



FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance **February 16, 2024**

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

1. **New Update on Administrative Rules** – The following regulations are published in the [Code of State Regulations, January 30, 2024](#) and will be final on **February 29, 2024**:

9 CSR 30-3.150 Comprehensive Substance Treatment and Rehabilitation (CSTAR)

9 CSR 30-3.151 Eligibility Determination, Assessment, and Treatment Planning in Comprehensive Substance Treatment and Rehabilitation (CSTAR) Programs

9 CSR 30-3.152 Comprehensive Substance Treatment and Rehabilitation (CSTAR) Utilizing the American Society of Addiction Medicine (ASAM) Criteria

9 CSR 30-3.155 General Staff Requirements for Comprehensive Substance Treatment and Rehabilitation (CSTAR) Programs

Final Orders of Rulemaking are published in the [February 1, 2024, Missouri Register](#) for the following:

9 CSR 30-3.192 Comprehensive Substance Treatment and Rehabilitation (CSTAR) Program for Adolescents

9 CSR 40-4.001 Program and Staffing Requirements (IRTS/PISL)

9 CSR 40-6.001 Provider Requirements and Program Structure (Family Living Arrangements)

2. **NEW ICPR MANUAL POSTED** – A policy and procedure manual has been developed for Intensive CPR for Adults in Residential Settings (ICPR RES) and Non-Residential Settings and is posted to the DBH website [ICPR RES and Non-Residential Manual](#). This manual replaces memos dated June 26, 2014 (ICPR for adults in non-residential settings) and November 13, 2020, ICPR for adults in residential settings. **Your regional CACO will be contacting providers in March regarding tracking changes for clustered apartments (information is included in the Manual)**. Please reach out to your regional Chief of Adult Community Operations [DBH Regional Offices](#) for additional information or questions.
3. **New Missouri Suicide Prevention Network (MSPN) Statewide Plan** - MSPN released a newly published statewide plan to help Missourians prevent and lower the risk of suicide in their families and communities. The five-year strategic plan, created by MSPN in partnership with the Missouri Behavioral Health Council and the Department of Mental Health, was debuted during a recent stakeholder meeting. Missouri continues to have a higher suicide rate than the national average, and the plan offers suggestions for what community members can do to make a difference. The plan can be viewed at [MSPN Prevention State Plan](#)
4. **HHS Finalizes New Provisions to Enhance Integrated Care and Confidentiality for Patients with Substance Use Conditions** – On February 8, 2024, the U.S. Department of Health and Human Services, through its Office for Civil Rights (OCR) and the Substance Abuse and Mental Health Services Administration (SAMHSA), finalized modifications to the Confidentiality of Substance Use Disorder (SUD) Patient Records regulations at 42 CFR part 2 (“Part 2”), which protect the privacy of patients’ SUD treatment records. Specifically, the final rule increases coordination among

providers treating patients for SUDs, strengthens confidentiality protections through civil enforcement, and enhances integration of behavioral health information with other medical records to improve patient health outcomes. A fact sheet on the final rule may be found [here](#).

5. **Faith Community Training Toolkit** – The Missouri Governor’s Challenge to Prevent Suicide among Service Members, Veterans and their Families began working on a Faith Community Training toolkit. The goal is to create a turnkey toolkit that will assist communities with hosting a day of training, specifically for faith leaders and their staff. This is a foundational training, focused on preventing suicide among service members, veterans and their families. It will include: agenda, surveys, speakers for topics and community resources.

The subcommittee, led by DMH Veterans Services, includes Chaplains from both national and state level U.S. Department of Veterans Affairs, Fort Leonard Wood, and Missouri National Guard. There are also two community programs participating, ReThink HOPE UMC and the Safer Homes Collaborative.

JOB ANNOUNCEMENTS

SVP Annual Evaluator-SORTS

The Division of Behavioral Health is seeking a psychologist responsible for completing statutorily required annual assessments (632.498 RSMo) for clients committed as sexually violent predators receiving treatment at SORTS-Fulton and SORTS-Farmington. *Remote work, consistent with departmental regulations, is possible.* Application deadline is **March 5, 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. **HRSA Forecasted Funding Opportunities** – [Learn More](#)
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. **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](#)

INFO and RESOURCES

1. **New The Public Safety-led Community-oriented Overdose Prevention Efforts (PS-COPE) Toolkit** is a new approach to overdose prevention and response for Black, Indigenous and people of color (BIPOC) communities. A new animated video series and the revised toolkit, along with two additional companion documents, are available now. [Learn More](#)
2. **New The Missouri Governor’s Challenge to Prevent Suicide among Service Members, Veterans and their Families** is now on Instagram. Learn about the impact suicide is having on the Missouri’s military-connected community and work being done to prevent it. **Take a look @mogovchallenge**
3. **New NASMPHD Releases Updated Workforce Resource Guide for 2024** – NASMHPD is excited to release an updated version of our Behavioral Health Workforce Resource Guide! This new version includes additional innovative ideas and successful workforce strategies being implemented by states and territories and provides updates on outcomes of initiatives described in the prior iteration of the guide. Collectively, these strategies have the potential to improve the public behavioral health sector’s ability to recruit and retain staff, while simultaneously improving the system of care for individuals served. [Learn More](#)
4. **New Family Support Is Critical for LGBTQ Youth Mental Health** – LGBTQ youth from homes that don’t accept them have an increased risk of depression, suicidal thoughts, substance misuse and STDs. Those who are highly rejected are eight times more likely to make a suicide attempt. [Learn More](#)
5. **New How Healthcare Providers Can Reduce Stigma to Improve Care for Patients Taking Long-Term Opioid Therapy (LTOT)** - This resource aims to increase awareness among healthcare providers about the stigma surrounding LTOT and emphasizes the importance of addressing it to ensure proper care for individuals dependent on these medications. [Learn More](#)
6. **New Training Modules on 988 Older Adults in Crisis: Call Center Resources** – The introduction of the 988 Suicide & Crisis Lifeline allows for a number that is easy to remember and easy to dial. It is expected that calls will continue to increase, including calls by older adults and their family caregivers. Call center staff must be prepared to understand and meet the needs of older adult callers. [Learn More](#)
7. **New Improvement of Social Isolation and Loneliness and Excess Mortality Risk in People with Obesity** – Individuals with obesity experience markedly higher levels of social isolation and loneliness than those without obesity, but little is known about whether improvement of social isolation or loneliness might attenuate obesity-related excess risk of mortality. [Learn More](#)
8. **New Cognitive Behavioral Therapy Alters Brain Activity in Children With Anxiety** – NIH researchers found widespread differences in the brains of children with anxiety disorders that improved after treatment. [Learn More](#)
9. **New Recent Trends in Mental Health and Substance Use Concerns Among Adolescents** – Data on youth mental health is limited and when it is available, parents or guardians often complete survey questionnaires on behalf of youth in their household. However, the recently released Teen National Health Interview Survey (NHIS-Teen) surveyed adolescents (ages 12-17) directly, which allows for a more direct representation of adolescent mental health. This brief uses the NHIS-Teen data – which was collected for an 18 month period from 2021 to 2022 – to provide an up-to-date analysis of adolescent mental health, utilization of mental health care, and unmet needs and how they vary across demographics, including sex and sexual identity. [Learn More](#)

10. **New Is Housing Health Care? State Medicaid Programs Increasingly Say ‘Yes’** – States are plowing billions of dollars into a high-stakes health care experiment that’s exploding around the country: using scarce public health insurance money to provide housing for the poorest and sickest Americans. [Learn More](#)
11. **New The Trevor Project Releases Report on Perceived Life Expectancy and Life Purpose in LGBTQ+ Young People** – This brief explores the relationship between LGBTQ+ young people’s perceived life expectancy and life purpose with their mental health, using data from The Trevor Project’s 2023 U.S. National Survey on the Mental Health of LGBTQ Young People. The brief found that the majority of LGBTQ+ young people (64%) reported believing there was a high chance (i.e., more likely than not) of living to age 35, while just over 1 in 3 (36%) believed their chances were low. It also found that perceived life expectancy and life purpose were related to mental health concerns for LGBTQ+ young people. [Learn More](#)
12. **New FDA Announces Shelf-life Extension for Naloxone Nasal Spray** – The FDA has recently announced that Emergent BioSolutions is extending the shelf-life of newly manufactured NARCAN (naloxone hydrochloride) 4 milligram (mg) Nasal Spray products from 3-years to 4-years. [Learn More](#)
13. **New SAMHSA Releases Updated Overdose Prevention and Response Toolkit** – The Toolkit is intended to provide guidance to a range of individuals regarding preventing and responding to an overdose. The updated Toolkit now contains additional guidance about opioid overdose reversal medications, stimulant overdoses, and population-specific information, such as people who use drugs and first responders, among others. The Toolkit is designed to be a supplement for overdose prevention and reversal training provided by SAMHSA. [Learn More](#)
14. **New NIDA Funding Opportunity: Strategies to Address Stigmatizing Beliefs and Policies Affecting People Who Use Drugs** – The National Institute on Drug Abuse (NIDA) announced a Notice of Special Interest (NOSI) for Strategies to Address Stigmatizing Beliefs and Policies Affecting People Who Use Drugs. This NOSI aims to reduce the negative outcomes associated with the stigmatization of people who use drugs (PWUD) by supporting research to develop and test strategies to address the stigma and its consequences at the individual, interpersonal, and structural level. [Learn More](#)
15. **New Children with ADHD and Psych Comorbidities at Higher Risk for Schizophrenia** – Children and adolescents with attention-deficit/hyperactivity disorder (ADHD) and psychiatric comorbidities had a 2-fold higher risk of a subsequent schizophrenia diagnosis compared with those with ADHD and no comorbidities, according to a retrospective cohort study published online in *JAMA Network Open*. [Learn More](#)
16. **New Loneliness, Social Isolation, and Major Depressive Disorder** – While psychotherapy, psychosocial treatments, and psychopharmacology have been the standard treatment for major depressive disorder (MDD), social ties also play a significant role in determining whether or not patients can achieve remission. Vladimir Maletic, MD, MS, *Psych Congress Network* ADHD section editor, discussed recent research that highlights how social isolation can contribute to and prolong MDD. [Learn More](#)

TRAINING OPPORTUNITIES

1. **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, currently it will be a March training. Once the person is registered, they can contact Kim Crouch at Kimberly.crouch@missouricb.com or Lori Franklin at 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.

2. **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](#)**
3. **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 II, **Wednesday, February 21, 2024, 11 CT. [Register](#)**
4. **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](#)**
5. **BHST/VIC Virtual Trainings** – The Office of Disaster Services will be hosting virtual trainings for the Behavioral Health Strike Team-Victim's Information Center volunteers throughout the start of 2024. Select dates you would like to attend. [Register](#)
 - **Planning for Memorials and Anniversaries – Wednesday, February 21, 2024 12pm-1:30pm CT.**
 - **Chronic Cyclical Disaster Model – Wednesday, February 28, 2024 2pm-3:30pm CT.**
 - **Community Violence & School Shooting Events - Wednesday, March 13, 2024 10am-11:30am CT.**
 - **Caring for Children in Disasters – Monday, April 1, 2024 10am-11:30am CT.**
 - **Addressing Grief – Tuesday, April 9, 2024 1pm-2:30pm CT.**
6. **Management of Stimulant Use Disorder Webinar Series: Management of Stimulant Intoxication and Withdrawal** – This 1-hour, live webinar will summarize recommendations on management of stimulant intoxication and withdrawal from ASAM/AAAP Clinical Practice Guideline on the Management of Stimulant Use Disorder. The webinar will include discussion of a case scenario and a question-and-answer session. The target audience for this webinar series includes physicians, advanced practice providers (i.e., nurses, nurse practitioners, and physician assistants), and addiction educators. **Wednesday, February 21, 2024, 2pm-3pm CT. [Register](#)**
7. **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](#)**
8. **Ethical Recovery Support Service Guidelines** – Topics such as morals, values, healthy boundaries and governing behaviors pertinent to work as a recovery support service provider will be explored in this session. The engaging conversation will help you see how federal, state and local laws intersect with your personal core values and impact your organization and community. **Thursday, February 22, 2024, 1pm-2pm CT. [Register](#)**

9. **Personal Safety and De-Escalation for Helping Professionals** - The personal safety of social workers is a vital part of our practice. This workshop will empower social workers to develop situational awareness and consider best practices for safety in the office and in the field. Case studies will highlight the importance of safety considerations and provide learners with the opportunity to critically analyze their personal and agency safety protocols. De-escalation strategies will be presented as a first line intervention to defusing challenging situations. **Thursday, February 22, 2024, 1pm-4pm CT.** [Register](#)
10. **New Eating Disorders Awareness Week is February 26-March 3, 2024** [Learn More](#) – Join the 2024 NEDAW webinar highlighting the latest eating disorder data, disparities for underserved and underrepresented populations, and best practices in providing quality care for diverse communities. Attendees will hear from subject matter experts in the field and individuals with lived experience as they dive into the latest eating disorder considerations for individuals, loved ones, and healthcare professionals. **Thursday, February 29, 2024, 12pm CT.** [Register](#)
11. **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.
 - [Part 4: Young Adults Integration Opportunities](#) (**Thursday, February 29, 2024, 1pm CT**)
12. **Mastering the Art of Reading and 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](#)
13. **The 20 Smartest Things Counselors and Programs Can do to Promote Recovery** – In this presentation you will learn 20 smart things you can do to help facilitate recovery from mental illness and substance use disorders. Topics covered include: incorporating lessons from science into recovery; what the best programs do to help facilitate recovery; lessons from history; becoming more evidence based; lessons from cancer treatment applied to behavioral health recovery; addressing co-occurring conditions; a public health approach to recovery; utilizing peers and breaking intergenerational patterns. **Thursday, February 29, 2024, 1pm-4pm CT.** [Register](#)
14. **New Examining the Use of Braided Funding for Substance Use Disorder Services** – Braided funding is a method of using one or more funding sources in a coordinated fashion to support a single individual or program. Using braided funding for SUD services can help optimize resources, improve patient outcomes, promote funding sustainability, and address service gaps. This webinar will explore the use of braided funding to support SUD services and features a panel of speakers currently using braided funding in their agency or organization. **Thursday, February 29, 2024, 2:30pm CT.** [Learn More](#)
15. **Individualized Educational Program (IEP) Training** – This training is a walk-through of the IEP process and an exploration of the different sticking points for parents and/or guardians. Handouts will be provided to audience through email ahead of the training. Audience members will learn the IEP process, areas of concerns for parents, best practices to support parents, timeframes and necessary documentation. *Continuing education available.* **Monday, March 4, 2024, 9am-1pm CT.** [Register](#)
16. **State Peer to Peer Learning Session: Facilitating Care across the Crisis Continuum – Children's Crisis Services** – This series of State Peer to Peer Learning Sessions will focus on behavioral health crisis services across the service continuum. This second session will highlight youth crisis receiving and stabilization programs and work underway to help divert children from Emergency Departments and keep with their families/caregivers. **Monday, March 4, 2024, 2pm-3:30pm CT.** [Register](#)

17. **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](#)
18. **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](#)
19. **Management of Stimulant Use Disorder Webinar Series: Behavioral Treatments for Stimulant Use Disorder** – This 1-hour, live webinar will summarize recommendations on behavioral treatments for stimulant use disorder from ASAM/AAAP Clinical Practice Guideline on the Management of Stimulant Use Disorder. The webinar will include discussion of a case scenario and a question-and-answer session. The target audience for this webinar series includes physicians, advanced practice providers (i.e., nurses, nurse practitioners, and physician assistants), and addiction educators. **Wednesday, March 6, 2024, 2pm-3pm CT.** [Register](#)
20. **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](#)
21. **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. It 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](#)
22. **Social Current: Closing the Gap—Addressing Racial Disparity in Licensure Exam Rates** – Every year, the human services sector experiences a staggering loss of licensure-track therapists from its workforce due to candidates struggling to pass licensure exams. In addition, there is a large racial disparity in outcomes. Pass rates for Black-identifying test takers are more than 30% lower than for white-identifying test takers. In addition to discussing this critical issue that negatively impacts therapists, organizations, and communities, this session will provide strategies for increasing pass rates and ensuring an even distribution of educational and exam preparation resources to promote equity in standardized exams. **Thursday, March 14, 2024, 12pm-1pm CT.** [Register](#)
23. **New Understanding Social Security Disability: Guide on Processes and Approval** – After attending this webinar the participant will be able to discuss what Social Security is looking for in order to approve a claim for either physical and/or psychiatric impairments; describe the process used to determine disability and explain what Social Security means when it identifies a person as disabled; and be informed about the technical requirements for both SSI and Disability Insurance benefits. **Friday, March 15, 2024, 10am-11:30am CT.** [Register](#)
24. **Hardwired for Fear and Connection: The Intersection of Brain Science and Equity** – Our brains are designed to keep us safe, constantly monitoring our surroundings and putting up “fight or flight” barriers when we experience things that are new or different. Yet, we are also social beings, craving connection and belonging. What happens in our brains and in our bodies when we experience diversity, bias, and racism? And how do we apply brain-based strategies to ensure we don’t let fear and discomfort hinder our ability to build relationships? Three-part virtual learning opportunity. **Tuesdays, March 19, April 16 and May 7, 2024, 12pm-3pm CT.** [Register](#)

25. **National Organization for Victim Assistance (NOVA) Basic and Advanced Training** – The Department of Mental Health Office of Disaster Services is offering these trainings free to everyone who is already a member of the Behavioral Health Strike Team (BHST) OR those that have an interest in joining. You are invited to include anyone at your agency who may be someone you would ask to deploy if a disaster happens in your community. **Basic NOVA Training must be completed before Advanced NOVA Training. The only basic training on the calendar currently is in Springfield, MO on March 19-21.** Contact the DMH Office of Disaster Services for more information.
- **NOVA Basic Training – Springfield, MO, Tuesday-Thursday, March 19-21, 2024, 8am-5pm CT.** Must be taken before NOVA Advanced Training, [Register](#)
 - **NOVA Advanced Training – Jefferson City, MO, Tuesday-Thursday, June 4-6, 2024, 8am-5pm CT.** Must have taken NOVA Basic Training before NOVA Advanced Training, [Register](#)
 - **NOVA Advanced Training – St. Peters, MO, Tuesday-Thursday, June 18-20, 2024, 8am-5pm CT.** Must have taken NOVA Basic Training before NOVA Advanced Training, [Register](#)
 - **NOVA Advanced Training – Springfield, MO, Tuesday-Thursday, July 9-11, 2024, 8am-5pm CT.** Must have taken NOVA Basic Training before NOVA Advanced Training, [Register](#)
26. **Management of Stimulant Use Disorder Webinar Series: Medication Management for Stimulant Use Disorder** – A This 1-hour, live webinar will summarize recommendations on medication management for stimulant use disorder from ASAM/AAAP Clinical Practice Guideline on the Management of Stimulant Use Disorder. The webinar will include discussion of a case scenario and a question-and-answer session. The target audience for this webinar series includes physicians, advanced practice providers (i.e., nurses, nurse practitioners, and physician assistants), and addiction educators. **Wednesday, March 20, 2024, 2pm-3pm CT.** [Register](#)
27. **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](#)
28. **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](#)
29. **New Workforce Development Learning Community** – You can choose to attend one or more of the following sessions. [Register](#)
- **Thursday, March 21, 2024, 2pm CT.**
 - **Thursday, April 18, 2024, 2pm CT.**
 - **Thursday, May 16, 2024, 2pm CT.**
 - **Thursday, June 20, 2024, 2pm CT.**
 - **Thursday, July 18, 2024, 2pm CT**
 - **Thursday, August 15, 2024, 2pm CT**
30. **ADHD – A Need for Family Focused Treatment with Minors** – The American Academy of Pediatrics and American Academy of Children and Adolescent Psychiatry encourages a parenting focus when working with youth. This course was developed to help fellow clinicians grow their knowledge base on ADHD, the reasons for a family-based approach and guide them on strategies to help incorporate families into the clinical space. **Friday, March 22, 2024, 8am-12pm CT.** [Register](#)

31. **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](#)
32. **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](#)
33. **New Implementing the 4Ms-Behavioral Health: Applying the 4Ms of an Age-Friendly Health System in Mental Health and Substance Use Services** – **Friday, April 5, 2024, 12pm CT.** [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. **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. **Advanced Peer Supervision Virtual Training** – The Missouri Credentialing Board (MCB) will be providing this training in partnership with the Addition Technology Transfer Center (ATTC) Network. The 2-day experience begins the process of raising or enhancing your awareness and understanding of your role when supervising a peer. The sessions will cover: How to integrate peers into a multidisciplinary team, person centered recovery planning, effective supervision of peers, supporting effective documentation of peer services, ethics and boundaries, self-care and wellness for supervisors...and more. Current Training Dates: **Thursday-Friday, May 9-10, 2024 (VIRTUAL) and Thursday-Friday, August 29-30, 2024 (Virtual).** [Register](#)
37. **Harm Reduction Specialist (HRS) Training – Missouri Credentialing Board** – Objectives of this training include increasing knowledge around Harm Reduction and how it can be used in recovery processes; applying skills within a harm reduction framework to current practice; identifying obstacles in applying harm reduction and developing strategies to overcome these obstacles; and more. Total Number of Continuing Education Hours: 21 Hours, 3 of which are Ethics training hours.
- **May 13, 14, 15, 2024, 9am-5pm CT.** [Register](#)
38. **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](#)
39. **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](#)

40. **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.*" **Omaha, NE, Wednesday/Thursday, May 29-30, 2024.** [Learn More and Register](#)
41. **2024 Crisis Conference (Save the Date)** – **Holiday Inn Executive Center, Columbia, MO, June 24-25, 2024.**

RECURRING TRAINING OPPORTUNITIES

1. **HHS Training: Improving Cultural Competency for Mental Health and Substance Use Disorder Professionals** – These online trainings are designed to help mental health and substance use disorder (SUD) professionals respond to the unique needs of the populations they serve, especially historically marginalized populations, by reviewing cultural and language competency, increasing awareness of their own cultural and biases, and learning about clients' cultural identities and specific needs. The training consists of four courses with an estimated time of completion of 4-5.5 hours. [Learn more and register here](#)
2. **Monthly Tobacco Use Disorder Integration Office Hours** – Do you want to strengthen partnerships and collaborations with mental health and substance use organizations to address tobacco-related disparities? Join the monthly "Tobacco Use Disorder Integration Office Hours" series to engage in peer-to-peer learning, share insights and strategies and gain access to individualized tools and resources. This series is a unique opportunity to learn from experts, as well as partners across the nation to enhance collaboration between public health and mental health and substance use organizations. **Second Tuesday of every month from 1:30pm-2:30pm CT.** [Register](#)
3. **Harm Reduction Trainings** – 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. **Registration is open for training dates in February, March and April**, including some evening and weekend options, and organizations looking for additional opportunities can request training via our new training request form. [Learn more and register here.](#)
Training offerings include:
 - **Foundations of Harm Reduction**
 - **Harm Reduction In Practice**
 - **Overdose Education and Naloxone Distribution (OEND)**
 - **Intramuscular (IM) Naloxone Use**
 - **Stimulant Education: Harm Reduction & Overamping**
 - **Fentanyl Test Strips 101**
 - **Specialty Peer Integration Training (online, self-paced)**
 - **Wound Care for Non-Clinicians (online, self-paced)**
4. **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.**

5. **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
6. **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](#)
7. **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
- **March 6 and 7, 2024** – Cape Girardeau
 - **March 12 and 13, 2024** – Kirksville (almost full)
8. **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](#)
- **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**
9. **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](#)
- **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
10. **Culturally Competent Community of Learning (CCCL) Information Exchange: Promoting Equity through Housing Justice** – You can choose to attend one or more of the following Thursday sessions. [Register](#)
- **March 28, 2024 , 2pm CT**
 - **May 30, 2024, 2pm CT**
 - **July 25, 2024, 2pm CT**
 - **September 26, 2024, 2pm CT**
 - **November 28, 2024, 2pm CT**
11. **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](#)
- **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)
12. **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](#)
- **May 13-14, 2024, 8am-2pm CT.**
13. **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](#)
14. **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](#)

15. **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](#)
 16. **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](#)
 17. **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](#)
 18. **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](#)
 19. **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](#)
 20. **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](#)
 21. **2024 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
 - Missouri Recovery Support Specialist Trainings – [Register](#)
 - Ethics Trainings – [Register](#)
-

Missouri Master Plan on Aging Town Hall events are listed on the following page.

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.

