

# FYI FRIDAYS

## ***DBH Updates, Notices, and Policy Guidance*** ***December 30, 2021***

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

1. **2022 State of the State Address** – Governor Mike Parson will deliver the 2022 State of the State Address Wednesday, January 19, 2022  
When: 3:00 p.m.  
Where: Missouri House Chamber-State Capitol  
Media: Open
2. **Director's Creativity Showcase** – The annual art contest is an opportunity for individuals served by the Missouri Department of Mental Health (DMH) to display their creative talents. Each year, the Foundation collects consumer artwork in the mental illness, substance use disorder, developmental disability, professional and photography categories. The pieces are then reviewed and awarded by a panel of judges. The Deadline for submitting artwork is **January 28, 2022**.

[Learn more and view the entry guidelines \(PDF\)](#)

[Learn more and view the event information \(Digital\)](#)

3. **State Emergency Declaration** – Regarding the State Emergency Declaration ending on **December 31, 2021**, below are the CSRs that will revert back to pre-relaxation expectations.
  - **9 CSR 10-7.030 (4)(A)5** - Verbally obtaining and documenting client's signature on the treatment plan.
  - **9 CSR 30-4.035(3)** - Timeframe for completion of the initial comprehensive assessment extended from 30 to 60 days.
  - **9 CSR 30-4.035(5)** - Initial Treatment Plan timeframe for completion of the initial treatment plan extended from 45 days to 90 days.
  - **9 CSR 10-7.030(2)(B)** - The time period for completion of the admission assessment for certified treatment providers must be completed in 60 days for individuals receiving residential support/outpatient.
  - **9 CSR 30-3.100(6)(A)2** - The timeframe for completion of the treatment plan is extended to 60 days.

For more information specifically to the client signatures on the treatment plan, please see the memo sent out previously: <https://dmh.mo.gov/media/pdf/treatment-plan-signatures>

Additionally, the **Federal Emergency Declaration** is set to expire **January 16th, 2022**. DBH is working on guidance regarding the use of audio only services and plan to have that to you prior to the expiration date of the 16th.

4. **Peers Speak Out: Priority Outcomes for Substance Use Treatment and Services** – In this first national examination of treatment and recovery services outcomes prioritized by people with substance use disorders, nearly 900 people from across the country shared what matters most to them:

Staying alive

- \* Improving quality of life
- \* Reducing harmful substance use
- \* Improving mental health
- \* Addressing basic needs
- \* Increasing self-confidence
- \* Increasing connection to ongoing services

Community Catalyst led the research, partnering with Faces & Voices of Recovery and the American Society of Addiction Medicine (ASAM) and guided by a National Peer Council of people with lived experience of substance use disorders.

Identifying what individuals want from treatment lays the groundwork for more effectively and equitably addressing the national epidemic of substance use disorders. The report details the research and findings, and recommends action steps for service providers, policymakers and researchers. Drawing on lived experience, they describe the need to reshape services, policies and research to address the national epidemic of addiction. To learn more about the study and access the full report please visit [communitycatalyst.org/resources/tools/peers-speak-out](https://communitycatalyst.org/resources/tools/peers-speak-out)

5.



>>Conference Registration will be available January 2022<<

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

6.



*Link for registration and hotels:* <https://www.motreatmentcourts.org/2022-matcp-conference/>

7. **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

## 8. 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](#)
- **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 23 at 8 am)

Consumers	1,863
Staff	1,182
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](#) All grant proposals must be postmarked by **January 31, 2022** to be eligible for consideration. For additional information about grant applications/proposals or to learn more about the RX Cares for Missouri Program, visit [pr.mo.gov/pharmacists](http://pr.mo.gov/pharmacists)
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 Pediatric ADHD: Proper Diagnosis Stimulant Therapy** – Dr. Singh discusses introducing stimulant therapy for attention-deficit/hyperactivity disorder (ADHD) management, differentiating pediatric ADHD from mood disorders, and gender or ethnic bias during diagnosis. [Read More](#)
2. **New High Coffee Intake Bumps Up Dementia Odds** – High daily coffee consumption is associated with an increased risk of dementia and smaller total brain volume. [Read More](#)
3. **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](#)

4. **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](#)

5. **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 25, 2022 – Eastern Region – 10-12 pm**

Location: Virtual

## **TRAINING OPPORTUNITIES**

1. **New 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. **New Technology and Its Impact on Psychiatric Care of Older Adults** – Learn how digital tools can impact the psychiatric care of older adults. We'll share the findings of current investigations on digital diagnosis, tech-enhanced approaches and the implementation of technology in patient care. **Wednesday, January 12, 2022, 2pm CT**. [Register](#)

3. **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](#)

4. **New Leveraging Innovation and Technology to Care for People Who Use Drugs: Strategies from the Field** – experts in the field who have leveraged technology and virtual services to provide care for people who use drugs. We will highlight these innovative strategies and discuss resources and practices to overcome challenges related to implementing telehealth and technology-assisted supports. **Tuesday, January 25, 2022, 12pm CT**. [Register](#)

5. **New Crisis Response of the Future** – state-of-the-art crisis response program, Support Team Assisted Response (STAR), is the leading community crisis response system in the United States for community members experiencing

## **RECURRING TRAINING OPPORTUNITIES**

problems related to substance use and mental health. The STAR program is notable for its network of unique community partnerships, integrated wraparound service offerings, person-centered model and well-developed mobile response capabilities. Monday, January 31, 2022, 12pm CT. [Register](#)

1. **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](#)

2. **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](#)
3. **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.
4. **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](mailto:jill.richardson@dmh.mo.gov)
5. **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](#)
6. **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](#)

7. **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!***