

# FYI FRIDAYS

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

**November 18, 2022**

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

1. **Update on Administrative Rules** – The department is accepting comments on draft proposed rule 9 CSR 30-7.020 Sobering Centers <https://dmh.mo.gov/alcohol-drug/regulation-drafts>. Comments should be submitted to [debbie.mcbaine@dmh.mo.gov](mailto:debbie.mcbaine@dmh.mo.gov) by **December 16, 2022**.
2. **Update on Administrative Rules** – updated rule, 9 CSR 30-4.0432 Assertive Community Treatment in CPR Programs, is published in the October 31, 2022, issue of the *Code of State Regulations* and will be effective on **November 30, 2022**.
3. **Synar** – Federal Synar regulation, administered by the U.S. Department of Health and Human Services (DHHS), requires all states to:
  - Establish laws to make it unlawful to sell or distribute tobacco products to any individual under the age of 21 years,
  - Enforce such laws in a manner that can reasonably be expected to reduce youth access to tobacco products, and
  - Annually measure compliance through random, unannounced surveys, and maintain a non-compliance rate of no more than 20%.

Missouri's estimated Synar rate for Federal Fiscal Year 2022 is 8.2% versus 13.8% in FFY21. The current report is located at [Synar Reports | dmh.mo.gov](#) for public comment. The report will be submitted to the Substance Abuse and Mental Health Services Administration (SAMHSA) in December for approval

4. **Prevention Resource Center** – (on behalf of Rachel Jones) I wanted to thank our Prevention Resource Centers for participating in the Disaster Response State Grant. Individually and collectively, it was very impressive to see what you did for the communities you serve. I'm especially proud of and excited for you to see the final versions for the videos to promote the fantastic work you do across the state. You might recognize many of our amazing Missouri neighborhoods and interviews with a couple of your colleagues. Please distribute far and wide.  
Thank you for saving lives!  
Missouri Prevention Resource Centers – Length: 1:43 <https://www.youtube.com/watch?v=4jICF0ScNC8>  
Prevention is Possible (DRSG) – Length: 10:29 <https://www.youtube.com/watch?v=vK4Vf8FwAFQ>
5. **MO DB101** – The MO DB101 Team is pleased to announce the release of a redesigned MO DB101 website! MO DB101 is a comprehensive, state-specific resource that enables individuals with disabilities and their circles of support to make informed decisions about employment. MO DB101 provides the ability to get accurate information about Social Security benefits, healthcare, and financial planning.

The redesigned site reflects the diversity of its users, features modern design upgrades, is easier to navigate, and is accessible from all types of devices. This new site design is fully optimized for a range of mobile devices and screen

sizes. Additionally, the site has informational videos and a new registration feature to enable users to pin content and save benefit estimator calculations.

Please check-out the new site: <https://mo.db101.org>

Missouri DB101 is a collaboration of Missouri Department of Mental Health's Divisions of Behavioral Health and Developmental Disabilities, Vocational Rehabilitation and the Missouri Developmental Disabilities Council.

6. **988 “From Crisis to Care: Building from 988 and Beyond for Better Mental Health Outcomes” Technical Assistance Collaborative Paper Series 2022** – A compendium of 10 technical assistance collaborative papers, “[From Crisis to Care: Building from 988 and Beyond for Better Mental Health Outcomes](#),” produced on behalf of SAMHSA by the National Association of State Mental Health Program Directors (NASMHPD), provides important resources for state leaders, policy makers, providers, peers and others to learn from examples around the country and hear from thought leaders about innovative services and the needed for further 988 implementation.

The papers together provide key information to help build services “beyond beds” to establish a continuum of care that can prevent crisis from occurring and also provide a safety net for care of people who have experienced behavioral health crises.

The critical topics covered in this series are available individually [here](#) and include:

1. From Crisis to Care: Building from 988 and Beyond for Better Mental Health Outcomes
2. Trends in Psychiatric Inpatient Capacity, United States and Each State, 1970 to 2018
3. Telling the Story: Data, Dashboards, & the Mental Health Crisis Continuum
4. A Safe Place to Be: Crisis Stabilization Services and Other Supports for Children and Youth
5. Innovation and Determination: How Three States Are Achieving Comprehensive, Coordinated and Sustainable Behavioral Health Crisis Systems
6. Climate-Related Disasters: Understanding the Causes, Consequences, and Interventions to Protect Community Mental Health
7. Crisis in Services: Self-Care, Self-Directed Care, and the Use of Technology Supporting All
8. The Role of Supportive Housing, Case Management, and Employment Services in Reducing the Risk of Behavioral Health Crisis
9. Responding to and Preventing Crises: CCBHCs, Urgent Care and an Example of One Health System in Maryland and its Approach to Crisis Services within an Accessible Psychiatric Care Continuum

Lending Hands: Improving Partnerships and Coordinated Practices between Behavioral Health, Police, and other First Responders

**Looking for employment? Know someone who is?**  
**Open positions across the state and throughout the DMH can be found at**  
**[MO Careers - Department of Mental Health](#)**

### **JOB ANNOUNCEMENTS**

#### **Fidelity Review Program Specialist**

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in Jefferson City, MO. Application deadline is November 30, 2022. [Learn More and Apply!](#)

#### **Sexual Violent Predators (SVP) Annual Evaluator**

This position is within the Division of Behavioral Health with the Department of Mental Health. Application deadline is December 2, 2022. [Learn More and Apply!](#)

## FUNDING OPPORTUNITIES

1. **New Harm Reduction and Public Safety Pilot Projects** – The National Council for Mental Wellbeing, with support from the Centers for Disease Control and Prevention (CDC), invites nonprofit organizations to apply for grant funding to support one-year pilot projects integrating harm reduction strategies and public safety initiatives. **Applications must be submitted online by Friday, December 23, 2022.** [Learn More and Apply](#)
2. **CCBHC Movement Continues to Grow** – CCBHCs are diversifying and expanding their services to adapt to a rapidly changing and competitive healthcare marketplace. Our suite of services is tailored to support the needs of CCBHCs and organizations ready for change. But tools alone are not enough. With our strategic partner, the [National Council for Mental Wellbeing](#), MTM provides in-depth consultation, training, and technical assistance to ensure organizations are equipped to fully leverage their tools and maximize their outcomes. For more information about MTM Services, visit our [CCBHC Support Center](#), or to schedule a free planning meeting, please email MTM Director of Operations [Jodie Giboney](#) or call (919) 387-9892.
3. **HRSA Funding Opportunity; Primary Care Training and Enhancement-Residency Training in Mental Health and SUD** – The Health Resources and Services Administration’s (HRSA) Bureau of Health Workforce announced a [funding opportunity](#) to train primary care residents in the prevention, identification, diagnosis, treatment, and referral of services for mental health and substance use disorder (SUD) in at-risk populations. The funding must be used to support didactic training and at least a one-month clinical rotation focused on mental health and SUD, although longer rotations are encouraged. The application deadline is **Tuesday, November 15, 2022**, with an estimated total program funding of \$60 million for up to 23 recipients over 5 years.

## INFO and RESOURCES

1. **New Program Connecting Addiction Patients with Primary Care Improves Long-Term Outcomes** – The training included 6 group sessions led by a behavioral health professional. Participants were provided with strategies for communicating with clinicians, using an electronic patient portal, and setting recovery- and health-related goals. Participants in the programs also had facilitated phone calls or email exchanges with their primary care provider. [Program Connecting Addiction Patients With Primary Care Improves Long-Term Outcomes \(hmpgloballearningnetwork.com\)](#) Implementation of an intervention by Kaiser Permanente to improve connections between addiction treatment patients and their primary care medical team produced a series of long-term benefits.
2. **New Four Antidepressants Found to Have Best Efficacy, Acceptability and Tolerability in Patients with MDD** – In a widespread study of 20 common antidepressants, desvenlafaxine, paroxetine, venlafaxine, and vortioxetine were found to have the best efficacy, acceptability, and tolerability in [major depressive disorder \(MDD\)](#) treatment in the maintenance phase.
3. **New Antipsychotic Efficacy Declines in Women Aged 45 and Older** – Antipsychotic efficacy drops in women older than 45 years, according to a study recently published in Schizophrenia Bulletin. Lower estrogen levels have previously been associated with more severe disease courses. Since perimenopause lowers estrogen levels around the age of 45, and levels stay low following menopause, researchers hypothesized that this period increases relapse risk and reduces antipsychotic efficacy in women. [Read More](#)
4. **New Walking in Nature Eases Negative Symptoms in Patients With Major Depressive Disorder** – Walking in nature may improve negative affect in adults with major depressive disorder (MDD). [Read More](#)
5. **New Looking Back, Looking Forward: Current Medications and Innovative Potential Medications to Treat Alcohol Use Disorder** – According to national surveys, more than 85% of U.S. adults have consumed alcohol at some point in

their lifetime, and about 70% did so in the last year. Most individuals drink responsibly and without adverse effects. However, a substantial proportion of people misuse alcohol. [Read More](#)

6. **New Creating a Comprehensive and Culturally Responsive System of Care Serving People Experiencing Homelessness with Substance Use Disorders** – With drug overdose deaths rising precipitously and adding to the risks already faced by people experiencing homelessness, it is time to combine our best knowledge and most effective interventions. Harm reduction, while fundamentally necessary, is not enough, but must be paired with culturally responsive and best practice supportive housing, on-demand treatment, and peer-delivered recovery supports. This brief builds the case for deliberately combining these interventions through cross-system coordination, and offers state and federal policy recommendations. [Learn More](#)
7. **New SAMHSA Announces Release of Interim Strategic Plan** – The Substance Abuse and Mental Health Services Administration (SAMHSA) announced the release of the Interim Strategic Plan (ISP). According to SAMHSA, the ISP seeks to present a more person-centered strategy to achieving SAMHSA's objectives and details the agency's priorities and guiding principles. SAMHSA is releasing the ISP as a first step for a full four-year Strategic Plan it will later release for 2023-2026 and is seeking the public's feedback to ensure the Plan is responsive and inclusive. [Strategic Plan](#)
8. **New CMS Finalizes Physician Payment Rule Expanding Medicare Coverage to Include Opioid Treatment and Recovery Services via Telehealth** – The Department of Health and Human Services (HHS), through the Centers for Medicare & Medicaid Services (CMS), announced the [Calendar Year 2023 Physician Fee Schedule \(PFS\) Final Rule](#), which included provisions designed to boost access to mental health and substance use disorder (SUD) services, including expanded Medicare coverage for opioid treatment and recovery services.
9. **New SAMHSA's "Talk. They Hear You." Campaign Launches New SUD Screening Tool** – The Substance Abuse and Mental Health Services Administration (SAMHSA) recently launched a new substance use disorder (SUD) screening tool, [Screen4Success](#), designed to help parents better understand their children's health and find resources and support to address their needs. This screening tool is part of [SAMHSA's "Talk. They Hear You."® national prevention campaign](#), which promotes evidence-based prevention and early intervention strategies to reduce risks and harms associated with mental health and SUD in youths.
10. **New NACCHO Launches New SPACECAT Resource Addressing the Intersection of Suicide, Overdose, and ACEs** – The National Association of Country and City Health Officials (NACCHO), with funding from the Centers for Disease Control and Prevention (CDC), recently launched the [Suicide, Overdose, and Adverse Childhood Experiences Prevention Capacity Assessment Tool \(SPACECAT\) Quick Start Guide](#) and the [SPACECAT Toolkit](#).
11. **New Report Reveals Depictions of People with Alcohol Use Disorder in U.S. Newspapers** – The Drinking Report for Addiction Medicine (DRAM) recently released a report about [Depictions of People with Alcohol Use Disorder \(AUD\) in U.S. Newspapers](#) based on a [study](#) that reviewed how U.S. news articles discuss individuals with AUD and propose solutions to AUD published in the journal *Health Communication*.
12. **New How Depression Treatment Boosts Brain Flexibility** – This study found depression treatment changes brain structure and can increase brain flexibility after just 6 weeks. [Read More](#)
13. **New Mindfulness Practice Found as Effective as Escitalopram for Reducing Anxiety in Adults** – Mindfulness-based stress reduction (MBSR) has "comparable effectiveness" to first-line medication treatment for easing anxiety disorders in adults, according to new research. [Read More](#)
14. **New Documentary-Untreated and Unheard: The Addiction Crisis in America** – This inspiring documentary, which was produced and developed by Paramount's in-house branded content studio, amplifies the voices of families whose loved ones have suffered from substance use disorder, in an effort to raise awareness, reduce the stigma and encourage hope. [Watch Documentary](#)

15. **New Patient-Centered, Whole Health Treatment Reduces Suicide Risk in Veterans** – Using the whole health (WH) model of care currently implemented by the Veterans Health Administration (VHA) may help reduce suicide risk in veterans with psychiatric disorders. [Read More](#)

## TRAINING OPPORTUNITIES

1. **Health Equity Workshop Practical Steps for Application** – Practical steps for making change within your organization often starts with looking at policies and procedures. To create a more resilient and diverse workforce, looking at human resources processes and training are an effective way to start the change process. Another is looking at Evidenced-Based Practices and Cultural Adaptations depending on the communities upon which you serve. **Monday, November 28, 2022, 12pm CT.** [Register](#)
2. **New Breaking Intergenerational Patters of Trauma, Addiction and Dark Secrets in Families** – In this presentation you will learn strategies to help break intergenerational patterns of trauma and addiction in families. **Monday, November 28, 2022, 1pm CT.** [Register](#)
3. **Introductory/Refresher Virtual Motivational Interviewing Training** – This half-day (4 hours) live session is ideal for busy individuals looking for introductory or refresher training. Whether you're a clinician in a behavioral health setting, a supervisor trying to boost staff morale or a nurse helping patients manage diabetes, motivational interviewing (MI) training can help you create conversations that empower people to make meaningful changes. **Wednesday, November 29, 2022, 11AM CT.** [Register](#)
4. **New Developing Effective Advocates and Ambassadors for Your Mission** – **Wednesday, December 7, 2022, 12pm CT.** [Register](#)
5. **New Exclusive Sit-Down with Senator Roy Blunt** – Few people have shaped the federal policies that resulted in improved mental health and substance use treatment in America as much as [Sen. Roy Blunt \(R-Mo\)](#). Join us for [A Legacy of Success: How Sen. Roy Blunt Became a Champion of Expanded Access to Care](#), as we talk with Sen. Blunt about mental health and substance use reform, Certified Community Behavioral Health Clinic (CCBHC) expansion and his legacy of success. **Wednesday, December 7, 2022, 1pm CT.** [Register](#)
6. **MHA Annual Mental Health Substance Use Recovery Conference** – Join health care professionals and executives from around the state for the inaugural convening of the Mental Health Substance Use Recovery Conference. Hear from practitioners, experts, and state agencies who are advising, leading, and shaping mental health and substance use initiatives that impact health care across the state. **December 7-8, 2022.** [Register](#)
7. **Growing the Workforce Pipeline through Strategic Community Partnerships** – **Thursday, December 8, 2022, 1pm CT.** [Register](#)
8. **New Clinical Supervision Training** – This training is a comprehensive 30-hour national training model for clinical supervision. The first 14 hours are completed online followed by a 2-day, 12-hour Zoom training and videos to reinforce the online training and introduce additional supervision topics. **December 8-9, 2022, 8am-2pm CT.** [Register](#)
9. **New Rethinking Substance Use Strategies and Resources** – As the national landscape changes to incorporate more harm reduction practices, we now see the possibility of an uninterrupted continuum of care for substance use. This webinar will look across the central learnings from the realms of prevention and recovery. **Wednesday, December 14, 2022, 12pm CT.** [Register](#)
10. **Missouri Suicide Prevention Network** – The Missouri Suicide Prevention Network wants to hear your voice. These are community meetings where you can share your thoughts and ideas on suicide prevention. Zoom connection- <https://us02web.zoom.us/j/85035109251?pwd+WmFhS0RsVDU1cmYzK2D4EVybHFRUT09> Meeting ID: 850 3510 9251 Passcode: 818397 **December 15, 2022, 6pm-7:30pm**

## ***RECURRING TRAINING OPPORTUNITIES***

1. **Opioid Use Disorder Treatment and Recovery in BIPOC Communities Webinar Series** – To assist providers in better addressing these racial disparities, the National Council for Mental Wellbeing, with support from the Providers Clinical Support System (PCSS), developed a three-part webinar series addressing OUD treatment and recovery in BIPOC communities. This webinar series provides historical context and highlights the work of four experts from the field as they present culturally centered approaches to increase engagement in and access to treatment and recovery for Black, Hispanic/Latino and Native populations. [Webinar Series Link](#)
2. **On-Demand Series-Exploring Diversity, Equity and Inclusion with the Medical Director Institute** – The series features members of the National Council's Medical Director Institute engaging in meaningful discussions with other leading experts and peers in the mental health and substance use field about their personal and professional journeys in the DEI space. Visit [TheNationalCouncil.org/MDI](https://www.nationalcouncil.org/MDI) to learn more!  
<https://www.youtube.com/watch?v=KHJgUD3PREA>
3. **Motivational Interviewing**
  - **Introductory/Refresher Virtual Motivational Interviewing-Tuesday, November 29, 2022, 11pm-3pm CT.**  
[Register](#)
4. **CPS Specialty Trainings (MCB)** –
  - **Peers and DOC Supervision-December 16, 2022, 9am-12pm CT** [Register](#)
5. **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](#)
6. **Family Support Provider Training** –The community support provider is primarily providing supports and services to the child or youth and family to help reduce risk factors. They help the child or youth to identify their needs and barriers to being more successful. They develop goals, identify strengths, and provide support for them to learn and practice new skills. They also work with the child or youth and family to increase their ability to communicate more effectively and learn how to solve problems when needed. [Register](#)
7. **2022 Peer Specialist Trainings** – Please see the peer specialist trainings provided by the MCB below.
  - **Certified Peer Specialist Basic Training** – [Register \(New Dates added\)](#)
  - **Peer Specialist Supervisor Training** – [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](#)
8. **2022 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
  - **Missouri Recovery Support Specialist Trainings** – [Register](#)
  - **Ethics Trainings** – [Register](#)

***Look for new information and resources coming next Friday!***