

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance December 4, 2020

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

- Dr. Gowdy's Retirement and Appointment of New DBH Division Director (Sent on Behalf of Dir. Mark Stringer)** – It is with personal sadness and sincere best wishes that I announce **the retirement of Dr. Rick Gowdy effective December 31, 2020**. Rick's departure marks the end of an era for DMH. He has been with the department since September 2, 1986—34 years. He has played a vital role in cutting edge changes within the Division of Behavioral Health, including furthering the merger of the former two divisions, Comprehensive Psychiatric Services and Alcohol and Drug Abuse. We are indebted to his vision and commitment, and for propelling us to our present position as a national leader in the field of behavioral health. His outstanding work has set the stage for the success of DMH well into the future.

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

Consumers	638
Staff	491
Providers	47

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

I am very pleased to announce that I am appointing Nora Bock as the next Behavioral Health division director.

Nora has worked at DMH for 20 years; I have known and worked with her for about 17 of them. I have every confidence in her ability to navigate the division through these extraordinarily tough times, as well as maintain Missouri's reputation for excellence in behavioral health services. She and her team will be faced with the ongoing threat of the pandemic, as well as new opportunities that will come with Medicaid expansion. Nora is ready to take on this vitally important leadership role and will do an outstanding job.

Please join me in wishing Rick well in his retirement and congratulating Nora on her well-earned promotion.

- Connie Cahalan's Retirement and Acting DBH Director of Children Services** – **Connie Cahalan**, the DBH Director of Children Services, is retiring December 31 after 33 years of service! However, November 30 was Connie's official last day in the office. We appreciate Connie's many dedicated years of service to the department and the kids we serve, and wish her well in her retirement.

While we are in the process of evaluating the DBH Director of Children Services position and how best to build on what we have, **Rachel Jones has graciously agreed to take on the Acting Director of Children Services**, effective December 1. So if you have questions/issues you would have called Connie about, please contact Rachel. We are grateful to Rachel for agreeing to take on this responsibility in the interim while she continues to juggle everything else on her plate.

- Welcome Andrea Kimball to DBH!** – The Integrated Care team is excited to announce and welcome **Andrea Kimball** as the new Manager of Integrated Monitoring and Review. Andrea is a clinician and administrator with experience working in our provider network. We are looking forward to all of the great work she will bring to our division!
- Missouri's Certified Behavioral Health Clinics Impact** – In the first three years in which Certified Community Behavioral Health Clinics have offered care to Missourians through a federally created program, access to and

effectiveness of mental health services have greatly improved, according to a report from the Missouri Coalition for Community Behavioral Healthcare (Source: *Jefferson City, MO News Tribune*). [Read More](#)

5. **Missouri Synar** – Each year, the DBH conducts tobacco retailer inspections in order to determine Missouri’s current Synar rate. Synar legislation requires that each state annually conduct random, unannounced inspections of tobacco vendors to assess their compliance with the State law prohibiting the sale of tobacco products to minors. States with non-compliance rates in excessive of 20 percent risk losing federal funding for substance use prevention and treatment services. In 2020, Missouri’s non-compliance rate is at 11.7%. DBH has engaged in comprehensive, statewide efforts to educate tobacco merchants on the state’s tobacco laws in order to keep Missouri’s Synar rate in compliance with federal regulations.
6. **UPDATE on Administrative Rules** – The **DMH Licensing Rules** are published in the November 30, 2020, issue of the *Code of State Regulations* (Division 40), and will be effective on **December 30, 2020**: <https://www.sos.mo.gov/adrules/csr/current/9csr/9csr>. The rules apply to community residential programs and day programs licensed by the department including **IRTS, PISL, Family Living Arrangements, and Day Programs** that are not accredited.
7. **CIMOR Priority – DM Pools** – Below are the current balances for the DM Housing and Outreach pools. If you have any questions, 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.

	ADA	CPS
DM Housing Allocation	\$250,000.00	\$250,000.00
DM Housing Expended (11 Cycles Paid)	\$43,105.59	\$145,125.28
Current DM Housing Allocation Balance	\$206,894.41	\$104,874.72
DM Outreach Allocation	\$163,000.00	\$163,000.00
DM Outreach Expended (11 Cycles Paid)	\$164,497.38	\$2,440.09
Current DM Outreach Allocation Balance	-\$1,497.38	\$160,559.91
Current Total Allocation Balance	\$205,397.03	\$265,434.63

8. **Branding Change for NCADA-St. Louis** – **NCADA-St. Louis** has changed its name and rebranded to **PreventEd**. Their mission and work remain the same. Please visit the updated website at www.prevented.org, and to hear more about the change, watch this video: <https://www.youtube.com/watch?v=RWlwb675ZZw>.
9. **Mo HealthNet System Updates Scheduled** – On the evening of December 4, MO HealthNet will be updating several systems. During the upgrades these systems will not be available. Please see below for details on each system:
 - **Pharmacy Point of Sale** will not be available for approximately 1.5 hours starting at 12 A.M. CDT on Saturday, December 5, 2020, and will be brought up by 1:30 A.M. CDT on Saturday, December 5, 2020. Pharmacies may begin submitting claims after 1:30 A.M. CDT.
 - **The Pharmacy Helpdesk** will be unavailable on Saturday, December 5, 2020, and will be available on Sunday, December 6, 2020, for normal business hours.
 - **CyberAccess** will not be available starting at 12 A.M. CDT on Saturday, December 5, 2020, and will available by 2:15 A.M. CDT on Sunday, December 6, 2020. Rx and PA history only will be available at 2:15 A.M. CDT. The modules of CyberAccess are: ICMS Lite, HCBS, Precertification, and will be available by 6 A.M. CDT.

10. **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 reinforce, 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](#)

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

- **New Coping with COVID-19 and the Holidays** – While the holiday season can be stressful due to time pressure, relationship dynamics, travel, and other factors, the winter holidays during COVID-19 will involve their own set of unique challenges. SAMHSA and other organizations have released resources about coping effectively in a holiday season during or after a disaster. [Learn More](#)
- **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 16, 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>

- 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](#)
- New Value in OUD Treatment Demonstration** – **Request for Application Deadline: January 3, 2021** – Centers for Medicare & Medicaid Services launched a new demonstration focused on increasing access to OUD treatment services to eligible Medicare Fee-for-Service beneficiaries, including dual eligible. Participants will receive payments to support patient-centered OUD treatment services otherwise not available for payment and performance-based incentives. This opportunity is open to CCBHCs, CMHCs, OTPs and FQHCs. [Learn More](#)
- 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](#)

4. **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](#)

INFO and RESOURCES

1. **New Healthcare Industry Virtual Job Fair – December 22** – This will be a healthcare specific job fair focusing on **entry-level clinical and non-clinical positions** to connect with Missouri's job seekers across the state. The virtual job fair will take place on **December 22, 2020, 10-2pm**. Participate in this fair by completing the [Employer Registration form](#) before **December 16**. Employer registration is best used with Google Chrome. Click on **"Register Now"** and be sure to select the **"Dec 22nd-Healthcare Industry Fair."** These virtual job fairs are more than just a place to post your open positions. Participants will meet job candidates through an online text to chat, share information about their organization, and review resumes through a virtual fair platform. **All healthcare industry employers are invited to participate** (Source: *DHEWD*)!
2. **New Missouri FASD Caregiver Support Group** – The Missouri Fetal Alcohol Syndrome Disorder (FASD) Caregiver Support Group is designed to offer support, comfort and fellowship to address the unique challenges individuals are experiencing in the care and support of a loved one with FASD. This virtual support group would be beneficial to Parents and Caregivers, Grandparents, Foster and Adoptive Parents, Kinship Parents or others caring for a loved one with FASD. For questions or further Information please contact Cindy Mueller at mofasgroup908@gmail.com. The first group begins January 2021. [Register](#)
3. **New First Call: How to Cope** – This is a seven-session, evidence-based, therapeutic/educational curriculum specific for adult family members and friends impacted by a loved one's substance or alcohol use. How to Cope helps participants overcome the related physical, psychological and social effects and build a healthy life for themselves. Sessions are held monthly via Zoom. **The course is \$35 and includes all seven sessions, a sliding scale is available for individuals who qualify.** [Learn More and/or Register](#).
4. **New Insomnia: New Webcast on Comprehensive Care for Psychiatric Patients** – This accredited, on-demand activity evaluates the current and emerging insomnia pharmacotherapies including their safety and efficacy data, mechanisms of action, and risk profiles for distinct patient populations. [Learn More](#)
5. **New Opioid Crisis Response Leaves Black Americans Behind** – The opioid epidemic has garnered an increasing amount of attention from public health officials in the past two decades, but who the interventions have helped has largely depended on class and race. As a result, Black Americans are being left behind, as treatment options are made more available to White communities than communities of color. The number of Black Americans dying of opioid overdose is also rising (Source: *Everyday Health*). [Read More](#)
6. **New New Drug Offers Hope to People Addicted to Opioids** – Buprenorphine, an injectable form of buprenorphine, acts as a slow-release drug and blocks the opioid receptors in the brain, which stops the patients from having withdrawal symptoms. It only has to be administered once a week or once a month, making it a good alternative to methadone, which is often prescribed to wean users off of heroin and other opioids (Source: *Business Insider*). [Learn More](#)

7. **New Substance Use Disorders and Addiction: Mechanisms, Trends, and Treatment Implications** – This issue of *The American Journal of Psychiatry* is groundbreaking in its dedicated focus on the factors contributing to SUD and their comorbidity with psychiatric disorders, the effects of prenatal alcohol use on preadolescents and brain mechanisms that are associated with addiction and relapse. An important theme is the necessity of understanding maladaptive substance use and its treatment in relation to health care inequities among underprivileged and marginalized populations (Source: *The American Journal of Psychiatry*). [Read More](#)
8. **New Using Peer Outreach to Link Individuals to Treatment** – Medication for OUD can be lifesaving, yet only some people with OUD receive these medications. One reason is that it can be difficult for individuals to access and remain engaged with medication-based treatments. In this Recovery Research Institute study, researchers investigated the feasibility and initial results of using peer outreach workers to help connect individuals to treatment with OUD medications (Source: *Recovery Research Institute*). [Read More](#)
9. **New Supplemental Research Bulletin—Women and Disasters** – While research suggests that women may have greater awareness of hazards in their area, it also puts forward that women are less likely than men to be prepared for disasters. Additionally, studies have found women to be more likely to experience distress after a disaster, including an increased likelihood of developing posttraumatic stress disorder. This edition of the Supplemental Research Bulletin reviews research on how women experience disasters. In addition to women in general, research provides insight on the experience of pregnant women and older women. With more than half of the U.S. population being female, understanding how women experience disasters can help better prepare for a disaster. The edition reviews approaches that disaster behavioral health programs can take to ensure they meet the needs of women during a traumatic time. It reviews post-disaster distress, depression, substance use disorders, and more. It also examines violence against women and the possibility of it increasing after disasters (Source: *SAMHSA*). [Download Now](#)
10. **New 10 Takeaways About the Telehealth Boom** – The COVID-19 pandemic has been a bumpy ride in the U.S., featuring one controversy after another. One of the few areas of agreement is that the widespread adoption of telehealth has been, by and large, a positive development (Source: *Managed Healthcare Executive*). [Part 1](#) | [Part 2](#)
11. **New 2021 Behavioral Health Training Institute for Health Officials** – Up to 70 public health and behavioral health officials will be selected to participate in the sixth cohort of this eight-month professional development initiative. Selected health officials will gain direct access to training and technical assistance opportunities on behavioral health topics, including but not limited to: crisis leadership and mental health resiliency during COVID-19, building and/or enhancing trauma- and resilience-focused behavioral health supports during COVID-19, addressing and integrating behavioral health in public health settings, addressing health disparities and social determinants of health, evidence-based/informed behavioral health interventions, and building and/or enhancing cross-sector partnerships between public health and behavioral health systems. Applications are due by Friday, December 18, 2020, at 10:59pm CT. [Learn More](#)
12. **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](#)
13. **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](#)

14. **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](#)
15. **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](#)
16. **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 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. **Trauma Informed Suicide Prevention: Leading School District, County & State Systems** – This is 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.

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](#)
2. **New Workforce Development Training 1: Prevention Fundamentals** – The Prevention Fundamentals training provides an overview of the key concepts in substance use and misuse prevention. Participants will be introduced to concepts of the public health approach to prevention, the continuum of care, and the role of coalitions and providers in community-based prevention efforts. These concepts will be referenced as the participants are introduced to the Strategic Prevention Framework (SPF). **Tuesday, December 8, 2020, 10-12pm CT**. [Register](#)

Upcoming webinar in the series include:

Training 2: SPF: Assessment, Planning and Evaluation for the Prevention Professional, **Tuesday, December 15, 2020, 10-11:30am CT**. [Register](#)

3. **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](#)
4. **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](#)
5. **New Trauma-Informed Health Communications 101: Targeting Low Income Communities of Color** – This session is designed to improve prevention professionals’ cultural competency and ability to communicate with low-income communities of color (particularly urban, African-American communities), to provide them with behavioral health information in a way that is effective and culturally relevant. **Wednesday, December 9, 2020, 10-11am CT.** [Register](#)
6. **New Impact of Stimulant Use on the Brain and the Body** – This webinar will review basics of neurochemistry as it applies to cocaine and methamphetamine. It will also include the acute and chronic effects of stimulants. Cognitive and memory effects will also be discussed. **Wednesday, December 9, 2020, 11-1pm CT.** [Register](#)
7. **New Zoom, Zoom: Helping your Virtual Sessions Take Off! For School and Youth Providers** – The COVID-19 pandemic has caused a seismic shift in how practitioners provide services. With the sudden shift to virtual services, school-based mental health professionals have been required to learn new ways of doing their essential work, but with little guidance about how to make those sessions work. This session will focus on the pragmatic questions of how to do these services with practical suggestions about what helps and what interferes with client engagement, how to prevent problems, and how to manage when challenges arise. **Wednesday, December 9, 2020, 11:30-12:30pm CT.** [Register](#)
8. **New What Is the Right Choice When Prescribing Medication Assisted Treatment (MAT)?** – This presentation will discuss medication assisted treatment that is used to treat individuals suffering from opioid use disorder. During this webinar you will learn how to: understand the requirements for prescribing medication assisted treatment, describe the various medication treatments for opioid use disorder, and understand the difference between long-acting vs. oral medication for treatment of opioid use disorder. **Wednesday, December 9, 2020, 12-1pm CT.** [Register](#)
9. **New Ask the Experts – Trauma-informed Care, Cultural Humility and the Impact of Supporting Individuals with IDD** – This Intellectual and/or Developmental Disabilities (IDD) Interest Group webinar will recap their recent forum, hold a Q&A and provide clarity on trauma-informed care, cultural humility and supporting individuals with IDD. **Wednesday, December 9, 2020, 12-1pm CT.** [Register](#)
10. **New An Introduction to COA and the Accreditation Process** – This free 30-minute webinar provides an introduction to the Council on Accreditation (COA) and our accreditation process. It is perfect for anyone seeking accreditation for the first time, interested in what is required to become accredited, or mandated to become accredited by state or federal legislation (such as the Family First Prevention Services Act). Participants will gain an understanding of the key concepts that define COA, the steps toward becoming accredited, and the benefits of accreditation. There will also be a Q&A portion to answer any questions. **Wednesday, December 9, 2020, 2-2:30pm CT.** [Register](#) | **Tuesday, December 15, 2020, 1-1:30pm CT.** [Register](#)

11. **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 Children** – **Thursday, December 10, 2020, 12-1pm CT**
- **Substance Use Treatment within Telehealth** – **Thursday, December 17, 2020, 12- 1pm CT**

12. **New Compassion Fatigue and Resilience: Strategies for School-based Health Center Providers** – This webinar will provide an overview of the impact of trauma on individuals within school communities and explore the concept of compassion fatigue and strategies for building resilience among behavioral health providers and staff in school community settings. **Thursday, December 10, 2020, 1-2pm CT.** [Register](#)
13. **New Breaking Intergenerational Patterns of Addiction, Trauma, and Dark Secrets in Families** – In this presentation, participants will learn prevention, intervention, and treatment strategies to help break intergenerational patterns of addiction, trauma, dark secrets, and drug-related fatalities. There will also be a discussion about the roles of prevention specialists, therapists, providers, trauma specialists, persons in recovery, families, and entire communities in breaking these patterns. Other topics include: fetal alcohol spectrum disorder as a risk factor, how to create a healing forest to help break intergenerational patterns, and a discussion of the entire community as the prevention and recovery center. **Thursday, December 10, 2020, 1-3pm CT.** [Register](#)
14. **New Latino Youth Gangs** – There are multiple interacting personal and social factors that may influence youth gang involvement that include social status, peer influence, economic advantage, and impulse satisfaction relative to risk taking behaviors. Prevention strategies for reducing Hispanic and Latino youth gang involvement and membership must contain multiple levels of involvement that include individual, familial, community, school, and peer-based approaches. **Thursday, December 10, 2020, 1:30-2:30pm CT.** [Register](#)
15. **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 3: This webinar will focus on the mental health well-being of the health care workforce. **Monday, December 14, 2020, 12-2pm CT.** [Register](#)
16. **New Tips and Tools for Leveraging Trauma Informed Care Techniques to Reduce Stress for Students, Teachers, and Providers** – This webinar will explore trauma-informed care techniques that behavioral health provider organizations, school staff and caregivers can use to improve care provided to students and address traumatic stress occurring during the on-going pandemic. **Tuesday, December 15, 2020, 1-2pm CT.** [Register](#)
17. **Substance Use Interventions for Adolescents and Transitional Age Youth** – In this webinar, participants will learn an approach to conduct proper screening, brief intervention and referral to treatment for young adults (ages 18-25) at risk for substance use disorders. They will then hear about key behavioral and pharmacologic treatments for youth with substance use disorders including motivational interviewing, cognitive-behavioral therapy, contingency management and medications for alcohol and opioid use disorders. The webinar will conclude with a discussion on the essential role of families and communities in supporting young adults with substance use disorder including a description of the community reinforcement and family training (CRAFT) approach. **Tuesday, December 15, 2020, 1-2pm CT.** [Register](#)

18. **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](#)
19. **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](#)
20. **New Acting and Thinking Differently: Culturally-Competent Treatment for Psychosis** – This is part of an important effort to assist the mental health workforce in better recognizing and responding to multicultural issues for people with severe mental illnesses. **Wednesday, December 16, 2020, 9-10am CT.** [Register](#)
21. **New Motivational Interviewing Learning Collaborative** – This is a series of interactive calls via Zoom for people who want to enhance their Motivational Interviewing skills. This learning opportunity provides practitioners with a no-cost, easy-to-access opportunity to continue to build their practice skills towards fidelity. **Beginning Wednesday, December 16, 2020, 10-11am CT., and continuing the third Wednesday of each month.** [Register](#)
22. **New Substance Use Disorder Care: Pandemic and Beyond** – This presentation will review the impact of the current global pandemic on substance use, overdose, and health care utilization. Telehealth legislation and regulation, including temporary waivers that have permitted broader access to care, the evidence to support telehealth for opioid use disorder treatment, specifically, and future considerations once the public health emergency has finally ended will also be discussed. **Wednesday, December 16, 2020, 11-12pm CT.** [Register](#)
23. **New Effective Treatment Approaches and Recovery Supports** – This webinar continues the education on stimulants and describes treatment interventions that are evidence-based for stimulant use. It also focuses on recovery approaches that are effective for people with a stimulant use disorder. **Wednesday, December 16, 2020, 11-1pm CT.** [Register](#)
24. **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. **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. **New Tightening Your Technology: Cybersecurity Strategies for Behavioral Health Providers** – While there are significant benefits for care delivery and organizational efficiency from the expanded use of networked technology, Internet-enabled medical devices and electronic databases for clinical, financial and administrative operations - networked technology and greater connectivity also increase exposure to possible cybersecurity threats. Behavioral health providers can prepare and manage such risks by viewing cybersecurity not as a novel issue but rather by making it part of their existing governance, risk management and business continuity framework. This webinar will provide an overview of the key steps behavioral health providers need to take to begin building a robust cybersecurity platform. **Thursday, December 17, 2020, 11-12pm CT. [Register](#)**
29. **New Strategies for Those Grieving Through the Holidays** – For people who are grieving, holidays can often be times of immense sadness. This webinar will present several activities designed to help people who are grieving reframe the holiday season into a time of celebration for the life of a loved one rather than a time of mourning for the loss of that loved one. The activities presented will be applicable to secular holidays as well as the holidays celebrated within Christian, Jewish, and Islamic faith traditions. **Thursday, December 17, 2020, 5-6pm CT. [Register](#)**
30. **New Exploring Anorexia Nervosa in Larger Bodies** – Patients who live in larger bodies are at higher risk for developing eating disorders, however symptoms are often missed due to their weight status. This workshop will provide case examples to assist in identifying behaviors that result in eating disorders and malnutrition even though they remain at a higher weight. This webinar will explore the concept of weight inclusive care over weight normative care with the goal of overall health and well-being. Objectives: identify malnutrition often hidden in larger bodies, understand implications for disordered eating and eating disorders, explain reasons why patients with larger bodies are less likely to seek healthcare, and discuss the benefits of weight inclusive care. **Friday, December 18, 2020, 11:30-12:30pm CT. [Register](#)**
31. **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](#)**
32. **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

33. **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. **Zoom Fatigue** –Please take this free 15 minute online training on web conference fatigue. [Access Now](#)

4. **New FASD Professional Education and Training Resources** – Affiliated state organizations of the National Organization of Fetal Alcohol Syndrome Disorder has compiled a list of trainings offered in their respective states that are open for individuals from other states to attend if interested. [Access List Now](#)
5. **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, December 29, 2020, 1-2pm CT

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

6. **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:

December 7-11, 2020

7. **2020 Certified Peer Specialist Supervision Trainings** – This training is strongly encouraged for any current or future peer specialist supervisor (individuals supervising a CPS). It has been updated so individuals who have attended a training in the past are welcome to attend again. The training is free and will be done in a virtual format only. Once registered, participants will be given a link to watch four videos before the Zoom meeting date. [Click Here For Peer Supervision Training Registration Form](#). If you have any questions, please feel free to contact the MCB office at 573-616-2300 or help@missouricb.com. The Zoom meetings are scheduled for 9-11am on **Thursday, December 17, 2020**.

Look for updates on different topics/initiatives next Friday!