

# FYI FRIDAYS

## ***DBH Updates, Notices, and Policy Guidance*** ***December 10, 2022***

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

1. **For a Good Cause** – This week DBH Division Director Nora Bock was on the receiving end of the “ice bucket challenge” to benefit the Missouri State Employees Charitable Campaign. (That was wayyyy bigger than a bucket!) Miranda Robinett was the generous donor who bought bucket dumping privileges!



2. **Director’s Creativity Showcase** - Send in Clients' Art!



**Director's**  
*Creativity*  
**Showcase**

PRESENTED BY THE  
Missouri Mental  
Health Foundation

## 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

[Click here to learn more and view the event information ↗](#)

### 3. **CIMOR/ CVS PRIORITY!**

DBH wants to make providers aware you may see an increase of rejections from Medicaid with the Adjustment Reason Code 273, Quantity Billed Over MUE Limit. DMH is working with Medicaid to resolve this situation, as more information is obtained another priority notice will be sent out.

If you have any questions, please email the CIMOR **DBH Support Center** by [Logging In](#) and selecting the **Help Ticket** option found on the left side menu of the portal, <https://portal.dmh.mo.gov>.

4. **First Responder Wellness Animated Series** – Rachel Jones, Director of Trauma Services for DMH is pleased to share the newly-released First Responder Wellness Animated Series that seeks to educate first responder professionals about trauma exposure and wellness strategies. You'll see professionals like Fire and Rescue, EMT and Law Enforcement in this series. But, many other professionals do first responder type work and these lessons apply to their experiences too. Animated lessons are 1-2 minutes long and 20 different topics are covered in this series. Watch them alone, share them with others, use them for team discussions, or talk with your family about them. Check out the [DMH YouTube Channel First Responders Playlist](#) or use the flyer QR code and links. Help us support the courageous first responders who save lives and keep our communities safe.

5. **Recovery Community Centers (RCCs)** – Recovery Community Centers are independent, non-profit organizations that provide a peer-based supportive community that builds hope and supports healthy behaviors for individuals with substance use disorders and their families no matter what phase of use or recovery they may be in. They help build recovery capital to help individuals initiate and sustain recovery over time by providing compassion, supportive relationships, advocacy training, recovery information, peer-support, social activities, and connection to treatment and other community-based services. In 2022, Missouri's eight DBH funded RCCs served over 25,000 individuals.

**We Do Recover Community Center** in Cape Girardeau celebrated its one-year anniversary Saturday, Dec. 3. They have started 12-step study programs, Alcoholics Anonymous meetings and yoga sessions. They have been open 1,901 hours, offered 882 programs and distributed 274 boxes of naloxone (the opioid-overdose antidote). A total of 274 people attended events at the RCC and 300 people attended events away from the RCC.

They have recently started a 988 Support Group. A local news story from the Southeast Missourian about their program is found at: *Suicide prevention hotline made easier to access, connect with resources*  
<https://www.semissourian.com/story/2974714.html>

"Gibson Recovery Center sponsors a weekly 988 group at 5:15 p.m. Tuesdays at the We Do Recover Community Center (RCC) at 715 Broadway in Cape Girardeau. Vaughn, who leads the group, said it is open to anybody who feels like their lives have been affected by suicide in any way.

"If you've made a suicide attempt, or you've thought about it, or lost a family member or loved one to suicide, this group is definitely for you," he said.

Vaughn said what led him to start the group was being on Gibson's Suicide Awareness Committee and the training he received through the Zero Suicide Institute.

"One of the things they wanted us to do was create a list of things to implement in our agency or our community to increase awareness of suicide or offer support for those with suicidal ideation," Vaughn said. "So, I chose to start a support group at the RCC.

Vaughn said a goal also is to increase the awareness in the community about suicide, and combat the stigma a lot of people have so people don't fear talking about it. He said the group started the first week of November and already has 10 to 12 people in attendance."

6. **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.mcbaire@dmh.mo.gov](mailto:debbie.mcbaire@dmh.mo.gov) by *December 16, 2022*.

**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**

## ***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](#)

## ***INFO and RESOURCES***

1. **New Exercise Could Be Key for Depressive Symptom Improvement** – Although physical exercise before cognitive behavioral therapy (CBT) may not improve results in patients with major depressive disorder (MDD), a growth in exercise may help improve symptoms over time. [Read More](#)
2. **New Workforce Innovations in Integrated Care** – Explore our **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, infographic, office hour recordings, blog posts and other resources.
3. **New 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](#)
4. **New Cannabis, Other Drugs Linked With Increased Risk of Atrial Fibrillation** – Methamphetamine, cocaine, opiate, and cannabis use were each associated with a substantially increased rate of incident atrial fibrillation in a population-based study. [Register](#)

5. **Youth Suicides Higher with Shortage of County Mental Health Professionals** – A shortage of mental health professionals working at the US county level is associated with increased youth suicide rates. [Learn More](#)
6. **New Fentanyl Vaccine Delivers Promising Results in Trial** – [Learn More](#)
7. **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](#)

## TRAINING OPPORTUNITIES

1. **New Social Isolation: A Communal Health Issue and the Impact on mental Health** – Individuals have become more socially isolated. The impact of social isolation on individuals and families is a communal health issue. Social isolation deserves attention and hands-on, innovative design from providers within different disciplines to decrease the negative impacts and increase social connection. **Wednesday, December 14, 2022, 11am CT.** [Register](#)
2. **New Why you Should Care about IDD Managed Care** – This webinar will review the status of managed care for individuals with intellectual and developmental disabilities (IDD) and intellectual disability/autism (IDA) across the U.S. **Wednesday, December 14, 2022, 11:30am CT.** [Register](#)
3. **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](#)
4. **The Role of 988 in Supporting People with Intellectual and Developmental Disabilities (IDD)** – During this webinar, participants will hear from The Arc of the United States on how to include and recognize people with IDD in need of crisis support when developing 988-related policies and the intersectionality of IDD and racial and ethnic disparities in connections to care. There will be a question-and-answer period. **Wednesday, December 14, 2022, 2pm CT.** [Register](#)
5. **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 **Thursday, December 15, 2022, 6pm-7:30pm CT.**
6. **New Improving Equity in Integrated Care Services Among Latinx Migrant Communities** – To increase access to equitable care and promote wellbeing among Latinx migrant communities, it is essential to provide culturally and linguistically responsive services, practice cultural humility and recognize the strengths and resilience of the many individuals and families who come to the U.S. from Latin America. Through this type of whole-person and integrated care approach, providers can mitigate barriers to care and have a positive impact on marginalized individuals and communities. **Thursday, December 15, 2022, 11 am CT.** [Register](#)
7. **New An Introduction to 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 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, December 15, 2022, 1pm-4pm CT.** [Register](#)

8. **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. **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. **CPS Specialty Trainings (MCB)** –
  - Peers and DOC Supervision-**December 16, 2022, 9am-12pm CT** [Register](#)
4. **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](#)
5. **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](#)
6. **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](#)
7. **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!***