

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance **November 6, 2020**

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

1. **DMH CARES Funding Allocations** – **All invoices for CARES funding are due by November 15.** Please send invoices, attestation and supporting documentation to Vicki Schollmeyer (vicki.schollmeyer@dmh.mo.gov) on or before Sunday, November 15. If received after the 15th they will NOT be processed for payment.
2. **Reimbursement of COVID Lab Fees** – **Invoices for reimbursement of COVID lab fees are due by November 15.** 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:

1. The provider will work with the lab to invoice the provider directly.
 2. The provider pays the invoice.
 3. The provider will then invoice DMH/DBH the cost of the COVID-19 testing lab fees, 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.
 4. Invoices and documentation should be sent to Amy Jones (amy.jones@dmh.mo.gov) for review.
3. **CSTAR Transformation** – This is just a brief intro about what's coming in the next year. Many of you are aware that we are looking to modernize the CSTAR model and develop a payment system that incentivizes the use of evidence based practices. The field of substance use disorder (SUD) treatment and the concepts of recovery have evolved substantially since CSTAR was created. Unfortunately, CSTAR, as a clinical and financial model, has not. It is time to move away from an acute care model to one that supports a disease management approach and allows providers to be adequately reimbursed. Twenty years of overdue changes can't be accomplished rapidly, but we are taking significant steps forward. The DBH and the Missouri Coalition for Behavioral Healthcare, in collaboration with our network of treatment providers, have developed a vision for the next iteration of CSTAR. Specifically, we will be making application to the Centers for Medicaid and Medicare (CMS) for an 1115 Waiver that will include a process for adopting the ASAM levels of care, a payment methodology that is based on those levels, along with a request for a waiver from the IMD exclusion. Through the support of a SAMHSA technical assistance grant, we will be able to get 1000 behavioral health professionals trained in ASAM in the coming months. This is a very exciting time – I hope you share in this excitement as Missouri takes steps to enhance the system of care for individuals with SUDs!
 4. **Mobile Crisis Response Pilot** – The Division of Behavioral Health and the Department of Social Services Children's Division are collaborating on a mobile crisis response that provides behavioral health supports to children who are in foster care with relatives. The program seeks to foster reunification and increase placement stability. The initiative is being piloted in an eleven county area with the following Certified Community Behavioral Health Organizations: **Burrell Behavioral Health** (Pettis, Greene, Dallas and Polk), **Compass Behavioral Health** (Lafayette, Johnson and Cass), and **Ozark Center for Behavioral Health** (Barton, Jasper, Newton and McDonald). A kick-off meeting was held on October 21 with the Children's Division, Office of State Court Administrators (OSCA), Juvenile

Officers, and the Certified Community Behavioral Health Organizations. The intent is to take the initiative statewide in the next several months.

5. **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:

- 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.

6. **COVID-19 Updates & Resources** –

- **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.
- **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** – 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 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/>.
- **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: <https://dcpd02redcap.azurewebsites.net/redcap/surveys/?s=XTLH7FCLD7>.
- **DBH Community COVID Positives Data** – To date, we have received reports of **410 consumers** and **315 staff** members testing positive for COVID-19 (from **45 providers**). Two consumer deaths have been reported. Please send any reports of staff or client positives to nora.bock@dmh.mo.gov and copy karen.will@dmh.mo.gov.
- **DBH Treatment Provider Calls** – We are scheduled for every **two weeks** on Wednesdays at 12pm. Next scheduled call is **November 18, 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>



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

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. **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](#)

2. **New 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 MDI Discussion Call – Addressing Healthcare Challenges in Diversity and Inclusion** – To improve patient care and address the persistent health disparities rooted in systemic racism, join the National Council Medical Director Institute for a timely discussion facilitated by **Joe Parks, M.D.**, medical director and vice president of practice improvement. A diverse panel of distinguished clinical executives will lead a conversation focused on embedding inclusive and equitable practices and operational procedures in all care settings. Topics and questions will cover: leadership and organizational strategies to measure diversity, equity and inclusion progress, best practices to embrace diversity, address disparities and increase access to mental health services for underserved communities, dismantling structural racism in medicine, and other topics raised by participants. **Tuesday, November 10, 2020, 12-1pm CT.** [Register](#)
2. **New U.S. Department of Labor Updates Tool to Determine if Health Plans or Insurers Comply with Mental Health Parity and Addiction Equity Act** – In compliance with a Congressional mandate under the 21st Century Cures Act, the U.S. Department of Labor’s Employee Benefits Security Administration (EBSA) has updated its tool to help ensure compliance with the Mental Health Parity and Addiction Equity Act (MHPAEA) and related requirements under the Employee Retirement Income Security Act of 1974 (ERISA). The improved tool is intended to help group health plans, plan sponsors, plan administrators, health insurance issuers and other parties determine if a group health plan or a health insurance issuer complies with provisions of both laws relating to mental health and substance-use disorder benefits. “We improved our self-compliance tool based on valuable feedback received in the public comment process. The tool promotes understanding and compliance with the Mental Health Parity and Addiction Equity Act,” said Acting Assistant Secretary for the Employee Benefits Security Administration Jeanne Klinefelter Wilson. “The Employee Benefits Security Administration is committed to providing compliance assistance to group health plans, plan sponsors, plan administrators and health insurance issuers to help them meet their responsibilities under the law.” The Department last updated the MHPAEA Self-Compliance Tool in 2018. On June 19, 2020, in coordination with the Departments of Health and Human Services and the Treasury, EBSA proposed an updated 2020 MHPAEA Self-Compliance Tool along with a request for comments from stakeholders, and EBSA is now issuing the final 2020 MHPAEA Self-Compliance Tool with modifications in response to these comments. In general, under the MHPAEA, a group health plan or health insurance issuer that imposes financial requirements and treatment limitations on mental health and substance use disorder benefits must ensure those limitations are comparable to and applied no more stringently than those that apply to medical and surgical benefits. Financial requirements include cost-sharing requirements such as copays, and treatment limitations include quantitative and non-quantitative limits on the scope or duration of treatment, such as visit limits or prior authorization. Under the 21st Century Cures Act, Congress directed the departments of Labor, Health and Human Services, and the Treasury to issue a compliance program guidance document to improve compliance with the MHPAEA, and to update this guidance document every two years (Source: *US Department of Labor*). [Self-Compliance Tool for the MHPAEA](#)
3. **New Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America** – This guide provides resources specific to screening for co-occurring disorders experienced by farmers, farmworkers and farm families in rural communities. The guide uses a case scenario to illustrate the most common barriers encountered in identifying co-occurring disorders and underscores the unique needs of rural communities that are home to agricultural producers (Source: *MHTTC Network*). [Download Now](#)

4. **New COVID-19 Rural Healthcare Surge Readiness** – This HRSA-funded, web portal provides up-to-date and critical resources for rural healthcare systems preparing for and responding to a COVID-19 surge. The resources span a wide range of healthcare settings (EMS, inpatient and hospital care, ambulatory care, and long-term care) and cover a broad array of topics ranging from behavioral health to healthcare operations to telehealth (Source: *RHI Hub*). [Read More](#)
5. **New Adjunctive Therapy Improves Bipolar Disorder Management** – Combining medication with psychoeducational therapy, especially in a family or group format, is more effective at preventing episode recurrence in adults and adolescents with bipolar disorder than medication alone, researchers report (Source: *Psychiatry & Behavioral Health Learning Network*). [Read More](#)
6. **New Gender Differences in the Epidemiology of Alcohol Use and Related Harms in the United States** – A review of gender differences in the epidemiology of alcohol use indicates that longstanding gaps in alcohol use among men and women are shrinking rapidly. Among adolescents, in fact, the gap in alcohol use between boys and girls has practically disappeared. With these trends showing no signs of abating, the author calls for prevention strategies that address the increase in alcohol consumption among women and women's greater susceptibility to alcohol-related harms (Source: *Alcohol Research Current Reviews*). [Read More](#)
7. **New New Publication: Prevention and Treatment of HIV Among People Living with Substance Use and/or Mental Disorders** – This guide reviews interventions for people living with substance use and mental disorders who are at risk for or living with HIV. Selected interventions are in alignment with goals of the federal "[Ending the HIV Epidemic: A Plan for America](#)" (EHE) initiative (Source: SAMHSA). [View the Guide](#)
8. **New Dr. Rakesh Jain Discusses Anxiety With Fourth-Grader Eleanor Barrett** – *Psych Congress* Steering Committee member Rakesh Jain, MD, MPH, recently joined 9-year-old Eleanor Barrett, a fourth-grader from Madison, Wisconsin, for a podcast on understanding and managing anxiety and nervousness (Source: *Psychiatry & Behavioral Health Learning Network*). [Listen Now](#)
9. **New Keys for Successful Warm Hand-Offs with Stimulant-Using Patients** – Sally Thoren discusses her organization's efforts to facilitate warm hand-offs of substance use disorder patients from emergency rooms to addiction treatment facilities, and the added challenges involved with stimulant-using patients (Source: *Addiction Professional*). [Read More](#)
10. **New Four Keys to Improving Quality of Care** – Addiction treatment providers who want to improve their quality of care can make strides by focusing in on four specific areas (Source: *Addiction Professional*). [Read More](#)
11. **New The MHTTC Network – School Mental Health Initiative** – The Mental Health Technology Transfer Center (MHTTC) Network, funded by the SAMHSA is a collaborative Network that supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. The Network includes 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office. The MHTTC Network has supplemental funding to focus on the need for further implementation of mental health services in school systems. The Regional and National Centers provide technical assistance and develop resources, trainings and events around various school mental health topic areas, including evidence-based identification, early intervention, and treatment practices, youth suicide prevention, school wellness, and trauma-informed practices in schools. During the current COVID-19 public health crisis, the MHTTC Network remains open and available to assist the school mental health workforce. While in-person learning opportunities are postponed until further notice, the Network is working quickly to offer virtual learning opportunities in the interim (Source: *MHTTC Network*). [School Mental Health Resources](#)

12. **New Practice Guidelines Aim to Reduce Harmful Consequences of Schizophrenia** – In this Q&A, Laura J. Fochtmann, MD, MBI, shares insights on a new set of evidence-based practice guidelines for the treatment of patients with schizophrenia, which she helped write (Source: *Psychiatry & Behavioral Health Learning Network*). [Read More](#)
13. **CBT Corrects Brain Abnormality in Patients with OCD** - Researchers have discovered a brain abnormality in people with obsessive-compulsive disorder (OCD) that may help predict which patients are most likely to respond to treatment with cognitive behavioral therapy (CBT) (Source: *Psychiatry & Behavioral Health Learning Network*). [Read More](#)
14. **Advancing Culturally-Responsive and Equitable (ACE) Evaluation Network** – Participation in the ACE Evaluation Network is free and comes with relationship building, professional development, and business development benefits. The Network is committed to helping create and increase equitable opportunities for racially and ethnically diverse evaluators, as well as to ensuring a membership base rooted in culturally responsive and equitable evaluation (Source: *National Council for Behavioral Health*). [Learn More](#)
15. **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](#)
16. **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](#)
17. **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.

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

January 8, 2021 – Western Region – 10-12pm

Location: Zoom Meeting

TRAINING OPPORTUNITIES

1. **Adaptation in Substance Misuse Prevention: Improving Effectiveness and Achieving Better Outcomes – Webinar –** This two-part virtual training series, featuring a 90-minute interactive webinar and a 90-minute peer-sharing event, will offer participants an introduction to the topic of adaptation and its role in effective prevention, and will examine how carefully planned and executed adaptations can help prevention practitioners circumvent unforeseen challenges, like those facing many communities due to the COVID-19 pandemic.

Part 2: Monday, November 9, 2020, 12-1:30pm CT. [Register](#)

2. **New Register Now! 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.

Upcoming sessions in this series include:

Session 1: Tuesday, November 10, 2020, 1-2pm CT. [Register](#)

Session 2: Tuesday, November 17, 2020, 1-2pm CT. [Register](#)

Session 3: Tuesday, November 24, 2020, 1-2pm CT. [Register](#)

3. **New The Intersection of Prevention & Recovery –** This webinar will look at SAMHSA's six prevention strategies and how they intersect with the work of recovery community organizations including information dissemination, community education, alternative activities and substance-free recreation, problem I.D. and referral, community-based processes and environmental strategies. In this training participants will learn what neurobiology can teach us about substance use and recovery! This knowledge will help to: talk about substance use, science and recovery in an easy to understand manner; help others understand why the science behind substance use is important for recovery advocacy, community and public knowledge; and reduce stigma and shift views of substance use and recovery.
Tuesday, November 10, 2020, 2-3pm CT. [Register](#)

4. **2020 Virtual Clinical Supervision Trainings –** 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. **November 12-13, 2020. [Register](#)**

5. **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:

- **Counseling Adolescents through Telehealth – Thursday, November 12, 2020, 12-1pm CT**
- **Counseling through the Telephone – Thursday, November 19, 2020, 12-1pm CT**
- **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**

6. **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](#)
7. **New NAMI Missouri Provider Workshop** – This event is for mental health workers and the social service/helping community. Topics include medication updates, children’s disorders, psychiatric crisis, a recovery panel, family issues and more. CEUs will be issued by MIMH upon completion. **Tuesday, November 17, 2020, 9-4:15pm CT.** [Register](#)
8. **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).

Webinars in this series include:

- **Who's Doing What?: The Epidemiology of Adolescent Substance Use** – **Tuesday, November 17, 2020, 1-2pm CT.** [Register](#)
 - **Substance Use Interventions for Adolescents and Transitional Age Youth** – **Tuesday, December 15, 2020, 1-2pm CT.** [Register](#)
9. **Shaping the Alcohol Policy Environment: Past, Present, and Future** – While other substances may get the share of the media attention, excessive alcohol consumption remains a consistent public health issue. This two-part webinar series will discuss U.S. alcohol regulation, review the current science on effective strategies to addressing local conditions that influence the alcohol policy environment, and provide insights about the future of alcohol policy regulation, and the need for balance between consumer interests and public health and safety considerations. Presenters will also provide an overview of temporary policy changes due to COVID-19.
Part 2: Wednesday, November 18, 2020, 10-11am CT. [Register](#)
 10. **Creating a Better Workplace Environment to Support our Service Members, Veterans, and their Families** – This webinar will provide information, resources, tools, and recommendations that will help participants to understand the important role they play in creating a healthy and inclusive environment for their SMVF colleagues and employees, and how to begin to take steps towards implementation of supportive and preventative measures. **Wednesday, November 18, 2020, 12:30-1:30pm CT.** [Register](#)
 11. **New Recovery Community Asset Mapping** – This webinar will explore the use of community asset mapping as a strengths-based approach to identifying the human, material, entrepreneurial and other resources in the community that support a life in recovery for everyone. Participants will learn how to tap into underutilized resources and bring people together for a common cause. This interconnectedness begins on the individual level and expands to the neighborhoods and communities where people live, including identifying the natural helpers so vital to sustaining long-term recovery. **Wednesday, November 18, 2020, 2-3pm CT.** [Register](#)
 12. **New 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](#)

13. **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](#)
14. **New 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](#)
15. **New 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](#)
16. **New 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](#)
17. **New 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](#)
18. **New 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](#)
19. **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.

20. **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 Brandon Costerison (bcosterison@ncada-stl.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 www.tinyurl.com/mohopeoend. 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>.

21. **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.
22. **New 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

23. **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

24. **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**.

Look for updates on different topics/initiatives next Friday!