



# FYI FRIDAYS

## **DBH Updates, Notices, and Policy Guidance** **January 19, 2024**

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

- 1. New Centralized Request Forms for Naloxone, FTS, and Training**- MIMH has done a “soft launch” of their new training request form and fentanyl test strip form and will be doing an official launch with public distribution next week. This will allow for centralized places to request all of their trainings and fentanyl test strips, in addition to their naloxone request form. Please refer people to the links below going forward for all the following requests:
  - Naloxone Request: [getmonaloxone.com](http://getmonaloxone.com)
  - Fentanyl Test Strip Request: <https://testmodrugs.com>
  - Training Request: <https://www.mimhaddisci.org/training>
- 2. New Certified Peer Specialist Training** – The Credentialing board heard that agencies are needing to get more peers trained sooner, so an additional training has been added on **February 19-23, 2024**. In order to register for the training, agencies need to register the staff for the first available training they can get into online at [www.mopeerspecialist.com](http://www.mopeerspecialist.com), currently it will be a March training. Once the person is registered, they can contact Kim Crouch at [Kimberly.crouch@missouricb.com](mailto:Kimberly.crouch@missouricb.com) or Lori Franklin at [Lori.Franklin@dmh.mo.gov](mailto:Lori.Franklin@dmh.mo.gov) about getting the person bumped up to the February class. Depending on how many people they get registered over the next week or so, they may open it up for online registration. If the agencies have enough to fill the training they will be prioritized for this group.
- 3. State of the State Address** – **Will be held on Wednesday, January 24, 2024 at 3pm.**
- 4. 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

**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 How to Improve Your Grant Writing Skills, Live Online, February 15, 2024** – Grant writing is a competitive endeavor, and many agencies approach the task poorly prepared. Dean Klinkenberg has been involved in dozens of grant cycles as both an applicant and a reviewer. He will give an overview of the federal agencies and private foundations that regularly offer funding and describe how to evaluate which grants to apply for. He will then describe the different sections of a grant application and what content should be covered in each section. The program will finish with 20 tips to improve grant writing skills, which will include common mistakes grant writers make and how to avoid them. If you are a social worker, program administrator, program manager, or anyone at an agency who expects to apply for funding to start a new program or expand an existing one or otherwise seek external funding to improve the services you offer, enroll in this program to learn how to make your grant application more competitive. [Learn More & Register](#)
3. **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](#).
4. **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](#).
5. **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](#)
6. **HRSA forecasted funding opportunities** – [Learn More](#)

## INFO and RESOURCES

1. **New What Families Need to Know to Help Protect Children, Teens and Young Adults** – Vaping has become one of the most popular forms of substance use among young people, despite growing evidence of its health risks and harms. As parents and caregivers, we want to do all we can to protect our children from the negative effects vaping can have on a young person's developing brain. Partnership to End Addiction's Vaping Guide has been updated with statistics from 2023 and information on vaping products that are gaining popularity. [Learn More](#)
2. **New Marijuana and Fentanyl** addresses questions about marijuana being laced with fentanyl. [Learn More](#)
3. **New Marijuana and Mental Health** – experts explain how more potent THC products are linked to mental health problems. [Learn More](#)

# MISSOURI MASTER PLAN ON AGING TOWN HALL *Events*

SPONSORING AGENCY	DATE	TIME	LOCATION
AGING BEST	2/26	9-11 AM	AGING BEST 2027 CHRISTY DR JEFFERSON CITY
CARE CONNECTION	2/27	2-4 PM	WARRENSBURG COMMUNITY CENTER 445 E GAY ST WARRENSBURG
YOUNG AT HEART	2/28	9-11 AM	EAST HILLS LIBRARY THEATER ROOM 502 N WOODBINE RD ST JOSEPH
NORTHEAST MISSOURI AREA AGENCY ON AGING	2/29	2-4 PM	MONROE CITY NUTRITON CENTER 314 S MAIN ST MONROE CITY
MID-AMERICA REGIONAL COUNCIL/ SHEPHERD'S CENTER KC	3/1	9 AM-12 PM	KAUFFMAN FOUNDATION CENTER 4801 ROCKHILL RD KANSAS CITY
AGING AHEAD	3/5	9-11 AM	MARYLAND HEIGHTS COMM CENTER 2300 MCKELVEY RD MARYLAND HEIGHTS
ST LOUIS AREA AGENCY ON AGING	3/5	12:30-2:30 PM	O'FALLON PARK REC COMPLEX 4343 W FLORISSANT AVE STL
AGING MATTERS	3/6	2-4 PM	SHOW ME CENTER 1333 N SPRIGG ST CAPE GIRARDEAU
SENIORAGE	3/7	2-4 PM	SOUTHSIDE SENIOR CENTER 2215 S FREMONT AVE SPRINGFIELD
REGION X AREA AGENCY ON AGING	3/8	2-4 PM	JOPLIN SENIOR CENTER 2616 S PICHER AVE JOPLIN



WE WANT TO KNOW THE NEEDS OF OLDER ADULTS, ADULTS  
WITH DISABILITIES, AND CAREGIVERS IN YOUR AREA.  
JOIN A TOWN HALL MEETING. SHARE YOUR INPUT.



4. **New Response Crisis Center Addressing the Silent Epidemic of 988 Callers' Loneliness and Social Isolation** – Long before the emotional toll people endured during the COVID pandemic, crisis counselors at the Response Crisis Center in Stony Brook, New York, noticed crisis callers frequently reporting feelings of being overwhelmed and alone. “We saw that even when connected with psychiatrists and therapists, 988 callers did not have the informal social supports and connections to alleviate isolation and loneliness,” says Meryl Cassidy, executive director at the Response Crisis Center. [Learn More](#)
5. **New Introducing SAMHSA's National Training and Technical Assistance Center for Early Serious Mental Illness** – The ESMI TTA Center is a new national training and technical assistance center developed by SAMHSA and Westat to address early serious mental illness (ESMI), including first episode psychosis and clinical high risk for psychosis. The ESMI TA Center provides education, training, and technical assistance on evidence-based, evidence-informed, and promising practices related to the identification, assessment, and treatment of ESMI. If you would like to receive ESMI TTA Center announcements about new resources, trainings, and upcoming events, sign up for the newsletter by clicking [HERE](#).
6. **New Hope: A Guide for Faith Leaders to Help Prevent Youth Suicide** – This guide, developed in partnership with the HHS Center for Faith-based and Neighborhood Partnerships and the National Action Alliance for Suicide Prevention, provides faith leaders with guidance for identifying and helping youth who may be at risk for suicide. [Learn More](#)
7. **New Youth Suicide Current Trends and the Path to Prevention** – This report explores the data on youth mental health and suicide, outlining the extent of the problem, investigating contributing factors, and proposing effective, evidence-based action to reduce suicide risk for all of our nation's teens and young adults. [Learn More](#)
8. **New Disparities in Psychotic Disorder Diagnoses and Other Negative Health Outcomes: Research Highlight** – 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. Without such care, people with psychosis often find it difficult to participate in work, school, or relationships and can experience significant impairment or disability. [Learn More](#)
9. **New Mental Health Courts Can Struggle to Fulfill Decades-Old Promise** – A report from KFF Health News regarding mental health courts struggle to live up to their goals. [Learn More](#)
10. **New The Lancet Psychiatry Announces New Approach to Reporting Lived Experience in Research** – *The Lancet Psychiatry*, a scientific journal respected globally which publishes peer reviewed research, has announced that moving forward, it will be requesting that authors provide information on if, and how, people with lived experience of mental illnesses were involved in the shaping of studies. [Learn More](#)
11. **New National Mental Wellness Awareness Month** – January highlights the significance of caring for your mental wellbeing and understanding the challenges associated with caring professions or roles that involve providing support to others. Use these resources and tools to foster mental wellness in your organization and increase equitable access to culturally responsive mental health and substance use services:
  - [Addressing Health Equity and Racial Justice Within Integrated Care Settings](#)
  - [An Introduction to Self-care](#)
  - [Mental Health Awareness Month](#)
  - [25 Small, Powerful Ways to Take Action for Mental Health](#)
  - [Fostering Resilience and Recovery: A Change Package](#)
  - [Trauma-informed, Resilience-oriented, Equity-focused Systems](#)
  - [Culture of Wellness Organizational Self-assessment](#)
  - [Strategies for Building Compassion Resilience in Integrated Care Settings](#)

12. **New Center of Excellence for Integrated Health Solutions** – provides a range of evidence-based resources, training opportunities and customized support for implementing integrated care practices, including:
  - [Individualized free consultation](#) with integrated care experts
  - [Free and on-demand Integrated care trainings](#) through Relias for continuing education credits
  - [Resources and tools](#) for assessing organizational readiness, building the business case and workforce development
  - [Learning Collaborative and ECHO opportunities](#).
13. **New Fact Sheet: Promoting Resilience and Emotional Health for Children, Youth, & Families with Positive Childhood Experiences (PCEs)** – Positive childhood experiences (PCEs) refer to the everyday interactions, activities, and relationships that contribute to a child's overall well-being and emotional health. This fact sheet offers culturally appropriate and trauma-informed strategies that promote PCEs and increase the emotional resilience of children, youth, and families. [Learn More](#)
14. **New Adults With Mental Illness Are Overrepresented in Probation Population** – Adults on probation—supervision imposed by the court generally in lieu of incarceration—are more than twice as likely to have a serious or moderate mental illness as those in the general public, according to analysis of federal data from 2015 to 2019 by The Pew Charitable Trusts. Most of these individuals also have a co-occurring substance use disorder, with the rate of adults on probation with both a mental illness and substance abuse disorder over five times that of adults in the public. But many probation agencies lack specialized training or tools to supervise them effectively. [Learn More](#)
15. **New Long-Term Solutions to the Over-incarceration of People With Mental Health Disabilities** – Federal policymakers are currently focused on four separate categories of intervention to address the United States' mental health crisis: 1) increased funding to train law enforcement personnel; 2) community responder programs; 3) alternative mental health emergency call centers; and 4) the creation of diversion and dispositional alternative programs. While some of these interventions can be helpful in the short term, they do not address the root causes of the mental health crisis. Community mental health services can help reduce crises and stabilize individuals within their own communities, as well as provide lasting supportive care. [Learn More](#)
16. **New Windows of Wisdom: Shape Your Own Journey with Insights from Experienced Peers** – Watch these short videos to find valuable, firsthand advice from peer specialists who have many years of combined experience in the field. They include specific advice that these seasoned veterans would give to new peer specialists as they enter their careers. Find practical insights to help you grasp the different systems of care, navigate relationships, maintain peer support values, understand roles, establish boundaries, and much more. [Learn More](#)
17. **New Reduced Drug Use is a Meaningful Treatment Outcome for People With Stimulant Use Disorders** – Reducing stimulant use was associated with significant improvement in measures of health and recovery among people with stimulant use disorder, even if they did not achieve total abstinence. This finding is according to an analysis of data from 13 randomized clinical trials of treatments for stimulant use disorders involving methamphetamine and cocaine. Historically, total abstinence has been the standard goal of treatment for substance use disorders, however, these findings support the growing recognition that a more nuanced perspective on measuring treatment success may be beneficial. [Learn More](#)
18. **New Neurodiversity and the Mental Health Dilemma** – This study is an investigation into the sources of contemporary policy difficulties managing problems experienced by the neurodivergent, aka "mental health issues." It begins with an examination of the sources of stigma towards neurodivergent individuals, and proceeds to an examination of failed policies of the past and their consequences (, e.g., homelessness following closure of prison-like insane asylums in the 1960s, spurred by then President John F. Kennedy). The study continues with an examination of the present state of mental and behavioral health policy structures, identifying shortcomings and promising new initiatives. The study concludes with some suggestions about possible community-based responses to the mental health crisis. [Learn More](#)

19. **New Recent Incarceration, Substance Use, Overdose, and Service Use Among People Who Use Drugs in Rural Communities** – Conclusions and Relevance: In this cross-sectional study of PWUD in rural areas, participants commonly experienced recent incarceration, which was not associated with MOUD, an effective and lifesaving treatment. The criminal legal system should implement effective SUD treatment in rural areas, including MOUD and provision of naloxone, to fully align with evidence-based SUD health care policies. [Learn More](#)
20. **New Once-Weekly Oral Risperidone Comparable to Daily Risperdal for Schizophrenia** – Oral risperidone (LYN-005) administered once a week shares a comparable pharmacokinetic profile with immediate-release oral Risperdal taken daily in adult patients living with schizophrenia. Initial positive data from the phase 3 STARLYNG-1 clinical trial were reported in early January by Lyndra Therapeutics. [Learn More](#)
21. **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](#)
22. **New FDA Announces Shelf-Life Extension for Naloxone Nasal Spray** – On January 17, the Food and Drug Administration (FDA) announced that Emergent BioSolutions, the manufacturer of over-the-counter (OTC) NARCAN Naloxone Nasal Spray for opioid overdose reversal, is extending the shelf-life of newly manufactured NARCAN 4 milligram (mg) Nasal Spray products from 3-years to 4-years. The FDA’s shelf-line extension applies only to NARCAN 4 mg Nasal Spray products produced in the future; products that have already been produced and distributed prior to the extension will not be affected and the expiration date listed on the product should be followed. [Learn More](#)
23. **New CoE-PHI Resource: Sharing SUD Treatment Records with Multiple Providers: How to Use Multi-Party Consent Forms** – The Substance Abuse and Mental Health Services Administration’s (SAMHSA) Center of Excellence for Protected Health Information (CoE-PHI) recently released a resource on Sharing SUD Treatment Records With Multiple Providers: How to Use Multi-Party Consent Forms. This resource aims to provide guidance on how to fill out consent forms to authorize the disclosure of substance use disorder (SUD) treatment records to multiple parties in compliance with Part 2 of the Health Insurance Portability and Accountability Act (HIPPA) Privacy Rule. [Learn More](#)
24. **New University of Saint Joseph Partners With Deconstructing Stigma To Promote Student Wellness** – McLean Hospital’s new portable Deconstructing Stigma exhibit, which highlights participants from the hospital’s award-winning, anti-stigma campaign, recently served as a backdrop for the University of Saint Joseph’s The Reason We Speak event. This campaign provided an opportunity for Saint Joseph’s students to see real people and stories behind mental health conditions. Such exposure may encourage students to open up about their own experiences with mental health challenges and seek help when they need it. [Learn More](#)
25. **New Everything You Need To Know About Child & Teen Mental Health** – According to the National Alliance on Mental Illness, one in five kids and teens live with a mental health condition, such as depression, anxiety, or an eating disorder. Behavior that was once seen as kids being kids—like teens being rebellious or children misbehaving at home or school—may be due to the onset of mental health conditions in young people. [Learn More](#)

## ***TRAINING OPPORTUNITIES***

1. **New ORN Webinar: Innovations in the Treatment of Opioid Use Disorder in Pregnancy** – The Opioid Response Network (ORN), in collaboration with the Boston Medical Center Grayken Center for Addiction Training and Technical Assistance, is hosting this webinar that aims to review the use of medications for opioid use disorder (MOUD) in pregnancy with an emphasis on the evidence supporting its benefits and risks, as well as evidence for the use of long-acting injectable options for MOUD in perinatal patients. **Tuesday, January 23, 2024, 11pm-12pm CT.** [Register](#)

2. **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](#)
3. **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](#)
4. **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](#)
5. **New The Community Resiliency Model (CRM) as a Self-Care Practice to Reduce Burn-Out** –This low-intensity intervention teaches easy-to-learn skills to manage difficult emotions which can be brought on by stressful personal or professional situations. Attendees will gain knowledge of concepts to understand their own and others' stress responses and the skills to regain emotional balance when buffeted by strong negative emotions. **Thursday, January 25, 2024, 11am-12:30pm CT.** [Register](#)
6. **New Pediatric Integration Webinar Series** – Interested in learning more about how to advance pediatric integration? Join this webinar series on strategies for addressing the youth mental health crisis through integrated, equitable, person-centered care.

#### View Previous Session Recordings

- [Part 1: The Youth Mental Health Crisis and Opportunities for Integrated Care](#)
- [Part 2: Pediatric Integration Opportunities in Early Childhood](#)

#### Register for Upcoming Sessions

- [Part 3: Children and Youth Pediatric Integration Opportunities \(Thursday, January 25, 2024, 1pm CT\)](#)
- [Part 4: Young Adults Integration Opportunities \(Thursday, February 29, 2024, 1pm CT\)](#)

7. **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](#)
8. **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](#)
9. **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](#)

10. **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](http://www.moctn.com). **The deadline for presentations is January 30, 2024.** [Fill out the call for presentations online now >> CLICK HERE.](#)
11. **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](#)
12. **New Shining a Light on OCD Webinar** – Obsessive compulsive disorder (OCD) has no one-size-fits-all approach to treatment. As a clinician, you may find yourself in challenging situations regarding diagnoses and the need for specialized treatment regarding OCD and associated anxieties. As a patient, you may understand the need for individualized treatment and tailored treatment that works for you. For both, it may be difficult to know how to address OCD and its related disorders with those around you. How can we navigate OCD as providers, patients, or sometimes both? **Tuesday, January 30, 2024, 12pm ET.** [Register](#)
13. **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](#)
14. **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, 1pm-2:30pm CT.** [Register](#)
15. **New Intersections of Problem Gambling and Suicide Prevention** – Learn about the intersections of problem gambling and suicide prevention. Presenters will discuss the similarities and differences between problem gambling and suicide prevention, how to assess if an individual has a problem gambling disorder or is at risk for suicide, and how to provide help. **Wednesday, January 31, 2024, 12pm-4pm CT.** [Register](#)
16. **New Medicaid Coverage of Medications to Reverse Opioid Overdose and Treat Alcohol and Opioid Use Disorders** – Medications that treat alcohol use disorder (AUD) and opioid use disorder (OUD), as well as medications that reverse opioid overdose, are an essential component of evidence-based substance use disorder treatment. This webinar will discuss recent policies and regulations that improve access to these medications, state Medicaid coverage of medications, as well as promising innovative efforts to increase medication access for Medicaid beneficiaries. **Wednesday, January 31, 2024, 12:30pm CT.** [Register](#)
17. **New Recidivism Risk Tools with Persons of Indigenous Heritage** – Should we use actuarial risk tools for crime and violence with persons of Indigenous heritage? Are they too risky to use? Or too risky not to? Learn the latest research and practice recommendations by attending this Zoom presentation by Prof. Mark Olver. **Thursday, February 1, 2024, 11am-12pm EST.** [Register](#)
18. **New Eleos: Bridging the Data Gaps in Behavioral Health: Why Payors and Providers are Turning to AI** – In this webinar, an expert panel will discuss how payors and providers are applying AI to improve clinical and operational performance in behavioral health. We'll explore how augmented intelligence is making continuous, objective measurement of behavioral



health care delivery possible while freeing up provider capacity through automated documentation assistance. **Friday, February 2, 2024, 11:00am CT.** [Register](#)

19. **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](#)
20. **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](#)
21. **New Join the Southeast MHTTC** in a two-part webinar office hour series that will provide overviews of how to identify and support anxiety in autistic students and how to apply these strategies within case studies. Click on each session title below for more information and to register.
  - Supporting Autistic Students in the Classroom with Anxiety: Your Questions Answered Part I, **Wednesday, February 7, 2024, 11am CT.** [Register](#)
  - Supporting Autistic Students in the Classroom with Anxiety: Your Questions Answered Part II, **Wednesday, February 21, 2024, 11 CT.** [Register](#)
22. **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](#)
23. **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](#)
24. **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](#)
25. **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](#)

26. **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](#)
27. **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](#)
28. **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](#)
29. **New How to Improve Your Grant Writing Skills, Live Online** – Grant writing is a competitive endeavor, and many agencies approach the task poorly prepared. You will be given an overview of the federal agencies and private foundations that regularly offer funding and learn how to evaluate which grants to apply for. The different sections of a grant application and what content should be covered in each section will be described. The program will finish with 20 tips to improve grant writing skills, which will include common mistakes grant writers make and how to avoid them. If you are a social worker, program administrator, program manager, or anyone at an agency who expects to apply for funding to start a new program or expand an existing one or otherwise seek external funding to improve the services you offer, enroll in this program to learn how to make your grant application more competitive. *Thursday, February 15, 2024, 1pm-pm CT.* [Register](#)
30. **New Certified Peer Specialist Training** – The Credentialing board heard that agencies are needing to get more peers trained sooner, so an additional training has been added on **February 19-23, 2024**. In order to register for the training, agencies need to register the staff for the first available training they can get into online at [www.mopeerspecialist.com](http://www.mopeerspecialist.com), currently it will be a March training. Once the person is registered, they can contact Kim Crouch at [Kimberly.crouch@missouricb.com](mailto:Kimberly.crouch@missouricb.com) or Lori Franklin at [Lori.Franklin@dmh.mo.gov](mailto:Lori.Franklin@dmh.mo.gov) about getting the person bumped up to the February class. Depending on how many people they get registered over the next week or so, they may open it up for online registration. If the agencies have enough to fill the training they will be prioritized for this group.
31. **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](#)

32. **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](#)
33. **New 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](#)
  - **Wednesday, May 22, 2024, 11am-3pm CT.** [Register](#)
34. **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](#)
35. **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](#)
36. **New 2024 Forensic Summit** – The Missouri Department of Mental Health, in partnership with the Missouri Behavioral Health Council brings this training opportunity to you in person. The Summit will host many versatile speakers from around the state to provide the most current information on forensic mental health. **Columbia, MO, Tuesday-Thursday, March 5-7, 2024** [Register](#)
37. **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](#)
38. **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](#)
39. **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.

- **Learning Session #2, Wednesday-Friday, March 20-22, 2024, 8:30am-12:30pm** [Register](#)
40. **New Anxiety and OCD in Kids and Teens** – Learn from McLean Hospital and Harvard Medical School experts how best to support the young people and their families who come to you for help with anxiety. This course will delve into the realities of these conditions in children and teenagers, explore the crucial role that adults play in supporting young individuals, examine effective methods of recognizing and diagnosing various conditions affecting this population, and finally, discuss what effective, modern treatment looks like for those who require it. **Thursday, March 21, 2024, 9am—1:30pm CDT.** [Register](#)
41. **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. Curriculum pace and flow is intentionally designed to maximize engagement and interaction in a virtual environment.
- **Wednesday, March 27, 2024, 11am-3pm CT.** [Register](#)
  - **Wednesday, April 24, 2024, 11am-3pm CT.** [Register](#)
42. **Missouri Crisis Intervention Team Conference (10<sup>th</sup> 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](#)
43. **2024 MO Association of Treatment Court Professionals Conference** – Registration for the 2024 MO Association of Treatment Court Professionals Conference is open. The 26<sup>th</sup> 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.**
44. **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](#)
45. **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](#)
46. **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](#)

47. **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](#)

48. **2024 Crisis Conference (Save the Date)** – *Holiday Inn Executive Center, Columbia, MO, June 24-25, 2024.*

## **RECURRING TRAINING OPPORTUNITIES**

- 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**
- 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
  - **February 5 and 6, 2024** – Kansas City
- 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 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)
- 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.**

- 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
- 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**
- 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.**
- 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
- New Rooting Young Adult Mental Health Services in Culturally Sustaining Values and Practices** – This program is centered on services and supports for youth and young adults of transition age. This four-part series offers a forum for dialogue to deepen practitioner’s ability to provide healing care to transitional-aged young people who access mental health and community-based services in Region 9 and beyond. **Note—times listed are Pacific Time.**

- **Wednesday, February 28, 2024, 3pm-4:30pm PT** – Trauma-Informed Care Meets Healing-Centered Care [Register Session 1](#)
- **Wednesday, March 27, 2024, 3pm-4:30pm PT** – Challenging Oppression in Healing Work [Register Session 2](#)
- **Wednesday, April 24, 2024, 3pm-4:30pm PT** – Uplifting Culturally Sustaining Practices in Substance Use Prevention [Register Session 3](#)
- **Wednesday, May 22, 2024, 3pm-4:30pm PT** – Honoring and Supporting Peer Support in Healing-Centered Approaches [Register Session 4](#)

10. **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](#)
11. **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](#)
12. **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](#)
13. **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](#)
14. **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](#)
15. **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](#)
16. **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](#)
17. **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](#)

18. **2024 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.

- Missouri Recovery Support Specialist Trainings – [Register](#)
- Ethics Trainings – [Register](#)