

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance December 23, 2021

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

1. **Behavioral Health Crisis Center in Joplin** – On October, 1, 2020, Freeman Health System’s **Ozark Center** in Joplin opened Urgent Behavioral Solutions (UBS), an urgent care model behavioral health crisis center which diverts individuals in crisis to proper assessment and treatment services, diverting them from unnecessary jail or emergency room visits. The center is staffed with clinical social workers, licensed professional counselors, case managers, nurses, and nurse practitioners. The center has served approximately 2,000 individuals, which has resulted an 11% decrease in Freeman Emergency Room visits during the hours of operation of UBS. Details and a video can be located at: <https://www.fourstateshomepage.com/news/behavioral-health-er-visits-drop-11-at-one-joplin-hospital-crediting-new-mental-health-urgent-care/>
2. **Jubilee/ARCA (Assisted Recovery Centers of America) Collaboration** -- A North St. Louis church recently added an addiction treatment clinic to its facility. **Jubilee Community Church** partnered with Assisted Recovery Centers of America (**ARCA**) to provide a treatment clinic to help those dealing with any type of addiction. The six- to eight-month program includes counseling, therapy, access to medications, food, housing, transportation and more. [Watch Here](#)
- 3.



>>Conference Registration will be available January 2022<<

[Click HERE to reserve your hotel room TODAY!](#)



MATCP Conference continued...Link for registration and hotels:

<https://www.motreatmentcourts.org/2022-matcp-conference/>

4. 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

5. 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 Dec 23 at 8 am)	
Consumers	1,810
Staff	1,161
Providers	59
24 consumer/staff deaths have been reported.	

FUNDING OPPORTUNITIES

1. **RX Cares Program for Missouri** – The RX Cares for Missouri Program, administered by the Missouri Board of Pharmacy, is seeking grant funding proposals for the purpose of developing or providing programs or education to promote medication safety, or prevent prescription drug abuse, misuse, and diversion in the state of Missouri. [Learn More](#)
2. **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](#)

INFO and RESOURCES

1. **New Helping Children Impacted by Parental Substance Use Disorder** – this toolkit offers resources for understanding adverse childhood events, what to look for if you suspect a child might have a parent with a substance use disorder, what you can do to help, and more. [Toolkit](#)
2. **New Youth and Young Adult Suicide Prevention and Awareness Campaign** – The DBH Prevention Team collaborated with Learfield to create a youth and young adult suicide prevention and awareness campaign. The campaign promotes awareness of the National Crisis Text Line and provides resources for youth and young adults as well as friends, parents, and others. The updated messaging is based on Missouri's Crisis Text Line data and targets issues that our young people report experiencing the most, such as stressful relationships, feeling overwhelmed, stressed, or anxious. Visit the landing page for helpful tips, resources, and more: <https://crisistextline.pgtb.me/775nJ2>, and to download free shareable campaign materials, visit the Social Media Toolkit <https://thesocialpresskit.com/teen-crisis>.
3. **New Young Adult Newsletter** – The December issue focuses on surviving and thriving this holiday season. [Read More](#)
4. **New Practical Tools for Prescribing and Promoting Buprenorphine in Primary Care Settings** – This resource provides information to primary care providers and practices on how to implement opioid use disorder treatment using buprenorphine. It identifies common barriers and strategies to overcome them. It documents step-by-step tactics to support buprenorphine implementation. [Read More](#)
5. **New Advisory: Prescription Stimulant Misuse Among Youth and Young Adults** – This Advisory reviews the evidence on prescription stimulant misuse among youth and young adults. It establishes prescription stimulant misuse as a public health problem, identifies associated risk and protective factors, and provides programs and action steps for stakeholders to prevent misuse. [Read More](#)
6. **New Treating Concurrent Substance Use Among Adults** – This guide intends to educate clinicians and other stakeholders about the harms of using more than one substance and consideration for addressing concurrent substance use (CSU) and concurrent substance use disorders (CSUD). [Read More](#)
7. **New Correctly Diagnosing Personality Disorders and Bipolar Disorder Comorbidities** – resources for clinicians to correctly diagnose comorbidities of personality disorders, such as bipolar disorder, and explores the impact of substance use disorders. [Learn More](#)

8. **New Gender-Affirming Mental Health, Best Practices** – best practices surrounding gender dysphoria, prescribing hormone therapy for patients transitioning, as well as the benefits and impact of gender-affirming psychotherapy. [Learn More](#)
9. **New New resource for viewing and utilizing OUD treatment delivery and service outcomes data** – We have recently added a new feature where statewide/overall data and individual agency data is now available for download, so individual users can analyze the data themselves if they'd like. The goal is to make data more accessible so organizations can better identify differences across groups, gaps in services, and areas for improvement. General users can view and download statewide/overall data, while participating agencies have the added option to download their individual, agency-specific data as well. This information is accessible under the "Download Data" tab at the top right hand corner of the Dashboard. [Learn More](#)
10. **New Meta-Analysis IDs Best Psychotherapy Interventions for Schizophrenia Relapse Prevention** – Family interventions, family psychoeducation, and cognitive behavioral therapy provide clear, robust benefits for relapse prevention in people with schizophrenia, according to findings from a systematic review and network meta-analysis. [Read More](#)
11. **New HHS Region 7 Harm Reduction Work Group** - Use of methamphetamine impacts people across the Midwest in many ways. Join the HHS Region 7 Harm Reduction Workgroup for a series of brief, 30-minute webinars to explore strategies to address meth use, ranging from prevention to treatment. Our first webinar will provide an overview of meth use in the Midwest, laying the groundwork for future conversations. **Friday, January 21, 2022, 10:30am CT.** [Register](#)
12. **New Adult ADHD Increases Risk for a Wide Range of Physical Conditions** – Adults with attention-deficit/hyperactivity disorder (ADHD) are at increased risk of a broad range of physical health conditions, which reported the strongest associations for nervous system disorders and respiratory diseases. [Read More](#)
13. **New Education for Clinicians, Family, and Law Enforcements is Key in Better Treatment of Schizophrenia** – In this conclusion of the 6-part series, Lindsay Galvin Rauch, whose 6 brothers were diagnosed with schizophrenia, says clinicians, families, and law enforcement could benefit from education about the disorder, specifically the comorbid condition of anosognosia. Anosognosia is a condition where a patient is unaware of or unable to perceive their mental health condition and affects a large percentage of patients with schizophrenia. [Learn More](#)
14. **2022-2023 Trauma-Informed, Resilience-Oriented Approaches Learning Community** – This Learning Community will provide participating organizations, systems and communities with the tools and skills to address trauma and promote resilience. Application Deadline-**Friday, January 21, 2022.** [Learn More](#)
15. **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](#)
16. **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](#)
17. **Disordered Eating and Eating Disorders ECHO** – The University of Missouri is launching a new [ECHO](#) that will create a community of learning to increase knowledge, skills and confidence in prevention, early identification and care of all individuals with disordered eating and eating disorders. This ECHO's expert team will meet with participants via collaborative online videoconferencing from noon to 1 p.m. the fourth Tuesday of the month.

Disordered Eating & Eating Disorders ECHO participants will join an interdisciplinary team of specialist physicians and other providers with expertise in such areas as mental and behavioral health, dietetics and social work. Primary care physicians, nurses, therapists, counselors, fitness professionals, dietitians, mental health professionals, certified peer specialists and others are encouraged to join.

ECHO (Extension for Community Healthcare Outcomes) connects health and education experts with other professionals so they can develop advanced skills and apply best practices that improve health care access, quality and efficiency. ECHO's virtual learning sessions are provided at no cost to participating sites and individuals, and they offer free continuing education. Register and learn more at <https://showmeecho.org/>.

18. **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.

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

Location: Virtual

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

Location: Virtual

TRAINING OPPORTUNITIES

1. **Trauma Informed Schools** – This program will provide participants with a basic understanding of the definition of and rationale for trauma-informed schools. The program will also introduce the trauma-informed screening and a variety of trauma-informed practices that can be implemented in a school setting. Finally, participants will be provided with a brief overview of available research evidence supporting trauma-informed schools. **Thursday, January 6, 2022, 1pm-4pm CT.** [Register](#)
2. **School-Based Suicide Prevention: Promising Approaches and Opportunities for Research** – This webinar will provide an opportunity for diverse stakeholders, including school administrators, researchers, practitioners, policy makers and funders, to learn about new and innovative practices in school-based suicide prevention, with a particular focus on risk identification, follow up, and referral for additional services for high-risk youth. In addition to describing the programs, presenters will also discuss preliminary research efforts and/or challenges, as well as ways to overcome common barriers to implementing suicide prevention in schools, including data collection and evaluation. **Friday, January 14, 2022, 1pm-2:30pm CT.** [Register](#)

RECURRING TRAINING OPPORTUNITIES

1. **Stimulant Overamping Education** – Overamping is the term we use 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. We have scheduled the following dates for our trainings.
 - **Monday, December 27, 2021, 11:30am-12:30 pm CT.** [Register](#)
 - **Tuesday, December 28, 201, 10am-11am CT.** [Register](#)
2. **National Council for Mental Wellbeing** – Motivational Interviewing Trainings
 - Introductory/Refresher – **Tuesday, January 11, 2022, 11am CT.** [Register](#)
 - Introductory/Refresher – **Tuesday, March 8, 2022, 11am CT.** [Register](#)
 - Intermediate – **Tuesday, February 8, 2022, 11am CT.** [Register](#)
3. **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](#)

4. **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.

5. **Family Support Provider Certification Training** – Family Support Providers have been giving support to families for many years now in Missouri. This program trains parents and caregivers who have been through the process of resiliency with children with a mental health challenge, substance use disorder, or developmental disability to assist caregivers whose children have a new diagnosis. The training walks enrollees through problem solving, igniting a spark of hope, ethics, and working well on a team to make them successful in supporting families. Mental Health providing agencies who wish to send new Family Support Providers to the training should have their employee sign up through Relias. The next training is **February 1 – 3, 2022**, and will be held at the Missouri Behavioral Health Council at 221 Metro Drive in Jefferson City, MO. Any questions should be directed to: jill.richardson@dmh.mo.gov

6. **New Death Review Processes Training** – This workshop will provide information on the MO Department of Mental Health's expectations for DBH providers related to consumer deaths. The training will be virtual via zoom and the links are provided below.

- Thursday, February 16, 2022, 9:30am-12pm CT. [Register](#)
- Tuesday, March 15, 2022, 9:30am-12pm CT. [Register](#)
- Thursday, May 19, 2022, 9:30am-12pm CT. [Register](#)

7. **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](#)

8. **2022 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) [Register](#)

- Certified Peer Specialist Specialty Training – This training can only be taken by those who already hold a CPS or CRPR credential. The topics will change monthly, please refer to the registration form for the topics being offered during the current quarter. [Register](#)

Look for new information and resources coming next Friday!