

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance **July 28, 2023**

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

- Update on Administrative Rules** – Proposed amendments for the following regulations are published in the July 17, 2023, issue of the *Missouri Register* for a 30-day public comment period:
<https://www.sos.mo.gov/CMSImages/AdRules/moreg/2023/v48n14July17/v48n14.pdf> (pages 1380-1386)
 - 9 CSR 10-7.035 Behavioral Health Healthcare Home
 - 9 CSR 30-6.010 Certified Community Behavioral Health Organization (CCBHO)
- Update on Administrative Rules** – Proposed amendments for the following regulations are published in the August 1, 2023, issue of the *Missouri Register* for a 30-day public comment period [August 1, 2023, Missouri Register](#):
 - 9 CSR 30-3.134 Gambling Disorder Treatment;
 - 9 CSR 30-3.201 Substance Awareness Traffic Offender Program
 - 9 CSR 30-3.206 SATOP Structure
- Peer Support Worker Integration Study** - The Addiction Science team at UMSL-MIMH is interested in how well SUD treatment and recovery organizations integrate peer support workers (PSWs) into workplaces across the state. If you have opinions about how PSWs fit into SUD organizations or how organizations support PSWs, we want to hear from you! Any PSW or PSW supervisor who has worked in Missouri within the last year is invited to complete a 10-minute survey. All participants will be awarded a \$15 gift card to Amazon or Walmart. To complete the survey, please follow this [link](#).
- CIMOR/CVS PRIORITY** – As previously mentioned, DBH will no longer send allocation letters. Providers are able to view details in CIMOR/CVS by using the attached instructions. At this time all allocations for FY2024 have been entered into the CIMOR/CVS systems. If there are 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.

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

Billing Services Specialist

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in Jefferson City, MO. Remote work may be available after successful probationary period. Application deadline is **August 4, 2023**. [Learn More and Apply!](#)

Research Data Analyst

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in Jefferson City, MO. Remote work may be available after successful probationary period. Application deadline is **August 9, 2023**. [Learn More and Apply!](#)

Chief Executive Officer

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in Farmington, MO. Application deadline is **August 11, 2023**. [Learn More and Apply!](#)

FUNDING OPPORTUNITIES

- Peer Scholarships for the 2023 Missouri Behavioral Health Conference** – The *Missouri Behavioral Health Council* will provide several peer scholarships for the **2023 Missouri Behavioral Health Conference**, held on **September 19-22, 2023, in Kansas City, Missouri, at the Westin at Crown Center**. The conference cost (\$150) will be waived, and we would welcome you to attend the entire conference. Lunch will be provided each day, and breakfast on Thursday and Friday during the conference. **Hotel stays will not be included in the scholarship. Application:** <https://katiehorst.wufoo.com/forms/r1wp6pe216h0qp1/>
- Behavioral Health Workforce Education and Training-Children Adolescents and Transitional Aged Youth Program for Professionals** – The purpose of BHWET-CAY Program for Professionals is to increase the number of behavioral health providers prepared to address the needs of children, adolescents, and transitional aged youth in high need high demand areas. **Application Due Date: Tuesday, August 1, 2023.** [Learn More](#)
- BJA Funding Opportunity: FY 2023 Residential Substance Abuse Treatment for State Prisoners Program** – The Bureau of Justice Assistance (BJA) recently announced a \$40.2 million funding opportunity for the FY 2023 Residential Substance Abuse Treatment for State Prisoners Program. The program intends to “...increase access to evidence-based prevention and treatment, reduce overdose deaths, and support increased access to evidence-based substance use disorder (SUD) treatment and recovery support services, including medication-assisted treatment (MAT), to treat incarcerated individuals.” This program aims to do so by assisting states with “...developing and implementing residential SUD treatment programs within state correctional facilities, as well as within local correctional and detention facilities, in which persons are incarcerated for a period of time sufficient to permit SUD treatment.” The BJA will offer up to 56 awards of between \$160,000 and \$4,395,000 each. **Applications Due Date: August 7th, 2023.** [Learn More](#)
- NIDA Supports Research on Novel Approaches for Smoking Cessation** – The purpose of this Funding Opportunity Announcement (FOA) is to provide support for research to facilitate well planned clinical trials aimed at advancing the science of tobacco cessation among adolescents. Specifically, the FOA invites applications for Planning Grants (R34) to inform the planning, design, and initial development of adolescent tobacco cessation behavioral intervention studies, with an emphasis on the critical developmental risk period ranging from mid- to late adolescence (i.e., approximately 14-20 years old). Applications should propose clinical trial planning activities that are scientifically necessary to guide the design and conduct of a future clinical trial evaluating a tobacco cessation

behavioral intervention for adolescents. Planning activities could include, but are not limited to, feasibility and pilot studies to assess intervention viability and/or trial design, and testing of recruitment, retention, and adherence strategies to increase participant engagement and scientific rigor. **Application Due Date: Sunday, October 15, 2023.** [Learn More](#)

INFO and RESOURCES

1. **New NSMH/MDPS Findings Report** – We are happy to announce that the research study's Findings Report is now available publicly on RTI's website: [Mental and Substance Use Disorders Prevalence Study | RTI](#).
2. **New Hormonal Contraception-Associated Depressive Episodes May Be Linked to PPD Risk** – Depression associated with hormonal contraception (HC) use may indicate susceptibility to postpartum depression (PPD), linking depressive episodes with hormonal contributions [Learn More](#)
3. **New No Evidence That Stimulants for Childhood ADHD Lead to Later Substance Use** – Receiving prescription stimulant treatment in childhood for attention-deficit/hyperactivity disorder (ADHD) does not increase or decrease substance use later in life. [Read More](#)
4. **New Ketamine Treatment in TRD Should Last 4 Weeks or More for Antidepressant Benefit** – The study aimed to assess the acute efficacy and safety of a 4-week course of subcutaneous racemic ketamine among participants with TRD. [Register](#)
5. **New Addressing Health Equity and Racial Justice Within Integrated Care Settings** – This Minority/BIPOC Mental Health Awareness Month, what steps are you taking to advance health equity in your organization? Check out our free interactive toolkit – Access For Everyone: Addressing Health Equity and Racial Justice within Integrated Care Settings – for the resources you need to help your organization address racial inequities and the associated stigmas that lead to mental health and substance use treatment disparities. [ToolKit](#)
6. **New Routine Depression Screening Increases Identification, Diagnosis and Management** – Though mental illness rates are on the rise in the United States, lack of screening for and under-diagnosing of depression and major depressive disorder remains a significant challenge in mental health care. [Learn More](#)
7. **New Opioid Use Puts Older Adults With Dementia at Higher Risk of Death** – New opioid use by older adults with dementia has been associated with a significantly increased risk of death, including an 11-times higher risk within the first 2 weeks of initiating opioid use. [Read More](#)
8. **Study on Stigmatizing Imagery for Substance Use Disorders Released** – A new Addiction Policy Forum-led study explores stigmatizing and non-stigmatizing imagery for substance use disorders (SUD) and criminal justice contact. The qualitative study of people with lived experience with SUD identified stigmatizing images of substance use and criminal justice settings, along with alternative images to utilize. Researchers found that certain images were identified by individuals as not only stigmatizing but triggering, making individuals reactive and think of using again (i.e., relapse). [Read More](#)
9. **Exploring Novel and Accessible Treatment Approached for Children with Depression** – In their study "Physical Activity Interventions to Alleviate Depressive Symptoms in Children and Adolescents" recently published in JAMA Network, Parco Sui, PhD, associate professor and head of the Kinesiology Division at the University of Hong Kong, and co-authors further substantiated the research proving exercise's beneficial properties to those with psychological disorders, particularly depression and major depressive disorder (MDD). [Read More](#)
10. **Creating a Trauma-Informed System of Care: Addressing Individuals, Professionals, and Organizations** – The majority of adults have experienced at least one traumatic experience in their lifetime. Additionally, as we continue to navigate the aftermath of the COVID-19 pandemic, the traumatic effects of social and physical isolation, illness,

and grief will continue to affect individuals' mental and physical health. For this reason, it is crucial that every health and human service provider have a basic understanding of trauma-informed care. Relias is excited to release its newest e-book. [e-book](#).

11. **NAMI-Parent's Guide to Mental Health** – This guide was developed by NAMI Missouri and Missouri Department of Mental Health and includes information on how to support your youth's mental health, crisis resources, tools for youth and more! This guide is attached to this email and is also available on our youth resources page. [Read More](#)
12. **Making It Easier for Kids to Get Help for Addiction, and Prevent Overdoses** – Across the country, cities and states are looking for strategies to help kids survive the opioid crisis. At a school in Virginia, students are learning how to obtain and use the lifesaving overdose reversal nasal spray Narcan that was recently made available for sale over the counter. In California, where fentanyl is the cause of 1 in 5 deaths among youths, a pending bill could allow younger teens to seek drug treatment without parental consent. [Read More](#)

TRAINING OPPORTUNITIES

1. **New Health Care for the Homeless 101** – The National Health Care for the Homeless (HCH) Council presents Health Care for the Homeless 101. Through engagement with this **free 11-module interactive course** learners will gain a clear understanding of the context of modern homelessness and its effect on health, be able to detail the core characteristics of Health Care for the Homeless model of care, and explore ways to get involved in the movement to end homelessness. Learners can earn a **Certificate of Completion** upon earning a score of 80% or higher on a final assessment. [Register](#)
2. **Mobile Integrated Health Summit/Missouri EMS Conference** – Join the Missouri EMS Association (MEMSA) in partnership with the National Association of Mobile Integrated Healthcare Providers (NAMIHP) and other mobile integrated healthcare leaders from across the state and region in St. Charles, Missouri at the 2nd Annual Mobile Integrated Healthcare (MIH) Summit where attendees will have learning and networking opportunities. The MIH Summit is offered at no cost and is the day prior to three-day MIH track at the Missouri EMS Conference & Expo. The MIH Summit and Missouri EMS Conference & Expo offer innovative, practical, clinical, and non-clinical sessions and much more. **July 31, 2023 and August 1-3, 2023**. [Register](#)
3. **Missouri Benefits Planning Tiered System: What's in it for You?** – Missouri is launching a new statewide model to help thousands of people with disabilities get the benefits information they need to go to work or increase their earnings. Tiered benefits planning will enable your staff to provide guidance about work and benefits at a level appropriate to their role—from beginners to Benefit Planners. The model includes training, technical assistance, and funding so your agency can provide this vital service. Learn how your agency can provide quality benefits guidance to increase employment for people with disabilities using this sustainable new model! This is a virtual option for those that did not attend the live event. **Tuesday, August 1, 2023, 10am-11:15am CT**. [Register](#)
4. **Mobile Integrated Healthcare (MIH) Summit** – The Mobile Integrated Healthcare (MIH) Summit and MIH Track at Missouri's EMS Conference & Expo is for healthcare and EMS professionals representing diverse disciplines working to improve healthcare outcomes for all. **August 1-3, 2023**. [Register](#)
5. **New Practical Steps to Understand and Advance Allyship** – Dr. Terence Fitzgerald will walk through a personal accountability planning tool that participants can use to create and track goals as they seek to further integrate principles of social justice into their work. **Wednesday, August 2, 2023, 1pm CT**. [Register](#)
6. **Harm Reduction Conference** – This conference will provide two days of harm reduction- focused learning, collaboration, and capacity building. **August 2-3, 2023**. New info 7/21/23 : The sign-up sheet can be accessed here: <https://forms.gle/UFdhFq39veamLB6g8>

7. **The Changing Landscape of Ethics: Implications of the Digital Age** – This workshop will explore the tenets of ethics as it relates to various roles and credentials. It will also take a closer look at ethical principles that can pose unique challenges, such as technology, scope of practice, and dignity of the client. Participants will use an ethical decision making framework to work through a variety of scenarios that professionals commonly face. **Thursday, August 3, 2023, 9am-12pm CT.** [Register](#)
8. **Addressing Substance Use Disorders in the LFGTQ Community** – This presentation addresses some of the unique barriers that impact this community and provides effective prevention and treatment approaches for professionals. Most importantly, participants will leave this presentation with a better understanding of the queer experience, increased cultural competency, and practical tools to make a difference in the lives of LGBTQ individuals struggling with addiction. **Friday, August 4, 2023, 9am-12pm CT.** [Register](#)
9. **Psychosis 101 Training** – Provide 1.5 hours virtual training that will include a screener and discussion of the screening process. Assist providers in learning how to talk to clients and families about possible psychosis symptoms as well as understand the importance of early intervention and treatment. Provide a brief overview of diagnostic criteria, describe the threshold for attenuated versus full psychosis, and discuss role of culture and trauma, the importance of good therapeutic rapport, and emphasize educating referral sources. Virtual format, recorded, and made available online. **Tuesday, August 8, 2023, 10am-11:30am CT.** [Register](#)
10. **Innovations in Recovery Leadership** – Our 3-day training is for emergent and seasoned leaders working or volunteering in a setting that prioritizes recovery support services. Those connected to Recovery Community Organizations or Centers, Collegiate Recovery Communities, Recovery High Schools, government agencies supporting recovery services statewide, family support organizations, recovery house managers, or a variety of other settings utilizing recovery supports, are encouraged to reach out to our training team to discuss the advantages of this unique curriculum. **August 8-10, 2023, 10am-3pm CT.** [Register](#)
11. **Compassion Fatigue** – As Recovery Support Service Providers, we are not immune to the effects of stress and secondary trauma. This exceptional session will provide an overview of the skills necessary to maintain your ability to respond to peers with empathy and compassion, create healthy boundaries, develop a concrete self-care plan & learn valuable warning signs of STS and Compassion Fatigue. **Wednesday, August 9, 2023, 12pm CT.** [Register](#)
12. **Recovery Friendly Workplaces Conference** – Businesses across the state are facing challenges recruiting and retaining workers. At the same time, Missouri also continues to experience high incidents of people of working age who are facing addiction and substance use issues, and ultimately leads to fewer people participating in Missouri's workforce. Recovery Friendly Workplaces are one way that businesses and communities across Missouri can start to tackle these intersecting issues. **Thursday, August 10, 2023, 8:30am-3:30pm CT.** [Register](#)
13. **The Peer Support Experience: In Our Own Words** – This webinar, led by panelists currently providing peer services, will introduce a new toolkit developed to provide guidance and strategies to integrate and sustain peer workers within homeless service organizations. Speakers will explore the impact of peer-led services on outcomes, identify opportunities for support, and reflect on their experiences with onboarding and daily operations in these roles. **Thursday, August 10, 2023, 1pm CT.** [Register](#)
14. **Benefits and Work Made Simple Train-the Trainer Session** – This webinar demonstrates how benefit professionals can train other disability professionals about SSDI, SSI, Medicare, and Medicaid (MO HealthNet) benefits and how work affects them. Designed to prevent staff from perpetuating myths about work and benefits, the training provides basic, encouraging messages about work and shows staff how to refer individuals for benefits planning. Trainees will learn how to provide "Tier 1" (Benefit Ambassador) training to other professionals, part of Missouri's tiered benefit planning model. **Wednesday, August 16, 2023, 10am-12pm CT.** [Register](#)
15. **De-Escalation: Techniques for Assisting Tenants in Crisis** – Knowing how to best support an individual who is experiencing mental distress can be challenging. This webinar is an introduction to de-escalation techniques that can be used to support and engage individuals in distress. Trainers will explore engagement strategies that are trauma-

informed, provide examples of how to apply de-escalation techniques, and help learners understand the importance of maintaining professional boundaries that keep all parties safe in challenging situations. **Wednesday, August 16, 2023, 1pm-3pm CT.** [Register](#)

16. **New Use Motivational Interviewing to Empower Change** – Create conversations that empower meaningful change! Our motivational interviewing (MI) training and coaching will help you inspire your team and your clients. 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, this is the workshop for you. **August 17, 2023, 11am-3pm CT.** [Register](#)
17. **Transition Services & Activities Justice-Involved Youth & Young Adults with Disabilities** – This webinar will provide an overview of approaches that states can take to develop effective transition services, programs and policies that emphasize rehabilitation to support educational and employment success for justice-involved Y&YADs. **Thursday, August 17, 2023, 12pm CT.** [Register](#)
18. **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, August 17, 2023, 1pm-4pm CT.** [Register](#)
19. **New Addressing Tobacco Use and Mental Health Challenges in Postpartum Individuals** – **Thursday, August 17, 2023, 12pm CT.** [Register](#)
20. **Harm Reduction 101** – The webinar will cover the Foundations and Principles of Harm Reduction among other topics. **Friday, August 18, 2023, 9am-4pm CT.** [Register](#)
21. **How to Get Out of Your Mind and Build a Rich, Full and Meaningful Life** – This webinar offers an effective and accessible approach to help build a richer, fuller, and more meaningful life- an approach, by the way, that is backed up by more than 1000 ACT RCTs (randomized controlled trials). **Friday, August 18, 2023, 9am-12pm CT.** [Register](#)
22. **NAMI-Holding Hope Presenter Training** – Holding Hope is NAMI Missouri's Family Speakers Bureau program. Presenters share their personal stories as family members of loved ones with mental illness. Must attend both sessions. **Thursday, August 10, 2023 and Thursday, August 23, 2023, 6pm-8pm CT.** [Register](#)
23. **Chronic Pain Management** – Learn about how to manage patients with chronic pain with and without the use of opioids. We will also discuss the pathophysiology behind chronic pain disorders (i.e. arthritis, fibromyalgia) and how treatments have influenced the opioid epidemic. **Thursday, August 23, 2023, 9am-12pm CT.** [Register](#)
24. **Live Case Study on Work and Benefits for People Who are Blind** – A live case study features a real person who shares information about their benefits, earnings, and work goals. Webinar attendees discuss work incentive options, benefit issues, and net incomes for the person for several different earnings scenarios and review the results of a DB101 Benefits and Work Estimator session. The person featured in this case study is employed part-time and receives Supplemental Aid to the Blind and MO HealthNet, but his benefits will be changing. This is a great opportunity to learn more about benefits for people who are blind. **Thursday, August 23, 2023, 1pm-3pm CT.** [Register](#)
25. **Addressing Workforce Issues on Retention and Recruitment Learning Collaborative** – Attendees will learn strategies for: assessing state recruitment and retention efforts; recruiting a diverse staff and workforce; supporting Peer Specialists/Recovery Coaches; building partnerships with academic institutions; among other relevant strategies. **Thursday, August 23, 2023, 2pm CT.** [Register](#)

26. **Addressing the Rise of Gambling Struggles Since COVID-19 and the Role of Policy and Wellness Institutions** – This symposium seeks to address the connection between gambling addiction and mental health, as well as highlight gaps in policy around this issue. *Monday, July 24, 2023, 11:30am CT.* [Register](#)
27. **6th Annual Christian Recovery Conference** – The conference offers a variety of topics on the field of behavioral health and how participants can balance their work alongside their Christian beliefs. *August 25-26, 2023.* [Register](#)
28. **Employing Peer Workers: An Organization's Perspective** – In this webinar, panelists will answer questions about the challenges and opportunities organizations experience when establishing new peer roles. Leaders at organizations with established peer roles will talk about the process of onboarding peers, such as building organizational buy-in, addressing stigma in policies and in the workplace, and recruiting and employing peer workers in an equitable way. *Tuesday, August 29, 2023, 1pm CT.* [Register](#)
29. **Missouri Zero Suicide Academy (Virtual)** – This two-day Academy is intended to support health and behavioral healthcare organizations by incorporating best practices in suicide prevention into care for those at risk for suicide. *August 29-30, 2023.* [Register](#)
30. **New Harm Reduction Summit** –AIDS Project of the Ozarks (APO), Better Life in Recovery, Missouri State University School of Social Work, and the Southwest Missouri Drug Poisoning Coalition will be hosting a Springfield-based Harm Reduction Summit at the Darr Agricultural Center in Springfield, MO on August 31, 2023 in honor and recognition of International Overdose Awareness Day. The event is being provided for free. Following the summit will be an event held on the downtown square in Springfield, MO to assist people in the community to access resources and to honor and remember those we have lost to overdoses in the last year. We are offering the ability to table at the summit. This event will give you and your organization the chance to directly interact with people who have identified an interest in harm reduction and may have need of your services. Tables are \$250 for non-profit organizations and \$400 for for-profit organizations. Any proceeds from the event will go to directly benefit the work of the Southwest Missouri Drug Poisoning Coalition which is a Springfield-based organization connecting organizations and people working in the harm reduction and drug use field to work together to implement education, recovery, and direct on-the-ground work for people who use drugs. Please contact Sierra Freeman at sierra.freeman@apo-ozarks.org if you are interested in having a booth at the summit. *Thursday, August 31, 2023.* [Register](#)
31. **Personal Safety and De-Escalation for Helping Professionals** – The personal safety of social workers is a vital part of our practice. This workshop will empower social workers to develop situational awareness and consider best practices for safety in the office and in the field. Case studies will highlight the importance of safety considerations and provide learners with the opportunity to critically analyze their personal and agency safety protocols. De-escalation strategies will be presented as a first line intervention to defusing challenging situations. *Thursday, August 31, 2023, 1pm-4pm CT.* [Register](#)
32. **Become a Conversations for Suicide Safer Homes Instructor** – This evidence-based intervention reduces the risk of suicide death in at-risk people while respecting their rights and autonomy. Having a conversation about making means for suicide unattainable, inoperable, or less lethal can save a life. *Wednesday, September 13, 2023, 8am-5pm CT.* [Register](#)
33. **NAMI FaithNet Presenter Training** – Bridges of Hope is the presentation component of FaithNet. Its purpose is to educate faith communities about mental illness so they can create stronger safety nets and more welcoming communities of faith for people affected by mental illness. *Thursday, September 14, 2023 6pm-8pm CT or September 15, 2023, 10am-12pm CT.* [Register](#)
34. **New Building a Resilient Workforce** – Social Current experts will delve into core strategies and tactics for supporting staff, such as increasing accountability, managing conflict, nurturing relationships, embracing equity, and achieving excellence. *Tuesday September 19, 2023, 1pm CT.* [Register](#)

35. **NARR Best Practices Summit, Dearborn, Michigan** – The NARR Summit is your chance to learn from leading experts and researchers, build on the latest in recovery housing best practices, and come together as a community to learn from each other’s stories. Your story has the power to change the world. How can sharing recovery experiences make for more effective advocacy, foster community partnerships, and increase access to quality recovery housing? **October 9-11, 2023**, [Register](#)
36. **MHA’s Annual Convention** – Our system of health care is similar. Where most effective, it is interconnected. It builds on the upstream influence of prevention, wellness and access, feeding in greater strength as it builds toward the deep and wide expertise of our hospital-based care environment. **November 1-3, 2023**, [Register](#)

RECURRING TRAINING OPPORTUNITIES

1. **NAMI-Parents Supporting Parents Group - Prepping Mental Health for School** – Parents supporting parents group is a family support group for parents, caregivers, or other family members of a child, teen or young adult 25 years or younger that have experienced mental health symptoms. Come for support and learn about starting the conversation about mental health for college bound students, using parents and teachers as allies with K- 12 teachers and wellness activities for families. [Register](#)
2. **NAMI Basics** – NAMI Basics is a free education program for parents and family caregivers of children and teens age 21 and younger who are experiencing mental health symptoms. The course consists of six weekly classes, each 2.5 hours long and is taught by trained teams with lived experience raising youth with mental health conditions. Registration is required for this free course. NAMI Basics is certified for Missouri Foster Parent training credit. [Register](#)
3. **Family Support Provider Training** – 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. [Register](#)
4. **Youth Peer Support** – 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. [Register](#)
5. **Peer Supervision Training – converted to ALL ONLINE Self Study Course** – Basic Peer Supervision training has been converted into an all online self-study course! It is still free, and rather than having to wait around until the next month it was being offered that had openings...now you can take it whenever it fits into YOUR schedule. It has the same contact hour value (6 hours). [Enroll](#)
6. **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](#)
7. **Specialty Peer Instruction Series** – The UMSL-MIMH SOR 3.0 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, and boundaries; How to identify and address stress, compassion fatigue, grief, and secondary trauma; Working with peers with co-occurring mental illness and 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](#)
8. **2023 Peer Specialist Trainings** – Please see the peer specialist trainings provided by the MCB below.

- Certified Peer Specialist Basic 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](#)
9. **2023 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
- Missouri Recovery Support Specialist Trainings – [Register](#)
 - Ethics Trainings – [Register](#)
10. **FREE Caring for Kids Camp** – Supports children and adolescents impacted by a loved ones substance use in the KC Metro-area. First Call’s Caring for Kids program aims at developing resilience by teaching coping skills and helping kids to learn about the disease of addiction and the familial risks in an age-appropriate way. Please contact Bethany DePugh to register or for any questions regarding the program: bdepugh@firstcallkc.org; or 816-800-8057.
- **August 2-4, 2024, 9am-12pm CT.**
11. **Foundations of Harm Reduction** – The Addiction Science team at UMSL-MIMH is offering a new, free training to help clinicians, peers, community health workers and others in the SUD field to build a foundation of Harm Reduction. No specific information related to types of mental health or substance use diagnosis is needed. The skills you will be learning are applicable to working with individuals in many settings and with diverse backgrounds. The overarching idea is to broaden how we think about working with people who use drugs, and move away from the notion that if an individual is not interested in treatment there is nothing that we can offer them.
- **Tuesday, August 8, 2023, 12pm-1:30pm CT** - at UMSL [Register](#)
 - **Thursday, August 24, 2023, 2pm-3:30pm CT** – Virtual [Register](#)
12. **Family Coaching Workshops-Missouri Tiered Supports** – Ongoing virtual learning opportunity for families and caregivers interested in implementing positive practices at home.
- **Stay Close-Thursday, August 10, 2023**-Cool, Random, and Routine-August 10, 2023, Learn, practice, and get feedback about core relationship skills that also build trust. [Join Webex](#)
 - **Positive Consequences-Thursday, August 24, 2023**-Learn to identify opportunities, types, relative value, and worth of positive consequences. [Join Webex](#)
 - **Pivot-Thursday, September 14, 2023**-Learn about how annoying behaviors (throwing food, rolling eyes, cursing, mumbling, etc.) often repeat despite our focus on wanting them to stop. [Join Webex](#)
 - **Stay Close-HOT-Thursday, September 28, 2023**-Learn, practice and receive feedback about the skills you can use to de-escalate difficult situations. [Join Webex](#)
 - **Set Expectations-Thursday, October 12, 2023**-Practice developing expectations that increase the behaviors you want to see. [Join Webex](#)
 - **Family Matrix-Thursday, October 23, 2023**-Identify life values that are important to YOU family. Explore ways to use your values to increase desirable behavior. [Join Webex](#)
13. **You Can’t Stop What you Don’t Know** – This workshop will provide attendees with the ability, knowledge, and confidence to help them prevent drug and/or alcohol misuse. Attendees will also be taught certain identifiers, logos and terms that are commonly related to drug (illegal and over the counter) and alcohol, marijuana and drug concealment on school, home and work property.
- **Thursday, August 10, 2023-St. Peters** [Register](#)
 - **Wednesday, November 15, 2023-Kansas City** [Register](#)
14. **Housing Trainings** – DMH Housing Training Program with Corporation for Supportive Housing
- **Wednesday, August 16, 2023**, MO DMH Training - De-escalation: Techniques for Assisting Tenants in Crisis registration link: https://csh-org.zoom.us/meeting/register/tZErce-qpjMsE9TdXAK7PXVcfNKmlm_ahhVT
 - **Wednesday, September 20, 2023**, MO DMH Training - Building Community Support registration link: https://csh-org.zoom.us/meeting/register/tZ0ucOytrTMpGdVGT_So2wUCPwSovInxoSmz
 - **Wednesday, October 4, 2023**, MO DMH Training - Housing First and Substance Use Disorders registration link: <https://csh-org.zoom.us/meeting/register/tZ0tdumhqz8rH9zr2ziKCV0fy8akLmBmS-N>

- **Wednesday, November 15, 2023**, MO DMH Training - Harm Reduction Approaches in Service Delivery registration link: <https://csh-org.zoom.us/meeting/register/tZMpdO2oqzksGtAAhchJe-Et9ZEFk7toGEpT>
- **Wednesday, December 6, 2023**, MO DMH Training - Partnering with Landlords registration link: <https://csh-org.zoom.us/meeting/register/tZ0udOugqjMqHdCDqfLVPhnaKfdnZUJHzDsc>

15. **Addiction Medicine with Treatment Courts Office Hour Mentoring Sessions** – These one-hour sessions will be held monthly and facilitated by an addiction medicine and treatment court expert. It’s an opportunity for you to ask questions, share practice advice, solve challenges, and develop new approaches with treating patients involved in treatment courts and in the legal system.
- Session 8-New to Treatment Court-**Tuesday, August 29, 2023, 10am CT**. [Register](#)
 - Session 9-Treatment Challenges-**Tuesday, September 26, 2023, 10am CT**. [Register](#)
 - Session10-Latest Trends on Working in a Treatment Court- **Tuesday, October 31, 2023, 10am CT**. [Register](#)
 - Session 11-Treatment Court 101-**Tuesday, November 28, 2023, 10am CT**. [Register](#)
 - Session 12-Communication Strategies-**Tuesday, December 19, 2023, 10am CT**. [Register](#)
16. **Advanced Peer Supervision Trainings** –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. It will be provided in virtual format (Zoom) and also in person. When you register, please ensure you select the correct training format that you want to attend.
- **September 7-8, 2023-In-Person**. [Register](#)
 - **November 9-10, 2023-Virtual**. [Register](#)
17. **The Power of Nutrition in Recovery** – Learn the critical role that nutrition (or lack of) plays in recovery.
- **September 16, 10am-5pm C**. [Register](#)
 - **October 18 & 19, 2023, 4-7pm CT**. [Register](#)
 - **November 7-8, 2023 10am-1:30pm CT**. [Register](#)
18. **Social Current: Building a Resilient Workforce Webinar Series** – In our upcoming learning series, “Building a Resilient Workforce,” Social Current experts will delve into core strategies and tactics for supporting staff, such as increasing accountability, managing conflict, nurturing relationships, embracing equity, and achieving excellence. Participants are sure to gain knowledge and tools to set them, and their organizations, up for success. From utilizing brain science in the workplace to fostering psychological safety to creating culture and community, this learning series will provide concrete action steps to support staff who are emotionally and physically exhausted. [Register](#)
- Embed Brain Science-**Tuesday, September 19, 2023, 1pm CT**.
 - Foster Candidness through Psychological Safety-**Thursday, October 5, 2023, 1pm CT**.
 - Create Culture around Shared Values-**Thursday, November 9, 2023, 1pm CT**.
 - Integrated Connection and Community-**Tuesday, December 12, 2022, 1pm CT**.
19. **Certified Peer Specialist-In Person Training** – The Missouri Credentialing Board is excited to announce 3 live CPS training opportunities in three more regions of the state during 2023. [Register](#)
- East-**October 2-6, 2023**, St. Louis
20. **ON DEMAND Integrating Equity and Diversity in Digital Mental Health Interventions for Depression** – This presentation will describe the challenges and needs in developing interventions for underserved populations with an emphasis on Spanish speaking patients in a public sector setting. The presentation will describe a text messaging CBT intervention to increase engagement and improve quality of care among Spanish speaking patients with depression. [Register](#)