

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

November 10, 2023

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

1. **NEW DBH Policy and Procedure Manual – THIS IS A BIG DEAL....**In an effort to consolidate and update all DBH policies, memos, and bulletins, many of the documents posted by DBH on the [Policy, Memos, and Bulletins webpage](#) have been removed due to being outdated or assimilated into the newly developed [DBH Policy and Procedure Manual](#). The memo or bulletin being replaced is indicated at the end of each section. The intent of this manual is to make it easier for provider staff to locate current DBH policies/procedures that are not included in a program-specific manual, also located on this webpage.

Please take a few minutes to review the manual and let us know if you have questions or suggestions to help us improve the usability of this document. Please send your feedback to [Lindsey Pogue](#), DBH Document Control Manager.

JOB ANNOUNCEMENTS

Senior Clinical Caseworker (Forensic Case Monitor II)

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in the Western Region. Remote work options are available for this position. Application deadline is **November 22, 2023**. [Learn More and Apply!](#)

Senior Clinical Caseworker (Forensic Case Monitor II)

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in the Eastern Region. Remote work options are available for this position. Application deadline is **November 22, 2023**. [Learn More and Apply!](#)

Looking for employment? Know someone who is?

**Open positions across the state and throughout the DMH can be found at
[MO Careers - Department of Mental Health](#)**

FUNDING OPPORTUNITIES

1. **NIH Established Maternal Health Research Centers of Excellence** – The National Institutes of Health (NIH) awarded \$24 million in first-year funding to establish Maternal Health Research Centers of Excellence as part of NIH's Implementing a Maternal Health and Pregnant Outcomes Vision for Everyone (IMPROVE) initiative. These maternal health research centers are designed to "...develop and evaluate innovative approaches to reduce pregnancy-related complications and deaths and promote maternal health equity." Depending on the availability of funds,

these grants are expected to last seven years, with an estimated total of \$168 million. NIH's press release announcing the Maternal Health Research Centers of Excellence can be found [here](#).

INFO and RESOURCES

1. **New County Behavioral Health Profiles** – A behavioral health profile has been completed for each county in Missouri. County profiles contain the unemployment rate, poverty rate, substance use rates, and mental health data. Click here to find out more: <https://dmh.mo.gov/alcohol-drug/missouri-epidemiological-profile/2023>
2. **New MOHealthNet-MO MOM Chat** – Over the past year, the MO HealthNet Division (MHD) team members, the Managed Care Health Plans and other key stakeholders have focused on maternal and infant health as a top priority. In order to ensure pregnant women receive the best possible care for both themselves and their children, we want them to have the opportunity to provide feedback directly to us. Therefore, MHD is pleased to announce upcoming listening sessions, called [MO Mom Chat](#). MO Mom Chat is a safe place for MO HealthNet moms to share their thoughts about their healthcare. Please share this [survey](#), as well as these upcoming opportunities with your patients.
The first two sessions will be hosted in Cole County and Boone County on November 15, 2023. MHD plans to offer more listening sessions in 2024. If you are interested in hosting, please contact us by emailing: MHD.Education@dss.mo.gov
3. **New Join our Health Equity ECHO** – Kicking off in late November, this seven-session ECHO series will give participants the chance to engage with other health care provider organizations through didactic presentations and case presentations on key issues related to integrated health and improving health equity within their organizations [Submit ECHO Application](#)
4. **New Telemedicine Flexibilities for Prescription of Controlled Medications Extended Through End of 2024** – The Drug Enforcement Administration (DEA) and the Department of Health and Human Services (HHS) announced an extension of current telemedicine flexibilities for controlled substances through Dec. 31, 2024. This second extension will allow patients and practitioners time to adapt to the final set of telemedicine regulations that the DEA and HHS are expected to release in fall 2024. [Learn More](#).
5. **New U.S. Overdose Death Continue to Rise** – New estimates from the Centers for Disease Control and Prevention's National Center for Health Statistics projects that more than 112,000 people died from a drug overdose in the 12-month period ending in May 2023, an increase of more than 2,700 from the previous year. [Read More](#)
6. **New Overdose Death Increased Substantially among People with no College Degree** – More people without college degrees are dying from drug overdoses than those who went to college, highlighting the need to expand treatment access and subsidize the opioid reversal drug naloxone in lower-income communities in America. [Learn More](#)
7. **New Integrating Peer Recovery Support Services Into Substance Use-Related Crisis Care** – This brief highlights three state initiatives that have integrated peer recovery support services as part of their crisis response to help individuals experiencing substance use-related crises or overdoses. [Read More](#)
8. **New What You Need to Know About Youth and Xylazine** – Help dispel myths about drug overdose and increase youth awareness around the presence and risks of xylazine – as well as products “laced” with xylazine – with this new fact sheet for providers. [Read More](#)
9. **New New Research Discovers Connection between Impulsivity and Substance Use Disorder** – Amphetamine use disorder appears to be associated with differences in functional activation in brain regions associated with impulsivity. General and sex-specific functional brain differences in amphetamine use disorder may one day be useful to help direct, personalize or measure response to treatment or better predict outcomes. [Read More](#)

10. **New Factors Associated with Hospitals' Adoptions of Harm Reduction Strategies** – Only 10% of people receive specialty care for opioid use disorder after hospitalization. This study's results point to three factors associated with hospitals' implementation of harm reduction and risk education services: existing infrastructure for addressing substance use disorders (SUDs), making SUDs a priority and connecting with the community. [Read More](#)
11. **New Qualitative Analysis on Low-Income and Marginalized Individuals with SUD** – While positive impacts of recovery capital and social capital in facilitating SUD recovery is increasingly documented, research has shown that low-income and marginalized individuals have lower social capital and may rely on different networks. This study underscores the need for positive interactions across the care continuum within broader social networks. [Read More](#)
12. **Initiative NRI 2022 State Profiles Report: Transportation in Behavioral Health Crisis Services** – This report identifies 12 states that have developed transportation alternatives for transportation of individuals in crisis and additional states that are working on alternatives to reduce the use of law enforcement in transporting individuals in crisis. [Learn More](#)
13. **Racial Equity and Cultural Diversity Resource Collection** – This ever-evolving webpage is updated periodically and is a compilation of products and resources on cultural responsiveness, racial equity, cultural diversity for the mental health workforce. [Learn More](#)
14. **NAMI Launches Teen and Young Adult HelpLine** – The National Alliance on Mental Illness (NAMI) introduces a the Teen & Young Adult (T&YA) HelpLine: A free nationwide peer-support service providing information, resource referrals, and support to teens and young adults. Their T&YA Specialists are young people who understand what teens and young adults are going through. They are experienced, well-trained, and want to help young people find a way forward. **The T&YA Helpline can be reached by phone, text, or chat Monday-Friday, 9am-9pm CT.** [Learn More](#)
15. **Family Engagement Toolkit** – This toolkit offers resources and a roadmap from the National Family Support Technical Assistance Center, the Mental Health Technology Transfer Center, and the National Center for School Mental Health to move schools from the tokenism that often comes with family involvement to authentic family engagement. Learn how incorporating Family Peer Specialists on school-based mental health teams can move schools towards family-driven partnership and support for youth experiencing mental health and/or substance use challenges. [Learn More](#)

TRAINING OPPORTUNITIES

1. **Training for Early Care Educators in Missouri-Social Emotional** – Ages and Stages Questionnaire (ASQ 3) Development: This screening tool assesses developmental milestones - gross motor, fine motor, communication, problem solving, and personal-social skills for children 2 months - 66 months. **Tuesday, November 14, 2023, 1pm-4pm** [Register](#)
2. **New Reimagining Our Approach to the Workforce Crisis** – This session will focus on the challenges of navigating the ongoing workforce crisis, as well as discuss initiatives and solutions to address this crisis as a collective. **Wednesday, November 15, 2023, 11am CT.** [Register](#)
3. **Introductory/Refresher Motivational Interviewing Training** – 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, November 16, 2023, 11am-2pm CT.** [Register](#)

4. **New Honoring Native American Cultures in Integrated Health** – Because of historical oppression and systemic marginalization, Native American and Indigenous communities across the country face increased barriers to accessing equitable health care services and resources. This has led to disproportionately higher rates of untreated mental health, substance use and general health conditions. **Thursday, November 16, 2023, 12pm CT.** [Register](#)
5. **National Council for Mental Wellbeing Motivational Interviewing** – Motivational interviewing (MI) is an approach enabling individuals to inspire their teams and clients through conversations that empower meaningful change. The National Council for Mental Wellbeing’s MI virtual training and coaching provides an engaging learning environment for this approach, whether you’re a clinician in a mental health or substance use treatment setting, supervisor wanting to boost staff morale or case manager for patients with diabetes and heart disease. Space is limited. **Thursday, November 16, 11am-3pm CT** [Register](#)
6. **New Utilizing Incentives and Sanctions to Support Successful Outcomes in Treatment Court** – This webinar will discuss effective ways to utilize incentives and sanctions within a treatment court setting. Speakers will explain ways to respond to behavioral health non-compliance in a clinical way rather than with traditional punitive approaches. **Monday, November 27, 2023, 12:30pm-2pm CT.** [Register](#)
7. **Best and Promising Practices for Centering Lived and Living Experience and Recovery as a CCBHC** – This webinar will review the recommendations for the field from the Living Experience Advisory Council on organizational shifts towards centering lived and living experience and building a strong workforce of lived and living experience. **Tuesday, November 28, 2023, 12pm-1:30pm CT.** [Register](#)
8. **NAMI Peer-to-Peer Teacher Training** – This is a 2-day virtual training. When complete, participants will be certified to teach the NAMI Signature Education Program, Peer-to-Peer (P2P). Once certified, teachers will lead a course, which generally includes one 2.5 hour session each week for 8 weeks. (Virtual courses can be taught in weekly 2-hour sessions.) Newly certified teachers should be able to commit to teaching one 8-week course per year. **Prerequisite:** Must have taken a NAMI Peer-to-Peer Course as a participant. **December 2-3, 2023, 9am-5pm CT.** [Register](#)
9. **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, December 7, 2023, 1pm-4pm CT.** [Register](#)
10. **New 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. Learners will be prepared to handle safety concerns and escalated clients with clarity and confidence. **Tuesday, December 12, 2023, 1pm-4pm CT.** [Register](#)
11. **PSBCBT Learning Collaborative** – The University of Oklahoma Health Sciences Center, Problematic Sexual Behavior - Cognitive-Behavioral Therapy™ Training Program in collaboration with the Missouri Behavioral Health Council invites you SAVE THE DATES for a Learning Collaborative for Problematic Sexual Behavior - Cognitive-Behavioral Therapy™ for school aged children ages 7-12, their victims, and their caregivers. Requirements-Teams consist of at least 2 clinicians (family modality) or 4 clinicians (group modality), 1 clinical supervisor and 1 senior leader. Information call **January 12, 2024, 12pm CT.** [Register](#)
12. **MO Children's Trauma Network Training Summit 2024** – You are invited to submit a proposal to share your experience and expertise with over 400 attendees from all over the state of Missouri. Attendees include staff from Community Mental Health Centers, Child Advocacy Centers, Private Practices, Child Welfare Agencies, and

many more. The conference focuses on the youth population. To find out more about MOCTN, visit us online at www.moctn.com. **The deadline for presentations is January 30, 2024.** [Fill out the call for presentations online now >> CLICK HERE.](#)

13. **Introductory/Refresher Virtual YSBIRT Training** – For administrators or clinicians who are new to YSBIRT or looking for a refresher. Participants will learn how YSBIRT fits in the context of health and providing whole-person, integrated and trauma informed systems of care; the use of evidence-based screening tools for adolescents to identify risk levels of alcohol and drug use; the role of brief interventions to increase engagement, elicit behavior change and reduce counterproductive discussions; and referral and treatment best practices for managing and supporting people with substance use disorders. **Monday, February 5, 2024, 1pm-4pm CT.** [Register](#)
14. **Introductory/Refresher Virtual SBIRT Training** – For administrators or clinicians who are new to SBIRT or looking for a refresher. Participants will learn how SBIRT fits in the context of health and providing whole-person, integrated and trauma informed systems of care; the use of evidence-based screening tools for adolescents and adults to identify risk levels of alcohol and drug use; the role of brief interventions to increase engagement, elicit behavior change and reduce counterproductive discussions; and referral/treatment best practices for managing and supporting people with substance use disorders. **Monday, February 12, 2024, 1pm-4pm CT.** [Register](#)

RECURRING TRAINING OPPORTUNITIES

1. **Harm Reduction Trainings** – November/December Harm Reduction Trainings: Join the Addiction Science team at UMSL-MIMH for a variety of free, virtual training opportunities on substance use and harm reduction. November and December training offerings include: [Register](#)
 - **Foundations of Harm Reduction**
 - **Harm Reduction In Practice**
 - **Overdose Education and Naloxone Distribution (OEND)**
 - **Stimulant Education: Harm Reduction & Overamping**
 - **Fentanyl Test Strips 101**
 - [Wound Care for Non-Clinicians](#)
2. **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, 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.**
3. **Housing Trainings** – DMH Housing Training Program with Corporation for Supportive Housing
 - **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>

4. **St. Louis DEI Training Series** – [Register](#)
 - We understand trauma for our patients...WHAT ABOUT US?-**November 16-17, 2023, Dome Training Center**
 - Introduction (Theory of Change)-**December 14-15, 2023, Harrison Education Center | 3140 Cass Ave.**
5. **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 11-Treatment Court 101-Tuesday, November 28, 2023, 10am CT.** [Register](#)
 - **Session 12-Communication Strategies-Tuesday, December 19, 2023, 10am CT.** [Register](#)
6. **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 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

 - **November 28 and 29, 2023** – Kirksville
 - **January 10 and 11, 2024** – Joplin
 - **February 5 and 6, 2024** – Kansas City
7. **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](#)
 - **Integrated Connection and Community-Tuesday, December 12, 2022, 1pm CT.**
8. **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
9. **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](#)

10. **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](#)
11. **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](#)
12. **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](#)
13. **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](#)
14. **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](#)
15. **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](#)
16. **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](#)
17. **2023 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
 - **Missouri Recovery Support Specialist Trainings** – [Register](#)
 - **Ethics Trainings** – [Register](#)
18. **ON DEMAND – Medication Awareness Recovery Specialist Training-ONLINE/ON DEMAND** – This is a comprehensive training program that provides 40 hours of training on using medications during the recovery process. At the conclusion of the program, participants are awarded 40 CEU hours and a Medication Awareness Recovery Specialist Certificate. [Register](#)
19. **ON DEMAND – Postpartum Depression Treatment with GABAergic Therapies-ONLINE/ON DEMAND** – This on-demand activity discusses key clinical trial outcomes of traditional oral antidepressant medications and atypical antipsychotics for the treatment of PPD and the current clinical need for effective and safe PPD medications. [Login to participate](#)