

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

November 19, 2021

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

1. **Missouri Substance Use Prevention Conference** –The Missouri Substance Use Prevention Conference was held virtually on November 15 – 16, 2021. The event was hosted in partnership by the Missouri Department of Mental Health, Missouri Behavioral Health Council and the Missouri Prevention Resource Center Network. The conference offered the latest prevention innovations, research, and strategies that have been instrumental in preventing substance use in Missouri. The conference opened with Dr. Jason Kilmer, Associate Professor in Psychiatry and Behavioral Sciences of the University of Washington, as well as a CAMEO from LeAnn Rimes and closed with presenter Marli Williams, Founder & Director of Camp Yes, and a CAMEO from David Koechner. Keynote Attendees included staff from the Prevention Resource Centers, community volunteers, school counselors, law enforcement and government employees. Over 270 people from across the state participated in the event.

2. **Recovery Lighthouse** – was recognized in the United States House of Representatives on November 4, 2021, by Congresswoman Vicky Hartzler. Mrs. Hartzler stated, “I rise today to recognize an amazing group, Recovery Lighthouse in Warrensburg, Missouri.

Founded in 2006 by Dr. Adriatik Likcani and the late Mr. Douglas Quirmbach, the organization began as a drop-in counseling center for individuals and families in the Warrensburg area. Today, Recovery Lighthouse offers outpatient counseling in Warrensburg and Sedalia. The organization also runs five long-term sober-living houses, the first of which was LIME Tree, a house for women in recovery. They now have two houses for women, two for women and children, and one for men, with another men's house opening soon. These houses give those in recovery a place to continue their sobriety,



hold a job, and build interpersonal relationships until they are ready to live on their own. Recovery Lighthouse offers training and development courses for their staff to provide them with the necessary tools to better understand what it takes to provide treatment and recovery support for individuals. This, along with partnering with their community to advocate for recovery, are just a few of the ways Recovery Lighthouse stays true to their mission of providing people with as much support as possible in a safe and caring environment. Recovery Lighthouse is a truly wonderful organization working to help communities in Missouri's Fourth Congressional District overcome substance-use disorders and provide for them a helping hand along the path to full recovery. I commend Dr. Likcani and all the staff for implementing such a life-changing program and look forward to seeing them impact their communities for years to come.” Link to the Congressional Record: <https://www.congress.gov/congressional-record/2021/11/04/extensions-of-remarks-section/article/E1196-2>. Congresswoman Vicky Hartzler presented Recovery Lighthouse with an award on Thursday, November 11, 2021.

3. **Recovery Support Services** – The DBH recently had an Invitation for Bid open for new recovery providers from July 22, 2021, through September 22, 2021. As the bid came to a close we were able to add a total of 20 new Recovery Support Providers across the state. We are very pleased to add these new providers and give support to the consumers who will benefit from our services. Recovery support programs offer services such as care coordination, recovery coaching, spiritual counseling, group support, recovery housing and transportation, before, during, after and in coordination with other substance use disorder service providers. These services are offered in a multitude of settings including community, faith-based and peer recovery organizations. Recovery support programs are person-centered and self-directed allowing individual's choice of provider. As we move forward with Recovery Support Services we plan to continue to provide access to recovery for those consumers who are in need.
4. **Housing Presentation** – Safe and affordable housing continues to be a challenge for individuals with serious mental illness. Wendy Ice from **Community Counseling Center** provided a presentation on 24/7 Residential and Clustered Apartment Programs at their agency. The purpose is to provide ideas to other agencies on the use of current funding and policy considerations for multiple housing options. The link to the recording of Wendy's presentation is [Adult Housing Options Wendy Ice - YouTube](#) or https://youtu.be/SZzCiYC_OJE.
5. **DRUG OVERDOSE DEATHS IN MISSOURI** – The most recent data on Missouri drug overdose deaths is a comparison of the first half of 2020 to the first half of 2021, with the following points:
 - Overall, drug overdose deaths increased approximately 9% in the first half of 2021 (Jan-June) compared to the first half of 2020
 - a. Deaths among males increased 11%, compared to 5% among females.
 - b. Deaths among Black individuals increased 4%, compared to an increase of 10% among White individuals.
 - The Kansas City Metro Region had the largest 2020-2021 percent increase in total drug overdose deaths (40%) in the 1st half of 2021.
 - The Kansas City Metro Region had the greatest percent increases across all categories (sex, race, drug-type), except among males and stimulant-involved deaths, where the greatest percent increases were observed in the Northeastern region.
 - The St. Louis Metro region accounted for approximately 49% of all drug overdose deaths in Missouri in the 1st half of 2021, which is slightly less than prior reporting periods.
 - In the St. Louis Metro region, though still accounting for nearly half of deaths statewide, there were small percent decreases in total drug overdose deaths (-1%), overdose deaths among males (-3%), overdose deaths among Black individuals (-3%), and opioid-involved drug overdose deaths (-2%) during the 1st half of 2021.
 - The St. Louis Metro Region accounted for approximately 77% of all drug overdose deaths in Missouri among Black individuals specifically in the 1st half of 2021, which is slightly less than prior reporting periods.
 - Overdose deaths involving opioids increased by approximately 7% statewide in the 1st half of 2021.
 - Overdose deaths involving stimulants increased by approximately 21% statewide in the 1st half of 2021.
 - Overdose deaths involving **a combination** of opioids and stimulants increased by approximately 24% statewide in the 1st half of 2021.
 - Opioid-involved drug overdose deaths represent the majority (73%) of total drug overdose deaths in Missouri in the 1st half of 2021.
6. **Attention EBT Cardholders from the Missouri Department of Social Services** – If you get a Providers card (formerly known as Fresh EBT) in the mail, please be aware that this is NOT a new EBT card. While this card and mobile app use EBT language, the providers is not endorsed by, or associated with, the Missouri Department of Social Services.
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/>

CDC Website - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Show Me Hope - www.MoShowMeHope.org

**DBH Community COVID-19 Positives Data
(as of Nov 19 at 8 am)**

| | |
|---|--------------|
| Consumers | 1,698 |
| Staff | 1,127 |
| Providers | 58 |
| 23 consumer/staff deaths have been reported. | |

JOB ANNOUNCEMENTS

SOR Project Director

This position within the Division of Behavioral Health with the Department of Mental Health domiciled in Jefferson City, MO. Application deadline is December 5, 2021. [Learn More and Apply](#)

DB's Tech Tips

Record Zoom Meeting

Recording is a tremendously useful feature in Zoom.

- Want to save key meetings or [employee one-on-one's](#)? Record them for reference.
- Doing an interview and don't want to slow things down by taking notes? Record it and get it transcribed. We do this for all of our [founder interviews](#).

Just type Cmd+Shift+R (PC: Alt+R) to start recording any meeting.

INFO and RESOURCES

1. **New Generalized Anxiety Disorder Scale, Prognosis, and Treatment** – Generalized anxiety disorder (GAD) is a chronic condition, and clinicians should keep that in mind when evaluating and treating patients. [Learn More](#)

2. **New Anxiety, Depression Diagnosis Triples Likelihood of Pandemic Telehealth Use**– Although less than half of adult patients in Arkansas reported using telehealth during the COVID-19 pandemic, telehealth utilization was nearly 3 times more likely if patients had a diagnosis of anxiety or depression. [Learn More](#)
3. **New DHSS-Energy Assistance Program** – The Department of Social Services announced the Low Income Home Energy Assistance Program (LIHEAP), Energy Assistance (EA) program will now be available year round. The benefit, which helps Missourians with heating and cooling bills, has also been doubled for those who are eligible. To apply for help, complete and submit a [LIHEAP Application](#) and any documents the application asks for to your local [contracted agency](#) by mail or online. For more information about LIHEAP visit the [DSS website](#).
4. **New Evidence Based Services Newsletter** – This newsletter provides resources for Assertive Community Treatment (ACT), Integrated Treatment for Co-Occurring Disorders (ITCD) and Dialectical Behavior Therapy (DBT). [Read More](#)
5. **New Specialty Peer Instruction Series** – The UMSL-MIMH SOR 2.0 team, in close collaboration with six of Missouri's Certified Peer Specialists, created a Specialty Peer Instruction series designed to help expand knowledge for peers beyond the Certified Peer Specialist courses. These modules are now available for peers for FREE! Topics include: how to talk about medication for addiction treatment; professional expectations; ethics and boundaries; how to identify and address stress, compassion fatigue, grief and secondary trauma; working with peers with co-occurring mental illness and substance use disorders; and, how to assess and refer peers experiencing suicidality, domestic violence, and sex trafficking. Individuals will also be able to receive continuing education credits towards their CPS renewal and the Advanced CPS credential. [Register](#)
6. **New Advancing Racial Equity in the Substance Use Field** – The Opioid Response Network (ORN) is committed to supporting the integration of racial equity across substance use prevention, treatment, recovery, and harm reduction. The ORN offers workshops and training, technical assistance, and ongoing consultation and support for all your diversity and racial equity capacity building efforts. This includes requests related to diversity, equity, and inclusion (DEI) topics, such as addressing racial disparities and the intersection of race with social determinants of health, LGBTQ+ health, gender, gender diversity, and health disparities. [Learn More](#)
7. **New Supporting Telehealth and Technology-Assisted Services for People Who Use Drugs** – To support organizations that provide care to PWUD, the National Council, with support from the Centers for Disease Control and Prevention (CDC), developed this resource guide organized by five strategies and related key considerations for implementing telehealth and technology-assisted services. This resource guide intends to help harm reduction organizations, SUD treatment providers and other organizations that serve PWUD overcome challenges associated with implementing telehealth and technology-assisted services and leverage these advances to help improve the health and wellness of PWUD. [Read More](#)
8. **Holiday Resource Guide** – This Holiday Resource Guide provides a one-stop shop for approaching the holiday season in the midst of a pandemic. Learn to address grief and loss, social isolation, and other mental health concerns unique to the pandemic era. Celebrate the holidays with friends and family virtually or in small gatherings in accordance with CDC guidelines, utilize technology to host a virtual celebration, and devise creative strategies for celebrating with family virtually. [Learn More](#)
9. **Behavioral Health Workforce is a National Crisis: Immediate Policy Actions for States** – This is a series of briefs that offer states immediate policy actions to expand current capacity and build a more stable future workforce. The first brief focuses on policy, financial strategies and regulatory waivers, and is now available! Two additional briefs on clinical care delivery models and digital solutions, as well as enhancing diversity, equity and inclusion in the workforce, will be shared soon. [Learn More](#)
10. **Stigma Around SUD Remains Pervasive Among Public and Practitioners** – More than three-quarters of Americans surveyed believe that substance use disorder is not a chronic medical illness and more than half said they believe SUD is caused by bad character or lack of moral strength. [Read More](#)

11. **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 and/or 573-751-4730.

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

Location: Virtual

December 8, 2021 – Western Region – 11-12 pm

Location: Virtual

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

Location: Virtual

January 11, 2022 – Northeast Region – 10-12 pm

Location: Virtual

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

Location: Virtual

TRAINING OPPORTUNITIES

1. **Strategies to Support Wellbeing and Retention of BIPOC Staff** – Black, Indigenous and people of color (BIPOC) public health professionals are working through the combined challenges of a public health crisis and a continuing crisis of systemic racism and biases. In response to recent national events, many organizations are taking a step back and assessing inequities within their workplaces. **Wednesday, December 1, 2021, 11am CT.** [Register](#)
2. **New Catching up on Cannabis: What Prevention Advocates Need to Know** – There seems to always be more to learn about cannabis. Laws change frequently. New products come into the market. From new nicknames to Delta 8, it's a lot to keep track of. Join us for a Cannabis update for what you need to know to be current on the current trends. **Wednesday, December 1, 2021, 2pm CT.** [Register](#)
3. **Cognitive Processing Therapy (CPT) for PTSD in SMI** – Cognitive processing therapy (CPT) for PTSD in SMI is a specific type of cognitive behavioral therapy that has been effective in reducing symptoms of PTSD that have developed after experiencing a variety of traumatic events CPT is generally delivered over 12 sessions and helps individuals learn how to challenge and modify unhelpful beliefs related to the trauma. In so doing, the patient creates a new understanding and conceptualization of the traumatic event so that it reduces its ongoing negative effects on current life. TWO DAY EVENT!, **December 2-3, 2021, 9 am – 4pm CT.** [Register](#)
4. **Crossover between Sexually Transmitted Infections and Substance Use Disorder** – This presentation will address didactics on common STI's, how to discuss diagnosis and treatment with clients, and important treatment considerations. **Tuesday, December 7, 2021, 1pm CT.** [Register](#)
5. **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](#)
6. **New Closing the Gap between Primary Prevention and Treatment** – new approaches to aligning substance misuse primary prevention and health care, to realize a more comprehensive continuum of care supporting behavioral health. **Wednesday, December 8, 2021, 12pm CT.** [Register](#)
7. **New Psychological Safety and Equity, Diversity, and Inclusion: How Embracing Discomfort Leads to Growth** – As organizations work to fully embed equity, diversity, and inclusion (EDI) in their values, goals, and culture, it is vital to create safe spaces for staff to learn, share, challenge ideas, and respectfully engage others—a process that also helps staff advance their own personal and professional EDI journeys. **Thursday, December 9, 2021, 9am CT.** [Register](#)

8. **New Cannabis Use and Mental Health Risk** – As research expands to examine the impact of cannabis use on health, there is growing evidence that THC, the main intoxicant in the plant, poses a significant mental health risk to individuals, particularly if the person is currently suffering from or has a vulnerability to mental illness. This webinar will review the empirical science on this issue, including the issue of CBD and mental health, and prevention and treatment implications. **Friday, December 10, 2021, 12pm CT.** [Register](#)
9. **MCB Clinical Supervision Training** – This training is a comprehensive 30 hour national training model for clinical supervision. The first 14 hours are completed online and this is followed by a 2 day, 8 hour total Zoom training to reinforce the online training and introduce additional supervision topics. This training is required for new supervisors to become a MCB Qualified Supervisor. **December 16-17, 2021, 9am-1pm CT.** [Register](#)

RECURRING TRAINING OPPORTUNITIES

1. **Crisis Response Lunch and Learn Series** – The DMH, 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 responsesystem. 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>
 - **Treatment Court Programs** – **Wednesday, December 1, 2021**
2. **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. [Register](#)

Look for new information and resources coming Friday, December 3rd!