

# FYI FRIDAYS

## ***DBH Updates, Notices, and Policy Guidance*** **October 2, 2020**

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

### ***Mental Illness Awareness Week is October 4-10!***

1. **New \$20 Billion Phase 3 Provider Relief Portal Opens Monday 10/5** – HHS announced a new \$20 Billion Phase 3 Provider Relief Portal, opening for applications **Monday, October 5**. The Administration’s press release emphasizes the importance of mental health and substance use service providers, and their critical role addressing the COVID-19 crisis. The release stresses that behavioral health providers have shouldered the burden of responding and confronting expanded challenges triggered by the pandemic. Stay tuned for more detailed application instructions. (Source: HHS). [Full Announcement](#)
2. **DMH Received the FY 2020 Disaster Response State Grant Program** – This \$7 million grant is for one year and will address the long-term behavioral health effects that the 2019 floods and tornadoes had on adults and children in the affected areas. DMH will work with selected Certified Community Behavioral Health Organizations (CCBHOs) and one Community Mental Health Center (CMHC) to implement evidence-based practices in communities impacted. They will provide direct treatment services in schools, and also connect adults with behavioral health issues to needed services. Mental Health First Aid training will also be provided in these communities.
3. **DMH to Present to MHA Members** – DMH will be presenting a virtual webinar for Missouri Hospital Association members in the next few weeks. DMH will present on the impact of COVID-19 on the mental health of Missouri’s health care workforce, information on self-care, and suicide prevention resources including the Suicide Prevention Lifeline and Crisis Text Line. DMH presenters will include: **Angeline Stanislaus, M.D.**, Chief Medical Director; **Rachel Jones, LPC**, Manager of Trauma Informed Treatment; and **Stacey Williams, LCSW**, Suicide Prevention Coordinator.
4. **Virtual Job Fairs** – As part of Governor Mike Parson's *Show Me Strong* recovery plan, The DBH Employment Team will be presenting at several virtual job fairs offered by the Missouri Department of Higher Education & Workforce Development (MDHEWD). These brief presentations will address how to cope with anxiety when returning to work during the COVID-19 crisis. MDHEWD launched its *Return Strong* campaign to help assist with economic recovery efforts from COVID-19. The campaign's focus is to help Missourians skill up and get back to work, and to safely and responsibly reopen Missouri's public workforce system. [Return Strong Job Fair Information](#) | [Return Strong Tool Kit](#)
5. **Show Me Hope Media Kit** – The Missouri Crisis Counseling Program, known as Show Me Hope, has released a media kit: <https://sites.google.com/view/show-me-hope-media-kit/home>. This media kit was created to help spread awareness about this important service. Please share on all platforms! Special thanks to **Angie Stuckenschneider** for the idea. For more information and resources, please visit the [Show Me Hope website](#).
6. **Staff Awarded Black Belt in RPI** – **Lisa Franz**, Chief Performance Improvement Officer for western region psychiatric hospitals and an alumna of the Missouri Leadership Academy, was recently awarded her Black Belt in Robust Process Improvement (RPI) from The Joint Commission Center for Transforming Healthcare. In addition to mentoring green belt candidates on their projects, Lisa is currently managing the implementation of an online RPI yellow belt training curriculum for supervisors in all seven state-operated hospitals. Congrats Lisa and keep up the great work!

7. **Mental Health Commission Meeting** – The Missouri Mental Health Commission will hold its monthly meeting on **Thursday, October 8, from 10-12pm** via WebEx. DMH staff will update the Commissioners on the Department's COVID-19 response efforts. Also, **Valerie Huhn**, DMH Deputy Director and Director of the Division of Developmental Disabilities, and **Kerri Tesreau**, Director, Office of Autism Services, will provide a COVID-19 Fusion Cell update. Public call-in information can be found on the [DMH website](#).
8. **CIMOR Priority** – For questions regarding CIMOR Priority notices, please login to the [Department of Mental Health Portal](#) and email the **CIMOR DBH Support Center** by selecting the [Help Ticket](#) link, found on the left side of the portal.

- **2020/2021 SMT Scale** – The 2020/2021 Sliding Fee Scale is attached and is also available on the [DMH Website](#). This scale is **effective October 1, 2020**. If your agency has branch offices that administer the SMT, please ensure that they are informed about the new Sliding Fee Scale.
- **H2012 Updates - Day Treatment for Youth** – The Division of Behavioral Health has requested a modification to the limitation for CPR Day Treatment (procedure code H2012). This request was made as the result of the respiratory disease caused by a novel (new) coronavirus and the need to assure that this behavioral health service is available to meet the needs of the children.

The former limitation for Day Treatment is the child must attend four days a week. The weekly minimum changed to "between 2 to 4 days a week" for the following reasons:

- Parents are struggling with their work and transportation schedules resulting in an inability to meet the required four day minimum.
- Children are attending staggered school days during the week (attending in-person classes and then at home for virtual schooling), so schedules are inconsistent for many of the kids who previously attended regularly.
- Flexibility in the minimum required weekly attendance will ensure social distancing of the children while still providing a quality intervention.

As per the new requirement, day treatment providers will have face-to-face contact with child/youth for a minimum of three hours per session, between two to four days a week. On the days face-to-face contact does not occur during the four-day period, the service can be provided through telehealth and billed to day treatment on the condition the event is a minimum of three hours in length. Documentation in record will have to reflect how the virtual medium is meeting the child's needs. **If the contact with the child/family is less than three hours in length on the non-face-to-face days, providers can bill the service to a relevant intervention code, if appropriate.**

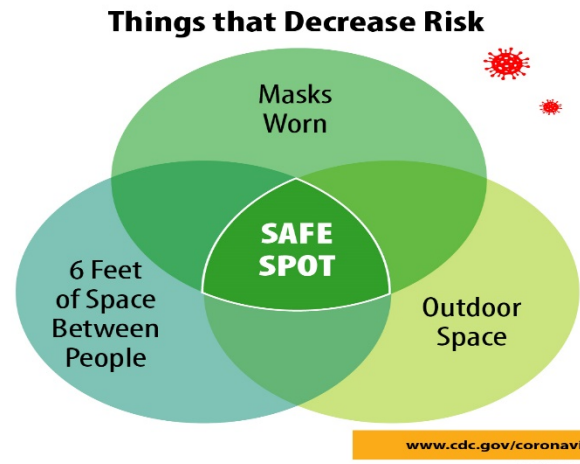
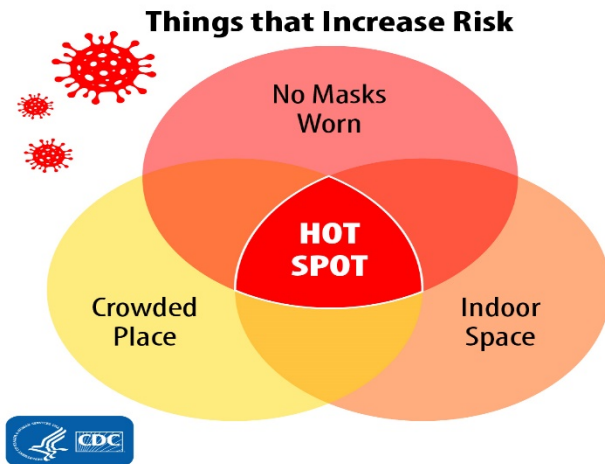
- Example: If a day treatment therapist was talking to a parent by phone on a non-face-to-face day and the phone call was at least 8 minutes in length, the therapist could bill POS case management; or if the therapist was actually talking with parent about an issue with the child, the therapist could bill to therapy. If the call was just a check in and everything was fine, and less than 8 minutes in length, provider would not bill. Code to be billed is dependent on what happens on phone call.

9. **FY22 Department Request Budget Book** – The FY22 department request budget book has been posted to [OA's website](#).
10. **This Tuesday! 2020 Mental Health Champions' Banquet** – Each year three remarkable Missourians, who have overcome many challenges to make life better for themselves, others, and their communities, are selected to receive the Missouri Mental Health Champions' Award. **This year's event is taking place virtually on Tuesday, October 6, 2020, at 7pm CT.** Mark your calendars and join the Missouri Mental Health Foundation for this special celebration and awards ceremony! How to Watch: [MMHF Website](#) | [Facebook](#) | [YouTube](#).

- **2020 Mental Health Champions' Silent Auction** – Along with the virtual event, the Missouri Mental Health Foundation has a Silent Auction where the proceeds go towards helping the foundation raise awareness and public understanding by providing resources on mental illness, developmental disabilities, and substance use disorders. **The online-only silent auction is now available and ends at 7pm on Tuesday, October 6, 2020.** Browse the 60+ auction items and help support the mission of the Missouri Mental Health Foundation in the year ahead. [Browse the Auction](#) | [Create an Account](#)

## 11. Other COVID-19 Updates & Resources –

### Tips for Reducing Risk of Getting COVID-19



- **New COVID Coach** – The National Center for PTSD has a new app called COVID Coach: [https://www.ptsd.va.gov/appvid/mobile/COVID\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp). This great new resource is for everyone and includes education about coping, tools for self-care and trackers to check mood and measure growth toward personal goals.
- **CDC Guidance on Holiday Celebrations** - As many people in the United States begin to plan for fall and winter holiday celebrations, CDC offers the following considerations to help protect individuals, their families, friends, and communities from COVID-19. [Read More](#)
- **Resource Directory** – For information and resources from partner agencies across state and federal government, check out this resource directory now available through the Show Me Strong Recovery Plan website: <https://showmestrong.mo.gov/directory/>.
- **Electronic COVID-19 Case Reporting** – DHSS is pleased to announce the availability of Electronic COVID-19 Case Reporting. All entities currently required to complete a [Communicable Disease Case Report \(CD-1\)](#) should begin reporting positive COVID-19 cases via the new system\*. This system will replace the paper CD-1 process and allow for more timely, appropriate, and accurate data for COVID-19 case reporting. The Electronic COVID-19 Case Reporting System can be found on the [DHSS main COVID-19 webpage](#). Please do not enter lab result information unless you are a reporting laboratory or you are entering on behalf of the laboratory. The new system also fulfills the requirement for residential congregate facilities to report COVID-19 cases under the [May 18th Congregate Facility Reporting Order](#). Congregate facilities will no longer need to enter positive case information into the former system, which has been taken down.  
*\*If your organization has already developed an electronic reporting process with DHSS, please continue to follow this process. The Electronic Reporting System is a replacement for those entities currently emailing, faxing or mailing a CD-1 form for COVID-19 case information.*
- **Missouri-Specific Coronavirus Regional Data** - MHA and the Hospital Industry Data Institute are pleased to share a weekly COVID-19 interactive 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/disease-management/infectious-diseases/covid-19/covid-19-dashboards/>.

- **(They're Back!) 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=XTLH7FCLD7>.
- **DBH Community COVID Positives Data** – To date, we have received reports of **298 consumers** and **167 staff members** testing positive for COVID-19 (from **44 providers**). One consumer death has been reported. Please send any reports of staff or client positives to [nora.bock@dmh.mo.gov](mailto:nora.bock@dmh.mo.gov) and copy [karen.will@dmh.mo.gov](mailto:karen.will@dmh.mo.gov).
- **DBH Treatment Provider Calls** – We are scheduled for every **two weeks** on Wednesdays at 12pm. Next scheduled call is **October 14, 2020**. Resources that we encourage you to check out (these pages all continue to be updated):



Visit the [DHSS website](#) for more information

**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>

## FUNDING OPPORTUNITIES

*Funding Opportunities can also be found on the DBH MOHelpNow COVID-19 Information webpage at: <https://dmh.mo.gov/covid-19-information>*

1. **How to Develop a Competitive Grant Application – Webinars** – SAMHSA will be conducting a webinar on how to develop a competitive grant application. The webinar will address:
  - The four registration processes that need to be completed;
  - Preparing to apply for a grant;
  - Key components of the funding opportunity announcement;
  - Responding effectively to the evaluation criteria; and
  - Resources and technical assistance that are available.If you would like to receive the slides prior to the webinar, send an email to [GPOtraining@samhsa.hhs.gov](mailto:GPOtraining@samhsa.hhs.gov). **October 22, 2020, 1-2:30pm CT.** [Webinar Information](#)
2. **New Delta Region Community Health Systems Development Program (Missouri)** - This program provides technical assistance to small and rural hospitals, rural health clinics, and other health care organizations located in the [252 counties and parishes served by the Delta Regional Authority](#) (a federal agency and HRSA partner). Applicants must be willing, able and ready to undertake a large, comprehensive project over multiple years, with activities supporting quality improvement, financial and operational improvement, telehealth, community care coordination, workforce,

emergency medical services, and population health. This is an ongoing opportunity with applications accepted on a rolling basis; applicants applying by November 30 may join the cohort beginning work in February 2021. [Learn More](#)

## ***INFO and RESOURCES***

1. **New SAMHSA App will Help People who have Serious Mental Illness to Develop a Crisis Plan** – SAMHSA released a new mobile app, *My Mental Health Crisis Plan*, which allows individuals who have serious mental illness (SMI) to create a plan to guide their treatment during a mental health crisis. The app provides an easy, step-by-step process for individuals to create and share a psychiatric advance directive (PAD). A PAD is a legal document that includes a list of instructions and preferences that the individual wishes to be followed in case of a mental health crisis, should they not be able to make their own decisions. *My Mental Health Crisis Plan* allows individuals with serious mental illness to:
  - Clearly state treatment preferences, including treatments to use and those not to use; medications to use and those not to use; preferences for hospitals; and preferences for doctors and other mental health professionals;
  - Decide who can act on their behalf, by designating a trusted person (sometimes referred to as “healthcare agent,” “proxy,” or “health care power of attorney”) as a decision-maker on their behalf. Some states require appointment of a decision-maker to carry out the PAD instructions;
  - Identify whom to notify in the event of a mental health crisis; and
  - Share the plan with others, including doctors, other members of the care team, and family and friends.

The app includes state-specific requirements for completing the PAD (such as signatures, witnesses, notary public), and allows it to be shared via PDF or QR code with whomever an individual chooses. *My Mental Health Crisis Plan* is available in the [Apple App Store](#) and [Google Play](#) (Source: SAMHSA). [Learn More](#)

2. **New House Democrats Release Updated COVID Package** – Earlier this week, House Democrats released their latest coronavirus relief package, a pared down version of their initial \$3 trillion Health and Economic Recovery Omnibus Emergency Solutions Act (HEROES) Act, which passed the House in May. Negotiations between the House, Senate, and White House came to a standstill in August as Democrats and Republicans were unable to reach agreement on the total cost of a relief package, with the White House hesitant to spend more than \$1.5 trillion on further coronavirus legislation.

The proposed package that was released tonight would cost a total of \$2.2 trillion. This would include **\$8.5 billion for programs within the Substance Abuse and Mental Health Services Administration (SAMHSA):**

- **\$3.5 billion for the Substance Abuse and Prevention Treatment Block Grant** (an increase of \$2 billion compared to the original HEROES Act legislation);
- **\$4 billion for the Mental Health Services Block Grant** (\$3 billion above original HEROES);
- **\$600 million for Certified Community Behavioral Health Clinics;**
- \$50 million for suicide prevention programs;
- \$100 million for Project AWARE to support school-based mental health for children;
- \$10 million for the National Child Traumatic Stress Network;
- \$240 million for emergency grants to States; and
- Not less than \$150 million of funds provided to SAMHSA must be allocated to tribes, tribal organizations, urban Indian health organizations, or health service providers to tribes across a variety of programs.

Notably, the House again included language regarding flexibility, stating that SAMHSA “may waive requirements with respect to allowable activities, timelines, or reporting requirements” for the SAPT Block Grant. The House held off on voting on their latest relief package with a possibility for a bipartisan deal before the election (Source: *NASADAD*).

3. **New The Rise of Brorphine — A Potent New Synthetic Opioid Identified in the Midwestern United States** – Brorphine is a potent synthetic opioid with structural resemblance to fentanyl and its analogues. However, brorphine is not controlled in the U.S. under core-structure scheduling of fentanyl related substances. Recent detections in drug related deaths leads us to believe this new synthetic opioid has the potential to cause widespread harm and is of public health concern. As of mid-July 2020, brorphine was confirmed in seven blood specimens associated with fatalities in the U.S.; brorphine has also been reported in Europe (Belgium) (Source: *NPS Discovery at the Center for Forensic Science Research and Education*). [Read More](#)
4. **New FDA to Hold Virtual Meeting on Drug Development for Stimulant Use Disorder** – The Food and Drug Administration (FDA) recently [announced](#) that it will hold a virtual public meeting on Patient-Focused Drug Development for Stimulant Use Disorder. As described in the announcement, the meeting will provide FDA the opportunity to obtain input from individuals who are struggling or have struggled with the use of cocaine, crystal meth, methamphetamine, or misuse of prescription stimulants. Family members, advocates, caregivers, and other stakeholders are encouraged to participated and the agency is interested in hearing perspectives on health effects and daily impacts of their condition, impact (if any) of opioid and polysubstance use on their condition, treatment goals, and decision factors considered when seeking out treatment (Source: *NASADAD*). **Tuesday, October 6, 2020, 11:30pm-4:00pm CT.** [Register](#)
5. **New Resources for Organizational Impact** – Here are some tools, resources and knowledge to help you accelerate your impact (Source: *National Council for Behavioral Health*):
  - Visit the [CCBHC Success Center](#) to learn how to become, and improve as, a CCBHC.
  - Apply for in-kind or financial donations via the [National Council COVID-19 Relief Fund](#).
  - Access tools in the [COVID-19 resource directory](#) and [purchase PPE](#) at reduced rates.
  - NCHS Data Brief: [Mental Health Treatment Among Adults](#)
  - NCHS Data Brief: [Symptoms of Generalized Anxiety Disorder Among Adults](#)
  - SPRC launches [Virtual Learning Lab: Care Transitions](#) to help psychiatric hospital staff to better support individuals at risk of suicide
6. **New Self-Care for Healthcare Professionals and Responders to COVID-19** – Healthcare and mental health professionals, first responders, and others on the frontlines of COVID-19 response do intense, sometimes stressful work, even outside of emergencies. In an unprecedented crisis, responders may be at particular risk, and it is even more important they take steps to ensure their physical and mental health (Source: *SAMHSA*). [Learn More](#)
7. **New Depression Rate in US Adults Tripled During Pandemic** – The prevalence of depressive symptoms in US adults was more than 3-fold higher in the spring during the COVID-19 pandemic compared with before the pandemic, according to a study published online in *JAMA Network Open* (Source: *Psychiatry and Behavioral Health Learning Network*). [Read More](#)
8. **New Improving Cognitive Function in Patients with MDD** – In this video, Bernhard T. Baune, PhD, MD, discusses pharmacological treatments that may improve cognition in patients with major depressive disorder. [Watch the Video](#)
9. **Minority Fellowship Program Now Accepting Applications** – The National Board of Certified Counselors (NBCC) and the Association for Addiction Professionals (NAADAC), are now accepting applications for the 2021 National Board for Certified Counselors Minority Fellowship Program for Addictions Counselors (NBCC MFP-AC). The program, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides up to 40 master’s degree-level counseling fellowships of \$15,000 for addictions counseling students, travel expenses to participate in program-related trainings, and complimentary NAADAC membership. Applications are due by **December 15, 2020**. [Learn More](#)

10. **DMH CARES** – DMH CARES (Communicating and Reaching Employees Supportively) is a webinar series held every **Tuesday from 3:30-4pm CT**. This live, interactive wellness webinar discusses mental health/wellness tips, stress management exercises, resilience education, and more and is now available for **all Missourians!** Registration is open for future dates. Please join in and share this awesome resource with family, friends, and neighbors! [Registration Link](#) | [DMH CARES Show Me Hope Flyer](#)
11. **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](mailto:katie.andrews@dmh.mo.gov) and/or 573-522-6163.

**November 17, 2020 – North Central Region – 10-12pm**

Location: Zoom Meeting

**December 4, 2020 – Southwest Region – 10-12pm**

Location: Zoom Meeting

**December 15, 2020 – Eastern Region – 9-11am**

Location: Zoom Meeting

**January 7, 2021 – Northeast Region (Districts 3, 11, 16, 17, 18, 26, 38) – 10-12pm**

Location: Zoom Meeting

**January 7, 2021 – Southeast Region – 10-12pm**

Location: Zoom Meeting

## **TRAINING OPPORTUNITIES**

1. **New Best Practices in Managing Patients with Kratom Addiction – Webinar** – An increasing number of Americans are turning to kratom for self-management of various pain, anxiety, and mood states; and for those with opioid use disorder, as an opioid substitute. With use of this botanical on the rise, it is pertinent for clinicians to stay up to date with the latest best practices surrounding this agent and its management. This webinar will briefly cover such updates, but with a main focus on providing guidance on treatment of patients with such co-morbidity. **Tuesday, October 6, 2020, 11-12pm CT.** [Register](#)
2. **Beyond Rehab: Expanding the Community of Care for Addiction Treatment** – This webinar will discuss the value of providing addiction medicine from an interprofessional approach, how to identify the key role of primary care in managing withdrawal symptoms for all dependence-forming substances, and other topics. **Tuesday, October 6, 2020, 12-4pm CT.** [Register](#)
3. **Clinical Roundtables – Webinars** – The Providers Clinical Support System (PCSS) is conducting a series of special Clinical Roundtables to provide participants with the information they need as they care for patients with Opioid Use Disorder. The goal of the PCSS Clinical Roundtable is to support interactions among addiction experts and health professionals through an informal “roundtable” conversation.
  - **Buprenorphine for Chronic Pain**– **Wednesday, October 7, 2020, 11-12pm CT.** [Register](#)
4. **Reentry for Citizens Needing Substance Use Disorder Treatment** – Join to learn how behavioral healthcare providers are uniquely positioned to address challenges faced by reentry citizens. Participants will learn concepts for providing continuous behavioral healthcare to formerly incarcerated persons upon reentry to their communities, and how collaborating with corrections systems and the broader community system of care can provide services to this population. **Wednesday, October 7, 2020, 2-3pm CT.** [Register](#)

5. **A Collaborative Approach to Identifying and Engaging Youth Misusing Substances** – In response to COVID-19 and the impact on substance use in youth and young adults, Behavioral Health Network & Preferred Family Healthcare are creating a 4-part webinar series during September and October 2020 to support the Greater St. Louis area to strategically address the growing needs of this population. For any questions, please email Jon Murphy at [jmurphy@bhnstl.org](mailto:jmurphy@bhnstl.org). [Register](#)
- **Linking Substance Use and Community Violence - Data, Trends, & Current Efforts for Prevention - *Wednesday, October 7, 2020, 4-5:30pm CT.***
  - **Youth, Families, and a Virtual Environment – How to Leverage Technology around Behavioral Healthcare Access - *Wednesday, October 14, 2020, 4-5:30pm CT.***
6. **Responding to Intimate Partner Violence in Mental Health and Substance Use Disorder Treatment Services** – Research has found high rates of both past and current intimate partner violence (IPV) among people in mental health care and substance use disorder treatment settings. A growing body of evidence has found that abuse often targets a partner’s mental health and substance use in deliberate attempts to undermine and control survivors to keep them from achieving their recovery goals. These forms of abuse, known as mental health coercion and substance use coercion, not only jeopardize the well-being of survivors and their children, but also compromise the effectiveness of mental health and substance use disorder treatment. All of this is further complicated by escalating rates and severity of IPV during the COVID-19 pandemic. This session will provide mental health counselors and recovery specialists with a conceptual framework for understanding survivors’ mental health and substance use concerns within the context of IPV, will prepare practitioners to recognize and respond to mental health coercion and substance use coercion within treatment services, and will equip practitioners with strategies and resources to better serve survivors and their children. ***Thursday, October 8, 2020, 1-3pm CT. Registration Fee: \$49, includes two clock hours.*** [Register](#)
7. **New Pharmacology for Prevention Specialists: Basics of Pharmacology and Alcohol – Webinar** – This first offering in this informative pharmacology webinar series will explore the pharmacology of alcohol. The presenter will cover how alcohol addiction impacts major brain regions and the acute and chronic symptoms associated with alcohol use. Specific features of alcohol dependence and withdrawal will be discussed. Additionally, there will be a discussion on alcohol use during pregnancy and the categories of Fetal Alcohol Spectrum Disorder (FASD). ***Thursday, October 8, 2020, 1-2:30pm CT.*** [Register](#)
- Other webinars in this series include:
- **Pharmacology of Opioids - *Thursday, October 15, 2020***
  - **Pharmacology of Psychostimulants (cocaine & methamphetamine) - *Thursday, October 22, 2020***
  - **Pharmacology of Cannabis - *Thursday, October 29, 2020:***
8. **New Systematic Racism, Health Disparities and COVID-19: Leading through Complex Trauma with Resilience and Hope** – How do seemingly unrelated but overwhelming global events connect to create complex trauma? How do we reckon with systemic racism, health disparities, COVID-19, and the unprecedented social and economic stress impacting individuals, families, and communities across cultures, generations, genders, and racial groups? Join us to learn about the tools for supporting individuals as they develop healing and resiliency around complex trauma. ***Thursday, October 8, 2020, 2-3pm CT.*** [Register](#)
9. **New Self-Directed Care for Individuals with Serious Mental Illness – Webinar** – Underlying the goal of recovery for people with Serious Mental Illness (SMI) is the concept of self-determination. This is a process of taking back control of lives that have been overwhelmed by the debilitating nature of SMI and the loss of control resulting from reliance on a system that fosters dependence. This webinar will take a comprehensive look at Self-Directed Care and its benefits for individuals with SMI. ***Friday, October 9, 2020, 2-3pm CT.*** [Register](#)



10. **New Rise of Methamphetamine: New Risks, Current Treatments – Webinar** – Though no FDA-approved medications to treat methamphetamine use disorder exist yet, new research has demonstrated the efficacy of various behavioral treatments, particularly contingency management. This webinar will provide an overview of the current state of methamphetamine use, considerations for concurrent opioid use, and strategies and interventions for treating and engaging individuals with stimulant use disorder. **Wednesday, October 14, 2020, 1-2pm CT.** [Register](#)
11. **Supporting a Culturally Competent Behavioral Health System** – The purpose of this presentation is to move beyond theory and apply real world experience to implementing a culturally competent behavioral health system. While many agencies employ a person responsible for ensuring that care is provided in a manner that meets the needs of all those served by the agency, the reality is that these individuals often have to compete with many priorities which makes achieving their objectives difficult. And agencies often have trouble achieving the goals, proposed in their own plans. Oversight of these plans is often limited and does not reflect the actual needs of an agency to achieve its goal. This presentation will explore those barriers and challenges and provide steps to help mitigate them to help the agency grow. **Wednesday, October 14, 2020, 1-4pm CT.** **Registration Fee: \$59, includes three clock hours.** [Register](#)
12. **New Culturally Responsive Programs to Improve Access to Mental Health Services to Hispanics/Latinx Community – Webinar** – This session will focus on culturally responsive programmatic efforts to improve access and utilization of behavioral health services among the Hispanic/Latinx community. The session will describe how these programs and strategies reduce disparities by addressing often cited barriers and promote behavioral health equity. The concept of cultural brokering and its use across settings will be discussed, and considerations and implementation of community mental health navigator programs will be described. **Wednesday, October 14, 2020, 2-3pm CT.** [Register](#)
13. **New Crisis Residential Association Hosts 3rd Annual Conference** – The third annual Crisis Residential Conference takes place virtually on **October 14 – 15, 2020**. Join this national gathering of crisis providers and thought leaders as they examine and celebrate the best ideas in residential alternatives to psychiatric hospitalization. Boasting a spectacular lineup of nationally recognized speakers and thought leaders, attendees will learn about innovations and best practices in the field of behavioral health crisis care. Discounted membership packages are available. **Registration Fee: \$295.** [Register](#)
14. **New Intersectionality at Work: Strategies for Navigating Multiple Forms of Discrimination** – Black, Indigenous, and People of Color (BIPOC) who experience mental health recovery frequently face multiple forms of injustice, inequality, and discrimination at work. What are the intersecting rights of BIPOC individuals with lived experience of mental illness in the workplace? What strategies should employers use to provide a culture of respect in the workplace? What do employment specialists need to know to help individuals advocate for themselves at work? This interactive discussion will be guided by these, and other participant questions, and answers from our guest experts. **Monday, October 19, 2020, 12-1pm CT.** [Register](#)
15. **Integrating Cultural Competence into Evidence-Based Practices** – In this era of evidence based practices few developers of these empirical models have been intentional and strategic about the integration of these models with culturally competent practice. In this presentation, participants will learn: ten characteristics of culturally competent therapists; how to integrate cultural competence into evidence based practices, with motivational interviewing, person centered therapy, evidence based group therapy, the use of motivational incentives and feedback informed treatment used as integrative case studies. Other topics discussed includes: addressing tension in cross cultural counseling; overcoming barriers to mistrust in the cross cultural counseling relationship; intersectionality and microaggressions which can occur in the midst of therapy. Participants will also be introduced to non-traditional approaches to therapy influenced by culture. **Wednesday, October 21, 2020, 1-4pm CT.** **Registration Fee: \$75, includes three clock hours.** [Register](#)
16. **Considerations in Serving LGBTQ Adolescents** – Learn more about the LGBTQIA2+ youth population, cultural implications and programmatic considerations. Participants will discover how to define basic concepts regarding LGBTQIA2+ youth; discuss cultural considerations needed to work with the LGBTQIA2+ youth population; and

describe programmatic considerations when working with the LGBTQIA2+ youth population. **Friday, October 23, 2020, 1:30-2:30pm CT.** [Register](#)

17. **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, **October 26 - 28, 2020**. For questions regarding registration, please email [Jill Richardson](#).
18. **Family Work to Improve Outcomes for People Experiencing a First Episode of Psychosis** – This webinar will focus on strategies to engage and involve family members in the treatment and recover of people with FEP. Tools will be shared that can be used to explore family involvement with young people, as well as strategies to engage family members using shared decision making. There will also be an overview of different types of family interventions that your team can offer to participants and families. **Thursday, November 5, 2020, 10-11am CT.** [Register](#)
19. **Adverse Childhood Experiences: Why they should be the Top Priority of EVERY Child-Serving Professional** – Adverse Childhood Experiences (ACEs) have become a topic of considerable importance during the past 20 years. This workshop will provide an introduction to the concept of ACEs and explore the variety of negative impacts that they appear to have on human functioning. Time will also be spent discussing the importance and process of reducing the impact of ACEs at an early age. **Thursday, November 5, 2020, 1-4pm CT.** **Registration Fee: \$39, includes three clock hours.** [Register](#)
20. **Missouri Substance Use Prevention Conference** – Join the Missouri Prevention Resource Center Network for the first ever virtual conference on **November 16-17, 2020!** This conference brings together the prevention community, including staff from the Prevention Resource Centers, community volunteers, school counselors, law enforcement and many others. **Registration Fee: In-State Registration - \$25; Out-of-State Registration - \$50.** [Register](#) | [Agenda](#) | [Speakers](#)

Things to Note:

**Equipment:** The conference will be via Zoom. It is recommended that attendees join with a laptop/computer with speakers and internet in order to participate in the presentations. If attendees join from another device, such as an iPad or smartphone, technical issues may be experienced.

**Continuing Education:** The Missouri Coalition for Community Behavioral Healthcare has approved this program for continuing education. MCCBH will be responsible for this program and maintain a record of your continuing education hours earned. MCCBH will award up to 8.4 contact hours for your full attendance at this conference. Continuing education certificates will be sent out at the conclusion of this two-day event.

21. **New New Webinar Series: Recovery Oriented Practice with Patricia E. Deegan, PhD** – In this webinar series, Patricia E. Deegan, PhD, will offer proven frameworks and tools for navigating risk, managing professional boundaries and engaging with people around psychiatric medications. Drawing on her own lived experience of recovery after being diagnosed with schizophrenia as a teenager, as well as over 30 years developing recovery-oriented practices, Pat will emphasize practical approaches to supporting folks in their recovery. Peer specialists, direct service staff, clinicians and psychiatric care providers are welcome and will find the information helpful. Each session will include time for Q&A. **Registration is limited and will fill up fast!**
  - **Session 1 - Navigating Risk: The Dignity of Risk and the Duty to Care** – Presented on September 29, 2020. [PowerPoint](#) | [Decisional Balance Worksheet](#) | [Managing Risk Worksheet](#)
  - **Session 2 - A Recovery Oriented Approach to Professional Boundaries** - **Thursday, February 11, 2021, 2-3:30pm CT.** [Register](#)
  - **Session 3 - The Journey to Use Meds Optimally to Support Recovery (Part 1)** - **Thursday, May 13, 2021, 2-3:30 CT.** [Register](#)
  - **Session 4 - The Journey to Use Meds Optimally to Support Recovery (Part 2)** - **Thursday, July 15, 2021, 2-3:30pm CT.** [Register](#)

## RECURRING TRAINING OPPORTUNITIES

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

- OEND Training at Your Convenience** – In collaboration with Health Literacy Missouri MO-HOPE has developed a series of online videos to train individuals to have overdose education and naloxone distribution conversations with those at high risk of witnessing or experiencing opioid overdoses. These trainings can be completed in 30-45 minutes and are accessible for individuals at their convenience. Individuals can access these trainings at [www.tinyurl.com/mohopeoend](http://www.tinyurl.com/mohopeoend). The computer individuals are accessing the training from must be able to access YouTube (where the videos are embedded). MO-HOPE will continue conducting **overdose education and naloxone distribution** trainings and **emergency responder naloxone trainings (for police and firefighters)** via Zoom as well if individuals want or need more interactive training and discussion. The most up-to-date session list can be found at [www.tinyurl.com/mohopeproject](http://www.tinyurl.com/mohopeproject). Trainings are currently scheduled through October.
- 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.
- MAT Waiver Training has gone VIRTUAL!!** – Opioid SOR, in partnership with the Missouri Coalition for Community Behavioral Healthcare is 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 live through Zoom and then the last 4-hours will be individual online work. If you prefer to complete the full 8-hour training online and at your own convenience, please use the link at the bottom to register. 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.

Upon completing the required courses (MD-8 hours, NP and PA-24 hours) participants will need to submit a Notice of Intent form (NOI) along with their certificate(s) of completion, provided after completing the training, which verifies that they have completed the required coursework. A link to the NOI form application will be given following the training.

PCSS-MAT has a comprehensive library of materials with continuing education available at no cost for healthcare providers to build confidence in preventing substance use disorders and treating SUDs and opioid use disorders (OUD). PCSS-MAT also has a no-cost clinical coaching/mentoring program to provide one-on-one clinical expertise for primary care providers. You can post a question to a listserv with an addiction specialist and be matched with an addiction specialist.

**AVAILABLE VIRTUAL TRAINING DATES:** [Register](#)

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

**PLEASE NOTE: All attendees are required to have a webcam and reliable internet connection. Webcams must be on for the full training in order to be marked as a participant.**

**8 Hour Online MAT Waiver Training:** [Register](#)

**If you are unable to attend one of our 4-hour live trainings, please use the link to complete the full 8-hour online training at your own convenience.**

4. **NAMI Family-to-Family** – This is a free 8-session educational program for family members and friends of adults 18 years and older living with mental health conditions. NAMI Family-to-Family is a designated evidence-based program by SAMHSA. The course is taught by trained family members, and all instruction and course materials are free to class participants. For more information on this program and to register, visit: <https://namimissouri.org/nami-signature-programs/family-to-family-4/>.

**AVAILABLE VIRTUAL TRAINING DATES:**

*Tuesdays, October 6 – November 24, 6:30-9pm CT*

*Saturdays, October 31 – December 19, 1-3pm CT*

5. **NAMI Family & Friends** – This is a free ongoing bi-monthly virtual seminar for family and friends of anyone of any age who is living with a mental health condition. A free eBook is provided to those who attend the seminar, and has information about mental health conditions, handling crisis situations, and communication strategies. The seminar also includes information on NAMI Family programs. For more information and to register, visit: <https://namimissouri.org/nami-signature-programs/family-and-friends/>.

**AVAILABLE VIRTUAL TRAINING DATES:**

*Saturday, October 3, 2020, 10-12pm CT*

*Monday, October 19, 2020, 6:30-8:30pm CT*

6. **NAMI Basics** – This is a free education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. The NAMI Basics course is led by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. The course generally consists of six classes. This class also counts as a Missouri Foster Parent training credit. For more information and to register, please visit: <https://namimissouri.org/nami-signature-programs/basics-2/>

**ONDEMAND**

NAMI Basics is now available online through NAMI Basics OnDemand. The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

**AVAILABLE VIRTUAL TRAINING DATES:**

*Saturdays, October 3-November 7, 8-10am CT*

*Saturdays, October 31-December 5, 9-11:30am CT*

**AVAILABLE IN-PERSON TRAINING DATE:**

*Sundays, October 11 - November 15, 3-6pm CT* - First Presbyterian Church of Kirksville, Kirksville, MO

7. **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](mailto:help@missouricb.com). Application information can be located at <https://mopeerspecialist.com/>.

**AVAILABLE ZOOM TRAINING DATES:**

*October 12-16, 2020*

*October 26-30, 2020*

*November 9-13, 2020*

*November 30 – December 4, 2020*

*December 7-11, 2020*

8. **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](mailto:help@missouricb.com). The Zoom meetings are scheduled for 9-11am on the following dates:

*Thursday, October 22, 2020*

*Thursday, December 17, 2020*

9. **2020 Virtual Ethics Trainings** – The MCB will be offering the following Virtual Ethics Trainings. These trainings can be used to renew any MCB credential. Participants need to have Zoom capability and be on camera during the training. **Please note that each training is a separate and unique training. If you need six ethics hours, you would need to sign up for two of the trainings.** If you have any questions, please feel free to contact our office at 573-616-2300 or [help@missouricb.com](mailto:help@missouricb.com). [Registration Form](#)

**AVAILABLE TRAINING DATES:**

*October 16, 2020, 1-4pm CT*

*October 30, 2020, 9-12pm CT*

*October 30, 2020, 1-4pm CT*

10. **2020 Virtual Clinical Supervision Trainings** – The MCB will be offering the following Virtual Clinical Supervision Trainings in 2020. The training will consist of completing an online training which will be followed by two days of Zoom meetings held on a Thursday/Friday from 9-1pm each day. Participants must have Zoom capability and be on camera for the training. This training is required for an individual to be a MCB Qualified Clinical Supervisor. If you have any questions, please feel free to contact our office at 573-616-2300 or [help@missouricb.com](mailto:help@missouricb.com).

**AVAILABLE TRAINING DATES:**

*November 12-13, 2020* [November 12-13 Registration Form](#)

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