

# FYI FRIDAYS

## **DBH Updates, Notices, and Policy Guidance**

**December 10, 2021**

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

1. **Department of Mental Health Director Announced** – The Mental Health Commission announced, at the December 9, 2021, meeting, that **Valerie Huhn** will be the new DMH Director as of January 1, 2022. The DBH is extremely supportive of the Commission’s selection and recognize the strengths that Ms. Huhn brings to the position. We look forward to continuing our work with her support and guidance!
2. **Silver Key Award** – On Friday, December 3, retiring DMH Director **Mark Stringer** “Emeritus” received the Silver Key Award from Mental Health America of Eastern Missouri. The event was the 2021 Snow Ball Gala and was held in St. Louis. The award celebrates and recognizes individuals who provide outstanding community service, leadership, vision and values that elevate the conversation about mental health. BHR’s own **Dr. Bart Andrews** also received this distinctive award. The Silver Bell Award, presented to individuals or organizations that provide outstanding community service, leadership, vision and values, was presented to the **Behavioral Health Network** of Greater St. Louis. Congratulations to all awardees!
3. **Boone County Drug Court Recognized** – The Boone County Treatment Court was recognized by the National Association of Drug Court Professionals at the national conference on August 17, 2021, receiving the only Equity and Inclusion Award for 2021. The award recognizes the accomplishments of treatment court programs improving services across diverse populations, eliminating disparities, and ensuring inclusion. Commissioner Casey Clevenger leads this effort in Boone County as she presides over the five treatment court programs in Boone and Callaway County. Burrell Behavioral Health, Phoenix Inc., Compass Health, Reality House Programs, and Powerhouse Community Development partner with the Boone County Treatment Court to provide treatment services.
4. **National Youth Mental Health Crisis** – U.S. Surgeon General Dr. Vivek Murthy issued a New Advisory to highlight the urgent need to address the nation’s youth mental health crisis. He stated “Mental health challenges in children, adolescents, and young adults are real and widespread. Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide — and rates have increased over the past decade. The COVID-19 pandemic further altered their experiences at home, school, and in the community, and the effect on their mental health has been devastating. The future wellbeing of our country depends on how we support and invest in the next generation. Especially in this moment, as we work to protect the health of Americans in the face of a new variant, we also need to focus on how we can emerge stronger on the other side. This advisory shows us how we can all work together to step up for our children during this dual crisis. **For more information, please see the materials below:**

[HHS Press Release](#)

[Surgeon General’s Advisory on Protecting Youth Mental Health](#)

5. **REAL VOICES, REAL CHOICES** – Volunteer position for Real Voices, Real Choices within both the Division of Behavioral Health and the Division of Developmental Disabilities at the Department of Mental Health to be domiciled in Jefferson City, MO. Applicants must apply via the link below by end of day, **December 15, 2021**. [Learn More and Apply](#)
6. **Projects for Assistance in Transitions from Homelessness (PATH)** – was created under the McKinney-Vento Act and is a formula grant based on the number of people experiencing homelessness in each state. In FY2020, Missouri received \$978,451 in federal PATH funding and provided an additional \$508,544 in matching funding to 10 PATH programs. The focus of PATH is outreach and engagement in services for those who are experiencing homelessness to assist them in their recovery journey. During FY 2020, 4,284 persons were outreached by the 10 Missouri PATH programs. As evidenced by the table below, Missouri has excellent performance compared to national averages. The table below compares the number of persons in the sub-population served to the total number of persons served by PATH. For any questions about the PATH or SOAR programs, please contact Jill Richardson, [jill.richardson@dmh.mo.gov](mailto:jill.richardson@dmh.mo.gov).

PERFORMANCE METRIC	MISSOURI	NATIONAL
CHRONICALLY HOMELESS INDIVIDUALS SERVED	48.3%	38.9%
INDIVIDUALS WITH CO-OCCURRING DISORDERS SERVED	50%	38.9%
VETERANS SERVED	5.8%	5.3%
INDIVIDUALS IN PATH WHO WERE CONNECTED TO SSI/SSDI OUTREACH, ACCESS AND RECOVERY (SOAR)	20.7%	11.7%

7. **Comment Period on Proposed Rule Amendment Open** - 9 CSR 10-5.206, Report of Events – <https://dmh.mo.gov/alcohol-drug/regulation-drafts>. This rule prescribes procedures for documenting, reporting, analyzing, and addressing certain events that affect individuals who reside in a community residential program or are receiving day program or specialized services from an agency that is licensed, certified, accredited, in possession of deemed status, is funded by, and/or has a contractual relationship with the Department of Mental Health for the provision of services. Comments should be submitted to [debbie.mcbaine@dmh.mo.gov](mailto:debbie.mcbaine@dmh.mo.gov) by **December 17, 2021**.
8. **Code of State Regulations** – Below is a list of new or updated rules that are published in the **November 30, 2021, issue of the Code of State Regulations** <https://www.sos.mo.gov/adrules/csr/csr>. **These regulations will be effective on December 30, 2021.**
- 9 CSR 10-5.210 **Exceptions Committee Procedures**
  - 9 CSR 30-3.032 **Certification of Substance Use Disorder Prevention and Treatment Programs**
  - 9 CSR 30-3.100 **General Requirements for Substance Use Disorder Treatment Programs**
  - 9 CSR 30-3.110 **Service Definitions, Staff Qualifications, and Documentation Requirements for Substance Use Disorder Treatment Programs**
  - 9 CSR 30-3.132 **Opioid Treatment Programs**
  - 9 CSR 30-3.155 **General Staff Requirements for Comprehensive Substance Treatment and Rehabilitation (CSTAR) Programs**
  - 9 CSR 30-3.157 **Community Support in Comprehensive Substance Treatment and Rehabilitation (CSTAR)**
  - 9 CSR 30-3.195 **Outpatient Substance Use Disorder Treatment Programs**
9. **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](http://www.MoShowMeHope.org)

**DBH Community COVID-19 Positives Data  
(as of Dec 10 at 8 am)**

Consumers	1,753
Staff	1,149
Providers	59
24 consumer/staff deaths have been reported.	

## DB's Tech Tips

### How to mute all sounds on Jabber while in a meeting

1. On the Jabber menu, click **Preferences**.
2. In the toolbar, click the **Notifications** tab.
3. Check the box for **Mute all sounds when on a call**.

## FUNDING OPPORTUNITIES

1. **Public Health Scholarship Program (HRSA-22-122)** – The Public Health Scholarship Program's purpose is to strengthen the public health workforce by supporting organizations to develop scholarship programs that incentivize individuals to pursue careers in public health. Through this program, scholarship recipients will gain the requisite knowledge and skills necessary to prevent, prepare for, and respond to recovery activities related to COVID-19, as well as other public health emergencies. This program will provide funds to award recipients to provide scholarships to 1) individuals in professional, graduate, and/or certificate programs in public health, and 2) employees of public health department/entity/site receiving training in public health. Scholarships will be awarded to individuals by grant recipients. The applicant will be required to have an existing public health training program as well as public health partnerships in place, along with a system to assist scholarship recipients to maintain or obtain employment in public health upon completion of their training. [Learn More](#)

## RESOURCES to SHARE with STUDENTS

1. **New Start a Conversation: 10 Questions Teens Ask about Drugs and Health** – At the National Institute on Drug Abuse (NIDA), our goal is to help people get accurate, science-based information about drugs and health. For the past decade, researchers at NIDA have set aside a Chat Day each year during National Drug and Alcohol Facts Week® to answer questions teens have about drugs and health. We've compiled teens' 10 frequently asked questions from more than 118,000 queries we've received to help you start a conversation about drugs and health. It's okay if some of this information is news to you—lots of other people are asking, too! [Read More](#)

2. **New Commonly Used Drugs Charts** – Find information on commonly used drugs with the potential for misuse or addiction, including information about short- and long-term health effects. [Read More](#)
3. **New The Science of Drug Use** – Review easy-to-understand talking points to communicate drug use and addiction concepts to adults or teens. [Read More](#)
4. **New Words Matter: Preferred Language for Talking about Addiction** – With simple changes in language, harmful stigma, and negativity around substance use disorder can be reduced or avoided. [Read More](#)
5. **New The Connection between Substance Use Disorder and Mental Illness** – Many individuals who develop substance use disorders are also diagnosed with mental disorders and vice versa. [Read More](#)

## ***GENERAL INFO and RESOURCES***

1. **New Identifying Warning Signs of Mental Health Crisis, Depression During the Holiday Season** – Warning signs of mental health crises, including symptoms of depression, that clinicians and loved ones can lookout for this upcoming season. [Watch Video](#)
2. **New 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. [Holiday Resource Guide](#)
3. **New Generalized Anxiety Disorder Affects 1 in 4 Adults with ADHD** – One in 4 adults ages 20 to 39 with attention-deficit/hyperactivity disorder ([ADHD](#)) in a nationally representative survey also had generalized anxiety disorder. [Learn More](#)
4. **New Combined Intervention Shows Promise for Easing Negative Symptoms of Psychosis** – An intervention combining cognitive-behavioral social skills training with compensatory cognitive training (CBSST-CCT) improved negative symptoms and verbal learning in adults with schizophrenia. [Read More](#)
5. **New Creative Solutions to Rural Mental Health Care Obstacles** – read the published report on how to improve the availability, accessibility, and acceptability of mental health care in rural and remote areas. Improving Behavioral Health Services for Individuals with Serious Mental Illness in Rural and Remote Communities offers solutions developed by professionals actually working in rural and remote settings. [Read More](#)
6. **New Taking a “Practical Approach” when treating Patients with Borderline Personality Disorder** – This video outlines how clinicians can take a "practical approach" when treating patients with borderline personality disorder (BPD) with medication. [Learn More](#)
7. **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.

**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. **New The “Suicidal Risk” Stigma and Seeking SUD Treatment** – This seminar will address the barriers to accessing addiction treatment and managing suicide risks that coincide with substance misuse. Best practice recommendations to identify suicide and provide better care coordination to minimize risks and increase access to care. **Tuesday, December 14, 2021, 7pm CT.** [Register](#)
2. **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. **New Wellness Webinars** – The Missouri Behavioral Health Council is excited to announce the Virtual MO Wellness Webinar Series.
  - **Wellness and Wellness Coaching** – This wellness webinar is designed for behavioral health care providers who are interested in Wellness and Wellness Coaching. Wellness is an inspiring and powerful word. A wellness philosophy supports healthy lifestyle habits that, in turn, have positive effects on quality of life. Wellness involves a lifelong process creating and adapting habits and routines that lead to improved health in multiple dimensions. **Friday, January 14, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Motivation: Discovered not Created** – This wellness webinar is designed for behavioral health care providers who are interested in learning more about factors that influence motivation and about motivational enhancements to support individuals in their wellness planning. **Friday, February 11, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Back to Basics: Using Effective Communication Techniques** – This wellness webinar is designed for behavioral health care providers who are interested in revisiting the basic communication techniques that underly the wellness coaching approach. **Friday, April 22, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Wellness Strategies to Manage Stress** – This wellness webinar is designed for behavioral health care providers who want to build their own wellness tools for personal and professional practice. Healthcare professionals experience at times, the wear and tear that results from support and compassion provided to others. **Friday, May 13, 2022, 1pm-2:30 pm CT.** [Register](#)
2. **Problem Gambling Certification 30-Hour Basic Training** – Learn about gambling history, gambling technology, the theoretical basis for treatment, co-occurring disorders, multicultural issues, assessment tools, and treatment modalities. Training dates are below, registration includes all sessions. [Register](#)
  - Friday, April 15, 2022, 8:30am-4:30pm CT.
  - Friday, April 22, 2022, 8:30am-4:30pm CT.
  - Friday, May 6, 2022, 8:30am-4:30pm CT.
  - Friday, May 13, 2022, 8:30am-4:30pm CT.
3. **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, & boundaries; How to identify and address stress, compassion fatigue, grief, & secondary trauma; Working with peers with co-occurring mental illness & 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](#)

4. **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 next Friday!***