

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

July 17, 2020

Prior issues of FYI Fridays can be found at: <https://dmh.mo.gov/mental-illness/fyi-fridays>

July is National Minority Mental Health Awareness Month!

1. **Health Privacy Rule 42 CFR Part 2 Is Revised, Modernizing Care Coordination for Americans Seeking Treatment for Substance Use Disorders** – SAMHSA announced the adoption of the revised Confidentiality of Substance Use Disorder Patient Records regulation, 42 CFR Part 2. The adoption of this revised rule represents a historic step in expanding care coordination and quality through the Deputy Secretary’s Regulatory Sprint to Coordinated Care.

The new rule advances the integration of healthcare for individuals with substance use disorders while maintaining critical privacy and confidentiality protections. Under Part 2, a federally assisted substance use disorder program may only disclose patient identifying information with the individual’s written consent, as part of a court order, or under a few limited exceptions. Health care providers, with patients’ consent, will be able to more easily conduct such activities as quality improvement, claims management, patient safety, training, and program integrity efforts.

The ease of sharing information, with patient consent, among providers will enable better, higher-quality care for those with substance use disorders. This serves as an important milestone in further aligning 42 CFR Part 2 and the HIPAA regulations. [Full Press Release](#) | [Final Rule](#) | [List of Changes](#)

2. **Missouri CIT was Recognized Internationally for Fifth Year in a Row!** – The Missouri Crisis Intervention Team (CIT) Council celebrated exciting news this week. Det. Jason Klaus, Missouri CIT Coordinator, received the **2020 CIT International Coordinator of the Year Award**. Also, Cpl. Leann Robertson, Rolla Police Department, has received the **2020 CIT International First Responder of the Year Award**. Missouri CIT has been recognized internationally for the past five years now. The Missouri CIT program is a partnership of law enforcement, behavioral health providers, hospitals, the courts and individuals with lived experience and community partners who are dedicated to implementing the Missouri Model of CIT. The goals of CIT are to promote more effective interactions between law enforcement and individuals in crisis through a 40 hour training centered on behavioral health education and de-escalation skills, help individuals in crisis by connecting them with appropriate community resources in an effort to divert involvement with the criminal justice system, improve the safety of the officer and individuals in crisis, and reduce stigma. DMH hopes to expand CIT across the entire state.
3. **Missouri Leadership Academy Class 4 and 5** – DMH is proud of its participants in the Missouri Leadership Academy Class 4. The Division of Behavioral Health (DBH) was represented by **Lisa Franz** with Northwest Missouri Psychiatric Rehabilitation Center, and the Division of Developmental Disabilities (DD) was represented by **Kelly Griffon** with the St. Louis Regional Office. Both did an excellent job presenting with the capstone project teams. The Missouri Leadership Academy Class 5 began this week, and DMH participants include: **Leslie Bradley** with Central Office (DD), **Rachel Jones** with Central Office (DBH), and **Jennifer Wyble** with the Kansas City Regional Office (DD). To learn more about the Academy, please see the recent [video](#) and [article](#) or visit [The Missouri Way website](#).

4. **First Statewide DMH CARES Launch was a Success** – On July 14, DMH launched the first statewide DMH CARES (Communicating and Reaching Employees Supportively) webinar series. This first webinar had approximately 1,000 state employees registered and more than 750 actually participated in the event. Registration is open for future dates. Please join in and share this awesome resource! [Registration Link](#) | [DMH CARES Show Me Hope Flyer](#)
5. **Compass Health Network's New Disaster Hotline - Compass Health Network**, a Certified Community Behavioral Health Organization and one of the largest community behavioral health providers, has diligently continued services during the pandemic. Services are provided both through telehealth and in-person with appropriate precautions. Compass started a new Disaster Hotline (888-237-4567) to assist individuals who are experiencing behavioral health symptoms due to the current stressful times and social isolation. Two recent examples highlight the success of the Disaster Hotline:
 - A person called the scheduling line feeling in crisis due to homelessness, being off medication, and having no transportation. The caller was worried about becoming aggressive. The scheduler provided a handoff to the disaster line and the caller was assessed. A mobile outreach was made and the caller was scheduled the next day for a psychiatric appointment and began therapy within two days.
 - A caller reported a suicide attempt the night before and realized that extra help was needed during this time. The caller did not have a lot of support from a significant other and usual coping skills were not working in this unusual time. The caller was assessed, counseled and contacted for safety. The crisis staff arranged for a therapist to complete an Open Access appointment with the caller within the hour, a psychiatric appointment was made, and a therapist assigned. Afterwards, the caller felt supported, was engaged with services less than 24 hours later, and has hope of getting better to continue to be there for family members.
6. **NAMI SW Awarded Grant to Assist with COVID-19 Efforts** - The **National Alliance on Mental Illness Southwest** (NAMI SW) received a small grant to assist with COVID-19 related expenses, courtesy of the Springfield Police Department (SPD). NAMI SW was selected with other non-profit agencies identified by the United Way of the Ozarks. Police Chief Paul Williams reviewed and recognized that certain items met the grant criteria. The U.S. Department of Justice provided the grant to SPD to help with the fight against the novel coronavirus. NAMI SW will use the funds to assist homeless individuals with mental illness in their community.
7. **Reminder Proposed Rule Amendment for Community Support in CPR Programs** – The draft rule amendment has been posted to the DBH webpage for comments: <https://dmh.mo.gov/media/pdf/9-csr-30-4047-community-support-cpr-programs>. Updates have been made to staff, documentation, and service delivery requirements (core functions). Comments should be submitted to [Debbie McBaine](#) by **July 22, 2020**.
8. **MHD Provider Bulletins** – All MHD provider bulletins can be found at: <https://dss.mo.gov/mhd/providers/pages/bulletins.htm>.
 - **National Drug Code Requirements** – This bulletin applies to clinics, outpatient hospitals, FQHCs, and RHCs and is effective on August 30, 2020. [Bulletin](#)
9. **ACT Newsletter Summer 2020 Edition** - Check out the recent edition of the ACT Newsletter on the [DMH website](#).
10. **Other COVID-19 Updates & Resources** –
 - **New FAQs on COVID-19 and Addiction/SUDs** - Find answers to common questions about COVID-19 and what people with an addiction or an SUD should know. [Read More](#)
 - **Missouri-Specific Coronavirus Regional Data** - MHA and the Hospital Industry Data Institute [introduced](#) a new set of weekly COVID-19 dashboards providing regional trends and models of predicted cases designed to help government leaders, local public health officials, health care organizations and businesses understand the influence of COVID-19 on their communities and make informed decisions when protecting citizens,

customers, employees and patients: <https://web.mhanet.com/coronavirus-disease.aspx>. Daily situational awareness is available on the [DHSS website](#).

- **DATIS COVID-19 Resource Center** – This resource is complete with workforce management articles, guidance on new regulation and other resources curated specifically for health and human services organizations: <https://resources.datis.com/covid-19-resource-center>.
- **COVID-19 Community Testing Info** – DHSS is partnering with local health departments and health care providers to offer community testing events. For **current community testing locations and information**, including links to register, please visit: <https://dcphdo02redcap.azurewebsites.net/redcap/surveys/?s=DEX3J7THHM>.
- **DBH Community COVID Positives Data** - To date, we have received reports of 134 consumers and 54 staff members testing positive for COVID-19 (from 39 providers). Please send any reports of staff or client positives to nora.bock@dmh.mo.gov and copy karen.will@dmh.mo.gov.
- **DBH Treatment Provider Calls** – We are scheduled for every **two weeks** on Wednesdays at 12pm. Next scheduled call is **July 22, 2020**. Resources that we encourage you to check out (these pages all continue to be updated):

DBH COVID-19 Guidance/Resources - [MoHelpNow](#)

DMH Disaster Services Website - <https://dmh.mo.gov/disaster-services/covid-19-information>

Show Me Strong Recovery Plan - <https://showmestrong.mo.gov/#page-top>

MO DHSS Website - <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>

CDC Website - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

INFO and RESOURCES

1. **SAMHSA Virtual Event on Supporting Families of Adults with SMI and SUD** – SAMHSA announced an upcoming *Recovery Live!* virtual event that will discuss support for families of adults with SMI and/or SUD. Many family members provide emotional, social, and instrumental supports including help with money, housing, childcare, and transportation. Family members also assist loved ones with accessing and navigating services. Because of this, organizations are recognizing that supporting families is an important part of the services they offer. The virtual event will include national experts discussing the experiences of families supporting loved ones. **Thursday, July 23, 2020, 1-2pm CT**. [Register](#)
2. **New Fact Sheet for Medicaid and CHIP Providers on the Provider Relief Fund** – HRSA released a new fact sheet for Medicaid and CHIP Providers that is now available. **The application deadline is Monday, July 20, 2020**. [Read More](#)
3. **New REACH Aims to Increase Addiction Treatment for Underrepresented Minority (URM) Patients** - Recognizing and Eliminating disparities in Addiction through Culturally-informed Healthcare (REACH) is a program for racial and ethnic minority trainees who are interested in becoming addiction specialists. This program prepares medical students, residents, fellows, nursing students, and physician assistant trainees to care for racial/ethnic minority patients with SUDs. REACH is a one-year program, involving a 1-Week Intensive training experience at Yale University, Fellowship funding up to \$104,000, monthly webinars, and career mentorship. Scholars must also attend at least one addiction conference during their year in the program. **Applications to the program, to enroll in July 2021, are now due Saturday, August 15, 2020**. REACH is funded by SAMHSA. For any questions please contact the program manager, Dafna Paltin, at reach@aaap.org. [REACH Brochure](#) | [REACH Flyer](#) | [Apply Here](#)

4. **New FCC Designates '988' As 3-Digit Number For National Suicide Prevention Hotline** - the Federal Communications Commission adopted rules to establish 988 as the new, nationwide, 3-digit phone number for Americans in crisis to connect with suicide prevention and mental health crisis counselors. The rules require all phone service providers to direct all 988 calls to the existing National Suicide Prevention Lifeline by July 16, 2022. During the transition to 988, Americans who need help should continue to contact the National Suicide Prevention Lifeline by calling 1-800-273-8255 (1-800-273-TALK) and through online chats. Veterans and Service members may reach the Veterans Crisis Line by pressing 1 after dialing, chatting online at www.veteranscrisisline.net, or texting 838255. [Read More](#)
5. **New Experts Reach Consensus on Treatment of Adolescents With ADHD, SUD** - A multidisciplinary group of 55 experts from 17 countries reached a high level of consensus on 36 of 37 statements for the screening, diagnosis, and treatment of adolescents with concurrent attention-deficit/hyperactivity disorder and substance use disorder. [Read More](#)
6. **New Depression Linked with Increased Risk of Death, Cardiovascular Events Worldwide** - Across the world and especially in urban areas, depressive symptoms are associated with an increased risk of mortality and incident cardiovascular disease in adults, according to a large, population-based cohort study. Results were published online in *JAMA Psychiatry*. [Read More](#)
7. **New COVID-19 Hospitalization Could Lead to Poor Mental Health Outcomes** - COVID-19 could cause delirium in one in four patients during hospitalization as well as the possibility of depression and other psychiatric disorders afterward, according to a published systematic review and meta-analysis. [Read More](#)
8. **New Coping with Traumatic Events** - Researchers are investigating the factors that help people cope, and those that increase their risk for other physical or mental health problems following a traumatic event. This resource from the NIMH shares warning signs of trauma—for both adults and young children. [Read More](#)
9. **New Talking With Children About Coronavirus Disease 2019** – The CDC has created recommendations to help adults have conversations with children about COVID-19 and about ways they can avoid getting and spreading the disease. [Read More](#)
10. **New Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak** - This tip sheet from SAMHSA describes feelings and thoughts people may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your mental and emotional health during these experiences and provides resources for more help. [Read More](#)
11. **New Collision of the COVID-19 and Addiction Epidemics** – People with an SUD may be especially susceptible to COVID-19, and compromised lung function from COVID-19 could also put at risk those who have an OUD and a methamphetamine use disorder. This commentary describes the overlapping risks of the COVID-19 and addiction epidemics. [Read More](#)
12. **People With OCD Facing Unique Battle in COVID-19 Era** - People with obsessive-compulsive disorder (OCD) and other serious anxieties face uniquely difficult mental health battles, including trying to distinguish concerns brought on by their conditions from general fears shared by the public about COVID-19. [Read More](#)
13. **Probation and Parole Regional Oversight Meetings** – These are subject to change given rapidly changing plans regarding COVID-19. For any questions regarding the P&P Regional Oversight Meetings, please contact Katie Andrews at katie.andrews@dmh.mo.gov and/or 573-522-6163.

July 29 – SE Region – 10-12pm

Location: La Croix Methodist, 3102 Lexington Ave., Cape Girardeau

September 4 – SW Region – TBD

September 11 – Northeast Region (Districts 3, 18, 26) – 9-12pm

Location: Moberly P&P Office, 1317 E. Hwy 24, Suite B, Moberly

September 22 – Northeast Region (Districts 11, 16, 17, 38) – 10-12pm

Location: TBD

September 23 – Eastern Region – 9-11am

Location: Zoom Meeting

November 17 – North Central Region – 10-12pm

Location: Zoom Meeting

TBD – Western Region – (To be rescheduled from June 9)

Location: KC-ATC, 2600 E. 12th St., Kansas City

TRAINING OPPORTUNITIES

1. **New The New Role of Virtual Care in Behavioral Health: A Look Forward** - Qualifacts and the National Council for Behavioral Health recently partnered to conduct a national survey of behavioral healthcare providers to gauge the acceleration of providing care virtually and its impact on their business during the COVID-19 pandemic. This webinar will explore how providers pivoted to virtual care and the issues, concerns, and opportunities they see for its use in the future. **Tuesday, July 21, 2020, 12-1pm CT.** [Register](#)
2. **Virtual Learning Sessions: Culture is Prevention** - Culture is fundamental to developing a successful career or organization, and building that culture is everyone's responsibility. Despite recent progress, health disparities continue to be a challenge among Latino/Hispanic, Native Americans, and Alaska Natives, compared to the U.S. population as a whole. National data show the need to enhance services and access to services for culturally and linguistically diverse communities. Providing culturally and linguistically appropriate prevention services requires an understanding of cultural competence/humility.
 - **Session 3: Spirituality in the Hispanic and Latino Culture and its Role in Prevention and Healing – Wednesday, July 22, 2020, 1-2:30pm CT.** [Register](#)
 - **Session 4: How We Can Culturally Navigate Between the Two Communities – Wednesday, August 5, 2020, 1-2:30pm CT.** [Register](#)
3. **Sick and Tired of Being Sick and Tired: People of Color, Disabilities, and Mental Health** – This webinar explores the unique intersection of disability, mental health, and people of color. People of color experience higher rates of disability and mental health conditions, but often face decreased access to care and have other co-occurring health disparities. This presentation will highlight these inequities and discuss how to work towards eliminating these disparities and becoming stronger allies for people of color. **Thursday, July 23, 2020, 1-2pm CT.** [Register](#)
4. **Trauma-Informed Treatment: Applications in Clinical Settings** – Ninety percent of clients in community behavioral health settings and 70 percent of all Americans report experiencing at least one traumatic event throughout their lifetime. Traumatic events, whether sexual assault, physical and emotional abuse, or natural disaster have the potential to impact every area of a person's life. It is imperative that mental health professionals have the tools needed to screen for traumatic events while also knowing how to further assess the impact of the trauma(s) on the client's life. This training will assist the professional in formally screening for trauma, further assessing the impact of traumatic events, and determining how to move forward in treatment. **Friday, July 24, 2020, 1-4pm CT.** **Registration fee: \$39.** [Register](#)
5. **Best Practices for Co-occurring Disorder Treatment: Organizational Structure and Service Environment** - Program structure and milieu set the organizational foundation and tone for building integrated behavioral health capacity. This webinar will explore a variety of strategies for establishing an organizational culture that clearly communicates support for individuals with co-occurring disorders. **Thursday, July 30, 2020, 12-1pm CT.** [Register](#)

6. **Health Disparities in African American Communities: A Historical and Psychological Perspective** - This presentation will review the health disparities recently exposed by the COVID-19 pandemic. Data will be presented that highlight the impact on the African American community, followed by a review of the traditional rationales provided for these disparities. The presenter will then offer some alternative rationales and considerations based on historical factors that have impacted the African American community. In addition, insights from Black Psychology will be provided to re-frame the discussion. **Thursday, July 30, 2020, 1-4pm CT. Registration fee: \$49. [Register](#)**
7. **Complex Trauma: The Connection between Mental Health, COVID-19, and Social Unrest** – There is unprecedented stress impacting individuals, families and communities across cultures, generations, genders and racial groups. As hope began to emerge that the COVID-19 pandemic might be waning and social isolation nearing an end, new spikes of infection are being reported across the nation. At the same time, our nation is also reckoning with the systemic racism laid bare by the COVID-19 racial disparities and bringing to light the additional traumas experienced by Black, Indigenous and People of Color. Join recognized experts on trauma and resilience for a virtual workshop around how to support individuals in developing healing and resiliency from these overwhelming and cumulative traumas. Learn how to recognize moral injury, identify its signs and gain the tools to address the traumatic impact of the current environment and support healing and a resilient recovery. **Wednesday, August 5, 2020, 11:30-1pm CT. [Register](#)**
8. **New Why Opioid Misuse Messaging is an Essential Part of Your COVID-19 Response** - As communities respond to the COVID-19 pandemic, it is crucial to include evidence-based opioid misuse messaging in planning. While this can be difficult with tightening budgets, leveraging best practices can help a team address this need urgently and cost-effectively. Learn how to overcome these challenges and develop messaging strategy efficiently. **Thursday, August 6, 2020, 12-1pm CT. [Register](#)**
9. **FSP Training** – Family Support Providers give assistance to families with children or youth experiencing behavioral health, substance use, or developmental disability challenges. Parents and caregivers can access support and resources through their FSP, along with other services they provide. Consider attending the next training event, being held via Zoom, **August 17-19, 2020**. For questions regarding registration, please email [Jill Richardson](mailto:jill.richardson@mo-coalition.org).
10. **Missouri Behavioral Health Conference** -



Save the Date - September 10-11, 2020

MISSOURI BEHAVIORAL HEALTH CONFERENCE

A hybrid conference with in-person at the Westin at Crown Center in Kansas City, MO and also live streaming for those who are unable to travel due to COVID-19. More information and registration to come.

Facebook: www.facebook.com/mccbh/ Twitter: [@MO_CoalitionCBH](https://twitter.com/MO_CoalitionCBH)

The graphic features a dark purple background with a white silhouette of a city skyline at the bottom. A white radio tower with signal waves is positioned on the right side. The text is in various colors and fonts, including teal and white.

Please visit www.mocoalition.org/conference for more information as it becomes available.

Price: \$140 per person, which includes continuing education.

Hotel Reservation: For convenience, the hotel reservations will be rolled into the conference registration!

11. **Missouri Substance Use Prevention Conference** – Mark your calendars for the Missouri Substance Use Prevention Conference on November 16-17, 2020. This is a virtual event hosted by the Missouri Prevention Resource Center Network. More details will be provided at a later date.



RECURRING TRAINING OPPORTUNITIES

Please contact the training sponsor as these events may be subject to change given the developing COVID-19 situation.

1. **Overdose Education and Naloxone Distribution** –The MO-HOPE Project has scheduled virtual trainings through the end of July 2020. Trainings are free, but registration is required.
AVAILABLE TRAINING DATE:
Thursday, July 30, 2020, 10-12pm CT, [Register](#)

TRAINING OF TRAINERS:
Overdose Education and Naloxone Distribution: *Tuesday, July 21, 2020, 10-12pm CT, [Register](#)*
2. **Mental Health First Aid (MHFA)** - MFHA is now available in a variety of formats, including a fully **virtual** course. MHFA teaches an individual how to identify, understand and respond to signs of mental illness and substance use disorder. This training teaches the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Youth MHFA is also available for adults working with youth (age 12-18). Register today to be the one to make a difference for your friends, family members, colleagues, students, or children. This training is designed for the general community and is being offered for free through the DMH. Check out the [MO MHFA website](#) to register and for more frequent updates.
3. **2020 Suicide Prevention Virtual Conference** – This virtual event is brought to you by the DMH, MO Coalition, and Community Counseling Center. [Register](#) **Dates:** Kick-off **July 30** with a full day of exciting and relevant keynote presentations. Next, one webinar every other Thursday starting **August 6 through October 29**. **Cost:** The virtual conference is **free** unless the attendee would like continuing education. If so, the cost is \$20 per person. **Equipment needed:** A laptop/computer with speakers and internet in order to participate in the webinars. Because of the size, there will not be an option to call in for these webinars. **Continuing Education:** The certificate will be sent at the end of the event on October 29 with the total number of hours the attendee participated in throughout the event. **Networking:** An app/weblink for the event to help with networking during the virtual events will be provided. Information on how to access the app/weblink will be sent two weeks before to the event.
4. **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
July 30 and 31, 2020 - Joplin - [Click Here for the July Joplin CST Training Registration Form](#)
November 19 and 20, 2020 - St. Louis - [Click Here for the November St. Louis CST Training Registration Form](#)

5. **New 2020 Certified Peer Specialist Trainings** - This training has gone virtual! If you have questions, please contact the MCB office at 573-616-2300 or help@missouricb.com. Application information can be located at <https://mopeerspecialist.com/>.

AVAILABLE ZOOM TRAINING DATES:

August 3-7, 2020

August 10-14, 2020

August 24-28, 2020

September 14-18, 2020

September 28 – October 2, 2020

October 12-16, 2020

October 26-30, 2020

November 9-13, 2020

November 30 – December 4, 2020

December 7-11, 2020

6. **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:

St. Louis, Missouri

Saturday, September 26, 2020 - Time: 8:30am - 12:30pm CT, Presenter: Dr. Evan Schwarz

Saturday, November 7, 2020 - Time: 8:30am - 12:30pm CT, Presenter: Dr. Evan Schwarz

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

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

8 Hour Online MAT Waiver Training

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

7. **2020 Certified Peer Specialist Supervision Trainings** – This training is strongly encouraged for any current or future peer specialist supervisor (individuals supervising a CPS). It has been updated so individuals who have attended a training in the past are welcome to attend again. The training is free and will be done in a virtual format only. Once registered, participants will be given a link to watch four videos before the Zoom meeting date. [Click Here For Peer 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. The Zoom meetings are scheduled for 9-11am on the following dates:

Tuesday, September 22, 2020

Thursday, October 22, 2020

Thursday, December 17, 2020

Look for updates on different topics/initiatives next Friday!