

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance November 20, 2020

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

1. **Governor Parson Extends State of Emergency** – Gov. Parson **extended his declared emergency through March 31, 2021**. The extension allows the state’s Emergency Operations Plan to remain activated and continues waivers of statutory and regulatory requirements to assist health care providers in responding to the COVID-19 crisis. [Executive Order 20-19](#)

DBH Community COVID-19 Positives Data (as of November 20, 2020 at 4pm)

Consumers	556
Staff	438
Providers	45

Please send any reports of staff or consumer positives to nora.bock@dmh.mo.gov and copy karen.will@dmh.mo.gov.

2. **Update Reimbursement of COVID Lab Fees** – Another extension for testing reimbursements for CONGREGATE settings! Reimbursement of lab fees incurred for COVID testing (for congregate settings) has been extended to January 5, 2021. **All requests for reimbursement must be submitted no later than January 5, 2021**. The below guidance was provided previously. Please contact Amy Jones (amy.jones@dmh.mo.gov) or Gina Jacobs (gina.jacobs@dmh.mo.gov) with any questions. The following guidance is created in an effort to assist providers with these expenses:

- The provider will work with the lab to invoice the provider directly.
- The provider pays the invoice.
- The provider will then invoice DMH/DBH the cost of the COVID-19 testing lab fees for tests conducted in congregate settings, providing documentation indicating they incurred the cost and the lab has been paid (copy of the original lab testing invoice, paid receipt, dates of testing, lab name, total amount, etc.). The more information provided the sooner reimbursement will be issued.
- Invoices and documentation should be sent to Amy Jones (amy.jones@dmh.mo.gov) for review.

DBH will request the use of COVID-19 funding for reimbursement as long as it is available. In the event funding begins to run low, notification will be issued as soon as possible.

3. **CVS Priority – CIMOR Test Overlay** – CIMOR Test is scheduled for overlay on **Monday, November 30**. This will allow for updated information from CIMOR Production to be reflected in the Test environment. While the overlay is occurring, the



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](#)

Also, check out the [COVID-19 Event Risk Assessment Planning Tool](#). There are several different maps that you can use to determine risk estimates for attending an event, giving the event size and location.

Please remember to wear a mask, maintain social distancing and practice good hand hygiene.

CVS Test claims will not be processing. Please continue to submit test claims and you will get 999s showing accepted or rejected files. You will not receive claim confirmations until the overlay is complete.

4. **Intensive CPR for Adults in Residential Settings Memo** – This memo has been updated and posted to the [DBH webpage](#). Please draw your attention to the proposal requirements as that is the only new information with the exception of names and the date.
5. **Missouri Substance Use Prevention Conference** – DMH, in partnership with the **Prevention Resource Centers** and the **Missouri Coalition for Community Behavioral Healthcare**, hosted the annual Missouri Substance Use Prevention Conference virtually this week. There were over 300 participants (most ever) including community coalition members, behavioral health professionals, school resource officers, etc. The topics and presentations were very relevant and diverse and a lot of information was shared. The closing Keynote presentation by Earl Greene on expanding the scope of “Cultural Humility” received a lot of praise!
6. **CM Training in Advance of SOR 2.0 CM Proposals – WHY? *If you are a SOR 2.0 treatment provider and are interested in treating StimUD’s as part of your SOR programming, you will be asked to provide a PROPOSAL in order to be approved. Watching these CM training videos IN ADVANCE of completion of your proposal will likely make your proposal STRONGER and assure you have more time to complete them if you START NOW!***

Overview: Contingency management (CM) is an effective behavioral intervention that provides tangible reinforcement when target behaviors are completed and objectively verified. Many applications of CM in treating SUDs focus on abstinence, providing monetary rewards or prizes when clients provide objective evidence of abstinence from drugs (e.g., urine samples). CM has also been adapted successfully to reinforce other behaviors, including treatment attendance, medication adherence, treatment-related activities (e.g., submitting job applications, attending medical appointments), physical activity, chronic disease management (e.g., glucose monitoring), and therapeutic homework.

This workshop will review the application of CM to promote positive behavior change in various health behaviors. Attendees will learn how to design and implement a CM program using guidelines that can be adapted to a variety of target behaviors. Specifically, the following will be described: theoretical underpinnings and supporting empirical literature, different types of CM programs (i.e., voucher, prize), effective design features, common barriers to and problems with implementation, how to calculate costs of a CM program, and how to implement CM programs in individual and group settings.

Learning Objectives: Workshop participants over the course of the seven sessions will learn: how to select, monitor, and reinforce target behaviors in a CM intervention, to develop voucher- and prize-based CM protocols, to recognize effective features of CM reinforcement schedules, how to design and calculate costs for a contingency management intervention, and how to implement CM with clients.

Workshop Links (START NOW!) ☺:

[Introduction to Contingency Management, Theoretical Overview, and Review of the Research on Contingency Management](#)

[Voucher-Based CM, Prize-based CM, Group-based CM \(“Name in the hat”\)](#)

[Selecting a behavior to reinforce, Choosing a reinforcer, Determining monitoring schedules, Integrating behavioral principles](#)

[Administrative Details, Calculating Costs, Tracking monetary incentives and prizes](#)

[Therapist Behaviors, Clinical Demonstrations Part 1](#)

[Therapist Behaviors, Clinical Demonstrations Part 2](#)

[Q&A - Problem Solving Implementation, Post-Workshop Contingency Management Beliefs Questionnaire](#)

7. **ASAM Training Count Request due December 4** – The Coalition needs to begin organizing the statewide ASAM Criteria training rollout that is set to start around the end of February. Each CSTAR agency needs to provide a contact person (name and email) for the agency and a count of the number of people to be trained at the agency. CSTAR staff who should attend the training: agency leadership/administration; program directors and supervisors; prescribers (CMEs will be offered); and staff who complete assessments and treatment plans. Please send **Natalie Cook** (ncook@mocoalition.org) this information no later than Friday, December 4.
8. **Congratulations Compass Health Network on Becoming a Lifeline Member!** – Congratulations to **Compass Health Network** for its hard work and dedication on becoming a National Suicide Prevention Lifeline member. The Lifeline is a United States-based suicide prevention network of over 160 crisis centers that provides 24/7 service via a toll-free hotline with the number 1-800-273-8255. **What this means for Missouri:** On November 18, Compass began answering calls from Missouri residents to the Lifeline. Missouri's other Lifeline members are **Behavioral Health Response (BHR), CommCARE, Ozark Center,** and Provident. With Compass coming onboard, there will now be local coverage for an additional 25 counties. This will benefit Missouri residents by helping to ensure their calls are answered in-state and are being connected with local resources.
9. **Branding Change for Ozarks Medical Center Behavioral Healthcare** – **Ozarks Medical Center Behavioral Healthcare** will become **Ozarks Healthcare Behavioral Health Center**. Ozarks Healthcare will focus on the health of its service area and the entire Ozarks region. Their focus is more than a hospital or medical buildings; it is a focus on people and their futures. Their hope and goal with this brand change is to be better identified by those it serves. While pieces of their branding may look different, rest assured that the mission, which is to provide exceptional, compassionate care to all they serve, will remain the same. On November 13, they formally announced the branding change from OMC to Ozarks Healthcare at a limited news conference coinciding with a soft opening of their new Women's Center. They will continue to launch the Ozarks Healthcare brand in phases.
10. **CCBHO Cost Reports due November 30, 2020** – Another year has passed and that means it's time for cost reports again!! An email was sent to the CCBHO CFOs with the attachments described below. Please contact **Amy Jones** (amy.jones@dmh.mo.gov) if you have not received them:



Photo of Ozarks Healthcare Behavioral Health Center's new Women's Health Center

- Missouri Annual Review CCBHO Cost Report Instructions
- Appendix A – Appendix A is the original CCBHO service list that was created at the beginning of the project. It will show you which services are categorized as specialized services as well as provide you a crosswalk of how you used to bill FFS to how you would bill under PPS (i.e. which codes to bill without modifiers). This is not meant to be an all-encompassing list of CCBHO services. You should use the Visit Service list for that. Appendix A can be found using the following link and clicking on 'Information for Providers': <https://dmh.mo.gov/certified-community-behavioral-health#InformationforProviders>.
- Appendix B – CFR 42 and CFR 45 for your reference only.
- Appendix C – Specialized Services Cost Report Instructions
- Appendix D – Annual Review Instructions
- Visit Service List – The visit service list will give you the full comprehensive list of CCBHO services. It can be found using the following link and clicking on 'Information for Providers': <https://dmh.mo.gov/certified-community-behavioral-health#InformationforProviders>.

Important tips to remember when completing the cost report:

- The DY3 cost report should be based on the timeframe of 7/1/19-6/30/20.

- This is an annual review cost report and the purpose is to provide a comparison of your current PPS rate to actual costs incurred during the demonstration year. Therefore, anticipated costs should not be included in the cost report.
- It's acceptable if your most recent audited financials are not for the same time period that the cost report is based on. You can provide a working trial balance that matches the DY3 time period as well as your most recent audited financials.

Documents to Submit by COB on November 30, 2020:

- MO Cost Report – Full
- MO Cost Report – Specialized Services
- Signed Certification Statement
- Working Trial Balance that coincides with the timeframe of 7/1/19-6/30/20
- Most Recent Audited Financial Statements

Please submit all documents to CCBHCPPS@dmh.mo.gov.

11. **COVID-19 Updates & Resources** –

- **New CDC Recommends Use Of Cloth Masks to Control The Spread of COVID-19** – The CDC published a [Scientific Brief](#) and summary of the science around the community use of cloth masks to control the spread of SARS CoV-2. The CDC recommends masks primarily as “source control” to reduce the amount of virus-laden droplets and to help provide protection for the wearer by reducing the likelihood of inhaling infectious droplets. Masks especially are important in reducing the spread of the virus in asymptomatic and presymptomatic persons.

Voices from the Pandemic

"This is how we treat each other? This is who we are?" – Amber Elliott, St. Francois County, MO Health Director, on the high cost of doing her job. (Source: *The Washington Post*). [Read Now](#)

Watch her interview on CNBC [here](#).

- **Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks** – This fact sheet provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak (Source: SAMHSA). [Download Now](#)
- **Are You a Healthcare Professional Impacted by COVID-19?** – The Missouri First Responder Provider Network, in partnership with the Department of Mental Health and Coalition for Community Behavioral Healthcare, **can provide free behavioral health services for healthcare professionals who have been impacted by COVID-19**. Visit www.missouricit.org/frpn to find a provider.
- **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** – The Electronic COVID-19 Case Reporting System can be found on the [DHSS main COVID-19 webpage](#). The 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 individuals understand the influence of COVID-19 on their communities:
<https://web.mhanet.com/disease-management/infectious-diseases/covid-19/covid-19-dashboards/>.

- **COVID-19 Community Testing Info** – DHSS is partnering with local health departments and health care providers to offer community testing events. KNOWLEDGE IS POWER. For **current community testing locations and information**, including links to register, please visit the [DHSS website](#).
- **DBH Treatment Provider Calls** – We are scheduled for every **two weeks** on Wednesdays at 12pm. Next scheduled call is **December 2, 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>

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. **New Statewide Family Network Grant** – **Application Deadline: January 4, 2021** – SAMHSA's Center for Mental Health Services is accepting applications for fiscal year 2021 Statewide Family Network grant program. The purpose of this program is to more effectively respond to the needs of children, youth, and young adults with serious emotional disturbances and their families by providing information, referrals, and support; and to create a mechanism for families to participate in state and local mental health services planning and policy development. SAMHSA expects that this program will be a catalyst for transforming mental health and related systems in the state by strengthening coalitions among family organizations and between family members, policy makers, and service providers. [Learn More](#)
2. **New Statewide Consumer Network Program Grant** – **Application Deadline: January 4, 2021** – SAMHSA's Center for Mental Health Services is accepting applications for fiscal year 2021 Statewide Consumer Network grant program. The purpose of this program is to improve efforts to address the needs of adults with serious mental illness by developing and/or expanding peer support services, peer leadership, and peer engagement strategies statewide. The population of focus is adults with SMI, including those who are underserved and under-represented (e.g., consumers from ethnic, racial, and cultural minority groups); veterans; individuals who are chronically homeless; individuals with co-occurring disorders; sexual orientation and gender identity minorities; and individuals who have been involved in the criminal justice system. It is expected that this program will increase access to and quality of mental health services for adults with SMI; increase the sustainability of consumer-operated organizations; and enhance state capacity and infrastructure to support the recovery of adults with SMI and their families. [Learn More](#)
3. **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](#)

4. **Community Connect Broadband Grant Program – Application Deadline: December 23, 2020** – Grants for communities without broadband access to provide residential and business broadband service and connect facilities such as police and fire stations, healthcare, libraries, and schools are now being accepted. [Learn More](#)

INFO and RESOURCES

1. **New 2021-2022 Trauma-Informed, Resilience-Oriented Approaches Learning Community** – The National Council for Behavioral Health is pleased to announce this year-long initiative offering coaching calls, webinars and access to a national online community centered on specific implementation topics. This Learning Community will provide participating organizations, systems and communities with the tools and skills to address trauma and promote resilience. Applications are due by Friday, December 11, 2020, at 10:59p. CT (Source: *National Council for Behavioral Health*). [Learn More](#)
2. **New How Trauma Can Affect a Person’s Daily Life** – Traumatic events are shocking and scary for those who experience them, and how they feel afterward can have a long-lasting impact on their mental and physical health. The effects of trauma can look different from person to person, so knowing how to offer support if you notice someone struggling, or reach out if you need help, is important (Source: *Mental Health First Aid USA*). [Learn how trauma can affect your daily life](#)
3. **New Mental Health First Aid for Veterans** – This training focuses on the unique experiences and needs of the military, veteran and family population (Source: *Mental Health First Aid USA*). [Learn More](#)
4. **New Certified Peer Specialists Speak Out** – During the next six weeks, ARCHway will be posting ten 2-minute videos by certified peer specialists on how to prepare yourself for the holidays to prevent relapse. This is great information for both the family and the individuals (Source: *ARCHway Institute*). [ARCHway YouTube Channel](#)
5. **New Comorbid SUD Reduces Likelihood of Optimal Depression Care** – Patients with depression are less likely to receive guideline-concordant outpatient depression treatment if they have co-occurring substance use disorder, researchers found in a study published online in *The American Journal of Psychiatry* (Source: *Psychiatry & Behavioral Health Learning Network*). [Read More](#)
6. **New NASMHPD TA Coalition Assessment Working Papers** –The National Association of State Mental Health Program Directors recently released their TA Coalition Assessment Working Papers (Source: NASMHPD). [Preview Now](#)
7. **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](#)
8. **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](#)

9. **Probation and Parole Regional Oversight Meetings** – These are subject to change. 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.

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

January 8, 2021 – Western Region – 10-12pm
Location: Zoom Meeting

TRAINING OPPORTUNITIES

1. **New Mental Health and Substance Use Disorders in the Era of COVID-19: With a Special Focus on the Impact of the Pandemic on Communities of Color** – The COVID-19 pandemic has created both short-term and long-term negative consequences for behavioral health outcomes. The National Academies of Sciences, Engineering, and Medicine's Forum on Mental Health and Substance Use Disorders will host a free public virtual workshop.
Part 1: This webinar will focus on how COVID-19 has revealed and exacerbated mental health and substance use disorders. **Monday, November 23, 2020, 12-2pm CT.** [Register](#)
Part 2: This webinar will focus on access to health care and delivery of services for people with mental health and substance use disorders. **Thursday, December 3, 2020, 12-2pm CT.** [Register](#)
Part 3: This webinar will focus on the mental health well-being of the health care workforce. **Monday, December 14, 2020, 12-2pm CT.** [Register](#)
2. **New Overview of Harm Reduction** – This course is designed to introduce participants to the harm reduction philosophy. It will also include specific risk reduction strategies (around drugs, sex, and health-related behaviors) to help providers implement a harm reduction approach. **Tuesday, November 24, 2020, 11-1pm CT.** [Register](#)
3. **Increasing Viral Hepatitis Knowledge for Behavioral Health & Medical Providers** – Mid-America ATTC is sponsoring a virtual 3-part training on Hepatitis C basics. This presentation targets people who work in substance use treatment facilities and similar behavioral healthcare professionals who are interested in expanding services involving Hepatitis C testing and treatment in their organization. After the training participants will be able to: review the basics of Hepatitis transmission and local/national viral Hepatitis trends, explain Hepatitis C testing and treatment protocols and discuss care guidelines with other professionals in their state, and identify tools to integrate testing and treatment into healthcare settings. **Session 3: Tuesday, November 24, 2020, 1-2pm CT.** [Register](#)
4. **What is an RCO? Best Practices and National Standards** – A growing network of recovery community organizations (RCOs) have proliferated across the country, creating cultures of recovery and advancing recovery-positive attitudes and programs. This webinar will provide an overview of the types of RCO's, what they do, and the best practices that have led to their success in outreach and engagement of people in recovery in rural and urban communities across the nation. **Monday, November 30, 2020, 2-3pm CT.** [Register](#)
5. **New Perspectives of the Health Care Provider as the Patient** – In this webinar, speakers will discuss their personal experiences with COVID-19, as well as the residual symptoms and long-term effects. Speakers will further discuss the psychological impact on individuals with a COVID-19 diagnosis, and understanding the stigma associated with a COVID-19 diagnosis. **Tuesday, December 1, 2020, 11-12pm CT.** [Register](#)

6. **New How to Avoid the Most Expensive Mistakes in SUD Billing** – Processing tens of millions of dollars in claims for dozens of treatment centers nationwide, Prosperity is often tasked with correcting common mistakes that cost treatment centers money every day. As experts in business process outsourcing with deep experience in revenue cycle management and financial analysis, Prosperity has developed industry-specific benchmarks to help treatment programs effectively measure their own billing and collections performance and avoid expensive, and all too common, mistakes. **Tuesday, December 1, 2020, 12-1pm CT.** [Register](#)
7. **New The Pursuit of Happiness** – Topics covered in this virtual skill-building presentation includes definitions of happiness; research on what contributes to happiness and the surprising findings on the things that do not lead to happiness; the science of happiness; laughter and happiness; happiness and mental health; happiness as an addictions recovery tool; helping clients move beyond *A tendency towards perfection* in order to achieve happiness and helping clients discover purpose as a happiness tool. **Tuesday, December 1, 2020, 1-3pm CT.** [Register](#)
8. **New Trauma Informed Suicide Prevention: Leading School District, County & State Systems, Part 1: Policy** – This is the first of a three-part webinar series for school field leaders who are leading systems' support for student suicide prevention. Session content will focus on providing timely, effective, competent, and evidence-based suicide prevention support to students and families. Each session will be contextualized with experiences and suggestions from on-the-ground regional leadership. **Tuesday, December 1, 2020, 5-7pm CT.** [Register](#)

Upcoming webinars in this series include:

Part 2: Trauma Informed Approaches to Suicide Prevention: What Every School Leader Wants to Know – Monday, December 7, 2020, 5-7pm CT. [Register](#)

Part 3: Setting the Stage: Collaboration and Risk Assessment – Monday, December 14, 2020, 5-7pm CT. [Register](#)

9. **Maternal Health and Infant Mortality Summit** – The focus of this virtual summit is to bring platform for rural community engagement to provide an exchange of knowledge, best practices and solutions for support and tools to have healthier moms and babies who will build stronger communities. Attendees will come away from the summit with a different understanding of how maternal health with a SUD affects rural communities. Rural healthcare professionals will understand how and why the status quo, with regards to pregnancy and substance use, is problematic and likely continue to get worse without their support to treat this issue. **December 1-2, 2020, 8-12pm CT.** [Register](#)
10. **Attachment-Based Family Therapy (ABFT) Online Introductory Workshop – *This training is only for Missouri mental health professionals, medical/healthcare providers, faculty, and graduate students.*** This live introductory online training reviews the theory, research, and clinical strategies of ABFT. ABFT is a manualized, empirically supported family therapy designed to target family and individual processes associated with adolescent depression and suicide. Tested with diverse families, including low-income and minority families, ABFT is a trust-based, emotion-focused, process-oriented brief therapy. The model is organized by five treatment tasks that provide directionality. Participants will learn how this model helps families repair interpersonal ruptures that have damaged trust and rebuild emotionally protective, secure parent–child relationships. To learn more about ABFT with LGBTQ youth, check out this interview with Dr. Jody Russon: <https://www.youtube.com/channel/UCR4zy4D0TBvPaE7iG86OtCw>. **December 1-2, 2020, 8:30-12:45pm CT.** [Register](#)
11. **New Implicit Bias: Using Brain Science to Understand, Recognize and Counter It** – Many of our communities and organizations are seeking to understand how stigma and discrimination interacts within our system and personal behaviors, and distorts individual and public health outcomes. This has created a focus on Implicit Bias and Diversity and Inclusion trainings, however the research shows us that spotting unconscious bias in your own mind, in the moment, is almost impossible. So how do we change our biases, and our behaviors? Join this webinar to explore and challenge implicit bias by working with the architecture of the brain, not against it. **Wednesday, December 2, 2020, 11-12pm CT.** [Register](#)

12. **New Prioritizing Self-Care Throughout Winter and the COVID-19 Pandemic** – As a result of the current environment, remaining healthy during the holiday season is crucial to sustaining mental wellness. Join this webinar for an open discussion on how to prioritize self-care in the months ahead. **Wednesday, December 2, 2020, 1-2pm CT.** [Register](#)
13. **Delivering Telemental Health: Suicide Assessment Through Telehealth – Webinar Series** – This 10-part series of 1-hour, interactive training sessions, focuses on areas of telehealth specific to mental health professionals transitioning to virtual appointments during COVID-19. These sessions will highlight the best practices for suicide assessment and gaining trust from patients while using telemental health services. **Attendees will receive approved CEUs at no cost.** [Register](#) | [Recorded Seminars in Series](#)

Upcoming seminars in this series include:

- **Cultural Competency within Telemental Health** – **Thursday, December 3, 2020, 12-1pm CT**
 - **Counseling Children** – **Thursday, December 10, 2020, 12-1pm CT**
 - **Substance Use Treatment within Telehealth** – **Thursday, December 17, 2020, 12- 1pm CT**
14. **New Trauma Informed: Invisibility and Victimization of Black Girls** – Black girls often go through life feeling invisible like they do not exist or are not important. They are victimized by being suspended from school, sexually exploited and sent to juvenile detention centers at a higher rate than other girls from other races their own age. They often combat negative stereotypes of the Angry Black Girl/Woman syndrome often depicted on television and social media. Developmental consequences of Trauma and Trauma Informed Interventions will be explored to help Black girls heal and restore. **Friday, December 4, 2020, 1-4pm CT.** **Registration Fee: \$39, includes three clock hours.** [Register](#)
15. **New Relapse Prevention during the Holiday** – The holidays can be a stressful time for many. Those in, and seeking, recovery from substance use disorders are not immune to this stress. And in fact, those early in the recovery process especially, have added stress and worry that something will trigger them to relapse. COVID-19 has also had an increasingly negative impact in terms of isolation, mental health disorders, unemployment and more. It is more important now, than ever in the past, for us to focus on relapse prevention. **Monday, December 7, 2020, 11-12pm CT.** [Register](#)
16. **New Motivational Interviewing to Engage Older Adults** – This webinar will give a brief recap of the previous forum and then respond to attendees’ questions, while also providing clarity and guidance on motivational interviewing. This interactive forum will enable attendees to access subject matter experts, and network with – and learn alongside – likeminded peers. **Monday, December 7, 2020, 2-3pm CT.** [Register](#)
17. **New Regulatory, Financial and Workforce Impact of COVID-19 for Behavioral Health** – Public health best practices during the COVID-19 pandemic have had a major impact on the behavioral health care system, reducing the opportunity for in-person services and by extension the revenue for many behavioral health providers. In a time where mental health and addiction services are needed more than ever, federal- and state-level regulatory changes and financial support are re-shaping our country’s behavioral health system, and workforce, both now and in the future. Join the National Council for Behavioral Health as they discuss the regulatory, financial and workforce impact of COVID-19 on the behavioral health field. **Tuesday, December 8, 2020, 12-1pm CT.** [Register](#)
18. **New Working with Clients with Diminished Capacity** – Working with clients with diminished capacity, regardless of the reason can be challenging. Often, this requires actually working with their Agent named in a Power of Attorney document. This program will explore the issues – within an ethical framework and assist practitioners with their advocacy. **Tuesday, December 8, 2020, 1-3pm CT.** [Register](#)
19. **Guiding Principles of Recovery** – This webinar will explore definitions of recovery and the ten guiding principles, drawing on research, practice, and personal experience of recovering individuals. Participants will advance their

understanding of the four major dimensions that support a life in recovery: home, health, purpose and community. Understanding the guiding principles will help advance recovery opportunities and apply these concepts for use by peers, families, funders, providers, and others. **Tuesday, December 8, 2020, 2-3pm CT.** [Register](#)

20. **New Suicide Lifeguard - Suicide Prevention Training** – This training is developed for behavioral health professionals who are required to meet licensure and re-licensure continuing education hours in suicide assessment, referral, intervention and management skills. Participants will develop skills to ask clients about suicide, assess for suicide using evidence-based tools, and collaborate with clients in the development of a safety and treatment plan. **Wednesday, December 9, 2020, 1-4pm CT. Registration Fee: \$39, includes three clock hours.** [Register](#)
21. **Transitional Age Youth Webinar Series** – This series of virtual events will examine special topics for working with adolescents and transitional age youth who have substance use and mental health conditions. The teen and young adult years are an important time for early intervention. There are many evidence-based practices and promising interventions that can be used effectively. The goal of this series is to provide evidence-based and cutting-edge information on substance use prevention and intervention to an interprofessional audience of behavioral health practitioners for working with adolescents and transitional age youth (18 - 25). Last webinar of the series: **Substance Use Interventions for Adolescents and Transitional Age Youth – Tuesday, December 15, 2020, 1-2pm CT.** [Register](#)
22. **New Compassion Fatigue for Behavioral Health Workers** – This course is intended for behavioral health workers who wish to learn more about how experiencing traumatic events, either directly or indirectly, as a first responder reacting to an emergency or crisis situation may impact their professional and personal wellbeing. Taught through a behavioral health (mental health and substance use) lens, the instructor will incorporate lecture, PowerPoint and activities to satisfy the course objectives. **Tuesday, December 15, 2020, 1-3pm CT.** [Register](#)
23. **SLU Fourth Annual Addiction Medicine Day AM Program: Buprenorphine X-Waiver Training** – This 4-hour program is half of the 8-hour Buprenorphine X-Waiver Training Program. Targeted for physicians, fellows, residents, medical students, PA's, NP's; however, health providers who do not prescribe are also welcome to this training. **Wednesday, December 16, 2020, 7:30-11:45am CT.** [Register](#)
24. **New Delivering Culturally and Linguistically Appropriate Care in a Mental Health Setting** – The goal of this free series is to enhance treatment through meaningful therapeutic services via interpretation including how to be culturally appropriate with an emphasis on ethical considerations. Participants must attend all three (3) sessions in order to receive continuing education credits. [Download Flyer for More Information](#)
Session 1: Unconscious Bias for Healthcare/Mental Health Professionals – Wednesday, December 16, 2020, 11:30-12:30pm CT. [Register](#)
Session 2: Delivering Culturally and Linguistically Appropriate Care through an Interpreter – Wednesday, January 6, 2020, 11:30-12:30pm CT. [Register](#)
Session 3: Providing Supportive Mental Health Services to Refugee and Immigrant Communities – Wednesday, January 13, 2020, 11:30-12:30pm CT. [Register](#)
25. **SLU Fourth Annual Addiction Medicine Day PM Program: Addiction, Burnout, and Saint Louis University: Caring for Ourselves and Our Community** – This afternoon program will feature presentations that provide attendees content and tools to engage more effectively with patients and families affected by substance use disorders. **Wednesday, December 16, 2020, 12:15-4:15pm CT.** [Register](#)
26. **Words Matter: Language and Stigma Reduction** – This webinar will explore how the words we use affect individuals in recovery. Research on common terminology will be discussed and commonly held beliefs and myths will be debunked. Participants will learn strategies to eliminate stigmatizing language through storytelling and conducting a stigma audit. **Wednesday, December 16, 2020, 2-3pm CT.** [Register](#)

27. **New Eviction Prevention and Housing Retention During and After COVID-19** – The COVID-19 pandemic has led to economic hardship and housing instability for millions of Americans. With eviction moratoria expected to expire at the end of 2020, individuals and families are at risk of losing their housing. Join SAMHSA’s new Homeless and Housing Resource Center to explore strategies for eviction prevention and housing retention. Participants will hear from U.S. Department of Veterans Affairs leadership, an experienced housing attorney, and local Continuum of Care leadership about implementing data-informed, targeted prevention efforts that prioritize racial equity and will learn strategies that can be implemented now to prevent future housing instability when the moratoria expire.
Wednesday, December 16, 2020, 2-3:30pm CT. [Register](#)
28. **Creating an Evidence-Driven Process for Preparing Youth and Families for Transition to Adult Care** – Research shows that having a structured process for transitioning to adult care is associated with improvements in health and wellbeing, self-care, skills-building, satisfaction, and use of care in adult systems and reductions in hospital use. Explore an innovative transition approach for adaptation in a variety of health care settings, discover new resources and learn how to address the current implementation challenges facing providers. **Friday, December 18, 2020, 1:30-2:30pm CT. [Register](#)**
29. **New NOVA Virtual Crisis Response Team Training – Basic Level Course** – The NOVA Virtual Crisis Response Team Training™ - Basic Level course consists of 24 hours of techniques and protocols for providing crisis intervention to traumatized individuals. This training focuses on the fundamentals of crisis and trauma and how to adapt basic techniques to individuals and groups. Thousands who confront human crisis - victim advocates, mental health, law enforcement, and others - have completed this course and highly recommend it to others. This training will take place online over the course of four afternoons. There is pre-course work that needs to be completed prior to the training. To register for this nationally recognized professional development course please contact Shelby Hood at Shelby.Hood@dmh.mo.gov.

Training Dates

Tuesday, January 5, 2021, 1pm – 5pm CT
Tuesday, January 12, 2021, 1pm – 5pm CT
Tuesday, January 19, 2021, 1pm – 5pm CT
Tuesday, January 26, 2021, 1pm – 5pm CT

30. **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.

1. **MO-HOPE Trainings and TA Offer** – The MO-HOPE project is entering year 5 and wants to ensure that there is ample education on how to provide lifesaving information and skills to the people you serve. There are numerous types of trainings available and they are listed below. Live zoom trainings have been updated for October and November. If you need technical assistance in evaluating how your organization can implement naloxone programs to better serve your clients or patients, email Jenny Armbruster (jarmbruster@prevented.org)

Overdose Education and Naloxone Distribution (OEND) Video Training:

You or your staff can complete training on how to have an OEND conversation at your convenience. The video series can be found at <https://mohopeproject.org/category/video/>. Completion takes 30-45 minutes.

OEND and OEND Training of Trainers via Zoom:

Upcoming class schedules can be found at www.tinyurl.com/mohopeproject.

First Responder (Police and Fire) Emergency Naloxone Use in the Field Video Series:

This training, including POST certification, has moved completely to online video series. Training can be found at <https://health.mo.gov/safety/ems/more/index.php>.

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. **New Zoom Fatigue** –Please take this free 15 minute online training on web conference fatigue. [Access Now](#)
4. **Transition from In-Person to Remote Services During COVID-19** – Three leaders from a peer-run mental health organization will share lessons learned from transitioning from in-person programming to providing remote peer support services. Peers Envisioning and Engaging in Recovery Services (PEERS) is located in Alameda County in California, which has had one of the earliest, strictest, and longest-running shelter-in-place policies in the state and nation. The panelists will share the decision-making process around moving to remote services and the successes and challenges involved. The webinar will include time for questions, discussion, and shared problem-solving around providing peer support remotely. Bring your experiences and ideas! [Register](#)

AVAILABLE TRAINING DATES:

Tuesday, November 24, 2020, 1-2pm CT

Tuesday, December 29, 2020, 1-2pm CT

Tuesday, January 26, 2021, 1-2pm CT

5. **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:

November 30 – December 4, 2020

December 7-11, 2020

6. **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 **Thursday, December 17, 2020**.

***We hope everyone has a safe and happy holiday.
Look for updates on different topics/initiatives on Friday, December 4!***