



FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance **January 12, 2024**

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

1. **State of the State Address** – Will be held on January 24, 2024 at 3:00.
2. **Update on Administrative Rules** –The updated regulations listed below are published in the **December 31, 2023, issue of the [Code of State Regulations](#)** and will be effective on **January 30, 2024**:
 - 9 CSR 10-7.035 Behavioral Health Healthcare Home
 - 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
 - 9 CSR 30-6.010 Certified Community Behavioral Health Organization
3. **New Behavioral Health Youth Targeted Case Management Manual Name Change** – To be consistent with the Behavioral Health Adult Targeted Case Management Manual, the Youth Targeted Case Management Manual has been renamed Behavioral Health Youth Targeted Case Management Manual. [Access Manual Here](#)
4. **New MO HealthNet making changes to the Preferred Drug Listing for Insulin Agents** – Effective January 11, 2024, in response to various changes in the current marketplace, MO HealthNet will make the following changes to the Preferred Drug Listing for Insulin Agents. For further information, please reference the Pharmacy Clinical Edits and Preferred Drug Lists webpage at [Missouri Pharmacy Clinical Edits and Preferred Drug Lists | Missouri Department of Social Services \(mo.gov\)](#)
5. **New Substance Use Disorders 1115 Demonstration Waiver Approval** – The Centers for Medicare & Medicaid Services (CMS) has approved MO HealthNet Division's (MHD) application for a Substance Use Disorders (SUD) 1115 Demonstration Waiver with an implementation date of January 1, 2024. Please review the recently issued [bulletin](#) for more information.
6. **New Psychiatric Residential Treatment Facilities – Mo HealthNet Bed Hold Reimbursement** – Effective October 1, 2023, Psychiatric Residential Treatment Facilities (PRTFs) will receive reimbursement for medical and therapeutic leave days at 50% of the PRTF per diem rate. [Read More](#)
7. **New The Office of Licensure and Certification has posted a memo regarding the use of recreational vehicles in community residential settings.** In summary, recreational vehicles are not an acceptable community residential setting within a licensed or certified program/facility. The memo can be accessed via the following link: <https://dmh.mo.gov/media/pdf/use-recreational-vehicles-licensedcertified-settings>. Please contact dmh-olc@dmh.mo.gov if you have any questions.
8. **New Peer Support Worker Survey:** This is the LAST CHANCE to participate in UMSL-MIMH's peer support worker survey! UMSL-MIMH is still recruiting for our study of the integration of Missouri peer support workers into the treatment and recovery workforce. If you're a peer or peer supervisor, email peerspecialist@mimh.edu to get your own survey link and

a \$15 gift card. We will also be recruiting through treatment and recovery groups and organizations. If you are open to having one of us attend a staff meeting to share info about this brief survey study, email brittany.blanchard@mimh.edu before the JANUARY 26th DEADLINE!

JOB ANNOUNCEMENTS

Forensic Case Monitor

The Division of Behavioral Health is seeking two (2) Forensic Case Monitors to be domiciled in the Eastern Region/STL area. This position meets with clients on a monthly basis to ensure compliance with the conditions of release and communicates with the Forensic Review Committee to determine release plans. Daily tasks include consulting with community caretakers and DMH staff regarding treatment plans and community functioning, compiling and completing documentation for Conditional Releases and testifying in court and/or revocation hearings as needed. Application deadline is **January 16, 2024**. [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. CDC to Release Notice of DFC Funding Opportunities** – The Centers for Disease Control and Prevention (CDC) recently [announced](#) it will release the Fiscal Year (FY) 2024 Notice of Funding Opportunity (NOFO) for the Drug-Free Communities Support (DFC) Program in February 2024. The DFC Program provides community coalitions grant funding to mobilize local youth substance use and misuse prevention efforts across the country. Specifically, DFC coalitions gain access to:
 - "Funding of up to \$125,000 a year for 10 years,
 - Programmatic support,
 - Technical assistance for research, data collection, and more. "Additional details on the DFC program and how to apply for funding can be found [here](#).
- 2. New HRSA Funding Opportunity: Behavioral Health Integration Evidence Based Telehealth Network Program** – The Health Resources and Services Administration (HRSA) recently announced a new funding opportunity for the [Behavioral Health Integration \(BHI\) Evidence Based Telehealth Network Program \(EB-TNP\)](#). This program seeks to integrate mental health and substance use disorder (SUD) services into primary care settings through telehealth technology via telehealth networks in rural and underserved communities. The program will award a total of \$8.75 million for up to 25 grantees over five years. Applications are due March 22, 2024. Additional details on eligibility can be found [here](#). HRSA is also hosting a technical assistance webinar regarding the new program on January 17, at 3:30 pm ET. [Register here](#)
- 3. New COSSUP Funding Opportunity: Jail-based Medication-assisted Treatment (MAT) Mentor Site Initiative** – The Bureau of Justice Assistance's (BJA) Comprehensive Opioid, Stimulant, and Substance Use Program (COSSUP) is now accepting applications for the [Jail-based Medication-assisted Treatment \(MAT\) Mentor Site Initiative](#). This initiative supports jails in establishing or expanding MAT programs by connecting them with a mentor site to learn from an established program with proven success in treating individuals with opioid use disorder (OUD) in jail. BJA will select between two and six mentor sites with each site receiving a stipend of \$2,000 for their services. COSSUP also released a [document](#) with Frequently Asked Questions about the program. [Applications](#) are due **February 9, 2024**. Apply [here](#).

4. **New HRSA Primary Care Training: Physician Assistant Rural Training in Behavioral Health (due March 15, 2024)** – Only an academically affiliated physician assistant training program accredited by the Accreditation Review Commission on Education for the Physician Assistant (ARC-PA) may apply for this grant opportunity. [Learn More](#)
5. **New HRSA forecasted funding opportunities** – [Learn More](#)

INFO and RESOURCES

1. **New SAMHSA Program to Advance Recovery Knowledge (SPARK) Launched – Expanding Recovery Oriented Systems of Care** – To address the need to expand recovery support services, the Substance Abuse and Mental Health Services Administration (SAMHSA) Office of Recovery has awarded the SAMHSA Program to Advance Recovery Knowledge (SPARK). In partnership with SAMHSA's Center for Substance Abuse Treatment, SPARK will work with people in recovery, family members, caregivers, and others with a focus on equity to increase recovery opportunities to under-served and under-resourced populations. [Learn More](#)
2. **New Oral Contraceptive Use Associated With Reduced Depression Risk** – Current users of oral contraceptive pills (OCPs) may have more of a reduced risk of major depression than those who formerly or have never used OCPs, according to a recent cross-sectional study published in the *Journal of Affective Disorders*. [Learn More](#)
3. **New Marriage and Family Therapists and Mental Health Counselors Now Eligible to Enroll as Medicare Providers** – As of January 1, 2024, marriage and family therapists (MFTs) and mental health counselors (MHCs) are now recognized as Medicare-eligible providers. This means MFTs and MHCs can now bill Medicare independently for their services provided for the diagnosis and treatment of mental health and substance use disorder challenges. Further information can be found on the [Center for Medicare and Medicaid Services \(CMS\) website](#).
4. **New SAMHSA Launches FentAlert Challenge: Empowering Youth for Safer Choices** – The Substance Abuse and Mental Health Services Administration (SAMHSA) recently launched the [FentAlert Challenge](#), a challenge to America's youth to help raise awareness about fentanyl and reduce overdose deaths. The FentAlert Challenge is seeking ideas from youth aged 14-18 on "...a community strategy to increase youth awareness, education, and prevention around the dangers of fentanyl, especially the hidden dangers of fake pills and other contaminants that can lead to drug overdose deaths." SAMHSA will grant up to \$80,000 of prize money, with individual prizes up to \$5,000. Submissions are due by February 26, 2024. [Learn More](#)
5. **New HHS Releases Updated Telehealth Resources on Licensure for Behavioral Health** – The Department of Health and Human Services (HHS) released updates to a website dedicated to telehealth resources regarding Licensure for Behavioral Health. The page includes resources from both the federal and State levels related to pathways for out-of-state providers to practice mental health and substance use disorder (SUD) care and prescribing medications online. [Learn More](#)
6. **New NIH-Funded Study Finds Higher Prevalence of Drug Use and Overdose Among Recently Incarcerated PWUD in Rural Communities** – A National Institutes of Health (NIH)-funded study published in *JAMA Network Open* on Recent Incarceration, Substance Use, Overdose, and Service Use Among People Who Use Drugs in Rural Communities found that people who use drugs (PWUD) in rural communities commonly experienced recent incarceration, drug overdose, and missed opportunities for substance use disorder (SUD) treatment. [Learn More](#)
7. **New HRSA National Maternal Mental Health Hotline** – A 24/7, free, confidential hotline for pregnant and new moms in English and Spanish. [Learn More](#)
8. **New HRSA Rural Health Information Hub** – Your first stop for rural health information. Get rural updates, find rural data, learn how to locate and use data, and more. [Learn More](#)

9. **New Research Highlight: Disparities in Psychotic Disorder Diagnoses and Other Negative Health Outcomes** – Psychotic disorders are serious illnesses that disrupt how a person thinks, feels, and perceives the world. People with these disorders, which include schizophrenia and other disorders with psychotic symptoms, have better outcomes if they receive early and comprehensive care. New research funded by the National Institute of Mental Health (NIMH) found disparities in psychotic disorder diagnoses and showed that such diagnoses are associated with a range of negative health outcomes. [Learn More](#)
10. **New aLAIs a Useful Treatment Option for Schizophrenia, Study Results Underscore** – Atypical long-acting injectable (aLAI) antipsychotic medications are useful for the treatment of schizophrenia, especially in patients who experienced persistent psychotic symptoms and had trouble maintaining consistent adherence. [Learn More](#)
11. **New The Gold Standard: Using Mood Stabilizers in the Treatment of Bipolar Disorder** – In this video, *Psych Congress Network* Bipolar Disorder Excellence Forum Section Editor Julie A. Carbray, PhD, PMHNP-BC, PMHCNS-BC, APRN, clinical professor at the University of Illinois at Chicago, delves into the crucial considerations for managing bipolar disorder. Dr Carbray highlights lithium as the gold standard mood stabilizer, exploring its efficacy in treating acute mania and serving as a reliable maintenance medication, and addresses the pitfalls of SGA monotherapy. Discover how careful monitoring, proper dosing, and patient education can mitigate associated risks and positively impact long-term therapy outcomes. [Learn More](#)
12. **New Bipolar and Substance Use Disorders Comorbidity: Commonality and Risk Factors** – Having bipolar disorder and substance use disorder co-occurring in patients can be common—40% to 60% of patients have this comorbidity. Julie A. Carbray, PhD, PMHNP-BC, PMHCNS-BC, APRN, clinical professor at the University of Illinois at Chicago, and Arwen Podesta, MD, ABPN, FASAM, ABIHM, a psychiatrist at Podesta Psychiatry LLC, discussed the commonality of this comorbidity at the first annual NP Institute in Boston, Massachusetts, as well as how they recommend professionals approach treatment. [Learn More](#)
13. **New Navigating Bipolar Disorder in the Elderly: Understanding Unique Symptoms and Challenges** – Treating bipolar disorder in the elderly can bring new challenges than may be found in other populations. According to Amber Hoberg, PMHNP-BC, Morning Star Family Medicine PLLC, elderly patients with bipolar disorder and more depressive episodes than younger patients and have a more unique set of stressors that could be impeding treatment. Join Nurse Hoberg as she discusses how treatment differs between populations, how changes in the brain can affect treatment response, and how clinicians and other mental health professionals can approach this patient population. [Learn More](#)

TRAINING OPPORTUNITIES

1. **New 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. In-person courses are taught by trained teams with lived experience raising youth with mental health conditions and are certified for Missouri Foster Parent Training Credit. ***Building Community Bridges, 213 East Ashley Street, Jefferson City, MO, Tuesdays, January 16-2024 – February 20, 2024, 5:30pm-8pm CT.*** [Register](#)
2. **Virtual SPARCS Learning Collaborative Cohort #3 (Virtual Only)** - Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) is an evidence-informed group therapy intervention recommended by the National Child Traumatic Stress Network and the Illinois Department of Children and Family Services. SPARCS is also being incorporated into schools' plans for Positive Behavioral Intervention & Supports. SPARCS is used in a variety of treatment delivery settings, including community-based programs, schools, outpatient clinics, shelters, residential, and juvenile justice settings. [Register](#)
 - ***Learning Session #1, January 17-19, 2024, 8:30am-12:30pm***
 - ***Learning Session #2, March 20-22, 2024, 8:30am-12:30pm***

3. **New Empowering Youth: Navigating Global Conflicts through Culturally Responsive Integrated Care** – With the world's continued focus on global conflict and humanitarian crises, integrated care support for youth in schools can help address the recent rises in identity-based prejudice and bullying. Join us as we tackle these concerns in a conversation on providing culturally responsive integrated care that contributes positively to health outcomes of students of all backgrounds. **Wednesday, Jan. 17, 2024, 12pm-1pm CT.** [Register](#)
4. **Introductory/Refresher Virtual Motivational Interviewing** – Whether you're a clinician in a health setting, a supervisor trying to boost staff morale or a case manager supporting recovery, our Motivational Interviewing (MI) training and coaching will help you create conversations that empower others to make meaningful changes. **January 18, 2024, 11pm-3pm CT.** [Register](#)
5. **How Does a Clinician Intervene Therapeutically to Treat and Manage Suicidality in Clients** – This live-online training on suicide intervention will explore key fundamentals of suicidality. Gain understanding of risk level and various motivations for the "suicide mode". Various treatment approaches will be discussed in depth, including CBT, DBT and ACT. Clinicians will be encouraged to examine their current practices around treating suicidality. **Thursday, January 18, 2024, 1pm-4pm CT.** [Register](#)
6. **Introduction to DBT: Helping Persons Served Build a Life Worth Living Training** – This training will provide an overview of the foundational theories of DBT, its structure, and its treatment targets. It will describe the four modes of treatment and take a closer look at specific skills modules. Providers will learn why DBT is not suicide prevention, but rather it is a treatment designed to help the people they serve build a life worth living. **In person at 1310 Papin Street, St. Louis, MO, Friday, January 19, 2024, 9:00am-4:00pm CT.** [Register](#)
7. **The Link Center Shared Learning Group Series: Supports for Trauma** – NASMHPD is pleased to share the registration for an upcoming virtual gathering series, hosted by The Link Center: "Supports for Trauma". These Shared Learning Groups are an opportunity to dive into important topics and tap into your expertise and experiences related to people with cognitive disabilities, including intellectual and developmental disability, brain injury and others, and mental health conditions. There are four sessions on the same topic for different target audiences. **Tuesday/Wednesday January 23-24, 2024, 12:00pm-3:30pm CT.** [Register](#)
8. **Virtual Adult Mental Health First Aid**– Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Topics covered in this training include anxiety, depression, psychosis, and addictions. **Wednesday, January 24, 2024, 9am-5:30pm CST.** [Register](#)
9. **SUD Treatment for People with Cognitive Challenges** – This webinar will provide a brief overview of cognitive impairment (CI), its impact on treatment engagement and outcomes, possible signs of CI in individuals with SUD, and techniques and strategies to improve the SUD treatment of individuals with CI. **Wednesday, January 24, 2024, 1:00pm-2:30-pm CT.** [Register](#)
10. **How to Become the World's Best Group Therapist: A Focus on Facilitating Addictions and Mental Health Groups** – There are therapy groups formed to promote healing for just about every human condition. In this presentation you will learn the 10 things the best group therapists do. Topics covered include: becoming the world's best group therapist; how to build group cohesion; building cohesion in the midst of rapid group turnover; stages of group development and the role of the group leadership; managing group conflict; dealing with difficult group members; building trust in groups with multicultural membership; how to energize groups; the effective use of activities in group therapy. **Thursday, January 25, 2024, 1:00pm-4:00pm CT.** [Register](#)

11. **Why Are We Afraid to Ask About Gambling?** – This presentation will focus on bringing our own attention to gambling in today’s world, how to look for it and help our clients who may have a problem and work professionally towards increasing awareness to a disorder that continues to impact the lives of many people and those who love them. **Friday, January 26, 2024, 9am-11am CT.** [Learn More and Register](#)
12. **Fundamentals of CBT for Depression and Anxiety** – Cognitive Behavioral Therapy (CBT) is a type of psychotherapy in which negative thought patterns for a given situation are challenged in order to alter unwanted emotions and behavior patterns. The goal of this training is to learn to apply the basic model of CBT to the common problem areas of depression and anxiety. Participants will learn to conceptualize these problem areas within a CBT framework and will learn about basic CBT tools and techniques utilized in their treatment. **1310 Papin, St. Louis, MO, Friday, January 26, 2024, 8:30am-12:00pm CST.** [Register](#)
13. **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.](#)
14. **Mental Health First Aid** – Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Youth MHFA is also available for adults working with youth (age 12-18). **Adult— Thursday, January 30, 2024, 8:30am-3:30pm Fulton MO** [Learn More and Register](#)
15. **New Embedding Equity in 988 Crisis Systems Webinar** – With 988, we have the opportunity to build equitable behavioral health crisis response systems from the ground up. Having shared language and an understanding of context among systems partners; taking a data-informed approach; and engaging in conversations on equity in systems are important first steps. This webinar will provide participants with the context and rationale for equity, as well as a vision for equity at all system levels – community, state/territory, tribal, and federal. **Wednesday, January 31, 2024, 12pm-2pm CT.** [Register](#)
16. **TIROES Training - Building Organizational Resilience** – Building resilience in the workforce is key to adapting to the challenges ahead. Begin your Trauma-informed, Resilience-oriented, Equity-focused Systems (TIROES) journey by supporting inclusivity through your entire organization! **Wednesday, January 31, 2024, 1:00pm-2:30pm CT.** [Register](#)
17. **LGBTQIA+: History, Diversity, Inclusion** – A This presentation will cover history of the LGBTQIA+ community, diversity within the community, and how to make your practice or organization more inclusive. While the topic range is broad, the presentation is meant to appeal to learners from all different backgrounds and knowledge bases. Through learning about history, diversity, and inclusion, you will be more aware of any implicit biases that exist, and meet participants at any point in their journey of cultural awareness, competency, or humility. **Friday, February 2, 2024, 1:00pm-4:00pm CT.** [Register](#)
18. **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](#)

19. **New DBT for People with Substance Use Disorders** – Missouri Department of Mental Health and Missouri Behavioral Health Council announce a one-day DBT for People with Substance Use Disorders Training day. DBT for SUD is an expansive treatment for individuals with borderline personality disorder and substance use disorders. This one-day training is a highly experiential, and practical workshop that will provide participants with a comprehensive working knowledge of the adaptations to be made when working with individuals with BPD-SUD. This is a free online training with limited seats available. CEs will be provided. **Thursday, February 8, 2024, 8:30am-4pm CST.** [Register](#)
20. **New Advancing the Science on Peer Support and Suicide Prevention 2 Day Workshop** – This NIMH-sponsored workshop will bring together experts in peer support suicide prevention to discuss relevant conceptual frameworks, recent advances in understanding what works and for whom, service settings and service-user characteristics that inform intervention strategies across the crisis services continuum, digital and tele-health applications, considerations for youth, and equity considerations. The workshop will identify innovative advancements and areas that need additional research as the field moves forward. You will need to register separately for each day you wish to attend. There is no cost to attend and CEUs are not provided. **Thursday, February 8, 2024 and Monday, February 12, 2024, 10am-3:45pm CST.** [Register](#)
21. **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](#)
22. **Building Community Partnerships to Boost Mobile Crisis Response** – Community-based mobile response teams can successfully reach people experiencing a crisis who have been missed or failed by the system, or who are reluctant to engage – but to do so requires trust-building with local entities frequented by community members, ethically leveraging local resources, and rethinking awareness-building and engagement. A new TAC webinar series explores the essential role of mobile crisis response in bridging gaps in communities, as well as ways for states to support local community partnering.
 - **Webinar 2: Establishing Mobile Crisis Teams as Trusted Partners in Communities of Service Members, Veterans, and their Families.** **Tuesday, February 13, 2024, 12pm-1pm CT.** [Register](#)
 - **Webinar 3: Creative Solutions for Mobile Crisis Teams to Effectively Engage with Rural and Frontier Communities.** **Tuesday, March 12, 2024, 12pm-1pm CT.** [Register](#)
23. **New The Next Step in Suicide Prevention** – It is important for the industry to move to the next step in suicide prevention and quality care, to grow our understanding of why people die by suicide, continually improve our ability to recognize imminent risk and systematically utilize practical tools and strategies for prevention. This webinar addresses those elements and how to access a related free program of in-depth online video training and resources for behavioral healthcare providers created by Dr. Thomas Joiner and the Mental Health Risk Retention Group. **Tuesday, February 13, 2024, 12pm-1pm CT.** [Register](#)
24. **Mobile Crisis and Community Partnering Webinar 2: Establishing mobile crisis teams as trusted partners in communities of Service Members, Veterans, and their Families (SMVF)** – SMVF communities experience high rates of suicide and often widespread mistrust in organizations due to fear of repercussions within rank, firearm removal, stigma, and lack of military cultural competence among providers. This webinar identifies techniques for mobile teams to make effective and robust connections within the community to both reach SMVF and make post-crisis referrals. **Tuesday, February 13, 2024, 12:00pm CT.** [Register](#)
25. **Motivational Interviewing** – This training will give you a framework for understanding an individual’s motivation and resolve ambivalence by enabling people to recognize their own patterns, own their personal outcomes and understand the means by which they will achieve those goals. Clinicians and behavioral health staff utilize motivational interviewing to attend to clients and staff needs in a person-centered way. **1310 Papin Street, St. Louis, MO, Wednesday, February 14, 2024, 9:00am-4:00pm CST.** [Register](#)

26. **6-Session Support Aging in Place: Older Adult Peer Support Training** – This training is designed to promote rapid uptake of digital peer support and is designed specifically to address the needs of older adults, including evidence-based principles associated with normal aging and technology, accessing and engaging older adults in technology-based recovery services, resources to age in place, aging successfully, education on whole health, sharing your lived experience of aging with mental health and/or co-morbid physical health challenges, and defining values and setting goals. **Please note that in order to receive a certificate of attendance you must attend all 6 sessions.** *Tuesdays February 20, 2024 – March 26, 2024, 12pm-2pm CT.* [Register](#)
27. **Recognizing the Signs & Symptoms of Mental Illness** – The general population often has limited knowledge and misconceptions regarding behavioral health disorders in both children and adults. This can lead to increased stigma surrounding behavioral health disorders as well as delayed treatment. For many individuals with behavioral health disorders, delaying treatment may lead to an increase in symptom severity, an increase in risk factors for safety, and a lower general quality of life. By educating health workers, educators, practitioners, and the general public, it is the hope that the community can begin to combat the stigma against behavioral health disorders and support those experiencing symptoms in getting connected to the resources and interventions they deserve. *1310 Papin Street, St. Louis, MO, Wednesday, February 21, 2024, 9:00am-12:00pm CST.* [Register](#)
28. **Intermediate Motivational Interviewing Training** – For individuals who have had prior MI training and want to hone their skills, we will jump right into the deeper use of spirit and OARS strategies to identify and evoke change talk. This is a smaller group format to allow for multiple guided practice opportunities. Curriculum pace and flow is intentionally designed to maximize engagement and interaction in a virtual environment. *Thursday, February 22, 2024, 11am-3pm CT.* [Register](#)
29. **Mastering the Art of Reading & Grasping a Meta-Analysis Webinar** – As evidence-based practitioners, we must stay on top of research and there's no greater feeling than finding a recent meta-analysis on your topic. But meta-analyses vary in how they find, organize, and analyse information. Meta-analyses also report different statistics and graphs than you normally see in other studies. This training is for anyone who reads meta-analysis papers. Participants will learn key concepts to comprehend and critically evaluate the information presented in a meta-analysis. People with stats-anxiety in particular are encouraged to attend. We will apply our learning by using recently published meta-analyses in the field of sexual offending. *Thursday, February 29, 2024, 9:30am-12:30pm CST.* [Register](#)
30. **WRAP Facilitator Training** – Five-day facilitator training on WRAP. Participants in this training course are given the Facilitator Training Manual: Mental Health Recovery, including the WRAP curriculum, and will learn how to use this manual to facilitate WRAP groups and workshops using techniques that support a core set of values and ethics. This training is for anyone who has completed the Seminar I Wrap Training. *MBHC, 2401 East McCarty Street, Jefferson City, Monday-Friday, March 4-8, 2024, 8am-5pm CT.* [Register](#)
31. **Mobile Crisis and Community Partnering Webinar 3: Creative solutions for mobile crisis teams to effectively engage with rural and frontier communities** – With some estimates of farmer and rancher suicide rates being between ¼-½ higher than other occupations and with overall rates of suicide higher in rural communities than urban, it is vital for crisis teams to reach and effectively engage with rural and frontier communities. This session provides practical strategies. *Tuesday, March 12, 2024, 12:00pm CT.* [Register](#)
32. **DBT Lunch and Learn: How to Think Like an Adherence Coder: The DBT AC-I in Practice** - The Department of Mental Health and Missouri Behavioral Health Council are excited to offer this learning opportunity. This virtual event is open to all and is not strictly reserved for DBT providers. This webinar will provide a brief overview of the development of the DBT AC-I, including core therapeutic strategies that are used to evaluate adherence, as well as tips and tricks for reviewing sessions with an eye towards adherence. *Thursday, March 14, 2024, 12pm-1pm CT.* [Register](#)

33. **New Missouri Crisis Intervention Team Conference (10th Anniversary)** – The Missouri Crisis Intervention Team (MO CIT) Council is a network of representatives from each established local CIT council across the state, Community Behavioral Health Liaisons (CBHLs), state agencies and associations, and those with lived experience. The Missouri Behavioral Health Council has approved this program for behavioral health continuing education contact hours and POST hours. MBHC will be responsible for this program and maintain a record of your continuing education hours earned. *Margaritaville Lake Resort, Osage Beach, MO, Monday-Wednesday, April 1-3, 2024.* [Register](#)
34. **2024 MO Association of Treatment Court Professionals Conference** – Registration for the 2024 MO Association of Treatment Court Professionals Conference is open. The 26th Annual Treatment Court Conference program can be found here: [MATCP-Registration-2.pdf \(motreatmentcourts.org\)](#) Electronic conference applications can be found here: [2024 MATCP Conference – Missouri Association of Treatment Court Professionals \(motreatmentcourts.org\)](#). *Branson, MO, Wednesday-Friday, April 10-12, 2024.*
35. **New NatCon24** – This is THE event in mental health and substance use treatment. NatCon24 is more than a conference! NatCon24 connects you with the most in-demand audiences in our field – from influencers and decision-makers to advocates and executives. *St. Louis, MO, Monday-Wednesday, April 15-17, 2024.* [Register](#)
36. **H.E.R. for Youth|Girls** – Habilitation Empowerment Recovery for Girls or H4G is a therapeutic intervention created to address the specific needs of Black girls who are high risk, have mild to moderate substance use disorders, and have current or past involvement with the juvenile justice system, with an emphasis on Black girls. H4G utilizes a strength-based, holistic model for treatment that is both culturally relevant and responsive, with an emphasis on providing a positive and engaging approach to treatment. *Holts Summit, MO, Monday-Wednesday, May 13-15, 2024, 8am-5pm CT.* [Register](#)
37. **H.E.A.T for Youth|Boys** – H.E.A.T. for Youth is a therapy program designed for Black males aged 13 to 17 involved in the Juvenile justice system. H.E.A.T. — which stands for Habilitation, Empowerment, and Accountability Therapy — applies a holistic, culturally relevant, responsive, strength-based model that emphasizes a positive and engaging approach to treatment. If implemented as designed, it takes six months to complete the entire curriculum. Though H4Y was developed for black males, other ethnic groups could benefit from this intervention. The principles of intervention are universally applicable to all races and ethnicities. *Holts Summit, MO, Wednesday-Friday, May 15-17, 2024, 8am-5pm CT.* [Register](#)
38. **Middle America School Mental Health Conference** – The Mid-America Mental Health Technology Transfer Center will be sponsoring and serving on the planning committee for the first ever Middle America School Mental Health Conference. This event will bring together school mental health professionals from across the Midwest to share their experiences and expertise with one another. This year's theme is "*Cultivating Hope & Healing: Building cultures of hope & healing for families, schools, and communities.*" *A call for Proposals is now open—applicants must apply by January 15, 2024. Omaha, NE, Wednesday/Thursday, May 29-30, 2024.* [Learn More and Register](#)
39. **2024 Crisis Conference (Save the Date)** – *Holiday Inn Executive Center, Columbia, MO, June 24-25, 2024.*

RECURRING TRAINING OPPORTUNITIES

1. **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. Check back soon for 2024 virtual training dates. [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: Wound Care Fundamentals—Click for Training Video**

2. **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
 - **February 5 and 6, 2024** – Kansas City
3. **Behavioral Health & Intellectual/Developmental Disability (BHIDD) Virtual Learning Collaborative** – The Behavioral Health & Intellectual/Developmental Disability (BHIDD) Virtual Learning Collaborative is an introductory training for any clinical and/or administrative staff interested in better supporting people with BHIDD needs. This training aims to introduce the participants to essential topics important to recognizing various needs and how to reduce behavioral risk over time. CEs are included. [Register](#)
 - **January 17, 2024:** Understanding Dual Diagnosis Basics
 - **January 31, 2024:** Comprehensive Assessment Practices
 - **April 18, 2024:** Using the DM-ID, 2 as a Clinical Resource
 - **April 25, 2024:** IDD and chronic health conditions, physical health care advocacy: sharing information with providers
 - **July 17, 2024:** Crisis Prevention and Intervention: Reducing Risk
 - **July 31, 2024:** Wellness and Aging
 - **October 8, 2024:** SUD and IDD
 - **October 23, 2024:** Adapting Therapy with IDD Clients (including alternative therapies)
4. **New MBC Clinical Supervision Training** – This training is a comprehensive 30-hour national training model for clinical supervision. The first 14 hours are completed online followed by a 2-day, 12-hour Zoom training and videos to reinforce the online training and introduce additional supervision topics. Please note: This training is required for new supervisors to become a MCB Qualified Supervisor. [Register](#)
 - **February 8-9, 2024, 8am-2pm CT**
 - **May 13-14, 2024, 8am-2pm CT.**
5. **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** – New MBHC temporary location, 2401 East McCarty, Jefferson City, MO 65109
6. **2024 Spring Zoom Ethics Training** – This training offered by the Missouri Credentialing Board will focus on ethical principles and ethical dilemmas and allow professionals to discuss real life ethical issues. [Register](#)
 - **February 16, 2024, 1pm-4pm CT**
 - **March 8, 2024, 9am-12pm CT**
 - **March 8, 2024, 1pm-4pm CT**
 - **March 15, 2024, 1pm-4pm**

- **March 29, 2024, 9am-12pm CT**
 - **March 29, 2024, 1pm-4pm CT**
 - **April 19, 2024, 9m-12pm CT**
 - **April 26, 2024, 1pm-4pm CT**
7. **2024 Spring LIVE Ethics Training** – This training offered by the Missouri Credentialing Board will focus on ethical principles and ethical dilemmas and allow professionals to discuss real life ethical issues. [Register](#)
 - **February 23, 2024** – Missouri Chamber of Commerce, 428 E. Capitol, Jefferson City, MO, **9am-4pm CT**.
 - **March 22, 2024** – Springfield Recovery Community Center, 1925 Bennett Street, Springfield, MO, **9am-4pm CT**.
 8. **2024 Missouri Recovery Support Specialist Training** – The purpose of the Recovery Support Specialist Training is to train and credential qualified participants to work as staff and/or volunteers with people with a behavioral health disorder. Recovery Support Specialists enter into ongoing mentoring relationships that help individuals who are in recovery or who are considering recovery from a behavioral health disorder to produce extraordinary results in their lives, careers, businesses, organizations, etc. Trainers: Mark McDonald and Jane Pfefferkorn. [Register for any of these trainings](#)
 - **February 26-28, 2024 8am-5pm** - Location: Mission Missouri 509 Ruth St, Sikeston, MO
 - **March 18-20, 2024 8am-5pm** - Location: Healing House 4505 St John Ave, Kansas City, MO
 - **April 22-24, 2024 8am-5pm** - Location: Splitlog Baptist Church 3670 Splitlog Rd, Goodman, MO
 - **May 21-23, 2024 8am-5pm** - Location: Landmark Church 204 Metro Dr, Jefferson City, MO
 - **June 19-21, 2024 8am-5pm** - Location: Mission Missouri 509 Ruth St, Sikeston, MO
 - **July 22-24, 2024 8am-5pm** - Location: PreventEd. Address: PreventEd, 9355 Olive Blvd, St. Louis, MO
 - **August 12-14, 2024 8am-5pm** - Location: Healing House 4505 St John Ave, Kansas City, MO
 - **August 27-29, 2024 8am-5pm** - Location: Springfield Recovery Community Center, 1925 E Bennett St J, Springfield, MO
 - **September 17-19, 2024 8am-5pm** - Location: Mission Missouri 509 Ruth St, Sikeston, MO
 9. **New Windows of Wisdom: Shape Your Own Journey with Insights from Experienced Peers** – Watch this new series of videos to find firsthand advice that is ideal for new peer specialists as they start their careers. These videos are ideal for new peer specialists who are early in their careers, and any clinicians, teams and organizations that provide care to individuals who have SMI. [Watch the Video Series Now](#)
 10. **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](#)
 11. **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](#)
 12. **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](#)
 13. **Youth Peer Specialist (YPS)** – The YPS training has gone VIRTUAL. A Youth Peer Specialist is a young adult who provides support, encouragement, and assistance to youth and young adults as they transition to adulthood. [Register](#)

14. **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](#)
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. **2024 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. **2024 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
- Missouri Recovery Support Specialist Trainings – [Register](#)
 - Ethics Trainings – [Register](#)