

# FYI FRIDAYS

## ***DBH Updates, Notices, and Policy Guidance*** ***September 10, 2021***

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

1. **Important SNAP/Food Dates to Remember** – The Department of Social Services (DSS) is taking extra steps to keep SNAP/Food Stamp recipients aware of upcoming changes and to ease the return to regular SNAP program benefits and operation.

| Important SNAP Dates |   |
|----------------------|---|
| September            | Regular SNAP benefits resume, plus Last month for temporary 15% SNAP increase       |
| October              | *Regular SNAP benefits resume with an increase (more information on increase below) |

\*Starting October 1, 2021, regular SNAP benefit amounts will increase. The regular SNAP maximum benefit amount a family of four can receive in September (which includes the temporary 15 percent increase) is \$782 and starting October 1, that amount increases to \$835.

| Maximum Monthly SNAP Benefit |                       |                    |
|------------------------------|-----------------------|--------------------|
| Household Size               | Through September 30* | Starting October 1 |
| 1                            | \$234                 | \$250              |
| 2                            | \$430                 | \$459              |
| 3                            | \$616                 | \$658              |
| 4                            | \$782                 | \$835              |

### **How to Apply for SNAP Benefits**

For your ease, you can apply for SNAP benefits 24/7 online by visiting [MyDSS.mo.gov](https://MyDSS.mo.gov), or sending a completed application and verification documents by email to [FSD.Documents@dss.mo.gov](mailto:FSD.Documents@dss.mo.gov), or by fax to 573-526-9400.

### **IMPORTANT REMINDERS**

- It is important for you to report to the Family Support Division (FSD) if you now have an income above the maximum limit (contact information below).
- If you are an able-bodied adult without a dependent, you must report any change in your circumstances to FSD (contact information below).

## Questions

- Visit [myDSS.mo.gov](http://myDSS.mo.gov)
- Call the FSD Information Line at **855-FSD-INFO** or (855-373-4636) Monday through Friday, 6:00 a.m. to 6:00 p.m.

2. **Heather's Eastern Region Activities – Heather Schaffer**, the Eastern Region Area Treatment Coordinator is compiling events/happening in Missouri's Eastern Region. Below are a couple that have recently taken place. If you have and events/happenings that you would like to share please send your information to Heather at [heather.schaffer@dmh.mo.gov](mailto:heather.schaffer@dmh.mo.gov).

- Public open house, resource fair, and dedication of the Franklin County Family Resource Center in Union, MO was held on August 18, 2021. Heather was able to see **Preferred Family Healthcare's** new Adult and Adolescent areas on site. Cindy Dearing provided a tour and Kasey Harlin was on site as well to talk about the ARTC program in Franklin County.
- Kim Beck, Executive Director of **Salvation Army** Midtown offered a tour to Heather and new staff of Salvation Army's Adult Rehabilitation Center. Heather was able to attend with staff on August 25th to learn more about the programs Salvation Army has to offer. Salvation Army Midtown staff refer consumers to the ARC program from time to time. This was a great training and networking opportunity for Kim's new staff.



3. **Conrats, Rosie Anderson-Harper!** - The Kansas City Recovery Coalition awarded the *Shari Morlang State of Missouri Unsung Hero Award* to **Rosie Anderson-Harper**, Director of Recovery Services with the Missouri Department of Mental Health, for tirelessly advocating for the expansion of Recovery Support Services. The Unsung Hero Awards are presented to individuals or agencies that provide exemplary service and work tirelessly in all areas of the substance use field. The Shari Morlang awardee is a person who has furthered the field of substance use disorders prevention, treatment or recovery services who is employed by the state of Missouri or has made a significant impact to recovery services on a statewide level.

4. **New Recovery Community Centers** – The Division of Behavioral Health has awarded four new contracts for Recovery Community Centers (RCCs) with the supplemental Substance Abuse Block Grant funds. RCCs are independent, non-profit organizations, led and governed by representatives of local communities of recovery that help individuals recovering from substance use disorders. They help build recovery capital by providing recovery information, individual and group peer support services, social activities, advocacy training, employment assistance, and other community-based services. These activities are available to all community members and are not restricted to individuals enrolled in a specific educational, treatment, or residential program. RCC collaborate on the integration of recovery-focused activities within local prevention, harm reduction, early intervention, and treatment initiatives. In 2020, Missouri's four existing RCC served over 18,000 individuals despite facing struggles due to COVID-19. More than 9,000 of those served were individuals with an Opioid Use Disorder (OUD). Congratulations to the four new RCCs:

- **Child and Family Empowerment Center** – St. Louis City;
- **Gibson Recovery Center dba We Do Recover Community Center** – Cape Girardeau;
- **In2Action** – Columbia; and
- **Landmark Church/Landmark Recovery of the Capitol City** – Jefferson City.

5. **The Recovery Opportunity Center (The ROC) Grand Opening** – The Grand Opening was held in Columbia on Tuesday, September 7, 2021. Governor Mike Parson and many dignitaries spoke at the event. The ROC serves as a one-stop-shop for people recently released from jail or prison, those at risk of incarceration, and those under supervision in the criminal justice system. The ROC is a hybrid of a Recovery Community Center and a Resource Center which will serve as place where people can come, belong, and be treated with dignity and respect. Any adult with a substance use disorder (SUD) can now access the supports and resources needed to flourish, and they can do it in one place. **Links to the media coverage of the event are below:**



- COLUMBIA TRIBUNE: <https://www.columbiatribune.com/story/news/local/2021/09/07/reentry-opportunity-center-opens-columbia-helps-former-prisoners-parole-mental-health/5751650001/>
- KOMU: [https://www.komu.com/news/midmissourinews/we-want-this-to-be-a-safe-spot-for-them-reentry-opportunity-center-hosts-relocation/article\\_470ff6cc-1001-11ec-9677-1beb0af41d98.html](https://www.komu.com/news/midmissourinews/we-want-this-to-be-a-safe-spot-for-them-reentry-opportunity-center-hosts-relocation/article_470ff6cc-1001-11ec-9677-1beb0af41d98.html)
- KMIZ: <https://abc17news.com/news/2021/09/07/reentry-opportunity-center-helps-boone-county-residents-reassimilate-after-prison/>

## 6. COVID-19 Updates & Resources

- **Missouri Vaccine Navigator** – This is a secure registry tool to assist Missourians in receiving a COVID-19 vaccine. Information is available in **multiple languages**. [Learn More](#)
- **Missouri COVID-19 Vaccine Providers** – <https://covidvaccine.mo.gov/map/>
- **The Wellness Guide to Overcoming Isolation During COVID-19** – offers help and support for those suffering from isolation during the COVID-19 pandemic. Being alone and lonely is difficult enough, but stay-at-home orders and social distancing make it even more challenging to overcome such feelings and make connections. This is a free digital download. [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 <https://www.missouricit.org/first-responders> to find a provider.
- **DBH COVID Resources** –
  - DBH COVID-19 Guidance/Resources - [MoHelpNow](#)
  - DMH Disaster Services Website - <https://dmh.mo.gov/disaster-services/covid-19-information>
  - State's COVID Vaccine Information Website - <https://covidvaccine.mo.gov/>
  - MO DHSS Website - <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>

| DBH Community COVID-19 Positives Data<br>(as of Sept 10 at 8 am) |       |
|--|-------|
| Consumers  | 1,523 |
| Staff  | 1,041 |
| Providers  | 58    |
| 22 consumer/staff deaths have been reported.                     |       |

COVID Grief Resource Guides -<https://www.covidgriefresources.com/> and <https://www.covidgriefresources.com/wp-content/uploads/2021/07/COVID-Internet-Resource-Guide-7-25-21.pdf>  
CDC Website - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## **FUNDING OPPORTUNITIES**

1. **How to Develop a Competitive Grant Application** – SAMHSA will be conducting a webinar on how to develop a competitive grant application. Multiple dates available along with printable PDF document.
  - **September 20, 2021, 1pm CT.** [Register](#)
  - **October 28, 2021, 1pm CT.** [Register](#)

## **JOB ANNOUNCEMENTS**

### **Lead Administrative Support Assistant**

This position within the Division of Behavioral Health with the Department of Mental Health domiciled in St. Louis, MO. Application deadline is September 23, 2021. [Learn More and Apply](#)

## **INFO and RESOURCES**

1. **New Whole-Person Care for People Experiencing Homelessness and Opioid Use Disorder Toolkit** – Understanding Homelessness and Opioid Use Disorder, Supporting Recovery, and Best Practices in Whole-Person Care. [Download Toolkit](#)
2. **New Recovery Reader Newsletter** – September is National Recovery Month. [Read More](#)
3. **Racial Trauma in the Workplace** – Join the PsychU podcast team this week and learn more about addressing stress and racial trauma to improve workplace mental health. [Learn More](#)

### **DB's Tech Tips**

#### **SAVING TIME WITH A SECOND MONITOR**

If your job involves sitting at a computer all day, there is tremendous value in having a second (or even a third) monitor to help you work more efficiently. You'll be able to move your mouse seamlessly between the monitors as if there was no gap between them.

The advantage to having a dual monitor setup - now an industry standard in a lot of technical roles – is that it allows you to seamlessly use multiple applications and keep several documents open at once for maximum visibility. If you're comparing two versions of the same document, it comes into its own.

It doesn't take a tech genius to get it working either, all you need is a cable and your extra screen.

4. **Probation and Parole Regional Oversight Meetings** – These are subject to change. For any questions regarding the P&P Regional Oversight Meetings, please contact Jessica Bounds at [jessica.bounds@dmh.mo.gov](mailto:jessica.bounds@dmh.mo.gov) and/or 573-751-4730.

**September 24, 2021 – Northeast Region – 10-12 pm**

Location: Virtual

**November 19, 2021 – Southeast Region – 10-12 pm**

Location: Virtual

**Date TBD – Western Region**

Location: TBD

**December 3, 2021 – Southwest Region – 10-12 pm**

Location: Virtual

**January 11, 2022 – North Central Region – 10-12 pm**

Location: Virtual

**January 25, 2022 – Eastern Region – 10-12 pm**

Location: Virtual

## **TRAINING OPPORTUNITIES**

1. **New Exploring Short-Term Strategies to Address Workforce Shortage** – This Webinar will identify short-term tactics that offer quick wins and build momentum in addressing policy, financing and organizational challenges related to workforce shortages. **Tuesday, September 14, 2021, 2pm CT.** [Register](#)
2. **Crisis Response Lunch and Learn Series** – The MO Department of Mental Health, MO Behavioral Health Council (MBHC), and the JRI Crisis Response Workgroup are excited to announce a Lunch & Learn series to explore a variety of programs throughout the state which are aimed at improving and enhancing Missouri's crisis response system. No registration is needed. The same link below will be used for each session in the series and will all be at 12pm CT. Join Zoom Meeting, Meeting ID: 838 0848 1830, Passcode: 848093, Phone: +1 312 626 6799 <https://us02web.zoom.us/j/83808481830?pwd=aHI1c3h1MGJYWEp6WktHRjVBanFCUT09>
  - **Stepping Up – Wednesday, September 15, 2021**
3. **Suicide Prevention Month Webinars** – Join us for a series of webinars around suicide prevention for Suicide Prevention month.
  - **Zero Suicide in Action- Wednesday, September 15, 2021, 11am-1pm CT.** [Register](#)
  - **Suicide Prevention in Education: Higher Education and Gifted Students- Wednesday, September 29, 2021, 11am-1pm CT.** [Register](#)
4. **Recovery Awareness Week** – Presented by the Cole County Treatment Courts in Collaboration with Community Partners. Free family-friendly event **September 13-18, 2021.** Questions contact [KATIE.DOMAN@COURTS.MO.GOV](mailto:KATIE.DOMAN@COURTS.MO.GOV)
  - Monday, September 13, 2021, 6:00pm CT**  
Opening Ceremony at the Cole County Sheriff's Department
  - Tuesday, September 14, 2021, 6:00pm CT**  
Wellness Night: Yoga with Nicole Schepers
  - Wednesday, September 15, 2021, 6:00pm CT**  
Treatment Court Graduation Ceremony at Riverside Park followed by movie night screening-*The Anonymous People*
  - Friday, September 17, 2021, 8:30am CT**  
"We are the Community" clean up initiative on the Greenway at Ice Arena



**Saturday, September 18, 2021, 6:00pm CT**

Closing Ceremony and Glow Family Fun Run and Walk on the Edgewood Greenway

5. **Technology in Mental Health: Role of the Treatment Team** – This webinar will discuss the role of collaborative treatment teams and the integration of digital tools into comprehensive care strategies. **Tuesday, September 14, 2021, 11am CT.** [Register](#)
6. **New From Screening to Survivorship and On the Road to Recovery and Wellness** – Explore ways to include mental wellbeing in cancer survivorship programming. **Tuesday, September 14, 2021, 12pm CT.** [Register](#)
7. **New 2021 Virtual Mental Health/Suicide Prevention Summit** – John J. Pershing Veterans Affairs Medical Center would like to invite you to participate in their 2021 Virtual Mental Health/Suicide Prevention Summit **via Microsoft Teams**. Topics include: whole health and suicide prevention; Veteran panel discussion on transitioning from military to civilian life; the recovering Veteran & their family; the dynamics of recovery in a rural healthcare setting. Attendance for the day will provide contact hours for Social Workers and Licensed Professional Counselors. **Wednesday, September 15 8:30am-12:30pm CT.** [Join](#)
8. **New The Intersection of Harm Reduction Prevention and Recovery** – This 2 part webinar series will illustrate the common goals within the fields of prevention, recovery, and harm reduction such as: reducing the adverse health and social consequences of chaotic substance use, demonstrate the multiple points of intervention across the spectrum of substance use, and how to develop coordinated strategies at individual and community levels to address chaotic substance use.
  - **Part 1, Wednesday, September 15, 2021, 1:30pm-3:30 pm CT.** [Register](#)
  - **Part 2, Wednesday, September 22, 2021, 1:30pm-3:30 pm CT.** [Register](#)
9. **Understanding Social Security Disability: A Guide on Processes and Approval** – This webinar will have information on what Social Security is looking for to approve a claim, the determination process, and technical requirements. **Wednesday, September 15, 2021, 2pm-3:30 pm CT.** [Register](#)
10. **Trauma-Informed Application of Cognitive Behavioral Therapy: Understanding and Responding to Trauma** – This interactive training is designed for social workers, therapists, case managers and other professionals in the social service field to enhance their delivery of trauma-informed cognitive behavioral treatment and strategies. **Thursday, September 16, 2021, 1pm-4pm CT.** [Register](#)
11. **New Advancing Evidence-Based Interventions to Improve Access to Mental Health Services for LFGTQ+ Youth** – This webinar will provide an overview of a NIMH-sponsored study that adapts an evidence-based mental health intervention for LGBTQ+ youth of color and their families. It will also showcase potential mechanisms that can be used to adapt the intervention to address mental health disparities faced by SGM youth of color. **Tuesday, September 21, 2021, 1pm CT.** [Register](#)
12. **New Mental Health and Cancer-Person Centered Collaborative Care** – Gain skills to integrate person-centered resiliency-oriented cancer care for individuals with mental health and substance use challenges. **Wednesday, September 22, 2021, 12:30pm CT.** [Register](#)
13. **New Teen Mental Health and Substance Use** – Today's younger generations are facing seemingly insurmountable odds – from the enduring impact of COVID-19 on their mental wellbeing to stigma, access to care and the increasing reliance on substance use. **Wednesday, September 22, 2021, 1pm CT.** [Register](#)
14. **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. **Thursday, September 23, 2021, 1pm-4pm CT.** [Register](#)

15. **Certified Peer Recovery Support Specialists** – The Peer Recovery Center of Excellence is hosting this 10 session training for Certified Peer Recovery Support Specialists that are currently working in the field. . This leadership training is specifically for Peer Recovery Support Specialists (PRSS) that are Certified Peer Recovery Support Specialist or have completed training to provide certified substance use focused peer support services, and/or currently employed or volunteering as a Certified Peer Recovery Support Specialist. Sessions begin **September 23 through November 23, 2021, 1pm-4pm CT.** [Register](#)
16. **Diagnosis and Treatment of Eating Disorders** – While most mental health-related graduate programs provide education on a wide variety of disorders and treatments, most do not prepare new clinicians to diagnose and treat something as complex as an eating disorder. This puts clinicians in a potentially dangerous situation if faced with a client struggling with an eating disorder; but not presenting with the trademark signs that come with the base knowledge of eating disorder symptoms. This scenario is all too common, and the following webinar aims to fill in some of those gaps and equip clinicians to detect eating disorders, and refer when appropriate. **Friday, September 24, 2021, 9am-12pm CT.** [Register](#)
17. **Trauma and PTSD in Serious Mental Illness** – Trauma and Posttraumatic Stress Disorder in Serious Mental Illness" covers the topic of the co-occurrence of trauma and PTSD in Serious Mental Illness (SMI). The focus is on prevalence rates, theories and therapies of PTSD, research findings with therapy approaches for PTSD in SMI, and preliminary data for the evidence based practice of Cognitive Processing Therapy for PTSD in SMI. **Friday, September 24, 2021, 1pm CT.** [Register](#)
18. **New Brief Intervention and Referral to Treatment (SBIRT) with Adults** – this webinar will explore SBIRT components, trends in substance use challenges among adults and considerations for integration within the clinical workflow. **Tuesday, September 28, 2021, 2pm CT.** [Register](#)
19. **New Mental Health First Aid Training** – Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.
  - **Wednesday, September 29, 2021, 9am-4pm CT.** [Register](#)
  - **Wednesday, October 6, 2021, 9am-4pm CT.** [Register](#)
20. **Focus on Effective Treatment Interventions and Recovery Supports** – This webinar will discuss research findings related to brain recovery following use of stimulants. **Wednesday, September 29, 2021, 12pm-1:30pm CT.** [Register](#)
21. **YSBIRT Training** – an integrated and comprehensive public health approach to identify, reduce and prevent risky alcohol and drug use. **Thursday, September 30, 2021, 12pm-3 pm. CT.** [Register](#)
22. **Guardianship 101** – A guardian is responsible for decisions concerning health care and living arrangements for the person deemed incapacitated. A conservator is responsible with managing the person's income and assets and paying bills. This program will review the Guardianship and Conservatorship laws and the legal process, as well as address the impact of the 2018 legislation and teach attendees advocacy tips. **Thursday, September 30, 2021, 1pm-3pm CT.** [Register](#)
23. **NAMI In Our Own Voice Presentation** – This is a two-day peer led training for individuals living with mental illness who want to become certified to provide recovery education, stigma reducing presentations tailored for any audience. [Register](#)

**AVAILABLE TRAINING DATES:**  
**October 1-2, 10-2pm each day**

24. **New Cognitive Behavior Therapy for Insomnia** – Cognitive Behavior Therapy for Insomnia (CBTI) is the psychological treatment of choice for insomnia. Research studies support the efficacy of CBTI, with many studies finding that it is as effective or more effective than sleep medications. This webinar will introduce the essential theory and techniques of CBTI along with a framework for implementing sleep education, and discussion on the incorporation of a sleep log during treatment. **Wednesday, October 6, 2021, 2pm-3:30pm CT.** [Register](#)
25. **Perspectives of Schizophrenia Treatment Guidelines** – The webinar will provide perspectives of schizophrenia guidelines development, with a focus on key similarities and differences. **Wednesday, October 13, 2021, 11am CT.** [Register](#)
26. **Advancing Equity, Diversity, and Inclusion for a More Perfect Union** – This is a three day virtual workshop Given the continued emergence of an interconnected society, a global pandemic, and protests and unrest calling for racial justice, building organizational capacity for advancing equity, diversity, and inclusion is more critical than ever. The need for leaders within social sector organizations to understand and engage the current environment is essential in building an equitable society for all. This is a three day virtual workshop. **November 2, 9 and 16, 2021 11am-3pm CT.** [Register](#)
27. **First Episode Psychosis: Focus on US Hispanic Population** – This presentation will review concepts of First Episode Psychosis (FEP) and Coordinated Specialty Care (CSC) while focusing on the cultural considerations for treatment, outcomes, and research for the US Hispanic FEP patient population. **Wednesday, December 8, 2021, 11am CT.** [Register](#)

## **RECURRING TRAINING OPPORTUNITIES**

1. **2021 MCB Summer and Fall Ethics Trainings** – The following are multiple dates and times for Zoom and/or Live Ethics Training Opportunities. If you have any questions, please feel free to contact our office at 573-616-2300 or [help@missouricb.com](mailto:help@missouricb.com).
  - September Ethics Trainings-[Register](#)
  - October Ethics Trainings-[Register](#)
  - November Ethics Trainings-[Register](#)
2. **Motivational Interviewing Training Opportunities-National Council for Behavioral Health**

**Introductory/Refresher Virtual Motivational Interviewing Training** – This 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, motivational interviewing (MI) training can help you create conversations that empower people to make meaningful changes.

  - **Tuesday, November 9, 2021, 11am-3pm CT.** [Register](#)

**Intermediate Motivational Interviewing Training** – For individuals who have had prior MI training and want to hone their skills, we will jump right into the deeper use of spirit and OARS strategies to identify and evoke change talk. This is a smaller group format to allow for multiple guided practice opportunities.

  - **Thursday, October 7, 2021, 11am-3pm CT.** [Register](#)
3. **Suicide Prevention Training** – Free online training to recognize the warning signs of suicide, know how to offer hope and know how to get help and save a life.
  - **Friday, September 17, 9am CT.** [Register](#)
  - **Friday, September 17, 1pm CT.** [Register](#)



4. **Simulant Overamping Education Training** – Overamping is the term used to describe an adverse physical and mental reaction after using stimulants or what one might consider an “overdose” on speed or cocaine. The goal with these new trainings is to inform our community members on how to respond to overamping events as part of our efforts to expand harm reduction and prevention work for people with Stimulant Use Disorder. If these dates do not work for you or your organization, please reach out to us at [noMoDeaths@mimh.edu](mailto:noMoDeaths@mimh.edu) and we can work to schedule a training according to your schedule. Trainings will also be recorded and posted on our website, [noMoDeaths.org](http://noMoDeaths.org)

**September Dates:**

- **Tuesday, September 21, 2021 8am-9:30am CT.** [Register](#)
  - **Wednesday, September 29, 2021, 1pm-2:30pm CT.** [Register](#)
5. **Preventing Suicide in Persons Impacted by Intimate Partner Violence and Trauma** – state-based trainings on suicide prevention for mental health professionals, DV/IPV advocates, and others working with survivors of violence and trauma working within Missouri. Since suicide risk among domestic violence survivors is higher than the average population, it is important for professionals to feel confident and informed about how to identify and triage risk.
- **Tuesday, September 28, 2021, 9am-12pm CT.** [Register](#)
  - **Wednesday, October 20, 2021, 9am-12pm CT.** [Register](#)
6. **MOADD ECHO** – Missouri Alliance for Dual Diagnosis (MOADD) ECHO is hosted by ECHO Autism and **held the 1st and 3rd Wednesday of each month from 12:30 to 2:00 p.m.** An interdisciplinary team of specialist from across the state sharing best practice information for bridging care gaps between mental health providers, state agencies, and service systems supporting children with intellectual disabilities and/or autism and a behavioral health diagnosis. Community Mental Health Center professionals (therapists, social workers, case managers, psychologists, psychiatrists, nurses); Developmental Disability Service Professionals (support coordinators, BCBA’s, professional managers, direct care staff); and Children’s Division professionals are encouraged to participate. MOADD ECHO includes specialist in psychiatry, behavior analysis, trauma, family advocacy, medicine, mental health and clinical system navigation. ECHO Autism will be provided at no cost for participating individual’s free continuing education. Registration and more information is available at <https://echoautism.org/missouri-alliance-for-dual-diagnosis/>
7. **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 (valued at \$170 per person). Check out the [MO MHFA website](#) to register and for more frequent updates.
8. **2021 MCB Certified Peer Specialist Training Series** – The MCB will be offering the following training series for those holding the Certified Peer Specialist (CPS) credential. These trainings will be held on Friday mornings from 9:00-12:00 through the Zoom platform. The cost of each training is \$20.00. Those holding the CPS can sign up using the registration links below:
- **Peer Ethics** –This training will cover the MCB CPS Ethics Code. There will be open discussions about real life ethical issues that are faced by those holding the CPS including how boundaries are established, how to navigate work and personal recovery and how to work within a multidisciplinary team of professionals. **Friday, October 22, 201, 9am-12pm CT.** [Register](#)
  - **CPS Tools** –Were you originally trained as a CMPS? Would you like to be trained in the new material in the Certified Peer Specialist training? Would you like to learn practical tools/interventions that you can utilize with your peers? This training will focus on tools/interventions that can help peers with Spirituality, Stages of Change Interventions & Effective Listening. The training will be interactive and allow you to practice the tools/interventions. Peer Specialists who were originally trained as a MRSS-P and would like a refresher are also welcome. **Friday, November 12, 201, 9am-12pm CT.** [Register](#)

9. **Housing/Employment/PATH/SOARS** –This training will be conducted by experts from the Department of Mental Health. They will be discussing resources CPS can use with peers to help find housing and employment. Information will be provided on the specific PATH and SOARS programs. **Friday, December 3, 201, 9am-12pm CT.** [Register](#)
10. **2021 Peer Specialist Trainings** – Please see the peer specialist trainings provided by the MCB below.
- **Certified Peer Specialist Basic Training** – [Register](#)
  - **Peer Specialist Supervisor Training** – 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.** [Register](#)
  - **Certified Peer Specialist Specialty Training** – The specialty training topics will include Peer Ethics, Spirituality & Recovery, and Peer Documentation Strategies & MCB Updated Peer Information. **The cost of each training is \$20.** [Register](#)

*Look for new information and resources coming next Friday!*