

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance **December 16, 2022**

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

1. **Soar Outcomes Annual Publication by SAMHSA** – The Department of Mental Health (DMH) received a special acknowledgment in the Substance Abuse and Mental Health Services Administration’s 2022 SOAR Outcomes Issue Brief. SSI/SSDI Outreach, Access and Recovery (SOAR) allows persons experiencing homelessness with disabilities to obtain Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI). SSDI and SSI programs provide financial assistance to people who meet Social Security Administration’s requirements for disability. SOAR is a tool to reduce homelessness and use of crisis services in Missouri communities by allowing eligible Missourians to receive income necessary to obtain housing. Research demonstrates that housing reduces homelessness and crisis service utilization. SOAR uses the Online Application Tracking (OAT) system to track applications and approvals. Missouri had a 300% increase in persons to assist Missourians with SOAR applications. This increase primarily came from DMH’s new Housing Liaison program. Also, Missouri had a 7% increase in SOAR application approvals which led to more Missourians receiving SSI/SSDI and achieving housing stability.

Spotlight on Increased Capacity: Missouri

Missouri is thrilled with the increase in SOAR-trained staff in the state. Compared to the previous reporting period, Missouri saw a 300 percent increase in the number of Online Application Tracking (OAT) system users (13 new users in FY2021 and 39 new users in FY2022). Additionally, the approval rate of applications increased from 62 percent to 69 percent. These improved outcomes are partially due to the new state-wide Housing Liaison program created by the Missouri Department of Mental Health. All Housing Liaisons are SOAR-trained and conduct regular outreach to those experiencing homelessness in their communities in partnership with the local Continuum of Care. At the provider level, SOAR-trained program staff are proud to be utilizing SOAR in their communities to serve people experiencing homelessness; one agency reported tripling the number of SOAR-assisted SSI/SSDI applications that were submitted from the previous year.

2. **Update on Administrative Rules** – UPDATE ON ADMINISTRATIVE RULES
The Department of Mental Health is accepting comments on proposed amendment **9 CSR 10-7.130 Procedures to Obtain Certification** <https://dmh.mo.gov/alcohol-drug/regulation-drafts>. Comments should be submitted to debbie.mcbaine@dmh.mo.gov by **January 9, 2023**.

The deadline for submitting comments on proposed rule **9 CSR 30-7.020 Sobering Centers** is **December 16, 2022** <https://dmh.mo.gov/media/pdf/9-csr-30-7020-sobering-centers-draft-proposed-rule>. Comments should be submitted to debbie.mcbaine@dmh.mo.gov.

The proposed rule for **Behavioral Health Crisis Centers, 9 CSR 30-7.010**, is published in the December 15, 2022 *MO Register* for a 30-day public comment period.
<https://www.sos.mo.gov/CMSImages/AdRules/moreg/2022/v47n24Dec15/v47n24a.pdf> (page 1768).
3. **CIMOR/ CVS Priority!** – Please see the attached memorandum regarding waiver of SMT requirements. While the SMT is waived for DBH contracted providers, entry of the SMT in CIMOR will still be required in order to enroll consumers in eligible programs and bill for services in CIMOR or CVS. The SMT in these situations can be entered in

the amount of \$0 to satisfy the requirement. Another priority notice will be issued once system changes can be made to remove the SMT requirement where applicable.

This SMT waiver does not apply to SATOP. The requirement for SMT to be collected and entered will remain.

CCBHO sliding fee scale requirements are not impacted by this waiver. The requirements still remain to implement the sliding fee scale.

If you have any questions, please login to the [Department of Mental Health Portal](#) and email the **CIMOR DBH Support Center** by selecting the [Help Ticket](#) link found on the left side of the portal.

- 4. Official Memorandum – Transition to New CSAT GPRA Tool for SOR Treatment Providers** - State Opioid Response (SOR) GPRA Update: Any individual receiving SOR-funded treatment, or SOR-funded Recovery Support Services (RSS), is required to have a CSAT GPRA intake completed, along with a follow-up and discharge GPRA at the appropriate time. The current GPRA Tool being administered will expire on January 20, 2023. The new GPRA tool should be used starting January 21, 2023. Additionally, as of January 21, 2023, Section H of the GPRA no longer needs to be completed for individuals served by the SOR grant. The new GPRA tool is being made available for all providers who utilize State Opioid Response (SOR) grant funds for treatment and Recovery Support Services (RSS). A memo announcing this change was sent out this week and can be found here, along with a copy of the new GPRA tool: <https://dmh.mo.gov/behavioral-health/behavioral-health-policy-regulations>. This research exemplifies why efforts to reduce stigma around AUD, and to integrate care for AUD and co-occurring conditions such as liver disease and HCV, are critically important in closing the treatment gap. Please contact the DBH SOR Project Team with any further questions. Amber Servey, State Opioid Response/EPICC Project Coordinator, Amber.Servey@dmh.mo.gov

- 5. Director's Creativity Showcase – Send in Clients' Art! Now Open for Entries:** The annual Director's Creativity Showcase Entry Deadline: **Friday, January 27, 2023**

The annual Director's Creativity Showcase is sponsored by the Missouri Mental Health Foundation (MMHF) and the Missouri Department of Mental Health.

This annual event displays the talents of individuals receiving services for mental illness, developmental disabilities, and/or SUD. Click here to learn more and view the event information.



[Director's Creativity Showcase](#)

JOB ANNOUNCEMENTS

Administrative Support Professional

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in Jefferson City, MO. Application deadline is December 28, 2022. [Learn More and Apply!](#)

Administrative Support Professional

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

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](#)



Don't Always Believe the First Side of A Story You Hear - Here's Why

(Author is Robert Glazer) Many years ago, I received a courtesy call from someone in our industry who I had never met before. He was letting me know about an interaction he'd had with a member of my team at an industry event that was not very favorable.

While the caller did not want to get the person in trouble, he shared that our team member was aggressively selling to him at a social event connected to the conference and also appeared intoxicated. He wanted to reach out because he did not feel that behavior represented what he knew about our brand.

As you can imagine, I was furious when I heard this story. However, as I often do in emotional situations, I slept on it for 24 hours. The next day I called the employee to discuss what had happened, expecting them to acknowledge the situation and apologize profusely for their behavior. But the employee was very surprised by my call; they insisted that they had a very positive interaction with the person who had called me, and that they were not even drinking at the event.

I was shocked and confused, but I probably should not have been. In all facets of life, this dynamic plays out: two people will often tell very different stories about the same event, for any number of reasons.

As I worked to manage the situation with this employee, I learned two powerful leadership lessons. I've carried these learnings to this day, especially when reconciling conflicting stories between two people.

The first lesson is that people tend to cast themselves in the best light when they share a story, often minimizing any culpability of their own and embellishing the actions of the other person. Part of this is just good old fashioned **cognitive dissonance**; we often struggle to accept that we've done something wrong or bad when we think of ourselves as good people.

I have also seen this lesson play out clearly in the very rare cases over the past fifteen years where an employee acted dishonestly or with extremely poor judgment and faced appropriate consequences. The version of the story they went on to tell their peers was extremely disconnected from the objective facts and significantly downplayed their own actions.

The second lesson is that as leaders, friends and parents, we often fall victim to the primacy effect. The primacy effect is a psychological principle, and a form of **cognitive bias**, that causes us to better remember the first piece of information we receive about a situation.

Not only do we remember the first side of a story better, but our brains use that one-sided perspective to dictate our opinions, emotions and actions. This often makes it difficult to hear the other side of the story objectively—we struggle to dismiss our initial impression, especially if we have to dismiss our prior pre-conceptions in order to see the truth in the second version of the story.

To combat the primacy effect, we need to remember that, in most cases, the truth lies somewhere in the middle. When we hear two people share contradictory versions of the same story, it's important to recall that it's rare for someone to objectively recount their role in a given situation; when a person is a main character in a story, it's hard for them to also be an objectively reliable narrator.

The next time you hear a story that may have a different perspective, do your best to reserve judgment or action until you have heard the other side of the story, or gathered the relevant facts from objective observers. This is a case where being first and being right/accurate are not one and the same.

Quote of the Week: *"Remember, we all tell the version of the story that makes us look good."* – **Author Unknown**

FUNDING OPPORTUNITIES

1. **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. **New Neonatal Abstinence Syndrome** – The [RCORP-Neonatal Abstinence Syndrome \(NAS\)](#) will fund approximately 40 awards of \$500,000 per year to reduce the impact and incidence of NAS in rural communities. The **application due date** is **March 8, 2023**, and there will be a technical assistance webinar for applicants on **Wednesday, January 4, 2023, from 1 pm – 2 pm CT** (no registration required; details on pg. iii of the NOFO). All domestic public or private entities are eligible to apply, but all services must be exclusively provided in [HRSA-designated rural areas](#).

INFO and RESOURCES

1. **New HHS Announces New Data Regarding Increased OUD Treatment Prescribing and Access** – An HHS-authored [study](#) reports that over the past year, the number of health care providers with waivers to prescribe buprenorphine for opioid use disorder (OUD) increased by 19%. Data also found that the number of naloxone prescriptions increased by 37%, while the average price of naloxone products in pharmacies fell 12%. Secretary Xavier Becerra also announced that HHS will continue to build on the [Overdose Prevention Strategy](#) with new actions.
2. **New Vitamin D Improves Depression Apart from Affecting Certain Inflammatory Biomarkers** – Eight weeks of vitamin D supplementation eased depression but did not affect certain inflammatory biomarkers in adults with mild to moderate depression, according to a randomized clinical trial. [Read More](#)
3. **New Depression Associated with a 51% Higher Risk of Dementia** – Proactive, timely treatment of late-in-life depression could help to lower risk of dementia in certain patients. [Read More](#)
4. **New HRSA Workforce Projections Dashboard** – This interactive dashboard shows projections of the supply and demand for the health workforce across the United States.
You can use this tool to:
 - View projections of the supply and demand for healthcare workers at the state and national levels.
 - Analyze supply and demand trends by discipline.
 - Analyze projected ‘What if?’ scenarios in the event of changes in the healthcare landscape.The projections are based on the Health Workforce Simulation Model that estimates the current and future supply and demand for healthcare workers by occupation, geographic area, and year. This model incorporates factors such as the changing population size, demographics, and location of the U.S. population; new entrants and exiting providers in various occupations; and differing levels of access to care. If you have any questions, send them to NCHWAinquiries@hrsa.gov.
5. **New New Provider Hot Tip** – Vaping, Tobacco and Nicotine Treatment Hot Tip posted at [:https://dss.mo.gov/mhd/providers/pages/provtips.htm#12082022](https://dss.mo.gov/mhd/providers/pages/provtips.htm#12082022)
6. **New Drug Deaths Among Pregnant Women Hit a Record High** – The number of pregnant women and new mothers dying from drug overdoses grew dramatically as the pandemic took hold, reaching a record high in 2020, a new study finds. The research provides a stark look at how substance use disorder is harming pregnant people who are less likely than others to seek or receive help for a dependency on opioids and other drugs. [Learn More](#)

7. **New Narcan Maker says Anti-Opioid Nasal Spray will soon be available Over the Counter** – Americans may soon no longer need a prescription to buy a life-saving nasal spray for people who overdose on opioids. Emergent BioSolutions on Tuesday said the Food and Drug Administration has fast-tracked its application for an over-the-counter version of Narcan, a nasal-spray form of naloxone. Approved in 2015, Narcan and its somewhat less expensive generic competitors are widely used by first responders and laypeople to treat known or suspected opioid overdoses that kill tens of thousands of Americans in the U.S. each year. [Learn More](#)
8. **New Evening Exercise May Ease Depressive Symptoms in young Adults with BSD** – Increased levels of exercise in the evening were found to improve depressive symptoms in young adults with bipolar spectrum disorders (BSD). [Read More](#)
9. **New Benzodiazepines Used to Treat Sleep Disorders Associated with Heightened Overdose Risk for Teens** – Teens and young adults who are treated for sleep disorders with benzodiazepines to treat anxiety and insomnia may be at a higher risk for overdose. [Read More](#)
10. **New Anxiety, Depression, Neural Interruption More Likely In Adolescents Subjected to Corporal Punishment** – While corporal punishment's negative health effects on child and adolescent health and behavior has been established for decades, a new study demonstrates that physical punishment disrupts brain activity and neurodevelopment. [Read More](#)
11. **Workforce Innovations in Integrated Care** – Explore a **new webpage**, [Workforce Innovations in Integrated Care](#), to learn what they accomplished and to gather ideas for your own workforce efforts through our interactive map, infographics, office hour recordings, blog posts and other resources.
12. **Buprenorphine during Pregnancy Associated with Less Neonatal Risk than Methadone** – Pregnant women with opioid use disorder may have more favorable neonatal health outcomes with buprenorphine compared with methadone treatment. [Register](#)

TRAINING OPPORTUNITIES

1. **New Rural Peer Support Learning Community-Building a Career as a Peer Specialist** – NASMHPD, in partnership with the NASMHPD Research Institute (NRI) and SMI Adviser, are facilitating a [learning community](#) for peer support specialists serving in rural communities. the discussion will be on Building a Career as a Peer Specialist and Following Your Values. During the call, we will welcome Paula Verrett, Director of the Iris Place Program at NAMI Fox Valley, Wisconsin. Paula is a certified peer specialist with a B.S. in Education and Human Services, and a Masters in Social Work. She will talk with us about her experience building a career as a peer, as well as the importance of working at a place which understands the value of the different, non-clinical perspective that peers bring. She emphasizes the importance for rural peers to find ways to interact with peers with other agencies. **Tuesday, December 20, 2022, 3pm CT.** [Register](#)
2. **New Advanced Peer Supervision Training** – This is a new training that MCB will be providing in partnership with the Addition Technology Transfer Center Network. The 2-day experience begins the process of raising or enhancing your awareness and understanding of your role when supervising a peer. The sessions will cover: How to integrate peers into a multidisciplinary team, person centered recovery planning, effective supervision of peers, supporting effective documentation of peer services, ethics and boundaries, self-care and wellness for supervisors and more. **January 26-27, 2022.** [Register](#)
3. **New Engagement in the Black Community: A Virtual NAADAC Summit** – This virtual summit will feature prominent industry professionals discussing critical issues in the Black community relevant to treatment and recovery. **February 9-10, 2023, 11am-4pm.** [Register](#)

RECURRING TRAINING OPPORTUNITIES

- 1. New Question Persuade Refer (QPR) for Substance Use Disorder Professional** – The Missouri Department of Mental Health, in partnership with the Missouri Behavioral Health Council is excited to announce upcoming Question, Persuade, Refer (QPR) for SUD treatment providers. The trainings will be held virtually and there are four scheduled for January and February of 2023. See the attached flyer and below link for additional information. Question Persuade Refer (QPR) for Substance Use Disorder professionals is a modification of QPR including specific information relevant to those working with SUD. These modifications have been approved by the QPR Institute. The training will include information to illustrate how SUD can increase the risk of suicide. We will review different risk associated with suicide based on the different stages of change. We will cover different ways to use QPR in SUD treatment facilities. If you have any questions, please contact Rick Strait, rickstrait777@gmail.com.
 - January 13, 2022 – [Register](#)
 - January 27, 2022 – [Register](#)
 - February 3, 2022 – [Register](#)
 - February 17, 2022 – [Register](#)
- 2. 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](#)
- 3. 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](#)
- 4. 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!