This **webinar** will explore causes, theories and treatment approaches for those who struggle with suicidal ideations and their family members. **Wednesday, February 26, 2020 at 12 noon, Central Time.** FREE. [Register Now](#)
3. **Supervision Basics for Organizations New to Employing Peer Support Workers** – SAMHSA's Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) invites you to join a **conversation** with experts about how organizations new to providing peer support services can effectively supervise and support peer support workers. All workers need supervision, and good supervision can play a key role in helping peers integrate successfully into new work settings. Organizations unaccustomed to providing peer support services can improve services and employee satisfaction by implementing best practices for supervising and supporting peer workers. Our presenters will discuss how to apply practical supervision strategies that support peer workers' professional development in different settings. **Thursday, February 27, 2020, 2:00–3:00 p.m. (ET)**
4. **The Effects of Mental Health Issues on the Family** - Mental health issues of one or more members of the family unit affect all members. This **training** will discuss how family members process/adapt in both maladaptive and positive ways to a member affected by mental illness. Participants will learn effective ways to engage and support the family even in the time constraints of program/insurance issues. Symptoms, treatment and caregiver burnout will also be addressed. Resources for family members will be provided. To be held at CenterPointe Hospital, 4801 Weldon Spring Parkway, St. Charles, **Friday, February 28, 2020, at 8:30 a.m. – 10:00 a.m.** (Registration & Continental Breakfast 8:00 a.m.). FREE. [Click here for flyer!](#)

5. **PCIT Training** - The *Missouri Children's Trauma Network* is excited to announce Parent Child Interaction Therapy (PCIT) training. PCIT is an empirically supported treatment for preschool children (ages 2-7) with disruptive behavior. PCIT emphasizes changing the parent- child interactions to improve the nature of the parent/child relationship. Parents who participate in PCIT with their children are taught specific skills to develop a strong, positive relationship with their child while increasing the child's prosocial behavior and reducing the child's undesirable behaviors. PCIT also has been shown to be an effective treatment for children age 4 to 12 with a history of physical abuse or neglect and their families and children with prenatal substance exposure. Applications of PCIT with additional populations will also be discussed in this training. **Registration link:** <https://cvent.me/eb8R40>
- Arnold, MO – March and May
  - Joplin, MO – May and June
6. **Wellness Coaching Train the Trainer** - This training will outline the process of Wellness Coaching, provide background info on why attending to health and wellness is critical for people with psychiatric conditions, and explain how and why health literacy is relevant to helping persons served to improve their quality of life. Training participants will practice the skills taught and will develop and implement training plans so that the staff they train will, in turn, be able to implement the process of Wellness Coaching. Please note that space is limited, so please register as soon as possible to secure your spot in the training. Dates: **March 3-6, 2020** at the Coalition Office in Jefferson City. **Register online now >>** <https://cvent.me/NVQqrB>
7. **Family Support Provider (FSP) Training** - Newly hired Family Support Providers will have the opportunity to dial in their skills and become certified to begin assisting families at our upcoming FSP training. Dates are **March 16 – 18, 2020**. To register, email Jill Richardson at [jill.richardson@dmh.mo.gov](mailto:jill.richardson@dmh.mo.gov) for further instructions.
8. **Structured Psychotherapy for Adolescents Responding to Clinical Stress** - DMH is providing two separate trainings for Structured Psychotherapy for Adolescents Responding to Clinical Stress (SPARCS). One training is in Kirkwood and the other in Jefferson City. These trainings will be taking place starting in March. Please see the below registration link for more information and to get signed up. Please know that space is limited, so register as soon as possible. **Registration Link:** <https://cvent.me/xqGn4G>

**Kirkwood, Missouri - March 19-20, 2020 and May 14-15, 2020 (Must attend all dates in March and May)**

**Jefferson City, Missouri - March 26-27, 2020 and May 19-20, 2020 - (Must attend all dates in March and May)**

9. **Liquid Handcuffs: A Documentary to Free Methadone** - Join documentary filmmakers Helen and Marilena for a viewing of "Liquid Handcuffs: A Documentary to Free Methadone." The purpose of this event is to highlight the benefits of methadone, provide an international perspective on the utilization of and policies related to methadone, and allow a discussion of some of the challenges related to methadone treatment and regulation in the United States. A panel discussion following the documentary will include perspectives from the filmmakers, providers from methadone clinics, and individuals who have used methadone in their recovery. [Click here to view the official documentary trailer.](#)

Date and Time: **Wednesday, March 25, 2020 from 5:00pm – 7:15pm**

5:00 pm Documentary Viewing

6:15 pm Panel discussion

Location: University of Missouri – St. Louis, JCP Auditorium

Registration: This event is FREE – however, we ask that individuals still register using the EventBrite link so we have an idea of how many people to expect. Register here: <https://liquidhandcuffsdoc.eventbrite.com>

## **Recurring Training Opportunities**



1. **MCB's Ethics Trainings** – all are 6 CEUs, If you have any questions, contact MCB at [help@missouricb.com](mailto:help@missouricb.com) or call 573-616-2300.

[Click Here for March Ethics Registration Form](#)

- *Friday March 6, 2020* - St. Charles
- *Friday March 6, 2020* - Springfield
- *Friday March 13, 2020* - St. Charles
- *Friday March 13, 2020* - Kansas City
- *Friday March 13, 2020* - Jefferson City
- *Friday March 13, 2020* – Farmington
- *Friday March 27, 2020* - Kansas City

[Click Here for April Ethics Registration Form](#)

- *Friday April 10, 2020* - St. Charles
- *Friday April 17, 2020* - Jeff City
- *Friday April 17, 2020* - Kansas City
- *Friday April 17, 2020* - Farmington
- *Friday April 24, 2020* - Springfield

2. **MCB's February MRSS Training** - The purpose of the Recovery Support Specialist Training is to train and credential qualified participants to work as staff and/or volunteers with people with a behavioral health disorder. Recovery Support Specialists enter into ongoing mentoring relationships that help individuals who are in recovery or who are considering recovery from a behavioral health disorder to produce extraordinary results in their lives, careers, businesses, organizations, etc. (\*Please note this is not the Certified Peer Specialist (CPS) Training. Please contact the Missouri Credentialing Board if you have any questions @ (573-616-2300). [Click Here for the MRSS February Registration Form](#)

- East – **February 26-28** at St. Patrick Center (St. Louis)

3. **MCB's Clinical Supervision Trainings** - This training is required for an individual to be a MCB Qualified Clinical Supervisor. If you have any questions, please contact the MCB office at 573-616-2300 or [help@missouricb.com](mailto:help@missouricb.com)
  - **February 27 and 28, 2020** - Jefferson City - [Click Here for February Training Registration Form](#)
  - **April 30 and May 1, 2020** - Sikeston - [Click Here for April/May Sikeston Registration Form](#)
  - **May 14 and 15, 2020** - Kansas City - [Click Here for May Training Registration Form](#)
  - **July 30 and 31st, 2020** - Joplin, MO - [Click Here for the July Joplin CST Training Registration Form](#)
  - **November 19 and 20, 2020** - St. Louis, MO - [Click Here for the November St. Louis CST Training Registration Form](#)

4. **MAT (Buprenorphine) Waiver Course** - Opioid SOR, in partnership with the Missouri Coalition for Community Behavioral Healthcare are providing an 8-hour MAT Waiver Course. This **course** is different from the traditional 8-hour live course, as the first 4-hours will be in person and then the last 4-hours will be individual online work. Once you complete the first 4-hour live training, you will receive an email from AAAP with a link for the other 4-hours of individual work. Once that work is completed, they will send you a certificate of completion.

**AVAILABLE TRAINING DATES:**

**Kansas City, Missouri**

**Saturday, February 22, 2020** - Time: 8:30 a.m. – 12:30 p.m., Presenter: Dr. Roopa Sethi

**Saturday, March 28, 2020** - Time: 8:30 a.m. – 12:30 p.m., Presenter: Dr. Roopa Sethi

**Register Here:** <http://www.cvent.com/d/3hq2vq>

**St. Louis, Missouri**

**Saturday, April 11, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Fred Rottnek

**Saturday, June 13, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Fred Rottnek

**Saturday, August 8, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Fred Rottnek

**Saturday, September 26, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Evan Schwarz

**Saturday, November 7, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Evan Schwarz

Register Here: <http://www.cvent.com/d/chqswm>

*\*Additional dates may be added throughout the year.*

**8 Hour Online MAT Waiver Training**

Register Here: <https://learning.pcassnow.org/p/onlinematwaiver>

5. **Certified Peer Specialist Supervision Trainings** - The MCB will be offering the following Certified Peer Specialist Supervision Trainings. The training has been changed slightly and updated for 2020 so if you have attended previously, you are welcome to sign up again. These trainings are free and lunch is provided. [Click Here for the Peer Specialist Supervision Training Registration Form](#). If you have any questions, please feel free to contact the MCB office at 573-616-2300 or [help@missouricb.com](mailto:help@missouricb.com).

**Tuesday February 11** - Jefferson City, MO

**Tuesday April 21** - Kansas City, MO

**Thursday June 25** - St. Louis, MO

**Thursday August 13** - Springfield, MO

**Thursday October 15** - Cape Girardeau, MO

**Thursday December 17** - Jefferson City, MO

***Look for updates on different topics/initiatives next Friday!***

