

# FYI FRIDAYS

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

**August 25, 2023**

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

1. **Provider Map Serving the Military Community** – The web-based interactive map helps connect service members, Veterans and their families to over 300 Veterans Affairs, DMH contracted, and private practice provider locations across the state. Of the providers, 24% listed have either served in the military or have completed military culture training. For Veterans and their families, having access to culturally appropriate care can create a safe space to talk about their experiences and helps create a healthy, therapeutic relationship with their clinician.  
<https://dmh.mo.gov/veterans>
2. **Roadmap for Governors** – Department of Mental Health staff partnered with the National Governors Association (NGA) to aid in the development of NGA’s Roadmap for Governors, *Implementing Best Practices Across the Continuum of Care to Prevent Overdose*. The document contains recommendations that represent evidence-based and promising actions states and territories may consider as they work to strengthen the systems that care for individuals at risk for overdose. Missouri was one of the states highlighted. The Roadmap is available online for download [here](#) along with a summary of the content.
3. **Engaging Patients in Care Coordination (EPICC)** – The DMH and State Opioid Response (SOR) grant funded Engaging Patients in Care Coordination (EPICC) Program held their first annual statewide meeting on August 1, 2023, at the Stoney Creek Inn and Conference Center in Columbia, MO. EPICC recovery coaches and clinical coordination staff, partners from MHA, DMH staff, and other key stakeholders attended the MHA-sponsored event. Highlights included an EPICC Recovery Coach panel, a self-care presentation by DMH’s Rachel Jones, team-building activities, and a Call to Action meeting to discuss program challenges and highlights with DBH Director Nora Bock. Senator Holly Thompson Rehder, an advocate for the expanding EPICC Program, also attended and expressed her appreciation for all of the work being done by the EPICC Teams. EPICC staff were presented with regional awards and MHA’s Shawn Billings was also presented with an award for this leadership to the EPICC Program.



4. **NAMI National Convention** – NAMI Missouri was honored as the 2023 Outstanding State Organization at NAMIcon 2023, the NAMI National Convention. The award was announced at the May event kickoff in Minneapolis, Minnesota. This honor is given each year to an organization that demonstrates exceptional leadership, strong state presence, outreach to diverse communities, and exemplary stewardship of the NAMI mission and Standards of Excellence. The award was presented to the NAMI Missouri staff, board members and volunteers in attendance by NAMI CEO Dan Gillison and National Leadership Team Representatives Annette Gantt and Sheel Pandya.



5. **Update on Administrative Rules** – Comment period for the following proposed amendments ends on September 1, 2023, as published in the [August 1, 2023 Missouri Register](#) (pages 1424-1426):  
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

The final order of rulemaking for Sobering Centers is published in the [August 15, 2023 Missouri Register](#) (page 1554). The rule will be published in the September 1, 2023, issue of the Code of State Regulations and will be effective on October 1, 2023.

The Division of Behavioral Health is accepting comments on proposed amendment **9 CSR 30-4.046 Psychosocial Rehabilitation (PSR) in Community Psychiatric Rehabilitation Programs** <https://dmh.mo.gov/alcohol-drug/regulation-drafts>. This amendment changes the staff ratios for Children/Youth PSR. Comments should be submitted to [Debbie.mcBaine@dmh.mo.gov](mailto:Debbie.mcBaine@dmh.mo.gov) by **September 22, 2023**.

Xylazine Basics: Overdose Prevention, Harm Reduction and Wound Care

[https://hrcrtraining.org/system/files/paragraphs/download-file/file/2023-08/HHRC\\_Xylazine\\_FactSheet-508.pdf](https://hrcrtraining.org/system/files/paragraphs/download-file/file/2023-08/HHRC_Xylazine_FactSheet-508.pdf)

**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. **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/>
2. **How to Receive Medications for Opioid Use Disorder (MOUD) Training** – Qualified disciplines can become eligible for the [Loan Repayment Program Continuation Contract Award Enhancement](#).
3. **New 2024 Minority Fellowship Program for Addiction Counselors Now Accepting Applications** – The National Board for Certified Counselors (NBCC), funded by a grant in collaboration with the Association for Addiction Professionals (NAADAC) and the Substance Abuse and Mental Health Services Administration (SAMHSA), is accepting applications for the [2024 Minority Fellowship Program for Addiction Counselors \(MFP-AC\)](#). The MFP-AC pairs awardees with mentors in the substance use disorder (SUD) field and provides professional development resources, including travel to the NAADAC Annual Conference. The 2024 MFP-AC will award up to 40 masters'-level fellowships in addiction counseling worth \$15,000 each. NAADAC is accepting [applications](#). **Application Due Date: September 30, 2023.**
4. **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 MoHealthNet Provider Update-Naloxone** – Updates were officially made today to Missouri's standing order for naloxone. Changes include the newly available higher dose of naloxone nasal spray, instruction to direct questions and refill requests to the pharmacist, resources for patients if they cannot afford naloxone at the pharmacy, and a new appendix identifying available treatment facilities. Now on our website: <https://health.mo.gov/data/opioids/pdf/naloxone-standing-order.pdf>
2. **New Addressing Depression Symptoms With a comprehensive Approach** – The typical options clinicians turn to for major depressive disorder (MDD) treatment are "archaic". [Read More](#)
3. **New Common Barriers to ADHD Recognition** – Though a common disorder, many obstacles still exist for some patients struggling with attention-deficit/hyperactivity disorder (ADHD), making it difficult for people to get the help they need. [Learn More](#)
4. **New Women with ADHD Report Lack of Control, More Stress, Relationship Difficulty** – Women with attention-deficit/hyperactivity disorder (ADHD) were found to have a harder time with social functioning, feel a lack of control, and feel a sense of relief following their diagnosis in adulthood. [Read More](#)

5. **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](#)
6. **New How ADHD Presentation Shifts from Adolescence to Adulthood** – Differential diagnosis of attention-deficit/hyperactivity disorder (ADHD) can be difficult for many clinicians as patients age, particularly when other disease states are present, so understanding the nuances of the disorder and how they can change over time is important. [Learn More](#)
7. **New SAMHSA Releases 2023-2026 Strategic Plan** – The Substance Abuse and Mental Health Services Administration (SAMHSA) recently released the [2023-2026 Strategic Plan](#). The 2023-2026 Strategic Plan introduces a new mission and vision by prioritizing a person-centered approach with objectives associated with each priority and guiding principle.
8. **New CRS Report: Clinical Fentanyl Testing** – The Congressional Research Service (CRS) recently published a report on [Clinical Fentanyl Testing](#). The report covers the regulation of clinical fentanyl tests, including primary oversight mechanisms, Food and Drug Administration (FDA)-cleared commercialized tests, and policy considerations for the use of clinical fentanyl testing as one component of the nation’s response to the opioid crisis. The report concludes that “on a population level, this testing would facilitate monitoring trends of illicit drug use across and within geographic areas, as well as evaluating relevant health outcomes and their correlation with clinical presentation and treatment.”
9. **New Building New Horizons: Opening Career Pathways for Peers with Criminal Justice Backgrounds** – The guide ignites healing in an important way. It helps bridge the gap between participants in behavioral health programs and peer support specialists who have lived experiences in the criminal justice system. When we embrace this connection, we create a profound opportunity for genuine understanding, trust, and growth. [Read More](#)
10. **New Whys and Hows to Advance Population Behavioral Health: Culturally-Informed Approaches** – Culturally informed approaches are those that incorporate deliberate understanding of and use methods that consider the unique characteristics of a community or individuals. These approaches to care have been shown to increase the effectiveness of interventions across the continuum of population health care from health promotion and prevention to crisis services and recovery. Incorporating culturally informed strategies can help to more effectively foster community engagement with the mental health system and the professionals within it, as members of diverse communities are more likely to seek assistance from established community resources (i.e., community leaders, traditional healers, community organizations). [Learn More](#)
11. **New A Look at the Latest Suicide Data and Change over the Last Decade** – The Centers for Disease Control and Prevention (CDC) recently released new **provisional data** showing record-high suicide rates in 2022. Over half a million lives were lost to suicide in the last decade, and despite modest declines in 2019 and 2020, the overall number of suicide deaths continues to climb. Specifically, although suicide rates vary greatly by state, across the U.S. rates are highest among American Indian and Alaska Native people, males, and those who live in rural areas. Rates are fast increasing among people of color, younger individuals, and people who live in rural areas. Suicide by firearm is identified as the primary driver of the increase – up by 8 percent from 2020 and another 3 percent in 2022, while deaths from other suicide methods remained more stable. [Learn More](#)
12. **New Caring for the Caregivers: The Critical Link Between Parent and Teen Mental Health** – Our report, Caring for the Caregivers: The Critical Link Between Parent and Teen Mental Health, suggests that it would be just as right to sound the alarm about parents’ mental health as about teens’ mental health. Parents’ and teens’ emotional health is deeply interwoven, and our data indicate that parents are suffering anxiety and depression at about the same rates as teens. [Read More](#)

13. **New Effects of 12 Weeks of At-Home, Application-Based Exercise on Health Care Workers' Depressive Symptoms, Burnout, and Absenteeism** – A 2-group randomized clinical trial was conducted, with participants screened from April 6 to July 4, 2022. Participants were recruited from an urban health care organization in British Columbia, Canada. Participants completed measures before randomization and every 2 weeks thereafter. [Read More](#)
14. **New Beyond Beds: 100% Housing-Practical Lessons from Health Care for the Homeless** – [Beyond Beds: 100% Housing – Practical Lessons from Health Care for the Homeless - YouTube](#)
15. **Best Practices for Co-Occurring Conditions** – Washington State recently published a report [Best practices for co-occurring conditions](#). Also developed: [The Guidebook: Meeting the mental health needs of people with intellectual disabilities](#) which addresses best practices and serves as a crosswalk for the different systems' terminology. Examples of an external resource: [The National Association of Dual Diagnosis](#).
16. **Back to School Resources for Mental Health** – Returning to school can be exciting and challenging for children and teens. During August, the National Institute of Mental Health (NIMH) will highlight resources on stress and anxiety, strategies for coping, and guidance about when to seek help from a health care provider. [Share these resources](#) to help parents, teachers, caregivers, and students navigate this stressful time and focus on overall mental well-being. [ToolKit](#)
17. **Majority of US Adults Say Addiction Has Affected Their Family in Some Way** – Two-thirds of US adults have been impacted in some way by the nation's substance use crisis, a new KFF Tracking Poll found. Sixty-six percent of respondents in the poll said either they themselves or a family member have experienced addiction to alcohol or drugs, homelessness due to addiction, or an overdose resulting in an emergency room visit, hospitalization or death. [Learn More](#)

## ***TRAINING OPPORTUNITIES***

1. **Social Media and Youth Mental Health: Strategies for Service Providers** – This webinar explores ways service providers can address social media use and youth mental health. This webinar will address a child-centered framework to understanding the relationship between social media and mental wellbeing and offer service providers strategies and tools for practical youth use of social media. **Tuesday, August 22, 2023, 1pm CT.** [Register](#)
2. **Veterans Suicide Prevention Training Opportunity for Health Care Providers** – Are you a health care provider serving Veterans in your community? If you work with Veterans, you know they can experience unique challenges, including higher rates of suicide than those who never served. Help keep Veterans safe by learning how to reduce suicide risk through two FREE, online, self-paced courses for health care providers.
  - [VHA Train](#)– 1-hour course (offers ACCME, ACCME-NP, ANCC, APA, ASWB, NBCC, and NYSED SWB accreditation)
  - [Psych Armor Institute](#) – 25-minute course (offers a certificate of completion)
3. **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. **Wednesday, August 23, 2023, 9am-12pm CT.** [Register](#)
4. **Would Your Board Members Rather Have a Root Canal than Help Raise Money** – **Wednesday, August 23, 2023, 11am CT.**
5. **Conversations for Suicide Safer Schools** – Missouri Institute of Mental Health (MIMH) and the Missouri Child Psychiatry Access Project (MOCPAP) are pleased to announce a new training series for the upcoming 2023/2024 school year entitled Conversations for Suicide Safer Schools. This training is intended to empower educators to ask about suicide risk effectively, identify each staff member's role and responsibility, and practice skills to help parents

create suicide-safer environments when there is a potential risk for suicide. Not only is this training free of charge, but attendees will also receive an MIMH Continuing Education Credit for licensure renewal *and* a \$25 Amazon gift card for their participation. Further information, including training dates/times and a registration link can be found [here](#). Registration inquiries and further questions about the training can be directed to: [conferences@mimh.edu](mailto:conferences@mimh.edu). Please share this training with school professionals or members of school-affiliated professional agency.

6. **Peer Supervisors: Supporting Staff Navigating Work-Related Grief and Loss** – In this community of practice, we'll explore the supports that may be needed when PRSS experience the death of a colleague or person they're providing services to. We'll discuss how to provide effective support without overstepping professional boundaries. We'll also explore how to create space for PRSS staff to navigate their experiences around grief without monitoring their emotional wellbeing. **Wednesday, August 23, 2023, 1pm-2:30pm CT.** [Register](#)
7. **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. **Wednesday, August 23, 2023, 1pm-3pm CT.** [Register](#)
8. **Embedding Equity into 988** – This workshop is designed to engage leaders and advocates of mental health on how to contribute to making the 9-8-8 response system more equitable and what actionable steps can be taken to ensure callers are met with the response that is the most culturally appropriate for them **Wednesday, August 23, 2023, 1:30 pm CT.** [Register](#)
9. **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. **Wednesday, August 23, 2023, 2pm CT.** [Register](#)
10. **Introducing SOAR (SSI/SSDI Outreach, Access, and Recovery) for Children and Youth** – This presentation will introduce the SOAR child curriculum developed to increase access to Supplemental Security Income (SSI) for children and youth under the age of 18 with disabling conditions. You will learn about the SAMHSA SOAR TA Center tools and resources for using the SOAR model with SSI for children, and ways that you can get involved in the initiative. **Thursday, August 24, 2023 2pm CT.** [Register](#)
11. **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](#)
12. **Medications for AUD: Acamprosate and Disulfiram** – This training will review the basic pharmacology and clinical uses for both acamprosate and disulfiram in the treatment of alcohol use disorders. **Monday, August 28, 2023, 11am CT.** [Register](#)
13. **Integrating Behavioral Health and Physical Health** – Integrating primary and behavioral health services is important for addressing the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings. **Monday, August 28, 2023, 3pm CT.** [Register](#)
14. **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](#)

15. **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](#)
16. **Training Mobile Crisis Teams to Respond to the Unique Needs of Children and Adolescents** – This year’s state peer-to-peer learning sessions focus on the provision of Mobile Crisis Team (MCT) services. This session will highlight the unique needs of children and adolescents in crisis response. **Wednesday, August 30, 2pm CT.** [Register](#)
17. **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 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 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](mailto:sierra.freeman@apo-ozarks.org) if you are interested in having a booth at the summit. **Thursday, August 31, 2023.** [Register](#)
18. **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](#)
19. **New Practicing Anti-Ageism** – This session will briefly review what ageism is, where it happens, and why it matters, and focus on deepening our understanding of how we all experience and perpetuate ageism. It will discuss strategies that we can use to actively address ageism, especially in our professional settings. **Wednesday, September 6, 2023, 12pm CT** [Register](#)
20. **New Enhancing Care for Black an African American Health Disparities in Rural Areas** – Join us for this powerful roundtable discussion about the impact of social justice concerns, COVID-19 and challenges of providing care in rural communities. As we build on the discoveries from previous focus groups, this event will amplify conversations regarding workforce shortages, accessible technology and funding limitations, while highlighting solutions and provider recommendations to address these disparities. **Wednesday, September 6, 2023, 2pm CT.** [Register](#)
21. **Whole Health Action Management (WHAM) Individual Facilitator Training** – WHAM promotes physical and mental health while empowering peer providers to support the whole health of your clients. Use WHAM training to invest in peers as they support recovery across communities. **September 6-7, 2023.** [Register](#)
22. **Connecting at the Intersection of Faith, Community and Mental Health: The Urgency of Now** – **Thursday, September 7, 2023, 8am-4pm CT.** [Register](#)
23. **Getting Candid: Practical Guidance for Framing the Conversation Around Youth Substance Use Prevention** – This virtual workshop includes engagement strategies for building trust, glean insights and framing conversations around substance use prevention, as well as updates to the foundational project research, substance-specific messages and newly released resources. **Thursday, September 7, 2023, 12:30pm CT.** [Register](#)

24. **Missouri Telehealth Summit** – The Missouri Telehealth Network Summit connects rural healthcare providers to state funding through the Rural Citizen’s Access to Telehealth (RCAT) program. It provides opportunities to discuss telehealth projects, policy updates, and program innovations with statewide leaders, peers, and other stakeholders. **September 7-8, 2023.** [Register](#)
25. **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](#)
26. **Suicide Prevention Training** – The Missouri Veterans Suicide Prevention Team, in partnership with the Veterans of Foreign Wars Post 1003, is hosting a free lunch and learn. Participants will learn to recognize the warning signs of suicide, how to offer hope and get help. **This event is open to the public, you do not have to be a Veteran or Veterans of Foreign Wars member to attend. Seating is limited, you must register by September 10 to attend. Training is held on Wednesday, September 13, 2023, 11:30am to 1:00 pm in person, 105 Irwin Dr., Jefferson City.** [Register by calling Jon @ 573-751-2368 or email \[Jon.Sabala@dmh.mo.gov\]\(mailto:Jon.Sabala@dmh.mo.gov\)](#)
27. **Addressing Workforce Needs on Retention and Recruitment Learning Collaborative** – Attendees will learn strategies for: building a representative workforce; collaborating with schools of preparation; supporting and enhancing Peer Specialists/Recovery Coaches; fostering a resilient workforce as a retention strategy; among other relevant topics. **Wednesday, September 13, 2023, 2pm-4:30pm CT.** [Register](#)
28. **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, September 14, 2023 11am CT.** [Register](#)
29. **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](#)
30. **Harm Reduction Vending Machines** – Overdose and other drug-related harms remain at critical levels among people who use drugs (PWUD) in the U.S., with an estimated 102,842 overdose deaths occurring from July 2021 to June 2022 alone. Harm reduction vending machines (HRVMs) can be a low-maintenance, inexpensive intervention that health departments and community-based organizations can adopt and implement to support PWUD in the communities they serve. **Tuesday, September 19, 2023, 12:30pm-2pm CT.** [Register](#)
31. **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](#)
32. **Partnering with Schools to Improve Youth Mental Health** – Mental health care for K-12 students is at the forefront of health care concerns as young people in America are experiencing a crisis. The alarming rates of poor mental health and suicide risk, shortage of access to appropriate care and disproportionate impacts for underserved populations have all been exacerbated by the COVID-19 pandemic. Collaboration between schools and community mental health organizations, including Certified Community Behavioral Health Clinics (CCBHCs), is essential to providing the care needed for our young people. **Tuesday, September 26, 2023, 10am CT.** [Register](#)
33. **New Substance Use Interventions for Every Psychologist** – This webinar will discuss accessible approaches to detecting and intervening for substance use disorder symptoms for psychologists who do not specialize in substance use disorder treatment. **Thursday, September 28, 2023, 12pm CT.** [Register](#)

34. **New Intergenerationally Understanding and Effectively Supervising Multiple Generations** – Each generation is unique, with its own strengths and assets. However, when generations combine in the workplace, there can be conflict, uneasiness, and uncertainty on all sides. This workshop will address meeting the supervisory needs of different generations, managing potential generational conflicts, and helping all employees to work successfully together. **Friday, September 29, 2023, 1pm-4pm CT.** [Register](#)
35. **New Mental Health Care Seeking Behaviors, Disparities, and Implications** – This webinar will discuss health care seeking behaviors and other key factors contributing to mental health disparities. **Thursday, October 5, 2023, 12pm CT.** [Register](#)
36. **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](#)
37. **New What is Keeping us up at Night? A Behavioral Approach to Sleep** – This webinar will go beyond the biological drive for sleep and explore sleep as a behavior including bedtime procrastination, emotion regulation, and cultural influences. **Thursday, October 12, 2023, 12pm CT.** [Register](#)
38. **New Obesity Management Through Health Behavior Change** – This webinar will review the role of social determinants of health in obesity-related disparities, behavioral treatment for obesity including in the context of pharmacological and surgical treatment, limitations of obesity metrics and weight stigma as well as discuss future directions. **Thursday, October 19, 2023, 12pm CT.** [Register](#)
39. **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. **Conversations for Suicide Safer Homes: a CALM Informed Training** – Firearms are the most lethal means used in a suicide attempt. In fact, 90% of people who attempt suicide with a firearm will perish and two out of every three firearm-related deaths in the United States is suicide. In an effort to prevent the tragedy of suicide the Safer Homes Collaborative presents Conversations for Suicide Safer Homes - a suicide prevention training developed for all audiences. CSSH informs participants of the role they can play in preventing suicide by reducing access to lethal means, particularly firearms. Conversations for Suicide Safer homes teaches participants to identify the warning signs and risk factors for suicide and how to put time and distance between the person at risk and lethal means. Safe, responsible, and legal options for reducing access to lethal means as a way to prevent tragedy are also

presented. Participants who've attended previous versions of this training found it offers respectful and practical tips that focus on increasing safety, and are not anti-gun, but rather anti-suicide. Multiple days available. [Register](#)

- Tuesday, August 29, 2023, 6pm-7pm CT.
- Tuesday, September 12, 2023, 11am-12pm CT.
- Tuesday, September 26, 2023, 6pm-7pm CT.
- Tuesday, October 10, 2023, 11am-12pm CT.
- Tuesday, October 24, 2023, 6pm-7pm CT.
- Tuesday, November 14, 2023, 11am-12pm CT.
- Tuesday, November 28, 2023, 6pm-7pm CT.
- Tuesday, December 12, 2023, 11am-12pm CT.
- Tuesday, December 12, 2023, 6pm-7pm CT.

4. **NAMI Family to Family Education Course** – NAMI Family-to-Family is a free educational program for family members, significant others, and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. The course is taught by trained family members once per week for 8 weeks. **September 5 to October 24, 2023, 6pm-8:30pm CT.** [Register](#)

5. **PREPaRE** – PREPaRE trains school-employed mental health professionals and other educators how to best fill the roles and responsibilities generated by their membership on school crisis response teams. PREPaRE is the only comprehensive, nationally available training curriculum developed by educators (each of whom have firsthand school crisis response experience and formal training) for educators. Specifically, the PREPaRE model emphasizes that members of a school crisis response teams must be involved in the following hierarchical and sequential set of activities: To Register, email [YSTraining@BurrellCenter.com](mailto:YSTraining@BurrellCenter.com) the dates you wish to attend.

P—Prevent and prepare for crises

R—Reaffirm physical health & welfare, and perceptions of safety & security

E—Evaluate psychological trauma risk

P—Provide interventions

a—and

R—Respond to mental health needs

E—Examine the effectiveness of crisis preparedness

- Sept 11 and 12, 2023 – Cape Girardeau
- October 10 and 11, 2023 – Jefferson City
- November 28 and 29, 2023 – Kirksville
- January 10 and 11, 2024 – Joplin
- February 5 and 6, 2024 – Kansas City

6. **NAMI Basic Education for Military Families** – NAMI Basics is a free education program for parents and family caregivers of children and teens age 22 and younger who are experiencing mental health symptoms. NAMI Basics for Military Families is specifically for military families. The NAMI Basics course meets requirements for Missouri Foster Parent Training Credit, but a request must be submitted to the Missouri Department of Social Services Children's Division prior to taking the course for each person requesting training credits. occurs weekly for 6 weeks. **Thursday September 23-October 26, 2023, 6pm-8:30pm CT.** [Register](#)

7. **NOVA Crisis Response Training (CRT)** – NOVA's Basic CRT training consist of twenty-four hours of techniques and protocols for providing crisis intervention to traumatized individuals. The training focuses on the fundamentals of crisis and trauma, and how to adapt to basic techniques to individuals and groups in this area also known as psychological first aid. Thousands who confront human crisis – victim advocates, law enforcement officer and others – have completed the course and recommend it to others.

- October 24-26, 2023-Kansas City [Register](#)
- October 31-November 2, 2023-St Louis [Register](#)

8. **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](#)
9. **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](#)
10. **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](#)
11. **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](mailto:events@mobhc.org) [Register](#)
12. **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](#)
13. **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](#)
14. **2023 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
  - **Missouri Recovery Support Specialist Trainings** – [Register](#)
  - **Ethics Trainings** – [Register](#)
15. **Using the Collaborative Care Model in Populations with Serious Mental illness** – Learn practical skills in implementing a collaborative care model for individuals who have serious mental illness (SMI). Learn how to build the case for and sustain collaborative care in a healthcare organization. **August 21-November 19, 2023.** [Register](#)
16. **Crisis De-escalation: Applied Engagement Skills and Behavioral Interventions for Mental Health Crisis** – Learn to apply crisis de-escalation interventions into your practice. Explore the different levels of escalation and behavior strategies for each stage of crisis. Learn how to manage your personal thoughts and feelings while rendering care. **August 21-November 19, 2023.**[Register](#)
17. **Family Coaching Workshops-Missouri Tiered Supports** – Ongoing virtual learning opportunity for families and caregivers interested in implementing positive practices at home.
  - **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](#)
18. **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](#)
  - **Session 10-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](#)
19. **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](#)
20. **Harm Reduction Specialist Training and Credential** – Harm reduction services save lives by being available and accessible in a matter that emphasizes the need for humility and compassion toward people who use drugs. Harm reduction plays a significant role in preventing drug-related deaths and offering access to healthcare, social services, and treatment. [Register](#)
- **September 11-13, 2023-Kirkwood, MO**
  - **September 25-27, 2023, Kansas City, MO**
21. **The Power of Nutrition in Recovery** – Learn the critical role that nutrition (or lack of) plays in recovery.
- **September 16, 10am-5pm CT.** [Register](#)
  - **October 18 & 19, 2023, 4-7pm CT.** [Register](#)
  - **November 7-8, 2023 10am-1:30pm CT.** [Register](#)
22. **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.**
23. **Housing Trainings** – DMH Housing Training Program with Corporation for Supportive Housing

- **Wednesday, September 20, 2023**, MO DMH Training - Building Community Support registration link: [https://csh-org.zoom.us/meeting/register/tZ0ucOytrTMpGdVGT\\_So2wUCPwSovInxoSmz](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>

24. **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
25. **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](#)
26. **New 2024 Regional WRAP Training** – **WRAP** is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be. The WRAP process supports individuals to identify the tools that keep them well and creates action plans to put them into practice in everyday life. All along the way, WRAP helps incorporate key recovery concepts and wellness tools into your plans and your life. [Register](#)
- **February 8-9, 2024**-Places for People Location TBD, St. Louis, Missouri
  - **March 14-15, 2024**- Recovery Center, Springfield, MO | 1925 East Bennett Suite J, Springfield, MO 65804
  - **April 25-26, 2024**-Drury Hotel | Lewis and Clark Room, 3351 Percy Drive, Cape Girardeau, Missouri
  - **May 2-3, 2024**-MBHC Office, 221 Metro Drive, Jefferson City, MO 65109