

# FYI FRIDAYS

## ***DBH Updates, Notices, and Policy Guidance*** ***September 3, 2021***

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

1. **Back-to-School Stress into Back-to-School Success!** As Missouri's children, adolescents and educators are returning to a learning environment amidst the ongoing pandemic, the DMH Office of Disaster Services wants to remind families how they can turn Back-to-School Stress into Back-to-School Success! Caregivers are a child's first and most important teachers. They can model healthy social-emotional skills to help their children and teenagers thrive! Check out the 10 Stress Busters Flyer <https://www.moshowmehope.org/wp-content/uploads/2021/09/Stress-Busters.pdf>.

Contact the Disaster Distress Helpline at 1/800-985-5990 or visit [www.moshowmehope.org](http://www.moshowmehope.org) for resources to help children, families and schools! We are stronger together.

2. **September is Suicide Awareness Month** – This month of recognition also includes National Suicide Prevention Awareness Week, September 5-11, and World Suicide Prevention Day on September 10. This month is a time to share resources and stories in an effort to shed light on this highly stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. For many, the subject of suicide is off limits. They believe the mere mention of suicide around friends and family can cause suicidal thoughts for them. Nothing could be further from the truth.

Suicide death is a death like no other, and its ripple effect has a broad impact across space and time. Suicide impacts individuals, families, friends, and entire communities. According to officials at the World Health Organization (WHO), more than 800,000 people die by suicide each year globally; many more make an attempt. In Missouri, suicide continues to be a critical public health issue. Rates in Missouri exceed those of the nation as a whole and have been steadily rising. In 2020, there were 1,120 deaths and suicide was the 9th leading cause of death—far exceeding the number of deaths from motor vehicle accidents and homicides.

For every death by suicide, research shows at least 25 people will attempt suicide, leaving thousands of individuals and their friends and families impacted by suicidal behaviors. Additionally, being a suicide survivor immediately puts a person at-risk for suicide (Centers for Disease Control and Prevention, 2018). Since 1999, rates of leading causes of death, such as heart disease, stroke, and cancer have been decreasing but according to a report by the Centers for Disease Control and Prevention (CDC), the suicide rate in the US has increased by 35% (Caine E.D., 2018).

No other type of death increases a survivor's risk of suicide, impacts populations so universally, and yet is also the most preventable cause of death. Preventing suicide requires everyone's commitment, from the individuals struggling with their own thoughts of suicide up to the systems and communities that support them. Only a strategic approach that engages everyone at every level will lead to the aspirational goal to fully eliminate suicide. Join us in spreading awareness by taking part in the awareness activities we have planned out for September. Below is a list of those activities and we will be sending out friendly reminders for each week's activities. Let's use this month to focus on looking out for those who may be struggling and remembering to check in with yourself.

**NEED HELP NOW?**

**CALL**  
 The toll-free Access Crisis Intervention (ACI) Hotline for your region  
 The National Suicide Prevention Lifeline 1-800-273-TALK (8255)  
 The Veterans Crisis Line 1-800-273-TALK (8255), PRESS #1  
 \*911 for emergency services

**TEXT**  
 The Crisis Text Line, Text **MOSAFE** to 741741  
 The Veterans Crisis Line, text 838255

**CHAT**  
 Suicide Prevention Lifeline Chat - [suicidepreventionlifeline.org/chat/](https://suicidepreventionlifeline.org/chat/)  
 Veterans Chat - [www.veteranscrisisline.net/gen-helpy/chat/](https://www.veteranscrisisline.net/gen-helpy/chat/)

**REACH OUT: VISIT THE DEPARTMENT OF MENTAL HEALTH'S MENTAL HEALTH SERVICES LOCATOR TO FIND THE COMMUNITY BEHAVIORAL HEALTH PROVIDER IN YOUR AREA.**

**HAVING A CRISIS?**  
 TEXT MOSAFE TO 741741

CRISIS TEXT LINE

FREE, 24/7, CONFIDENTIAL CRISIS SUPPORT BY TEXT

Suicidology  
 SUICIDE PREVENTION IS EVERYONE'S BUSINESS

SUICIDODOLOGY.ORG | AAS365.ORG  
 NATIONAL SUICIDE PREVENTION MONTH  
 SEPTEMBER 2020  
 AAS365 | SEP20  
 AMERICAN  
 ASSOCIATION OF SUICIDALOGY

- CMS Requests for Medicaid Claim Documentation to be Sent Directly to MO HealthNet Providers** – The Centers for Medicare & Medicaid Services (CMS), in partnership with the States, is measuring improper payments in the Medicaid and Children’s Health Insurance Program (CHIP) programs under their Payment Error Rate Measurement (PERM) process.

CMS and its PERM contractors will be sending records requests directly to Missouri Medicaid/CHIP providers for claims billed during state fiscal year 2021. Additional information about the PERM program is addressed on the CMS PERM website (<https://www.cms.gov/PERM>). Refer to the “Providers” link on the website.

Federal regulations require that Medicaid/CHIP providers submit the medical record documentation to support claims for Medicaid/CHIP services to CMS upon request. Providing medical records for Medicaid/CHIP patients does not violate the Health Insurance Portability and Accountability Act (HIPAA). Patient authorization is not required to respond to this request. CMS and its contractors will comply with the Privacy Act federal regulations governing the sharing and transmission of Protected Health Information (PHI).

Please refer to the PERM sample letter and to the PERM Provider Frequently Asked Questions document for more information.

Questions regarding the PERM audit may also be directed to the State PERM representative Joyce Chandler at 573-751-7993 or please email [MMAC.PERMAUDITS@DSS.MO.GOV](mailto:MMAC.PERMAUDITS@DSS.MO.GOV).

- Medicaid Order and Judgement** – In accordance with the Cole County Circuit Court’s [August 10 Order](#) individuals may [apply for healthcare coverage through Missouri Medicaid \(MO HealthNet\)](#) under Article IV Section 36(c) of the Missouri Constitution. This Medicaid [Order and Judgement](#) is posted on our website at [mydss.mo.gov](http://mydss.mo.gov) as required. This notice does not ask or require anything from you. It is just to inform you of the Order and Judgement.
- NEW STATUTORY REQUIREMENT FOR STATE AGENCY FORMS: ASK FOR MILITARY STATUS & PROVIDE INFORMATION ON SERVICES**

***"Have you or an immediate family member ever served in the U.S. Armed Forces?"  
 "If YES, would you like information about military-related services in Missouri?"***

Effective **August 28, 2021**, all new or updated state agency forms (including digital forms posted online) which are used to collect data from individuals must ask for military status and offer information on services and resources (SB 120 – Section 42.390 RSMo).

To assist departments with implementation, a toolkit has been developed to provide information on (1) the new requirement, (2) why asking the military question is important and (3) what to do when individuals indicate they have a military status. For more information about this contact DMH Veterans Services [Jon.Sabala@dmh.mo.gov](mailto:Jon.Sabala@dmh.mo.gov).

6. **September is also Recovery Month** – It is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible. The Missouri recovery community has many events planned to celebrate. More information at [Home - National Recovery Month \(facesandvoicesofrecovery.org\)](https://facesandvoicesofrecovery.org).  
 One Missouri event as an example is Saturday, September 18 – KC Recovery Coalition, Recovery Family Day at Concourse Park, Live music, speakers, games. kid-friendly ([download poster](#)).

7. **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/>  
 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>

<b>DBH Community COVID-19 Positives Data</b> (as of Sept 2 at 8 am)	
<b>Consumers</b>	<b>1,492</b>
<b>Staff</b>	<b>1,038</b>
<b>Providers</b>	<b>58</b>
<b>22 consumer/staff deaths have been reported.</b>	

**DB's Tech Tips**

Undo everywhere to fix those little mistakes. Did you know you can undo almost any action? Ctrl + Z is the ultimate hot key, and for sure you knew about it already, however note that undo doesn't just apply to typing. If you accidentally delete or move a file, you can hit Ctrl + Z to bring it right back to where it was (Ctrl + Y will redo whatever you undid).

**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](#)

## ***INFO and RESOURCES***

1. **New 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](#)
2. **New Tardive Dyskinesia Across the Complexity Spectrum-From Quality of Life Improvement to Novel Treatments** – This activity is designed for psychiatrists, primary care physicians, psychologists, nurse practitioners, physician assistants, psychiatric nurses, and other healthcare professionals who seek to improve the care of patients with mental health disorders. [Learn More](#)
3. **New Rapid Post-Traumatic Stress Disorder Assessment Tools Demonstrate Valid Screening, Symptom Severity Results** – New rapid assessment tools for posttraumatic stress disorder (PTSD) were equal to or outperformed the diagnostic accuracy of standard PTSD tests, while also substantially reducing patient and clinician burden, according to study findings published online in JAMA Network Open. [Read More](#)
4. **New Nitrous Oxide Shows Antidepressant Effects for Treatment-Resistant Depression** – This video summarizes new research supporting the use of nitrous oxide for the treatment of treatment-resistant major depression (TRMD) [Watch Video](#)
5. **New Cognitive Behavioral Therapy: The Gold Standard Treatment for Insomnia** – Chronic insomnia is a common condition that negatively affects a person’s health, physical and mental function, and quality of life, and cognitive behavioral therapy for insomnia (CBTI) is the “gold standard” for treatment”. [Read More](#)
6. **New Stigmatizing Language around Addiction** – This video explains why five commonly used addiction terms need to be erased from your vocabulary, and offers suggestions for what to say instead. [Watch Video](#)
7. **New Prenatal Exposure to Antipsychotics Not Linked to ADAH, ASD, Preterm Birth** – New findings suggest no association between prenatal exposure to antipsychotics and attention/deficit/hyperactivity disorder (ADHD) or autism spectrum disorder (ASD), preterm birth, and small for gestational age. Researchers published their findings of the population-based cohort study online ahead of print in JAMA Internal Medicine. [Read More](#)
8. **New Co-Occurring Alcohol Use Disorder and Anxiety: Bridging the Psychiatric, Psychological, and Neurobiological Perspectives** – A substantial number of people who have problems with alcohol also experience strong anxiety and mood problems. This article provides an overview of the evolving perspectives of this association in the context of three related disciplines—psychiatry, psychology, and neuroscience. [Read More](#)
9. **New Suicidal Behavior: Links between Alcohol Use Disorder and Acute Use of Alcohol** – Research on associations of suicidal behavior, including suicide and suicide attempt, with alcohol use disorder (AUD) and acute use of alcohol (AUA) are discussed, with an emphasis on data from meta-analyses. Based on psychological autopsy investigations, results indicate that AUD is prevalent among individuals who die by suicide. Results also indicate that AUD is a potent risk factor for suicidal behavior. [Read More](#)
10. **New Alcohol Use Disorder and Depressive Disorders** – Alcohol use disorder (AUD) and depressive disorders are among the most prevalent psychiatric disorders and co-occur more often than expected by chance. The aim of this review is to characterize the prevalence, course, and treatment of co-occurring AUD and depressive disorders. [Read More](#)
11. **New Farm Stress Grab-n-Go Kits** – The presentations and flyers included within the Grab-and-Go kits were developed based upon interviews with extension agents in HHS Region 7 and HHS Region 8, and they cover four key areas of concern: mental health awareness, stigma, co-occurring disorders, and death by suicide. These materials are intended to help organizations initiate conversations around mental health in their communities, and a key

feature is their easy modification to highlight local resources and contact information for farmers who are seeking help for themselves or loved ones. New resource package for use by rural organizations such as extension offices: the [Farm Stress Grab-and-Go Kits](#), developed in collaboration with the [Mid-America MHTTC](#) and [Mountain Plains MHTTC](#)

12. **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 10 – Southwest Region – 10-12 pm**

Location: Virtual

**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. **Peer-to-Peer Course** – NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. ***Every Thursday from August 5, 2021 through September 23, 2021, 6pm to 8:30pm 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>
  - Law Enforcement Assisted Diversion (LEAD) – ***Wednesday, September 8, 2021***
  - 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.
  - Working to Break the Lethal Connection between Substance Use and Suicide-***Wednesday, September 8, 2021, 11am-1pm CT.*** [Register](#)
  - 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. **New Suicide and Black Americans: Statistics, Faith and Contextual Competence** –This webinar will provide an overview of the suicide statistics and mental health in the Black community. They will then discuss the risks, protective factors, and barriers to mental wellness. **Friday, September 10, 2021, 11pm CT** [Register](#)
5. **New Challenging a Stereotype: Eating Disorders and Food Insecurity** –This presentation will explore the limitations of the eating disorder stereotype by examining recent research that investigates the association of eating disorders and food insecurity. This talk will also highlight ways in which stereotypes and biases have held the eating disorders field back, both in terms of clinical practice and research. **Friday, September 10, 2021, 11pm CT.** [Register](#)
6. **Strategies to Improve Resiliency, Breakdown Stigma and Collaborate** – The colliding challenges of the COVID-19 Pandemic and national crises are placing increasing demands on the behavioral health industry, families, and communities across the country. These national crises include increasing unemployment, reductions in income, food hardships, and homelessness just to name a few. They have required healthcare delivery systems and providers to implement new, innovative strategies for connecting with those in need and other stakeholders delivering care. As we observe and take action during National Suicide Prevention Month in September, this session will present ideas for spreading awareness, expanding the national dialogue about mental health, and strategies for connecting with communities, schools, and other partners. **Friday, September 10, 2021 12pm CT.** [Register](#)
7. **Methadone Access n Missouri: Benefits, Barriers and Big Ideas** – Join us as we discuss the current trends and approaches to methadone treatment in the state of Missouri. Recently, through additional funding provided by SAMHSA through the Department of Mental Health, there are over 10 additional Opioid Treatment Program sites (the only locations allowed to prescribe methadone for opioid use disorder) that are now accessible to uninsured individuals throughout the state. Moreover, though methadone continues to be the most heavily regulated therapeutic medication in the U.S., federal officials have recently loosened some restrictions, including making changes to allow for more mobile methadone units to reach underserved populations. This panel will focus on the importance of increased access to methadone, benefits to methadone as a treatment option for opioid use disorder, remaining patient access barriers, and future actions to further facilitate the expansion of methadone treatment options in Missouri. **Friday, September 10, 2021, 1pm CT.** [Register](#)
8. **Youth Peer Support Training** – Youth Peer Support (YPS) has an exciting new service available to Missouri youth age 13 to 26. Youth Peers are young adults who have navigated the youth service systems and have experience to assist others in their own journey. YPS role model for youth help normalize feelings such as alienation, fear, and loneliness. Using lived experience, a YPS can help another set goals, encourage them to advocate for practical treatment, and help them connect to other youth. The training is offered to youth hired into agencies to serve in this role. Supervisors who have not attended any YPS training will need to email Jill Richardson at [jill.richardson@dmh.mo.gov](mailto:jill.richardson@dmh.mo.gov) to attend a special session on day two. Deadline for completing prerequisites in Relias is **September 10, 2021**, at which point they are then eligible to register for the training. Questions can be direct to Jill Richardson. **September 13-15, 2021, 8:30am-4pm CT.**
9. **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

10. **New 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](#)
11. **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](#)
12. **New 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](#)
13. **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. **Thursday, September 23, 2021, 1pm-4pm CT.** [Register](#)
14. **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](#)
15. **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](#)
16. **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](#)
17. **New 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](#)
18. **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](#)
19. **New 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](#)

20. **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*

21. **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](#)
22. **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](#)
23. **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. **New Adult Psych ECHO** –The Adult Psych ECHO will empower and support health care providers in effectively and confidently applying best practices to the treatment of individuals experiencing mental health issues. A team of experts in adult psychiatry, psychiatric pharmacology, psychology, community health and peer support will offer online collaborative learning sessions **every first and third Friday of the month.** These sessions are all free and you can receive CEU's for participating. **Friday, September 3, 2021, 12pm-1pm CT.** [Register](#)
2. **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](#)
3. **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.
- **Wednesday, September 8, 2021, 11am-3pm CT.** [Register](#)
  - **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](#)



4. **Missouri Recovery Support Specialist (MRSS) Trainings** – The purpose of the Recovery Support Specialist Training is to train and credential qualified participants to work as staff and/or volunteers with people with a behavioral health disorder.
  - **East Training** – St. Peters, **September 8-10, 2021 8am – 5pm CT.** [Register](#)
5. **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.
  - **September 10, 9am CT.** [Register](#)
  - **September 17, 9am CT.** [Register](#)
  - **September 17, 1pm CT.** [Register](#)
6. **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:**
  - **Friday, September 10, 2021, 7pm-8:30pm CT.** [Register](#)
  - **Tuesday, September, 21, 2021 8am-9:30am CT.** [Register](#)
  - **Wednesday, September 29, 2021, 1pm-2:30pm CT.** [Register](#)
7. **Treatment Provider Training** – NDCI, in partnership with the American Society of Addiction Medicine and with support from the Office of National Drug Control Policy, is bringing world-class training to substance use disorder treatment professionals working with clients involved in the justice system. NDCI is offering one- and two-day training events tailored specifically to your region. All training events are free to participants.
  - **One Day Training** – This training includes both foundational information and advanced material for more experienced professionals working with treatment court or other justice system participants. **Monday, September 13, 2021, 10am-7pm CT.** [Register](#) **Registration deadline, September 9, 2021,**
  - **Two-Day Training** – This training contains more advanced content intended for professionals with three or more years of treatment experience, including working with treatment court or other justice system participants. Additional content delivered in this training includes trauma-competent treatment, strategies for supervising the delivery of treatment services, strategies for working with physicians and approaches for reaching young adults and difficult-to-treat individuals.  
**September 29-30, 2021, 9am-6pm CT.** [Register](#) **Registration deadline, September 27, 2021**  
**October 13-14, 2021, 10am-7pm CT.** [Register](#) **Registration deadline, October 11, 2021**
8. **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](#)
9. **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/>

10. **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.
  
11. **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](#)**
  - **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](#)**
  
12. **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!***