

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance January 15, 2021

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

1. **DMH COVID Vaccinations Update** – DMH continues to educate and vaccinate team members and patients/residents at all the facilities and state operated programs around the state. To date over 3,280 staff members and patients/residents have received the vaccination. More clinics are scheduled and this number will continue to grow.

2. **COVID Vaccine Update – January 7, 2021**– Below is a link to a COVID vaccine update presented Susan Flanigan and Dr. Angeline Stanislaus. In this video, Dr. Stanislaus discusses her experience of receiving the vaccine and answers frequently asked questions regarding the vaccine and process.

Please share this link with team members at your facilities, programs and offices:
<https://www.youtube.com/watch?v=7IRjmXEaYUk>.

3. **DMH Merges Adult St. Louis Psychiatric Hospitals – One Forensic Treatment Center, two campuses, brings staffing and operation efficiencies** — The DMH has officially merged the two St. Louis adult psychiatric hospitals into one facility called the St. Louis Forensic Treatment Center, with “North” and “South” as an additional designation for the campuses. The North Campus is the former St. Louis Metropolitan Psychiatric Center on Delmar Street and the South Campus is the former St. Louis Psychiatric Rehabilitation Center on Arsenal Street. The new name acknowledges that both facilities have a long history of providing specialty behavioral health treatment for individuals whose mental illness has brought them into the criminal justice system resulting in a commitment to DMH.

By combining the two hospitals for a total of 230 patient beds, the department will be able to take advantage of natural efficiencies across both campuses and the clinical expertise within each. The single facility will provide improved services and continuity of care to patients as they progress through treatment and resolve their criminal charges, while assuring public safety concerns continue to be successfully addressed as individuals are reintegrated into the community.

DBH Community COVID-19 Positives Data (as of January 15, 2021, at 4pm)

| | |
|-----------|-----|
| Consumers | 962 |
| Staff | 738 |
| Providers | 54 |

12 consumer deaths have been reported.

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

HHS Expands Access to Treatment for OUD

The U.S. Department of Health and Human Services is announced it will publish [Practice Guidelines for the Administration of Buprenorphine for Treating Opioid Use Disorder*](#), to expand access to medication-assisted treatment by exempting physicians from certain certification requirements needed to prescribe buprenorphine for opioid use disorder treatment (Source: HHS). [Read More](#)

4. **Update on 9-8-8 State Planning Grant** – DMH submitted an application to Vibrant Emotional Health (“Vibrant”) for a **9-8-8 State Planning Grant**. This grant will assist DMH in planning for implementation of the new, national, three-digit number for mental health crisis and suicide response (9-8-8). When implemented, the new 9-8-8 number will be routed to the National Suicide Prevention Lifeline’s current 800-273-8255 number. While the current toll-free line will remain operative indefinitely, 9-8-8 will eventually supplant 800-273-8255 as the primary number marketed to the public for mental health and suicide crises.

Funds will be used to: 1) Develop clear roadmaps for how to address key coordination, capacity, funding and communication strategies that are foundational to the launching of 9-8-8, which will occur on or before July 16, 2022; and 2) plan for long-term improvement of in-state answer rates for 9-8-8 calls. The project will provide stipends for MO’s seven National Suicide Prevention Lifeline members to assist in data collection and development of a landscape analysis and implementation plan.

5. **CIMOR Priority** – 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.
- **E/M Codes Clarification** – The AMA has provided guidance on the appropriate use of the newly defined E/M codes (99202-99215). Providers should follow this guidance in determining billing processes. A link to the guide from the ADA is provided below for your reference. DMH and Medicaid require the services billed to be documented to support the level/time/service. Whether providers bill based on time or level of medical decision making, the documentation should support the services. [AMA E&M Changes effective January 1, 2021](#)
 - **Claim Confirmations** – On January 12, it was reported that we were still experiencing an issue with the claims confirmation (cc). Providers were receiving all claim confirmations, but it was for individual claims; not grouped by file. The claim confirmations issue has been resolved. Unfortunately, we are not able to regenerate the claim confirmations that have already been sent out.

6. **COVID-19 Updates & Resources** –

- **New Missouri COVID-19 Vaccine Providers** – <https://covidvaccine.mo.gov/map/>
- **COVID-19 Vaccine Information** – This website offers facts so you can make an informed decision: www.MOstopsCovid.com.
- **COVID-19 Related Grief & Loss Support Group** – As part of the Show Me Hope Crisis Counseling Program, ReDiscover will begin a statewide COVID-19 Related Grief & Loss Support Group. This is a FREE virtual support group that will meet weekly for six one-hour sessions beginning on **Tuesday, January 19, 2021, at 4:30pm CT**. This opportunity is open to all state team members, family and friends. [Register](#)
- **Understanding mRNA Vaccines** – CDC explains the vaccine: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html>.

COVID Vaccine: Get the Facts

Vaccine Myth: These vaccines aren't safe to take.

Vaccine Truth/Fact: These vaccines are very safe.

In fact, the chance of having a serious adverse reaction to the Pfizer vaccine is 1 in 4,549. By comparison, the chance of dying in a car wreck is 1 in 106.

For more information, go to MOstopsCOVID.com.

- **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 **January 27, 2021**. 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. **Mental Health Awareness Training Grants** – **Application Deadline: February 5, 2021** – SAMHSA's Center for Mental Health Services is accepting applications for FY 2021 Mental Health Awareness Training grants. The purpose of this program is to expand Mental Health First Aid to more schools, first responders, veterans and other communities, enabling more people to identify, understand and respond when an individual is experiencing a mental health crisis. [Learn More](#) | [SAMHSA Contact Information](#)
2. **New Enhancement and Expansion of Treatment and Recovery Services for Adolescents, Transitional Aged Youth, and their Families** – **Application Deadline: February 8, 2021** – SAMHSA is accepting applications for Enhancement and Expansion of Treatment and Recovery Services for Adolescents, Transitional Aged Youth, and their Families grant program (Youth and Family TREE). The purpose of this program is to enhance and expand comprehensive

treatment, early intervention, and recovery support services for adolescents (ages 12–18) and transitional aged youth (ages 16–25) with substance use disorders and/or co-occurring substance use and mental disorders (COD), and their families/primary caregivers. SAMHSA plans to issue approximately 17 awards of up to \$545,000 per year for up to five years. [Learn More](#)

3. **New Resiliency in Communities After Stress and Trauma – Application Deadline: February 15, 2021** – SAMHSA is accepting applications for the Resiliency in Communities After Stress and Trauma (ReCAST Program) grants. The purpose of this program is to assist high-risk youth and families and promote resilience and equity in communities that have recently faced civil unrest through implementation of evidence-based violence prevention and community youth engagement programs, as well as linkages to trauma-informed behavioral health services. SAMHSA plans to issue 8 awards of \$1,000,000 per year for up to five years. [Learn More](#)
4. **New Building Communities of Recovery – Application Deadline: February 15, 2021** – SAMHSA is accepting applications for the Building Communities of Recovery (BCOR) program. The purpose of this program is to mobilize resources within and outside of the recovery community to increase the prevalence and quality of long-term recovery support from substance use. SAMHSA plans to issue 29 awards of \$200,000 per year for up to three years. [Learn More](#)
5. **Rural Communities Opioid Response Program – Implementation – Application Deadline: March 12, 2021** – HRSA's Federal Office of Rural Health Policy released a Notice of Funding Opportunity for the Rural Communities Opioid Response Program-Implementation. HRSA will be making approximately 78 awards of \$1 million each to rural communities to enhance substance use disorder, including opioid use disorder, and service delivery. [Learn More](#)
 - **Applicant Technical Assistance Webinar** – HRSA will hold a webinar for applicants. A recording be made available for those who cannot attend. **Tuesday, January 26, 2021, 12-1pm CT.** [Web Link](#) | Call-in Number: 1-800-369-1956 | Participant Code: 9970670

INFO and RESOURCES

1. **MO Opioid Overdose Prevention and Response: Open Forum to Discuss Naloxone Sustainability** – Members of the MO-HOPE, Opioid SOR, MORE, and DOTS projects will host a virtual open forum to discuss naloxone sustainability. This meeting will focus on naloxone supplies and distribution efforts as opioid-related projects and grants come to an end.

Who should attend?

Does your agency receive grant-funded naloxone? If yes, does your agency have a plan to maintain a supply of naloxone following the conclusion of these grant projects? Join us to brainstorm and discuss strategies to ensure that naloxone continues to remain available to those we serve. This forum is especially relevant to social service, EMS, law enforcement, and treatment professionals, as well as any fiscal administrators working in those agencies.

Wednesday, February 3, 2021, 12-1pm CT. [Register](#)

2. **New Answers to your COVID-19 Vaccine Questions** – On Wednesday, Drs. Rochelle Head-Dunham and Joe Parks presented a webinar on “Answers to your COVID-19 Vaccine Questions.” Over 350 people attend. [Watch Now](#)
3. **New Let's Talk About Action: A Follow-Up Event on Racial Inequities in Overdose Deaths in the St. Louis Region** – This two-hour panel webinar was presented on December 3, 2020, and discussed the growing racial disparities seen in fatal overdose events in the St. Louis Region. [Webinar Recording](#) | [Webinar Slides and Notes](#) | [Provide Feedback](#)
4. **New Behavioral Health Workforce Report** – SAMHSA’s mission is to reduce the impact of mental illness and substance misuse on America’s communities, ensuring that individuals with mental and substance use disorders have access to evidence-based, high-quality care. A major factor in achieving this goal is addressing the training and education needs of practitioners (Source: SAMHSA). [Read More](#)

5. **New National Council Workforce Survey** – Staying competitive in behavioral health care can prove challenging – especially during a global pandemic. What solutions or strategies are you implementing to attract talent? What help do you need to recruit essential staff? How are you tackling compassion fatigue or staff burnout? Share your experiences by taking this short survey! Feedback will be used to inform upcoming learning opportunities (Source: *National Council for Behavioral Health*). [Survey Link](#)
6. **New HHS Invests \$8 Million to Address Gaps in Rural Telehealth through the Telehealth Broadband Pilot Program** – The U.S. Department of Health and Human Services through the Health Resources and Services Administration awarded \$8 million to fund the Telehealth Broadband Pilot (TBP) program. The TBP program assesses the broadband capacity available to rural health care providers and patient communities to improve their access to telehealth services (Source: *HHS*). [Read More](#)
7. **New How to Transform the U.S. Mental Health System** – This new report offers 15 evidence-based recommendations for promoting transformational change (Source: *RAND Corporation*). [Read More](#)
8. **New Optimizing the Psychiatric Workflow within a Team-Based Care Framework** – Introducing a new publication from the National Council Medical Director Institute (MDI) which describes a model of providing psychiatric care in the community behavioral health clinic setting that will improve patient outcomes and the work experiences of all team members providing care (Source: *National Council for Behavioral Health*). [Read More](#)
9. **Reminder Missouri FASD Caregiver Support Group** – [Please share and encourage attendance](#). 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 this month! Flyer](#) | [Register](#)
10. **Countering the Quieter Crisis: Addressing Staff Burnout and Strain** – As the next wave of the COVID-19 pandemic arrives, it's crucial for providers to enact staff rounding programs to understand the evolving concerns of their employees (Source: *Addiction Professional*). [Read More](#)
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. **New Recovery Support Services** – Recovery Support resources that we encourage you to check out:
 - Recovery Support Services Webpage: <https://dmh.mo.gov/alcohol-drug/recovery-support-services>
 - State Advisory Council: <https://dmh.mo.gov/alcohol-drug/state-advisory-council>
 - Housing Resources: <https://dmh.mo.gov/housing/unit/housing-resources>
 - Employment Services: <https://dmh.mo.gov/mental-illness/employment-services>
 - Consumer Operated Services Programs: <https://dmh.mo.gov/mental-illness/consumer-operated-services-programs>
 - Peer Support Services: <https://dmh.mo.gov/mental-illness/peer-support-services>

13. **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.

February 16, 2021 – NE Region (Districts 3, 11, 16, 17, 18, 26 & 38) – 10-12pm

Location: Virtual

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

Location: Virtual

April 9, 2021 – Western Region – 10-12pm

Location: Virtual

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

Location: Virtual

TBD – Eastern Region

Location: Virtual

TBD – SE Region

Location: Virtual

TRAINING OPPORTUNITIES

1. **New Helping Others, and Ourselves: Essential Tools for Promoting Mental Wellbeing in Challenging Times** – In times of immense change, maintaining mental wellbeing is a critical part of sustaining our families, workplaces, and communities. Mental Health First Aid is a skills-based training course that teaches participants how to recognize the warning signs of mental health or substance use challenges, and the best steps to take toward assisting a loved one, friend or co-worker in crisis. Join the National Council for Behavioral Health for a special learning opportunity that previews the Mental Health First Aid course and highlights support tools and strategies to effectively respond to stress and engage in self-care. **Monday, January 18, 2021, 1-2pm CT.** [Register](#)
2. **New Buprenorphine Prescribing by Nurse Practitioners: Background, Barriers, Facilitators, and Future Directions** – The webinar will provide an overview of buprenorphine and its role in treating individuals living with substance use disorder. Policies affecting buprenorphine prescribing will then be reviewed, with an emphasis on the role of advanced practice providers in treating substance use disorder in rural areas and the buprenorphine prescribing policies that specifically impact their ability to prescribe. Barriers and facilitators to physician prescribing identified in the extant literature on buprenorphine prescribing will be briefly considered before the presenter shares barriers and facilitators to nurse practitioner prescribing. **Wednesday, January 20, 2021, 12-1pm CT.** [Register](#)
3. **New Bridging the Gap between Prevention and Recovery** – Behavioral health services exist along a continuum, from mental health promotion and substance use prevention to treatment through to recovery support. The behavioral health continuum of care framework is both an organizing principle and a way of identifying opportunities for collaboration across service providers. This webinar will examine this potential overlap and discuss opportunities for collaboration that may exist between prevention and recovery support services. **Wednesday, January 20, 2021, 12-1pm CT.** [Register](#)
4. **Improving Client Outcomes with Care Coordination** – This webinar will focus on care coordination, an approach utilized at the individual level, which involves strong cross collaboration and shared responsibility across clinical teams and providers to improve upon and provide whole person care. This session will explore the role of the care coordinator, identify the various functions of effective care management, and discuss how organizations can plan for change to improve their care coordination, with special focus on care coordination within CCBHC settings during the ongoing COVID-19 pandemic. **Wednesday, January 20, 2021, 1-2pm CT.** [Register](#)

5. **New Telehealth's Rapid Adoption in 2020 and Building Sustainable Telehealth Programs for the Future** – The rapid adoption of telehealth during 2020 has allowed patients and providers to stay connected during challenging times. 2020 also brought a tremendous amount of regulatory changes that impact payment of telehealth services. During this webinar, the experienced team at innovaTel Telepsychiatry will dive into key telehealth reimbursement policy changes, including the 2021 CMS Physician Fee Schedule, and discuss the outlook for future changes that will impact behavioral health providers this year. *Thursday, January 21, 2021, 12-1pm CT.* [Register](#)
6. **New How Youth Partners Collaborate with Family Partners – Consultation Calls Series** – This is part of a series of monthly consultation calls focused on “Advanced Topics in Strengthening Youth/Young Adult Peer Support.” Each call will have its own topic, in such areas as skill building, supervision, coaching and training, organizational policies and procedures, hiring and onboarding, and more. **This series is intended primarily for peer support specialists, their supervisors, and administrators charged with implementing youth/young adult peer support.** *Thursday, January 21, 2021, 12-1pm CT.* [Register](#)
7. **New Family Peer Support: Preventing Crisis and Relapse** – Families of persons with serious mental illness play an important role in the lives of their loved ones. In addition to being caring siblings, parents, or spouses, they often function as caregivers and can be an asset to any mental health team to ensure optimal benefit of treatment. A new workforce is emerging to support these families. Speakers will outline SAMHSA-published competencies in peer support and explore how persons with lived experience as a family member, friend or other caregiver of a person with a mental illness can support others in a similar situation, and discuss the training needs of this emerging workforce. *Thursday, January 21, 2021, 12-1pm CT.* [Register](#)
8. **New Suicide Lifeguard – Suicide Prevention Training** – This training is developed for behavioral health professionals who are required to meet licensure and re-licensure continuing education hours in suicide assessment, referral, intervention and management skills. Participants will develop skills to ask clients about suicide, assess for suicide using evidence-based tools, and collaborate with clients in the development of a safety and treatment plan. *Thursday, January 21, 2021, 1-4pm CT.* **Registration fee: \$39.** [Register](#)
9. **New Resources to Advance Health Equity within Your Organization** – Historically marginalized communities continue to face disproportionate challenges around access to and quality of behavioral health care due to systemic racism that results in significantly poorer mental health outcomes for Black, Indigenous, and people of color (BIPOC). Organizations must address their internal systems, and individual and organizational bias to reduce disproportionate health care challenges, decrease trauma and re-traumatization, build resiliency and strengthen engagement to mitigate these inequities and eliminate challenges faced by their clients and staff of color within their organizations. *Thursday, January 21, 2021, 2-3pm CT.* [Register](#)
10. **New A Guide to Conducting Outpatient Group Psychotherapy with Adult Patients Diagnosed with Bipolar Disorder and Depression** – Data have shown that patients benefit from the social interaction, the universality and the instillation of hope that group psychotherapy offers. This webinar will give the clinician valuable information about conducting group psychotherapy and clinicians will be reminded of this effective, evidence-based practice, which may be under-considered for use in their practices. *Friday, January 22, 2021, 11-12pm CT.* [Register](#)
11. **New Provider Well-being Webinar and Podcast Series: We Make the Path by Walking** – This is an eight-part webinar and podcast series designed to help participants reckon with our turbulent world, offering support and direction for a clearer path forward. Interactive sessions bring focus and connection through meaningful group discussion, opening opportunities for personal exploration, insight and the discovery of new ways to navigate life with resilience and hope. Psychotherapeutic modalities drawn from East Asian medicine equips participants with self-nurturance skills such as, meditation and breathing practices, voice-work and body awareness techniques for day to day well-being and sharing with others. **Webinars are from 1-2pm CT.** [Register](#) | [Podcast for the series](#)

- **January 22, Stress Test:** Taking a deep dive into how we are coping with stress in our day to day lives.
 - **February 5, My Nervous, Nervous System:** Examines the body/mind science of psychoneuroimmunology, discovering how our thoughts are the first and maybe the most important thing impacting our health and well-being.
 - **February 19, Investigating Thoughts:** As we peel back the layers of our beliefs, we may be surprised by what we see. This session gives us tools to look closely at what works and what may not be serving us now.
 - **March 5, Head, Heart and Gut:** If we learn to pay attention, our bodies can inform us how to make wise decisions, though early trauma may have shut down some of that knowing. This session looks at how we can retrieve our deep instincts, through observation and self-care.
 - **March 19, Tending Our Tender Selves:** Some of us didn't learn how to care for ourselves because we weren't adequately cared for in crucial stages of development. This session is focused on re-learning how to tend to ourselves with tender care.
 - **April 2, Care Without Carrying:** We know how much caring is needed in our world, though caring at times can feel like too heavy a load to carry. This session will focus on finding ways to keep caring, without carrying a burden.
 - **April 16, Walking a Parallel Path:** For many of us working in the fields of mental health services or teaching, we may notice that the very issues we help our clients with, are things we recognize in ourselves. We'll discuss how this useful teaching tool in our work not only gives us empathy, but can help us heal our own wounds.
 - **April 30, Walking the Path We Make:** In this final session, we can look at how we move forward, changed by what we have experienced and continuing to feel as we go and see what path appears as the dust settles and we build a new world.
12. **New Refuel Your Mission: Skills to Revitalize Caring Professionals** – During this webinar, participants will develop a clear understanding of how to thrive as caring professionals even when faced with challenging work and life circumstances. Grounded in research, the webinar will provide a solid conceptual framework that redefines compassion fatigue as a developmental crossroads rather than a personal or professional weakness. Infused with practical tools for self-soothing, this experience will desensitize stigma around burnout and give participants a safe place to refuel, revitalize, and reaffirm their purpose. **Wednesday, January 27, 2021, 9-10:30am CT. Registration fee: \$25. [Register](#)**
 13. **New Emerging Trends in Substance Use** – This one-hour webinar will review trends in substance use from the past year and look at possibilities for 2021. Using SAMHSA's National Survey on Drug Use and Health (NSDUH) 2020, this presentation will provide information on which drugs are increasing, which drugs might be decreasing, and discuss the effects of COVID-19 on treatment and prevention, as well as information on mental health issues for adolescents. **Wednesday, January 27, 2021, 11-12 CT. [Register](#)**
 14. **New Addressing Historical and Ending Contemporary Racial Inequities** – As we continue to grapple with the pandemic, we must act to minimize the impact of intergenerational trauma and exacerbated health disparities that have devastating effects on many Black, Indigenous and People of Color (BIPOC) communities. Join us for a new virtual training as we discuss how to define intergenerational trauma and complex trauma; describe the impacts of trauma on individuals, communities, staff and organizations; and review three trauma-informed, resilience-oriented strategies to address the impacts, among other topics. **Wednesday, January 27, 2021, 12-3pm CT. [Register](#)**
 15. **Best Practices and Systems of Support for Justice-Involved Veterans** – The designation justice-involved Veteran is used to describe former service members who are involved in the criminal justice system. The high rates of mental illness, post-traumatic stress disorder, substance use disorders, and traumatic brain injury have adversely affected more than half of justice-involved Veterans. This webinar will provide an overview of emerging best practices and systems of support for justice-involved Veterans from the "front end" or initial point of contact with first responders to the point of reentry and readjustment with support from systems, programs, and peers. **Wednesday, January 27, 2021, 12:30-2pm CT. [Register](#)**

16. **Leveraging a Team Approach to MAT for Patients with AUD and OUD** – Join experts as they discuss how to leverage a team approach to MAT for patients with AUD and OUD. Pose your questions to them during the live Q&A session. After participating in this activity, participants should be better able to: evaluate key efficacy and safety data for medications approved for the treatment of AUD and/or OUD, as well as potential long-term impacts on patient outcomes; identify systemic barriers to the use of MAT in patients with AUD and/or OUD where appropriate; and implement cross-team processes to ensure that MAT is considered for every patient with AUD and/or OUD.
Thursday, January 28, 2021, 11-12pm CT [Register](#)
Tuesday, February 2, 2021, 11-12pm CT [Register](#)
17. **New Adolescent Substance Use 101: Current Trends and the Impact of COVID-19** – This webinar will provide an overview of current trends in psychoactive substance use among adolescents. The information will describe current data about what substances are being used and how trends differ across the country. The mechanism of action and associated impact of each major drug category will also be detailed. Additionally, time will be dedicated to discussing COVID-19 and its impact on rates of use and access to treatment. *Thursday, January 28, 2021, 12-1pm CT.* [Register](#)
18. **Population Health Management Strategies** – This webinar will focus on population health management, which considers all clients in a population, from low-risk, healthy individuals to high-risk individuals with chronic conditions. This approach requires the capacity to utilize data to pursue a wide range of activities to systematically track and manage health conditions, treatment access and use, and effectiveness of treatment and services to understand population health priorities. This session will explore how to leverage common EMR-based mental health and substance use screening tools, level of care determination tools, and risk stratification tools to better inform behavioral health and primary care integration, with a focus on identifying and addressing healthcare disparities. *Thursday, January 28, 2021, 1-2pm CT.* [Register](#)
19. **New Innovation, Collaboration and Partnership between Crisis Services and First Responders in Harris County, Texas** – The Harris Center for Mental Health and IDD, located in one of the most diverse communities in the U.S. – Houston, Texas – has a long history of effective and innovative collaboration with first responders. In this SAMHSA-sponsored webinar – presented by the National Council – we will talk about how The Harris Center was able to coordinate with first responder partners to bring new programs to fruition and the outcomes they are seeing in their community. *Thursday, January 28, 1:30-3pm CT.* [Register](#)
20. **Evaluation and Management of Cognitive Disorders Among Older Adults** – This webinar will give a demographic snapshot of the aging population, in addition to discussing the etiologies of cognitive impairment and the differentiation of major cognitive disorders. The webinar will also highlight current and potential best practice clinical approaches to treating those with reversible cognitive impairment. *Thursday, January 28, 2021, 2-3pm CT.* [Register](#)
21. **New Borderline Personality Disorder** – Borderline Personality Disorder is often a diagnosis that is misunderstood and can go undiagnosed causing many to go without effective treatment. At least 1-2 % of the population are diagnosed with BPD, however, it is likely this statistic is an underestimate due to the difficulty practitioners have with understanding the diagnosis and its presentation. If BPD goes untreated, it can easily be fatal due to the symptoms of chronic suicidal ideation and/or self-harm behaviors. This training will assist participants in gathering a clear understanding of BPD through a breakdown of the diagnostic criteria, review of case studies, and walk through of patterns of emotional dysregulation that are often indicative of those who have BPD. Lastly, attendees will learn an outline of the most effective treatment for BPD, Dialectical Behavior Therapy. *Friday, January 29, 2021, 1-4pm CT.* **Registration fee: \$59.** [Register](#)
22. **New 2021 Joint Medical Directors Committee Meeting** – Please join us for the 2021 Joint Medical Director Committee Meeting. This year's meeting will focus on learning opportunities (including free CMEs) and peer discussion on the learned topics. *Registrants must have reliable internet access and webcam capabilities.* *Tuesday, February 2, 2021, 9:45-3pm CT.* [Register](#)

23. **Understanding and Responding to Dementia-Related Behavior** – Join this webinar to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease. **Wednesday, February 3, 2021, 10-11am CT.** [Register](#)
24. **New Ethics, Values, and Boundaries in Peer Recovery Support Work** – This training is designed for **Peer Recovery Support Staff** and **Supervisors**. This one-day interactive training provides a comprehensive look into ethical codes of conduct and their role in Peer Support Services. Participants will study the types of boundaries that exist in human behavior and what drives them. With a self-assessment process, participants will discover their own personal boundaries and how that may affect their work and their lives. Topics include morals, values, boundaries and confidentiality laws; core competencies and practice guidelines; ethical decision-making; and national standards. Participants will be notified with specific information and training times. **Thursday, February 4, 2021.** [Register](#)
25. **New Strengths-Based, Person-Centered Interventions** – In this interactive, experiential webinar, participants learn the conceptual framework of Strengths-Based, Person-Centered practice. Providers also have the opportunity to begin to develop their own Strengths Assessment and Person Wellness/Recovery Plan. This webinar promises to be educational, engaging, and enjoyable. Dr. Kisthardt incorporates music and poetry inspired by discussions with people who have the lived experience of mental illness and substance use disorders. **Thursday, February 4, 2021, 1-4pm CT.** **Registration fee: \$69.** [Register](#)
26. **Psychological First Aid Training** – Psychological First Aid (PFA) is an evidence-informed modular approach to help individuals of all ages in the immediate aftermath of disaster and terrorism. PFA was developed by the National Child Traumatic Stress Network and the National Center for PTSD, with contributions from individuals involved in disaster research and response. **One offering in two-half days: Monday, February 8, 2021, 1-4pm CT and Wednesday, February 10, 2021, 1-4pm CT.** **To register:** Please email shelby.hood@dmh.mo.gov
27. **A Recovery-Oriented Perspective and Approach to Behavioral Health Care: A Discussion Among a Peer, a Clinical Provider, and an Advocate** – Recovery is possible for most individuals living with a mental health condition and this is a process that can improve their health and wellness, live a self-directed life, and work towards achieving their full potential. In this webinar, Dwayne Mayes, MS, provides his peer perspective, Alison A. Carroll, LCSW-R, provides her clinical perspective, Harvey Rosenthal provides his advocacy perspective regarding the power and impact of a recovery-oriented approach in behavioral healthcare delivery. **Part 2: Thursday, February 11, 2021, 11-12pm CT.** [Register](#)
28. **New Compassion Fatigue for Behavioral Health Workers** – This course is intended for behavioral health workers who wish to learn more about how experiencing traumatic events, either directly or indirectly, as a first responder reacting to an emergency or crisis situation may impact their professional and personal wellbeing. Taught through a behavioral health (mental health and substance use) lens, the instructor will incorporate lecture, PowerPoint and activities to satisfy course objectives. **Thursday, February 11, 2021, 1-3pm CT.** [Register](#)
29. **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](#)

30. **FSP Training – February 16-18, 2021:** Family Support Providers give assistance to families with children or youth experiencing behavioral health, substance use, or developmental disability challenges. Parents and caregivers can access support and resources through their FSP, along with other services they provide. Consider attending the next training event, being held via Zoom, **February 16 – 18, 2021**. Any questions regarding registration please contact Jill Richardson at jill.richardson@dmh.mo.gov.
31. **Virtual Motivational Interviewing Training (Intro/Refresher Course)** – 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. **Thursday, March 4, 2021, 11-3pm CT.**
Registration Fee: \$79. [Register](#)
32. **New 2021 AATOD Conference** – This year’s conference, "Forging Partnerships to Improve Access to Quality Care," is a virtual event and is the most cost effective and convenient way to access the latest information from top experts in the field of opioid treatment. The content rich workshop lineup will include state of the art information on diverse areas of focus such as patient care and best practices, building community partnerships and collaborations, public policy and regulatory changes, workforce development, quality assurance, and financial reimbursement. **April 10-14, 2021.** [Learn More and Register](#)
33. **New 2021 DMH Virtual Spring Training Institute** – Don't miss out on this premiere behavioral health event. The DMH Spring Training Institute will be brought to you in a virtual format this year. The same great presentations and variety, but now from your office or home. **May 20-21, 2021.** [Learn More and Register](#)

RECURRING TRAINING OPPORTUNITIES

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

1. **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.
2. **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](#)
3. **2021 Virtual CPS Trainings** – Due to the COVID-19 pandemic, the Missouri Credentialing Board will be indefinitely suspending the “live” trainings. MCB is offering this training in an online format. **The January training dates are full, so those dates are not on the list.** [Register](#)

4. **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 19, 2021, 1pm – 5pm CT

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

5. **MO-HOPE Trainings** – The MO-HOPE Project continues to conduct virtual trainings. Below is a list of dates and times for MO-HOPE Overdose Education and Naloxone Distribution (OEND) and train-the-trainer courses through March 2021. These trainings are available at no cost. As a reminder, these trainings are also available upon request, or can be viewed via video by here: <https://mohopeproject.org/category/video/>.

AVAILABLE TRAINING DATES:

Thursday, January 21, 10am-12pm; OEND: <https://zoom.us/meeting/register/tJYqcu-srDwuGdYDt1ZSg3tQhnVYfOUSX7uE>

Tuesday, February 9, 10am-2pm; OEND: <https://zoom.us/meeting/register/tJMtc-iqqiMiGdFGXhpe5C5TURLvLtePE4Xc>

Wednesday, March 17, 3pm-5pm; OEND: https://zoom.us/meeting/register/tJEkcu6urDkuGNcoX_sLSHhXhT-FCZ82-r2R

Monday, January 25, 2pm-4pm; OEND TOT: <https://zoom.us/meeting/register/tJMkdeyrrjluE9TmbDzSo2sfETIWzuFLSdzt>

Thursday, February 25, 2pm-4pm; OEND TOT: <https://zoom.us/meeting/register/tJ0uceCqgDirHtfu7MBDO0xYLjLSGAtc4vWW>

Wednesday, March 24, 10am-12pm; OEND TOT: <https://zoom.us/meeting/register/tJMoc-qsrj4sGNTxEI5WQpivHtApCq3piWA8>

6. **New 2021 Certified Peer Specialist Supervision Trainings** – This training is strongly encouraged for any current or future peer specialist supervisor (individuals supervising a CPS). This training has been updated so those who have attended a training in the past are welcome to attend again. This training will be done in a virtual format only. Once registered, participants will be given a link to watch four videos to watch before the Zoom meeting. To take this training, participants will need the technology ability to watch the four videos and be on the Zoom meeting.

The Zoom meetings will be from 9-11am CT on the following dates:

Thursday, February 18, 2021

Thursday, April 15, 2021

Thursday, June 10, 2021

Thursday, August 12, 2021

Thursday, October 14, 2021

Thursday, December 9, 2021

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



"IN A REAL SENSE ALL LIFE IS INTERRELATED.

**ALL MEN ARE CAUGHT IN AN
INESCAPABLE NETWORK OF MUTUALITY,
ATTIRED IN A SINGLE GARMENT OF DESTINY.**

WHATEVER AFFECTS ONE DIRECTLY AFFECTS ALL INDIRECTLY.
I CAN NEVER BE WHAT I OUGHT TO BE UNTIL YOU ARE WHAT YOU OUGHT TO BE,
AND YOU CAN NEVER BE WHAT YOU OUGHT TO BE UNTIL I AM WHAT I OUGHT TO BE.
THIS IS THE INTERRELATED STRUCTURE OF REALITY."

REMEMBER! CELEBRATE! ACT!

MARTIN LUTHER KING JR. DAY

JANUARY 18, 2021



**MARTIN LUTHER
KING JR. DAY**

JANUARY 18, 2021

"Injustice anywhere is a threat to justice everywhere.
We are caught in an inescapable network of
mutuality, tied in a single garment of destiny.
Whatever affects one directly, affects all indirectly."