

# FYI FRIDAYS

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

**December 5, 2021**

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

1. **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](#)
  
2. **The Division of Behavioral Health is accepting comments on proposed rule amendment 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 me by **December 17, 2021**.
  
3. **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
  
4. **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). [Read More](#)

## 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](http://www.MoShowMeHope.org)

### DBH Community COVID-19 Positives Data (as of Dec 5 at 8 am)

Consumers	1,722
Staff	1,137
Providers	59
23 consumer/staff deaths have been reported.	

## JOB ANNOUNCEMENTS

### Affordable Housing Consultant

This position within the Division of Behavioral Health with the Department of Mental Health domiciled in St. Louis, MO.

Application deadline is December 10, 2021. [Learn More and Apply](#)

## 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](#)

## INFO and RESOURCES

1. **New Addressing Health Equity and Racial Justice in Integrated Care Settings** – The National Council for Mental Wellbeing has a new interactive online toolkit to help your organization advance health equity. They developed this toolkit and list of resources to help you and your organization address racial inequities and the associated stigmas that lead to mental health and substance use treatment disparities. You and your team will be able to set your own pace and supplement your knowledge in the identified areas in a variety of formats to suit different learning styles. Module 1 is available now, with additional modules set to be released soon. [Toolkit](#)

2. **New Common Clinical Issues, Updates and Questions about Psychiatric Medications** – Over the past few years there have been several new drugs or new formulations of medications that have come to the market for managing mental illness. The seminar will provide an overview of these developments with a focus on how these will impact the care of patients. Additionally, there are some new pharmacologic strategies in the pipeline that have potential to add important new agents to our armamentarium of treatments for mental illness. The goal is to discuss these with enough science to make it interesting, but not mind numbing. [Learn More](#)
3. **New Schizophrenia Outcomes Better with Case-Managed Care in the Community** – Patients with severe schizophrenia treated in a community-based, case-managed program had a higher rate of treatment retention, fewer hospital admissions and suicide attempts, and less clinical severity compared with those who received standard treatment in mental health units. [Read More](#)
4. **New Veterans with Schizophrenia Benefit from LAI Therapy** – Several long-acting injectable (LAI) antipsychotic medications were associated with a reduced hazard of treatment discontinuation compared with oral olanzapine in US veterans with schizophrenia. [Learn More](#)
5. **New Schizophrenia Treatment, Medication Adherence and Collaborative Care** – This video will discuss medication adherence and collaborative care for treating patients with schizophrenia. [Learn More](#)
6. **New Meeting Patients with Schizophrenia Where They Are** – this video will discuss meeting patients with schizophrenia where they are to provide treatment, therapy, and medication. [Learn More](#)
7. **New Low Income Household Water Assistance Program (LIHWAP)** – The Department of Social Services (DSS) continues to be dedicated to the implementation of Low Income Household Water Assistance Program (LIHWAP); however, there were some unforeseen circumstances, which delayed the program start date. [Learn More](#)
8. **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](#)
9. **New Teen Mental Health First Aid (tMHFA)** – is now available nationally in-person and online! It's more important than ever for teens to recognize the signs and symptoms of mental health challenges – for themselves and others. The tMHFA curriculum addresses trauma, self-care, wellness and resilience. You can be the difference for your teens and peers by bringing tMHFA to your school or organization. [Learn More](#)
10. **New Disordered Eating & 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/>.

11. **New The Pharmacology of Borderline Personality Disorder and Influential Studies** – Mark Zimmerman, MD, discusses the key takeaways from *Psych Congress 2021* session titled "Not Too Much or Too Little: Facing the

Challenges of Pharmacotherapy in Borderline Personality Disorder " (BPD) that explored the pharmacology of the disorder. He selects influential studies in the field and their impact on treatment. [Learn More](#)

12. **New Compassion Fatigue for Behavioral Health Workers** – This course is intended for behavioral health workers who wish to learn more about how experiencing traumatic events, either directly or indirectly, as a first responder reacting to an emergency or crisis situation may impact their professional and personal wellbeing. Wednesday, December 15, 2021, 1pm CT. [Register](#)
13. **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](#)
14. **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](#)
15. **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](#)
16. **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](#)
17. **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.

**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. **New Crossover between Sexually Transmitted Infections and Substance Use Disorder** – This presentation will address didactic's on common STI's, how to discuss diagnosis and treatment with clients, and important treatment considerations. **Tuesday, December 7, 2021, 1pm CT.** [Register](#)

2. **New Youth SBIR Lessons from the Field** – Looking for new strategies and resources to implement Youth Screening, Brief Intervention and Referral to Treatment (YSBIRT)? Clinicians and organizations interested in learning more about YSBIRT prior to getting started – or those already screening youth for substance use – will benefit from the perspective of panelists in primary care, mental health and integrated care settings during this webinar. **Tuesday, December 7, 2021, 2pm CT.** [Register](#)
3. **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](#)
4. **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](#)
5. **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](#)
6. **New Whole-Person Care for People Experiencing Homelessness and Opioid Use** – this webinar will feature a facilitated panel conversation among individuals in recovery from mental health and substance use challenges. **Thursday, December 9, 2021, 12pm CT.** [Register](#)
7. **New Framing the Conversation around Youth Substance Use Prevention** – Sixty-eight percent of youth surveyed in a national assessment identified health care providers as the most trusted messengers for conversations on substance use prevention – highlighting a provider’s critical role in preventing substance use. Yet, engaging young people in conversations related to health behaviors, especially substance use, can be challenging, even for trained professionals. **Thursday, December 9, 2021, 1pm CT.** [Register](#)
8. **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. **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!***