

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance December 30, 2022

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

1. **Fiscal/Budget Update** –

- Governor Mike Parson will deliver the 2023 State of the State Address detailing the FFY24 budget on **Wednesday, January 18, 2023 at 3:00 PM.**
- DBH is working on updating our **provider contact lists**. An email has been sent to each agency requesting updated contacts. This is due back to Vicki Schollmeyer by **January 6, 2023.**

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.**

3. **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](#)



**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. **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](#).

2. **New The National Council for Mental Wellbeing and Centers for Disease Control and Prevention (CDC)** – the National Council will select up to 25 community behavioral health organizations, harm reduction organizations and other community-based organizations. Funding will support organizations to implement evidence-based or promising strategies to enhance and expand critical services that reduce the risk of overdose by increasing engagement in evidence-based and innovative harm reduction strategies, linkage to care and peer support services.

To learn more about the funding opportunity and upcoming RFA launch, join the National Council for an informational Office Hour on **Wednesday, January 11, 2023, at 12pm. CT**. The RFA will launch on **January 9, 2023**. [Register](#)

INFO and RESOURCES

1. **New Online Pain Programs Reduce Anxiety, Depressive Symptoms in People with Chronic Pain** – An online [pain management program](#) reduced [anxiety](#) and [depressive](#) symptoms in adults with chronic pain. [Learn More](#)
2. **New Alcohol Research** – In 2020, NIAAA celebrated its 50th anniversary with a scientific symposium highlighting major achievements in alcohol research over the last half century. In its latest topic series, *Alcohol Research: Current Reviews* revisits these accomplishments with a 7-article Festschrift based on these symposium presentations. NIAAA Director Dr. George F. Koob, who served as guest editor of this Festschrift, also shares highlights of the Institute’s history and as well as key challenges remaining for alcohol research.

Downloadable PDF with all articles in the series:
<https://arcr.niaaa.nih.gov/media/1761/download?inline>

For additional updates from ARCR, follow us on LinkedIn at <https://www.linkedin.com/company/alcohol-research-current-reviews>.

For more information about the effects of alcohol on health and well-being, professional resources, and important updates from the National Institute on Alcohol Abuse and Alcoholism (NIAAA), visit <https://www.niaaa.nih.gov>.

3. **Emergency Housing Vouchers-A Key Homelessness Prevention Resource** – As described in a recent U.S. Department of Housing & Urban Development (HUD) [fact sheet](#), the Emergency Housing Voucher program “provides communities new flexibilities and resources to help individuals and families with higher barriers successfully use housing vouchers.” As a lead HUD TA provider, TAC has been closely involved in helping the program prevent more than 35,000 households from becoming homeless as of October 2022, helping to produce *Emergency Housing Vouchers (EHV): A How-To Guide for Public Housing Agencies*, a series of [EHV Roadmaps](#), and ongoing “[Office Hours](#)” webinars for providers working to distribute the vouchers. Senior Consultant [Liz Stewart](#) has led the team which includes Senior Associates [Nicole LiBaire](#), [Alison Korte](#), and [Emila Sutton](#); Directors [Marie Herb](#) and [Lisa Sloane](#); and Communications Designer [Jeff Nguyen](#).
4. **Equity, Diversity & Inclusion resources** – to help ensure your agency’s policies are equitable:
 - <https://www.traumainformedcare.chcs.org/wp-content/uploads/hrpolicyguidancetraumainformed.pdf>
 - [Executive Order on Diversity, Equity, Inclusion, and Accessibility in the Federal Workforce | The White House](#)
5. **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.

TRAINING OPPORTUNITIES

1. **New How to Identify and Develop New Leaders for Tomorrow Challenges – Wednesday, January 11, 2023, 12pm CT.** [Register](#)
2. **New 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. **Thursday, January 12, 2023, 11am CT.** [Register](#)
3. **Meaningful Change with Motivational Interviewing Training** – Create conversations that empower people to make meaningful changes! Whether you're a clinician in a mental health or substance use treatment setting, a supervisor trying to boost staff morale or a case manager for patients with diabetes and heart disease, our motivational interviewing (MI) training and coaching will help you inspire your team and your clients. **Thursday, January 12, 2023, 11am-3pm CT.** [Register](#)
4. **New Measurement-Informed Care** – Population health management (PHM) is a valuable tool that helps integrated care organizations identify, monitor and tailor care to specific populations experiencing health inequities. PHM strategies allow providers to effectively address social determinants of health and modify care plans to extend a comprehensive and whole-person care approach to populations with unique and diverse needs. **Thursday, January 12, 2023, 1pm CT.** [Register](#)
5. **New Prioritizing Tobacco Treatment in Substance Use and Recovery Masterclass – Tuesday, January 17, 2023, 1pm CT.** [Register](#)
6. **Employment Rights for People with HIV, Substance Use Disorders and Viral Hepatitis** – This 90 minute webinar explains the employment rights of people with HIV, viral hepatitis, and substance use disorders. It focuses on anti-discrimination laws, such as New York City and State Human Rights Laws and the Americans with Disabilities Act. **Wednesday, January 18, 2023 10am CT.** [Register](#)
7. **Mindful Cultural Competency Training** – If we wish to develop cultural competency, it is essential that we first become more mindful and conscious of our own behaviors, attitudes and assumptions. Through mindfulness, we can cultivate the ability to become more present and attuned to our own thoughts, feelings, judgements and reactions. Developing cultural competency requires that we take the time to listen to and connect with others who might be different from ourselves, without judgment. **Thursday, January 26, 2023, 12pm CT.** [Register](#)
8. **Trauma-Focused Cognitive-Behavioral Therapy; Peeking into the Brain of a TF-CBT Therapist** – Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is the most empirically supported intervention for children exposed to trauma. In this advanced presentation, Dr. Kliethermes will use a case study to help participants to step through this well-established, evidenced-based practice for childhood trauma. This program will be interactive for participants including discussion and polls. **Thursday, January 26, 2023, 1pm-4pm CT.** [Register](#)
9. **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, 2023.** [Register](#)

10. **She's Not There: Dissociation in Young Children with Trauma** – In this training, participants will learn about child development and the impact of early adversities on development, risk factors and signs of dissociation, and how to scaffold treatment to best meet the child where they are. Case studies will be used to illustrate different presentations of dissociation and how to meet the needs of that child and their family. This training will also focus on using play therapy to best engage these young dissociative children in a respectful, playful, and relationally-rich manner. **Thursday, February 2, 2023, 1pm-4pm CT.** [Register](#)
11. **New Clinical Pathways** – **Tuesday, February 7, 2023, 1pm CT.** [Register](#)
12. **New Diversity, Equity and Inclusion (DEI) and Building a Culture of Inclusion** – **Wednesday, February 8, 2023, 12pm CT.** [Register](#)
13. **New The Art of Talking to Your Kids About Substance Use Prevention** – **Wednesday, February 8, 2023, 7pm CT.** [Register](#)
14. **New Data-Informed Care and Advocacy in Addiction Treatment** – Measurement is fundamental to the provision of quality, effective, person-centered care for substance use disorders. Unfortunately, clear standards for measurement in addiction treatment do not exist, resulting in a decreased ability to examine treatment effectiveness, advocate for increased access to services and determine equitable methods for outreach. Recent improvements in both data science and technology have increased our collective ability to measure the process of addiction recovery. **Thursday, February 9, 2023, 1pm CT.** [Register](#)
15. **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](#)
16. **New Intermediate Motivational Interview Training** – For individuals who have had prior MI training and want to hone their skills, we will jump right into the deeper use of spirit and OARS strategies to identify and evoke change talk. This is a smaller group format to allow for multiple guided practice opportunities. **Thursday, February 16, 2023, 11am CT.** [Register](#)
17. **H.E.A.T.** – is a holistic, afro centric, strength based, trauma informed model that emphasizes a positive and engaging, approach to treatment. **February 27-March 1, 2023.** [Register](#)
18. **H.E.R.** – is a therapeutic intervention created to address the specific needs of Black/African American women who have experienced victimization, have mild to moderate substance use disorders and who have current or past involvement with the criminal justice system; with an emphasis on Black/African American women. **March 1-3, 2023.** [Register](#)
19. **New Real-World Examples** – **Thursday, March 9, 2023, 1pm CT.** [Register](#)
20. **New 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. **Thursday, March 16, 2023, 11am CT.** [Register](#)

RECURRING TRAINING OPPORTUNITIES

- 1. New 2023 Motivational Interviewing Training** – The Missouri Behavioral Health Council is providing four regional Motivational Interviewing trainings, along with a coding add on training. Training begins in February and will be all in person in the different regions below. You must attend the initial and follow up training to complete the full training. To register and for more information on the trainings, times and locations click the registration link. If you have any questions reach out to events@mobhc.org [Register](#)
- 2. Brave Safe Space** – is an empowering, non-biased, and nonjudgmental space shared with people who not only look alike, but also share some of the same experiences and frustrations. It is a space where African Americans in the behavioral health field can come together to: take care of mental and emotional well-being; feel empowered; celebrate shared heritage; understand shortcomings; feel each other's pain; connect energies; relax; and enjoy the ambience of the space through art, games, and therapeutic exercises. You can join Brave Safe Space on the **second Thursday of each month from 6:30 pm – 8:00 pm CT via this Zoom link: <https://us02web.zoom.us/j/89190741128> Meeting ID: 891 9074 1128**
- 3. 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 schedule 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, 2023 – [Register](#)
 - January 27, 2023 – [Register](#)
 - February 3, 2023 – [Register](#)
 - February 17, 2023 – [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. 2023 Peer Specialist Trainings** – Please see the peer specialist trainings provided by the MCB below.
 - Certified Peer Specialist Basic Training – [Register](#)
 - 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](#)
- 6. CPS Specialty Training**– All Specialty Trainings are virtual
 - Recovery Language – January 20, 2023, 9am-12pm CT [Register](#)
 - Trauma – February 17, 2023, 9am-12pm CT [Register](#)
 - Peer Tools and Role Play – March 24, 2023, 9am-12pm CT [Register](#)

- Practical Motivational Interviewing – April 21, 2023, 9am-12pm CT [Register](#)
 - Peer Service Documentation – May 12, 2023, 9m-12 CT. [Register](#)
 - Peer Tools and Role Play – June 23, 2023, 9am-2pm CT [Register](#)
 - Compassion Fatigue – August 18, 2023, 9am-12pm CT [Register](#)
 - Peer Tools and Role Play – November 17, 2023, 9am-12pm CT [Register](#)
 - Co-Occurring Disorders – December 15, 2023, 9am-12 pm CT [Register](#)
7. **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. Advanced Peer Supervision will be provided in virtual format (Zoom) and also in person, one time in 2023 in the following cities: Kansas City, St. Louis and Springfield area. When you register, please ensure you select the correct training format and location that you want to attend.
- January 26-27, 2023 (ZOOM) [Register](#)
 - March 2-3, 2023 (ZOOM) [Register](#)
8. **Peer Supervision Trainings** – This training is strongly encouraged for any current or future peer specialist supervisor (individuals supervising a CPS). It will discuss the process someone goes through with the MCB to become a peer, as well as some basic information for supervising peers such as how to bill for peer services, how to write a job description for a peer, and what types of services a peer can and should do. This training will be done in a virtual format. Once registered, you will be given a link to watch 4 videos and should watch them all prior to the Zoom meeting. To take this training, you will need the technology ability to watch the 4 videos and be on the Zoom meeting.
- February 16, 2023 [Register](#)
 - April 20, 2023 [Register](#)
 - June 15, 2023 [Register](#)
 - August 17, 2023 [Register](#)
 - October 19, 2023 [Register](#)
 - December 15, 2023 [Register](#)
9. **Family Support Provider Trainings** – A family support provider provides supports and services that increase protective factors. They oftentimes connect with the family member in a way that ignites the spark of hope that things can and will get better because they have experienced a similar journey.
- March 1-3, 2023 – 428 E. Capital, Lower Level; Jefferson City, MO 65101 [Register](#)
 - April 24-26, 2023 – 428 E. Capital, Lower Level; Jefferson City, MO 65101 [Register](#)
 - May 9-11, 2023 – St. Louis (TBD) [Register](#)
10. **Youth Peer Support Specialist** – A Youth Peer Support Specialist is a young adult who provides support, encouragement, and assistance to youth and young adults as they transition to adulthood.
- March 6-10, 2023, [Register](#)
11. **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!