

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance December 11, 2020

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

1. **COVID Vaccine Information** – The following is the information that the DBH knows at this point in time regarding the COVID Vaccine:

- 1st shipment of vaccines will be directed to highest risk population in hospitals – ship by 12/14 – about 50,000 vaccines
- 2nd shipment (where DMH Providers would fall, if signed up for Long Term Care Program) – ship by 12/21 – about 170,000 vaccines
 - Long Term Care Program (which providers submitted spreadsheet to DMH) is a Federal program and falls into that second shipment. The Pharmacies are awaiting contact to be made with them from the CDC. Currently, we do not have specifics on the steps from there.
- Hope to be done with first round of vaccinations by end of January
- **Warnings/Cautions regarding vaccine:**
 - Pregnant Women – this is being tested, but currently pregnancy women should pause on getting the vaccine
 - Youth under 16 – this is being tested, but currently youth under 16 should pause on getting the vaccine
 - If an individual has a history of *anaphylactic reactions* to other items, testing is being done, but currently those individuals should pause on getting the vaccine
 - Organizations – consider staggering staff vaccinations as there is a potential for side effects and you will need staff to continue to work as this process moves forward

DBH Community COVID-19 Positives Data
(as of December 11, 2020 at 4pm)

Consumers	703
Staff	518
Providers	49

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

2. **Panel Discusses Racial Inequities in Overdose Deaths in the St. Louis Region** – On December 3, the UMSL-MIMH team hosted a two hour panel webinar to discuss the growing racial disparities we've seen in fatal overdose events in the St. Louis region. Panelists included Dr. LJ Punch, founder of "The T", a community drop in and outreach center in North St. Louis City; Marcus Hunt, a Community Health Advocate and person with a history of homelessness; **Wardell Carter**, COO of **West End Clinic** (a methadone program); Riisa Easley with the Regional Health Commission who works closely with Federally Qualified Health Centers and has expertise in health equity; and DMH Director **Mark Stringer**.

Panelists gave their perspectives on the root causes of these inequities and what we need to do to address them effectively. There was thoughtful dialogue between the panelists and robust engagement from attendees during the Q & A portion. Priorities identified include but are not limited to: 1) Increasing treatment capacity in North St. Louis where currently few resources exist; 2) Including people who use drugs in funding decisions and program designs; 3) Develop programs that remove law enforcement from behavioral health crisis response; 4) Provide rapid housing and address other basic needs upfront to people who have insecure housing - without this support any other addiction treatment interventions will be unlikely to succeed.

3. **MO-CPAP Update** – DMH released information on the expansion of the Missouri Child Psychiatry Access Project (MO-CPAP), which is an innovative model aimed at addressing the lack of child psychiatry resources. In 2018 DMH was one of only 18 states to receive a Health Resources and Services Administration (HRSA) grant to expand the national model that strengthens primary care providers’ ability to give mental health care to young patients with mild to moderate behavioral health problems.

MO-CPAP is now statewide with 400 providers enrolled. Primary care physicians, family physicians, pediatricians, physician assistants and advanced practice nurses can enroll in MO-CPAP and gain access to the following support services:

- Telephone consults with child and adolescent psychiatrists regarding screening, diagnosis, medications and management of behavioral health issues,
- Follow up care coordination services to connect their patients to community-based mental health care and other resources, and
- Education and training in identification, assessment and treatment of mild to moderate behavioral health problems.

Laine Young-Walker, MD, is chair of the MU Department of Psychiatry and the director and principal investigator for MO-CPAP. Dr. Young-Walker is the former DMH Chief Medical Director for Children.

4. **Billing and Services Review Manual** – Approximately a year ago, we started down a path of assessing our Billing and Services Review (BSR) processes, procedures and practices. A six step process was developed and we have completed five of those six steps. Of course, simply because we have a new and current manual does not mean it will stay that way without effort. We are implementing review and update procedures and will use information learned/reviewed from the appeal process, routine reviews and other sources to continue to keep the manual an asset to both DBH and Providers. The final step, six, will complete our process. Expect to hear more in the future from DBH regarding the roll out of trainings and potential requests for feedback on any specifics you would like to see highlighted during the training. Lastly, thank you to all providers who participated in this process, which ultimately benefits us all. The manual is located on our website here: <https://dmh.mo.gov/media/pdf/billing-service-review-guide>.

BSR Quality Assurance Process

- ✓ Make current process/guidance available to providers - transparency in order to facilitate honest discussions about BSR process
- ✓ Identify gaps, inconsistencies and areas of subjectivity in current process
- ✓ Solicit provider feedback and develop recommendations
- ✓ Update the current guidance document and establish consistent and scheduled reviews for QA
- ✓ Develop and implement an internal plan for BSR training for continued staff development and enhanced consistency

6. Roll out and training – DBH staff, providers and other stakeholders as appropriate

5. **Virtual Trauma-Focused Cognitive Behavior Therapy Training** – On behalf of the Child Trauma Initiative (CTI) at the University of Missouri, we are so pleased to inform you that we will be hosting a virtual Trauma-Focused Cognitive Behavior Therapy (TF-CBT) training in January at no cost to participants. TF-CBT is a leading evidence-based treatment for children and adolescents ages 3-18 impacted by trauma and their parents or caregivers that is effective for a variety of trauma types.

This TF-CBT training will be offered as four half-day morning training sessions on **January 7, 8, 11, and 12** hosted via Zoom. We are able to provide the training at no cost to participants through a grant funded by the National Child Traumatic Stress Network (NCTSN) through SAMHSA. The training will be conducted by a national TF-CBT trainer from the Children's Advocacy Services of Greater St. Louis (CASGSL), University of Missouri St. Louis (UMSL).

Applications will be reviewed on a first-come, first-served basis. **Applications are due by December 22. Participants should be master's level, licensed mental health professionals.** To apply:

https://umsl.az1.qualtrics.com/jfe/form/SV_cBnnA7yLUPZVjal.

6. **NGA Virtual Roundtable: Community Supervision and Treatment of Individuals with SUD – Julie Kempker** (Director, Division of Probation and Parole), **Kelly Dills** (DOC Quality Assurance and Process Improvement Manager), and **Angie Plunkett** (DMH Manager of Justice Services) highlighted the Improving Community Treatment Success (ICTS) program during a roundtable discussion coordinated by the National Governor’s Association, public safety, and health officials on December 8, 2020. The virtual roundtable included senior state and local officials and was designed to identify collaborative strategies for governors and states to strengthen relationships and coordination between jurisdictions around community supervision practices and access to community-based treatment for individuals with substance use disorder.
7. **Show Me Hope Videos** – Show Me Hope, Missouri’s crisis counseling program, recently had three professionals (listed below) endorse our program and videos will be headed out on numerous platforms. A fourth video from Andy Reid, head coach of the Kansas City Chiefs, is coming in early 2021! Feel free to share and post on social media channels (personal and professional). These videos are also uploaded to the Show Me Hope media tool-kit: <https://sites.google.com/view/show-me-hope-media-kit/home>.
 - Jackie Joyner-Kersey - https://youtu.be/baZiJCu_3nM
 - Cedric the Entertainer - <https://youtu.be/WqCVaCatYoo>
 - Chris Harrison - <https://youtu.be/AFsso0GEGT0>.
8. **UPDATE on Administrative Rules** – The following proposed amendments will be published in the **December 15, 2020**, issue of the *Missouri Register*:
 - 9 CSR 30-4.047 **Community Support in Community Psychiatric Rehabilitation Programs**, which includes updates to the key service functions and staff qualifications; and
 - 9 CSR 30-3.201 – 9 CSR 30-3.208 **Substance Awareness Traffic Offender Program** which includes the name change, as well as a few other minor updates as noted in the regulations. Comments must be submitted within 30 days as specified in the *MO Register*.
<https://www.sos.mo.gov/CMSImages/AdRules/moreg/2020/v45n24Dec15/v45n24.pdf>
9. **Vickie Epple is Retiring!** – It is with best wishes that we announce the retirement of **Vickie Epple** effective December 31, 2020. Vickie has been with the department for 37 years! She has played a vital role with Missouri’s Mental Health First Aid program over the years and will be missed. Please join us in wishing Vickie well in her retirement.
10. **Welcome Donald Bounds to DBH!** – Please welcome **Donald Bounds** as the newest staff for SATOP who started on December 7. He had previously worked with the Division of Youth Services for 19 years.
11. **State Health Assessment Survey** – The Department of Health and Senior Services (DHSS) is in the middle of working on attaining reaccreditation through the Public Health Accreditation Board. Part of this work includes creating the State Health Assessment, a comprehensive analysis of the health and well-being of Missourians. The document also works to identify those parts of the Missouri health system that are not where DHSS would like them to be yet. One of the pieces of analysis that is required is a forces of change assessment. This process is about identifying things through the various sectors of the Missouri landscape that could be a threat, or a possible opportunity, for the Missouri health system. This survey aims to collect that data. DHSS will take the responses, and internally collate them, to answer the questions:
 - What is occurring or might occur that affects the health of our community or the local public health system?
 - What specific threats or opportunities are generated by these occurrences?

Please take time to do the following survey, to help DHSS answer these questions for Missouri:
https://missouriwic.iad1.qualtrics.com/jfe/form/SV_3kjYFjMtCXsGMIld. Feel free to extend this survey to other health professionals to make our State Health Assessment as far reaching as possible.

12. **MHTTC Perinatal Mood and Anxiety Disorder Qualtrics Survey** – The Mental Health Technology Transfer Center (MHTTC) Perinatal Mood and Anxiety Disorders (PMAD) Coordination Group has created a survey to gather feedback about training and technical assistance needs related to PMAD. This link may be shared with your colleagues and to any listserv you feel is appropriate. [The survey is open until December 14 and takes less than 5 minutes to complete.](https://stanforduniversity.qualtrics.com/jfe/form/SV_1TfjY19yINr3leF) The assessment is for Community Mental Health Providers, Social Workers, Psychologists, Therapists, Pediatric Care Specialists, Primary Care Physicians, Nurses, Obstetric Care Providers, Substance Use Treatment Providers, Managers and Administrators, Educators, and other professionals who provide care during the perinatal period.

PMAD Qualtrics Survey: https://stanforduniversity.qualtrics.com/jfe/form/SV_1TfjY19yINr3leF

13. **Reminder Show us your Creativity - 2021 Director's Creativity Showcase** – Do you love to be creative? Do you find a voice through your art? Here is your chance! The Missouri Mental Health Foundation (MMHF), in collaboration with the Missouri Department of Mental Health (DMH), is sponsoring the **2021 Director's Creativity Showcase**. This showcase helps to acquaint the general public with the talents of the people it serves. These are individuals receiving services through the DMH provider network living with mental illness, developmental disabilities, and substance use disorders. The artwork created is not only for the Showcase, but is sometimes used as a means of therapy. This therapy provides an outlet for the artist to express his or her feelings – feelings they may not be able to verbally communicate. The art show also has encouraged people to try something they may previously have never considered possible, only to find they have a true creative talent. **This year the 2021 Director's Creativity Showcase will be displayed in its entirety on the MMHF website! As well as special acknowledgements of winning artists and of those chosen for the 2021 Traveling Show (within HIPAA standards, of course).** More details on this later.

For more information on the guidelines, entry form, release form, timeline of activities and the artwork collection sites for the 2021 Director's Creativity Showcase, visit the [MMHF website](#). **Artwork must be received in Jefferson City by Friday, January 29, 2021. PLEASE HELP SPREAD THE WORD and encourage those with an interest to participate!**

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

- **New COVID-19 Vaccine Information** – This website offers facts so you can make an informed decision: <https://covidvaccine.mo.gov/>.
- **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>*

1. **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](#)
2. **Value in OUD Treatment Demonstration** – **Request for Application Deadline: January 3, 2021** – Centers for Medicare and 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](#)
New Is the Value in Opioid Use Disorder Treatment Opportunity Right for You? – This webinar will review components of the program and key considerations for behavioral health providers exploring this opportunity. More importantly, we will explore critical practices for behavioral health providers in optimizing their Medicare services and billing and how to set themselves up for future opportunities. **Wednesday, December 16, 2020, 11-12pm CT.** [Register](#)
3. **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 ABPM and ASAM Announce a Four-Year Extension of the Practice Pathway for Addiction Medicine** – The American Board of Preventive Medicine (ABPM) and the American Society of Addiction Medicine (ASAM) jointly announced the American Board of Medical Specialties (ABMS) approval of a four-year extension of the practice pathway in Addiction Medicine. This extension will allow physicians with substantial experience in the practice of Addiction Medicine, but who have not completed an Accreditation Council for Graduate Medical Education-accredited fellowship in Addiction Medicine, to apply for the Addiction Medicine certification exam through the 2025 Exam Cycle (Source: *ABPM*). [Read More](#)
2. **New SAMHSA Publishes National Guidelines, Toolkit to Strengthen Crisis Care in American Communities** – SAMHSA announced the publication of the book, "Crisis Services: Meeting Needs, Saving Lives." This book is composed of SAMHSA's "National Guidelines for Behavioral Health Crisis Care: Best Practice Toolkit" and related papers on crisis services. The toolkit reflects relevant clinical and health services research, review of top national program practices and replicable approaches that support best practice implementation. The related papers address key issues relevant to crisis services, homelessness, technology advances, substance use, legal issues impacting crisis services, financing crisis care, diverse populations, children and adolescents, rural and frontier areas, and the role of law enforcement (Source: *SAMHSA*). [Press Release](#) | [Download Now](#)
3. **New CMS Releases Report on Housing Services and Supports for Individuals with SUD** – The Centers for Medicare and Medicaid Services (CMS) recently released a report that was required by the 2018 Substance Use Disorder Prevention that Promotes Opioid Recovery and Treatment (SUPPORT) for Patients and Communities Act, which shows how five States tested and implemented approaches to address housing stability needs and improve treatment outcomes. The initiatives and strategies primarily focused on: providing housing-related supports that facilitate access to community resources; sharing data across systems to identify and target those most in need for resources; and building partnerships across State and local health and housing systems and providers (Source: *NASADAD*). [Read Full Report](#)
4. **New AHRQ Statistical Brief Examines Social Determinants of Health in Counties with High Rates of Opioid-Related Hospital Stays** – The Agency for Healthcare Research and Quality's (AHRQ) Healthcare Cost and Utilization Project (HCUP) released a new statistical brief examining the social determinants of health characteristics in counties with high population rates of opioid-related inpatient stays and emergency department visits. The brief separated the characteristics into three categories: social, educational, and economic; physical infrastructure; and healthcare. Counties with high population rates of opioid-related hospital stays had higher percentages of economically disadvantaged residents, higher crime rates, were more likely to be urban areas that are racially segregated, had a higher percentage of Medicaid enrollment, and had higher opioid prescribing rates and opioid mortality rates (Source: *NASADAD*). [Read More](#)

5. **New Brain Structure and Function in Recovery** – Recovery from alcohol use disorder is associated with rapid improvements in neurobehavioral functioning, with some studies documenting substantial reversals in structural brain changes associated with chronic alcohol misuse. This review outlines the neurobehavioral, neurophysiological, structural, and neurochemical aberrations or deficits that are frequently observed in people with AUD after detoxification and then summarizes evidence for improvements across these domains during recovery (Source: *Alcohol Research Current Reviews*). [Read Full Article](#)
6. **New Can Brain Changes That Occur in Chronic Depression Be Reversed?** – Research has shown chronic depression decreases the size of the hippocampus and damages parts of the anterior cingulate and other pathways in the brain. Find out how some of these changes can possibly be reversed (Source: *Consultant360*). [Watch the Video](#)
7. **New Dr. Greg Mattingly on the Neurological Impacts of Chronic Depression** – In this video, Greg Mattingly, MD, Associate Clinical Professor, Washington University, St. Louis, Missouri, talks about the neurological impacts of chronic depression. Dr. Mattingly is also principal investigator in clinical trials for Midwest Research Group and founding partner of St. Charles Psychiatric Associates, St. Charles, Missouri (Source: *Consultant360*). [Watch the Video](#)
8. **New Treatment for Suicidal Ideation, Self-harm, and Suicide Attempts Among Youth** – The goal of this guide is to provide interventions to treat for suicidal ideation, self-harm, and suicide attempts among youth. It provides research on implementation and examples of the ways that these recommendations can be implemented (Source: SAMHSA). [Download Now](#)
9. **New Adding Psychotherapy After Medication Response Helps Prevent MDD Relapse** – Integrating psychotherapy after response to medication helped reduce relapse and recurrence of major depressive disorder, whether or not pharmacotherapy was continued, researchers found in a systematic review and meta-analysis published online in *JAMA Psychiatry* (Source: *Psychiatry & Behavioral Health Learning Network*). [Read More](#)
10. **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*)!
11. **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](#)
12. **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 – CANCELED

Location: Virtual

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

Location: Virtual

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

Location: Virtual

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

Location: Virtual

March 5, 2021 – Southwest Region – 10-12pm

Location: Virtual

May 11, 2021 – North Central Region – 10-12pm

Location: Virtual

TRAINING OPPORTUNITIES

1. **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).

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](#)

2. **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](#)
3. **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](#)
4. **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](#)
5. **New Treatment of Alcohol Use Disorder** – This webinar will be presented by Fred Rottnek, MD. **Wednesday, December 16, 2020, 7:30am CT.** [Register](#)
6. **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](#)
7. **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](#)

8. **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](#)

9. **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](#)
10. **New COVID-19 Vaccine Planning Q&A Sessions** – Plan to join this virtual Q&A session to learn about Missouri's plan for the rollout of the COVID-19 vaccine. Jennifer VanBooven, Chief of the Bureau of Immunizations at the Missouri Department of Health and Senior Services, will provide information and answer your questions, and MHA staff will be available to provide additional information and guidance. **Wednesday, December 16, 2020, 2-2:45pm CT.** **Non-MHA Member Registration Fee: \$49.** [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:

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

12. **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](#)
13. **New Virtual Motivational Interviewing Training** – This 4-hour, live session is ideal for busy individuals looking for introductory or refresher training. Whether you're a clinician in a behavioral health setting, a supervisor trying to boost staff morale or a nurse helping patients manage diabetes, MI training can help you create conversations that empower people to make meaningful changes. **Registration Fee: \$79.**
Monday, January 11, 2021, 11-3pm CT [Register](#)
Thursday, March 4, 2021, 11-3pm CT [Register](#)
14. **New Risk-Management Changes in Response to COVID-19** – As the country continues to adapt to the realities of COVID-19, executives are tasked with identifying risk-management strategies for their organizations when considering both in-person and remote work. Join us for an exclusive learning opportunity with [Ron Zimmet](#), JD, general counsel for the Mental Health Risk Retention Group (MHRRG), and hear from other executives in the field on what types of risk-mitigation strategies have worked for them. **Tuesday, January 12, 2021, 12-1pm CT.** [Register](#)

15. **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](#)
16. **New Intermediate Motivational Interviewing Training** – This 4-hour, live session is for individuals who have had prior MI training and want to hone their skills. This webinar will jump right into the deeper use of spirit and OARS strategies to identify and evoke change talk. This webinar will be capped at 40 participants to allow for guided small group practice and discussions. **February, 18, 2021, 1-3pm CT.** **Registration Fee: \$99.** [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://mohoproject.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/mohoproject.

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. **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**.
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, December 29, 2020, 1-2pm CT

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

5. **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

6. **New MAT Waiver Training** – This 8-hour course is different from the traditional 8-hour live course, as the first 4-hours will be live through Zoom and then the last 4-hours will be individual online work. Once you complete the first 4-hour live training, you will receive an email from AAAP with a link for the other 4-hours of individual work. Once that work is completed, you will receive a certificate of completion. Upon completing the required courses (MD-8 hours, NP and PA-24 hours) participants will need to submit a Notice of Intent form (NOI) along with their certificate(s) of completion, provided after completing the training, which verifies that they have completed the required coursework. A link to the NOI form application will be given following the training. [Register](#)

AVAILABLE TRAINING DATES:

Saturday, February 6, 2021, 8:30-12:30pm CT

Saturday, May 15, 2021, 8:30-12:30pm CT

Saturday, August 21, 2021, 8:30-12:30pm CT

Saturday, November 6, 2021, 8:30-12:30pm CT

Look for updates on different topics/initiatives next Friday!