

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

November 15, 2024

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1. **Breaking News!** Two treatment programs at Fulton State Hospital are finalists in the Rutgers University Institute Inpatient Psychiatric Rehabilitation (IIPR) First Annual Award. Congratulations to the Recovery and Self-Motivation (RSM) program and the Social Learning program (SLP)! From across the country, two of the three finalists are from Fulton State Hospital. Please support our programs and [cast your vote](#) for this great honor. Voting ends on December 31, 2024.
2. **New [Disaster Prep Newsletter](#)** – November 2024 edition, where you will find disaster guidebooks, winter safety tips, the holiday hustle, and Jenn’s jokes and training opportunities.
3. **New [Missouri’s Early Psychosis Care \(EPC\) Newsletter](#)** – November 2024 edition. EPC’s goal is to highlight the importance of early identification, intervention, and recovery for first episode psychosis (FEP). All of these are key for reducing FEP’s effect on individuals, their loved ones, and the community.
4. **Seeking Applicants for the 2025 Missouri Suicide Prevention Coalition Academy** – Missouri community coalitions are invited to apply to participate in the next Suicide Prevention Coalition Academy. The academy is designed to increase coalitions’ capacity to implement sustainable evidence-based suicide prevention efforts in their communities. The academy will be held in Columbia in June, and all expenses will be paid for the attending coalitions.

Objectives of the academy are to:

- Provide coalitions with information and skills necessary to be successful;
- Assist coalitions in developing strategic plans and implementing strategies for effective suicide prevention;
- Create collaborations between community coalitions throughout Missouri.

Applications are due **January 31, 2025**. [Download the application, learn about the academy, and the eligibility requirements](#). [Register for an informational webinar of the academy](#).

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](#)

JOB ANNOUNCEMENTS

Senior Crisis Care Specialist

This position reports to the Crisis Services Coordinator. This senior position is accountable for day-to-day assistance for crisis services programming, providing administrative, operational, and technical program support, and serving as a cross-trained member of the team for other crisis-related programming. The Senior Crisis Services Specialist will participate as a lead contributing team member, responsible for participating in complex state projects and large-scale crisis initiative and program improvements, presenting recommendations, and building on others' ideas, and performing assignments under the general guidance and advice from colleagues and supervisor. This position will support the implementation and sustainability of Missouri's statewide comprehensive and integrated crisis services programming.

Applications accepted through Friday, November 22, 2024.

Regional Executive Officer – Community Operations

The Regional Executive Officer (REO), Western Region, is responsible for providing guidance and support to the Western Region providers which includes the Northwest and Southwest regions, local stakeholders, facilities, and community operations staff. Reporting directly to the Deputy Director for Community Operations, located in central office, the REO is the primary link/extension to coordinating DMH strategic directions in their region. This includes understanding multiple, complex programs each requiring district sets of knowledge, skills and abilities. Program support consists of implementation of policy, facilitating facility to community transfers, constituent consultation, EMT follow up, answering provider questions and review of program implementation. This is an opportunity to assist in improving internal processes, program operations, client satisfaction and positive outcomes with provider organizations. **Applications accepted through Thursday, December 12, 2024.**

FUNDING OPPORTUNITIES

1. **SAMHSA Announces \$68.5 Million in Workforce and Community-based Treatment Funding** – Last week, the Health Resources and Services Administration announced the availability of new behavioral health workforce grants ([\\$22.8 million for the Graduate Psychology Education Program](#) and \$59.6 million for the [Behavioral Health Workforce Education and Training \(BHWET\) Program for Professionals](#)). The Graduate Psychology Education Program supports training in integrated, interdisciplinary behavioral health, with significant focus on trauma-informed care and substance use disorder prevention and treatment services. The BHWET Program has a specific focus on increasing access to behavioral health services for children, adolescents and young adults and on recruiting a diverse workforce. There is an emphasis on the interprofessional team-based models of care, which integrate behavioral health training in primary care settings like community health centers. [Check out the full HHS press release.](#)
2. **SAMHSA's CFRI Highlights New Projects** – The Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Financing Reform & Innovation (CFRI) is highlighting new projects underway at the Center regarding financing mechanisms for mental health and substance use disorder (SUD) care. These new projects are designed to identify opportunities, innovations, and challenges to service delivery and access and provide guidance on the use of various financing mechanisms to provide SUD services across the continuum. These resources include new reports, one-pagers, journal articles, and webinars that discuss financing strategies for mental health and SUD care. Project topics include:
 - Financing Peer Crisis Respite in the United States
 - Measurement-Based Care Financing
 - Coverage of Selected Behavioral Health Services Among Older Medicare and Medicaid Beneficiaries
 - Public Financial Investments in Behavioral Health
 - National Gaps in Health Care Access and Health Insurance Among LGB Populations
 - Funding Strategies of Community-Based Behavioral Health organizations Serving Under-served, Minoritized, Racial, and Ethnic Communities

3. **Grant Resources:**

- [Nonprofit Grant Program | Department of Economic Development \(mo.gov\)](#)
- [Grants Management - St. Louis Community Foundation \(stlgives.org\)](#)
- [Missouri Grants for Nonprofits, Businesses and Individuals - GrantWatch](#)
- [Grant Eligibility | Grants.gov](#)
- [Grants | SAMHSA](#)

4. **MO GME Grant Program to Expand Residency Slots** – The Missouri Department of Health and Senior Services (DHSS) the [Missouri Graduate Medical Education First Program \(MO GME Grant Program\)](#) application is now open for application submission. **The purpose of this grant opportunity is to fund the expansion of residency slots at existing residency programs starting in June/July 2025** for the following specialties:

- Family Medicine
- Internal Medicine
- Obstetrics/Gynecology
- Pediatrics
- Psychiatry

Applications due November 22, 2024 – The application portal for the MO GME Grant Program is now open. Submit your application online: [Missouri Graduate Medical Education Grant Program Application](#).

5. [Rigorous Evaluation of Primary and Secondary Overdose Prevention Activities Among Populations Disproportionately Affected by Overdose](#) – This grant funds research on preventing drug overdoses and substance use, particularly among high-risk individuals and those impacted by social determinants of health, with a focus on youth. **Application deadline: December 2, 2024**
6. [Statewide Consumer Network SM-25-005 \(Forecast\)](#) – The purpose of this program is to strengthen the capacity of statewide mental health peer-led organizations to partner with state efforts to improve mental health support system and related services for individuals with serious mental illness (SMI) or serious emotional disturbance (SED) as agents of transformation. **Application due date: December 16, 2024**
7. [Strategic Prevention Framework-Partnerships for Success for Communities, Local Governments, Universities, Colleges, and Tribes/Tribal Organizations SM-25-002 \(Forecast\)](#) – The purpose of this program is to help reduce the onset and progression of substance misuse and its related problems by supporting the development and delivery of community-based substance misuse prevention and mental health promotion services. **Application due date: January 15, 2025**
8. [Strategic Prevention Framework-Partnerships for Success for States SM-25-003](#) – The purpose of the SPF-PFS program is to help reduce the onset and progression of substance misuse and its related problems by supporting the development and delivery of state and community substance misuse prevention and mental health promotion services. **Application due date: January 15, 2025**

INFO & RESOURCES

1. **New [Understanding an Overdose and How to Respond to One](#)** – This lesson focuses on recognizing and responding to an overdose. Through the interactive exercises in the lesson, students can demonstrate their awareness of overdose symptoms and how to respond and save a life.
2. **New [Understanding Polysubstance use and How to Make Healthy Choices](#)** – This lesson helps equip teens with skills to make healthy choices in challenging situations and helps them understand the risks of polysubstance use, or the mixing of two or more substances, through interactive exercises.

3. **[New SAMHSA Report: Listening Session: Use of High Dose Buprenorphine for the Treatment of Opioid Use Disorder](#)** – This report offers insights from the listening session, hosted by SAMHSA, in partnership with the National Institute on Drug Abuse (NIDA) and the Food and Drug Administration (FDA), in December of 2023, about the use of higher doses of buprenorphine to treat opioid use disorder (OUD). Specifically, the report highlights data on the effectiveness of high-dose buprenorphine for treating OUD, the accessibility of high-dose buprenorphine, as well as barriers to accessing higher doses of buprenorphine.
4. **[New SAMHSA Publishes Series of Fact Sheets on Rights, Recovery-Oriented Treatment, and LGBTQI+ Recovery](#)** – The Substance Abuse and Mental Health Services Administration (SAMHSA) published a series of new fact sheets regarding recovery services for LGBTQI+ populations, including on the rights for people receiving mental health and substance use disorder (SUD) care, details on recovery-oriented treatment, and context on the history of LGBTQI+ recovery. Specifically, the fact sheets are designed to assist LGBTQI+ individuals with mental health and SUD navigate recovery support services through trauma-informed approaches. The new publications include:
 - Fact Sheet: [Know Your Rights](#)
 - Fact Sheet: [Recovery-Oriented, Person-Centered Behavioral Treatment](#)
 - Fact Sheet: [LGBTQIA+ and Recovery](#)
 - Issue Brief: [Supporting Recovery within the LGBTQI+ Community](#)
5. **[New Public Perceptions of Mental Health and Suicide Prevention Survey Results](#)** – This survey was conducted online within the United States by The Harris Poll on behalf of the American Foundation for Suicide Prevention (AFSP), the Suicide Prevention Resource Center (SPRC), and the National Action Alliance for Suicide Prevention (Action Alliance) at EDC from July 15-29, 2024, among 4,394 U.S. adults ages 18 and older.
6. **[New Best Practice Registry](#)** – The Best Practices Registry (BPR) is a resource library of programs and interventions that apply suicide prevention frameworks for specific populations and uses. Our goal is to increase health equity by providing access to a broad selection of programs and interventions (including upstream approaches) that use different types of evidence, such as community and culturally defined evidence to show effectiveness.
7. **[New Mental Health Resources for Caregivers](#)** – Caregiving can often have a significant impact on the life of the caregiver in more ways than one. It can make maintaining your physical and mental health more difficult and may put a strain on work and social life. It's important for caregivers to take care of their own mental health. Supporting caregivers with information and resources can help them maintain their mental health and better serve loved ones with mental illness.
8. **[New Barriers and Opportunities for Suicided Prevention Among Correctional Officers: An Issue Brief for Clinicians](#)** – Drawing on research and the expertise of correctional researchers, officers, and clinicians, this issue brief describes the problem of suicide among correctional officers and identifies barriers and opportunities for suicide prevention efforts in the correctional officer workforce in the United States, with an emphasis on what clinicians can do to promote resilience, identify risk, and intervene clinically. This issue brief also identifies resources for additional learning about this topic.
9. **[New FAQ: Engaging People with Lived Experience of Incarceration](#)** – States are seeking ways to include people with lived experience (PwLE) of incarceration in reentry policy development, decision-making, and program implementation. Multiple [new reentry policy changes](#) are taking place at the federal and state level, bringing new opportunities to improve health and safety. The National Academy for State Health Policy (NASHP) and the Health and Reentry Project (HARP) are partnering to support states in these efforts through our [State Reentry Learning and Action Network](#) and [Seven-State Reentry Learning Collaborative](#). Bringing in the perspectives of currently and formerly incarcerated individuals, family and community members, and other partners can make policy development and implementation successful.

10. **[New Listening to the Peer Support Workforce](#)** – The emphasis at the highest U.S. governmental level on the necessity of transforming the behavioral health system and the relevance and role of peer support workers in this endeavor underscore the importance of strengthening the peer support workforce. The Action Agenda is intended to support and enhance this essential undertaking.
11. **[New National Center of Excellence for Eating Disorders \(NCEED\)](#)** – The purpose of NCEED is to develop and disseminate training and technical assistance for health care practitioners on issues related to addressing eating disorders. The center of excellence facilitates the identification of model programs, develop and update materials related to eating disorders, and ensure that high-quality training is provided to health professionals.
12. **[New Workplan for Diversifying the Peer Support Workforce](#)**
13. **[New Investigating the Association Between Housing Mobility and Self-Reported Adolescent Suicidality and Mental Health](#)** – This article highlights the importance of stable housing for the well-being of adolescents, as well as how the negative mental health impacts of housing mobility disproportionately impact adolescents of color, lesbian, gay, bisexual adolescents, and adolescents with disabilities. These findings demonstrate the need for housing policies that are adolescent-centered and aim to improve health equity.
14. **[New Pediatric Hospitalizations and Emergency Department Visits Related to Mental Health Conditions and Self-Harm](#)** – In this study, hospitalization and emergency department visit rates and trends related to mental health conditions and intentional self-harm among children aged 6 to 17 years changed substantially after the onset of the COVID-19 pandemic.
15. **[New 2024 Technical Assistance Coalition Paper Highlight: Growing and Strengthening the Behavioral Health Crisis Response Workforce](#)** – In September, SAMHSA announced the release of the 2024 Technical Assistance Coalition Papers as part of SAMHSA and NASMHPD’s longstanding partnership to develop a series of ten technical assistance papers annually moving “Beyond Beds” to a continuum of care for those in need. The Connected and Strong series focuses on themes surrounding implementing a connected, strong, accessible, and effective behavioral health crisis services system nationwide. The third paper, Growing and Strengthening the Behavioral Health Crisis Workforce, describes the current behavioral health crisis workforce shortage and puts forth organizational and systemic strategies to grow and strengthen this workforce. It focuses on the mental health and well-being of existing professionals and the importance of building a stronger and more diverse workforce. It highlights the challenges faced by the current workforce, such as compassion fatigue and the impact of cumulative historic trauma and workplace discrimination. Furthermore, the paper addresses the need to recruit a more robust crisis workforce, emphasizing the importance of staffing that addresses community needs across populations to enhance effectiveness and responsiveness in crisis interventions.
16. **[New Creating Community Based, Trauma-Informed Behavioral Health Services for Underserved Populations](#)** – As we recognize Native American Heritage Month, Homelessness Awareness Month, and Veterans Day, it is essential to acknowledge the significant impact that trauma can have on individuals and communities. Many people, especially populations disproportionately affected by trauma-such as Native Americans, individuals experiencing homelessness, and military veterans-face unique behavioral health challenges that require targeted, culturally competent, and trauma-informed approaches. The Evidence Based Practices Resource Center (EBPRC) plays an integral role in promoting behavioral health awareness, trauma-informed behavioral health services, access to prevention and treatment services, and equity through high-quality, evidence-based resources and support for all individuals. This Newsletter focuses on building community-based, trauma-informed systems to address the impact of trauma and promote healing and resilience in communities across the nation. The following resources on the EBPRC website demonstrate SAMHSA’s commitment to empowering individuals in their healing journeys and communities with the knowledge and tools needed to build community-based, trauma-informed behavioral health service systems that are culturally adapted and inclusive:
 - [Practical Guide for Implementing a Trauma-Informed Approach](#). This practical guide updates and expands the discussion presented in [SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach](#)

[Resource](#) from 2014. The primary goal of this guide is to provide implementation strategies across multiple domains based on the original publication.

- [Expanding Access to and Use of Behavioral Health Services for People Experiencing Homelessness](#). This guide highlights strategies for behavioral health and housing providers to engage with individuals experiencing homelessness, connect individuals to behavioral health treatment as they wait to receive stable housing, and foster long-term recovery once housing is obtained.
17. **New** [SAMHSA Releases Data from 2023 National Survey on Drug Use and Health on Behavioral Health of LGB+ Youth](#) – This is a new infographic report highlighting data pertaining to lesbian, gay, bisexual and any non-heterosexual identifying youth.
 18. **New** [Mothering Over Meds: Docs Say Common Treatment for Opioid-Exposed Babies Isn't Necessary](#) – For decades throughout the opioid crisis, most doctors have relied on medication-heavy regimens to treat babies who are born experiencing neonatal opioid withdrawal syndrome. Those protocols often meant separating newborns from their mothers, placing them in neonatal intensive care units, and giving them medications to treat their withdrawal. But research has since indicated that in many, if not most, cases, those extreme measures are unnecessary.
 19. **New** [SAMHSA Releases DAWN Network Watch: Monitoring Drug Street Names added to DAWN](#) – SAMHSA's Drug Abuse Warning Network (DAWN) has released the DAWN Network Watch. When drug names are identified in DAWN's substance related emergency department visit data, they are checked against DAWN's drug database (Drug Reference Vocabulary). Any drug name or street name not currently listed in the database is added. This Network Watch presents drug street names that appeared in DAWN data for the first time from January 2023 to August 2024. Understanding drug slang improves communication and awareness, helps identify substance abuse, and can avoid misunderstandings of the substances involved in street drugs.

TRAINING OPPORTUNITIES

1. [Virtual YSBIRT Overview Training](#) – The National Council for Mental Wellbeing is pleased to offer a new virtual opportunity for training in YSBIRT. If you are an administrator or clinician who is new to YSBIRT or looking for an overview, this three-hour training is just for you. **Tuesday, November 19, 2024, 1pm CT**
2. [Workforce Solutions Jam: Addressing the Workforce Shortage Through Policy Change](#) – The focus of this session will be on innovative policy solutions at the federal and state level aimed at addressing the workforce crisis. In September, The Kennedy Forum released a report titled, Building the Mental Health and Substance Use Disorder Workforce We Need, which examines the extent of the shortage and provides guidance for policymakers on payment and reimbursement, licensure and standardization, education and training, and data and technology. Representatives from The Kennedy Forum's workforce committee will share highlights of the report, followed by a dialogue with state leaders implementing promising strategies aligned with the report. **Tuesday, November 19, 2024, 12pm CT**
3. [Trauma Recovery and Empowerment Model \(TREM\) Training](#) – This is a fully manualized group-based intervention designed to facilitate trauma recovery among women with histories of exposure to sexual and physical abuse. Drawing on cognitive restructuring, psychoeducational, and skills-training techniques, the gender-specific 24- to 29-session group emphasizes the development of coping skills and social support. It addresses both short-term and long-term consequences of violent victimization, including mental health symptoms, especially posttraumatic stress disorder (PTSD) and depression, and substance abuse. TREM has been successfully implemented in a wide range of service settings (mental health, substance abuse, and criminal justice) and among diverse racial and ethnic populations. This model has been adapted for men in the form of the M-TREM model.

This training prepares participants to provide both TREM and M-TREM groups. ***Tuesday-Thursday, November 19-21, 2024, 9am-4pm CT***

4. ***New*** [ESMI TTA Center: Clinical High Risk for Psychosis Overview](#) – The Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) National Training and Technical Assistance Center for Early Serious Mental Illness (ESMI TTA Center) is hosting a webinar series addressing a range of topics related to serious mental illness (ESMI), including clinical high risk for psychosis and first episode psychosis. ***Tuesday, November 19, 2024, 11am CT***
5. ***New*** [Harm Reduction in Practice](#) – Incorporating harm reduction into your daily work, practical tools and resources.
 - ***Tuesday, November 19, 2024, 2:30pm CT***
 - ***Friday, December 6, 2024, 12pm CT***
6. [Youth in Crisis: The Misdiagnosis and Labeling of Marginalized Youths in Schools](#) – According to research, trauma disproportionately affects marginalized youths of color in America (Pumariega, Jo, Beck, & Rahmani, 2022). These trauma experiences may include historical and generational trauma, immigration stressors, natural and manmade disasters, family and/or community violence, racism, and discrimination. Studies show these youths of color may experience adverse childhood experiences at a rate faster than their peers which can negatively impact their health throughout the lifespan (Cooc, 2017). Complex trauma and serious emotional disturbance (SED) concerns that these youths face in the school environment are often misdiagnosed or mislabeled as a disability which can lead to harsh discipline, inappropriate care, stigma, and overly restrictive learning environments. [This flyer provides an overview of the webinar.](#) ***Wednesday, November 20, 2024, 10:30am CT***
7. ***New*** [Building Infrastructure for Clinical Quality Measures](#) – The CCBHC-NTTAC team, in partnership with the Substance Abuse and Mental Health Services Administration (SAMHSA), TriWest Group and the CCBHC Clinic Family and Children Services, is pleased to announce a three-part webinar series on *Clinical Quality Measures*. These sessions will offer a deep dive into the technical understanding of quality measures, best practices, and how those practices are being implemented in real-time across CCBHCs.
 - [Session 1](#) happened on October 20, 2024, but can be heard via a recording.
 - [Session 2](#) – ***Wednesday, November 20, 2024, 1pm CT*** – This session will focus on screening for depression and follow-up plan (CDF-AD and CDF-CH) and depression remission at six months (DEP-REM-6).
 - [Session 3](#) – ***Wednesday, December 11, 2024, 1pm CT*** – This session will focus on the optional Clinical Quality Measures, including Tobacco Use: Screening and Cessation Intervention (TSC), Major Depressive Disorder: Suicide Risk Assessment (SRA-A and SRA-C), Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC-CH), and Controlling High Blood Pressure (CBP-AD).
8. ***New*** [Advocating for Harm Reduction Within Your Organization](#) – Best suited for those who have taken Foundations of Harm Reduction and Harm Reduction in Practice. Strategies for staff to promote organizational adoption of harm reduction practices.
 - ***Thursday, November 21, 2024, 1:30pm CT***
 - ***Thursday, December 12, 2024, 12pm CT***
9. [Motivational Interviewing Overview National 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.
 - [Register for Motivational Interviewing Overview on Thursday, November 21, 2024, 1pm CT](#)
 - [Register for Motivational Interviewing Overview on Thursday, March 13, 2025, 1pm CT](#)
10. [Join SAMHSA to Discuss the New Report on Financing Peer Crisis Respite in the U.S.](#) – Peer crisis respites are recovery-oriented programs that can successfully provide trauma-informed care to individuals in behavioral health crises. The emerging evidence-base demonstrates the efficacy of peer crisis respites, but to date there are few

studies on the cost effectiveness of these programs. Learn more about this report during SAMHSA's webinar which highlights findings from the report and the benefits of peer crisis respites for a recovery-oriented continuum of crisis care, and identifies common components, operations, and funding solutions of peer crisis respites from a national sample of programs across the U.S. **Thursday, November 21, 2024, 1pm CT**

11. **[New Won't You be My Tobacco-free Neighbor?](#)** – Evidence shows tobacco-free policies decrease commercial tobacco use. By adopting tobacco-free policies and enlisting the support of surrounding community partners, mental health and substance use care facilities can foster healthier communities and create supportive environments for people pursuing a tobacco-free lifestyle. These policies reduce the harm associated with commercial tobacco use for individuals with a mental health or substance use challenge and minimize exposure to second and thirdhand smoke, protecting everyone. **Thursday, November 21, 2024, 1pm CT**
12. **[New Empowering Youth in Crisis: Collaborative Approaches to Mental Health](#)** – This webinar is for behavioral health treatment organizations and community partners that are addressing urgent youth mental health needs through child and youth crisis systems of care. Attendees will learn about effective and innovative crisis response services tailored to children, youth and their families and hear from experts shaping these critical services. **Thursday, November 21, 2024, 1pm CT**
13. **[Culturally Competent Community of Learning \(CCCL\) Information Exchange](#)** - Alex Atkinson (Hope Solutions) will discuss the development, design, feedback process, and implementation of the robust Diversity, Equity, Inclusion, and Belonging (DEIB) work plan at his organization, and Dr. Brian Sims (NASMHPD) will provide insight from the state- and NASMHPD-level. **Thursday, November 28, 2024, 2pm CT**
14. **[New Foundations of Harm Reduction](#)** – The basic principles and philosophy of harm reduction. **Tuesday, December 2, 2024, 11:30am CT**
15. **[New CCBHC Population-specific Services Series](#)** – Over the course of four webinars, the Population-specific Services Learning and Action series will focus on increasing awareness of how specific populations are currently being served in CCBHCs, highlight strategies that support community outreach and engagement, and identify strategies that support care coordination and improving health outcomes. The populations of focus for this series are Alaska Natives/American Indians, people who are hearing impaired, people who speak Spanish as their primary language, and the LGBTQ+ community.
 - **[Population-specific Services for Alaska Natives/American Indians](#)** – **Wednesday, December 4, 2024, 2pmCT**
 - **[Population-specific Services for People Who are Hearing Impaired](#)** – **Wednesday, January 8, 2025, 2pm CT**
 - **[Population-specific Services for Native Spanish Speakers](#)** – **Wednesday, February 5, 2025, 2pm CT**
 - **[Population-specific Services for LGBTQ+ Individuals](#)** – **Wednesday, March 5, 2025, 2pm CT**
16. **[MO-CPAP: A Critical Partner in Reducing Avoidable Hospital Stays for Mental Health](#)** – Nearly 75% of children and adolescents receive mental health care from primary care providers, yet navigating the latest recommendations for medications and therapies has become increasingly complex. This is where the Missouri Child Psychiatry Access Project (MO-CPAP) comes in. MO-CPAP is committed to enhancing the capacity of health care and social service providers to deliver essential mental health services to children and adolescents by offering same-day support for any questions they may have. Better access and better care can lead to fewer children with acute mental health issues. Moreover, Missouri faces one of the highest maternal mortality rates in the United States, with mental health being one of the leading causes. In response, the Maternal Health Access Project has been established as a statewide perinatal psychiatry access program. Any health care or social service provider who sees patients during the perinatal period (from pregnancy through 12 months post-delivery) is encouraged to enroll. We encourage hospitals to explore how these programs can benefit their providers and clinics, especially in our rural communities. **Thursday, December 5, 2024, 12pm CT**
17. **[Collaboration to Support Youth Employment Outcomes Webinar](#)** – This event will include a presentation of The Center for Advancing Policy on Employment for Youth's (CAPE-Youth) new research report which includes findings

from a national study on collaboration and discussions on improving collaboration to better support youth and young adults with disabilities. **Thursday, December 5, 2024, 1pm CT**

18. **Motivational Interviewing: Back to Basics** – Motivational Interviewing (MI) is a counseling style that easily joins with other evidence-based modalities to guide individuals struggling with ambivalence toward making progress to change. The presenter utilizes the third and fourth editions of Motivational Interviewing by William R. Miller and Stephen Rollnick as their guide, as well as professional examples from years in practice. **Friday, December 6, 2024, 9am CT**
19. **Building a Resilient Workforce Learning Series** – As workforce challenges continue to affect human services organizations, leaders are searching for concrete action steps to support staff who are emotionally and physically exhausted. Though staff often enter the field excited to make a difference, it can be difficult to keep them connected to the vision and mission of the organization. This four-part webinar series will delve into core strategies and tactics for supporting staff, such as increasing accountability, managing conflict, nurturing relationships, embracing equity, and achieving excellence. **Monday, December 9, 2024, 1pm CT**
20. **Youth Peer Specialist Training** – A Youth Peer Specialist is a young adult who provides support, encouragement, and assistance to youth and young adults as they transition to adulthood. **Monday-Tuesday, December 9-10, 2024**
21. **New Perinatal Mental Health 101** – Learn about the various Maternal Mental Health Disorders, the differences between them, risk factors, and treatment options. The course is designed for providers, administrators, and public health employees, though all are welcome. **Thursday, December 12, 2024, 10:30am CT**
22. **WHAM Individual Facilitator Training** – WHAM promotes physical and mental health while empowering peer providers to support the whole health of your clients. Use WHAM training to invest in peers as they support recovery across communities. **Wednesday-Thursday, December 18-19, 2024, 9:30am CT**
23. **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.
 - [Register for Intermediate Motivational Interviewing on Wednesday, January 8, 2025, 11am CT](#)
 - [Register for Intermediate Motivational Interviewing on Wednesday, May 14, 2025, 11am CT](#)
24. **PREPaRE Workshop 2, Crisis Intervention and Recovery: The Roles of School-Based Mental Health Professionals** – This two-day workshop provides school based mental health professionals and other school crisis intervention team members with the knowledge necessary to meet the mental health needs of students and staff following a school-associated crisis event. With updated research and crisis intervention strategies, this workshop teaches participants how to prevent and prepare for psychological trauma, helps to reaffirm both the physical health of members of the school community and students' perceptions that they are safe and secure, elevates the degree of psychological trauma, responds to the psychological needs of members of the school community using a multi-tiered approach to crisis intervention, and examines the effectiveness of school crisis intervention and recovery efforts. This workshop is an excellent course for all mental health professionals who provide school mental health crisis intervention services.
 - **Tuesday-Wednesday, January 14-15, 2025** – [Register for the PREPaRE Workshop in Joplin](#)
 - **Tuesday-Wednesday, February 4-5, 2025** – [Register for the PREPaRE Workshop in Kansas City](#)
 - **Wednesday-Thursday, March 5-6, 2025** – [Register for the PREPaRE Workshop in St. Peters](#)
 - **Tuesday-Wednesday, April 1-2, 2025** – [Register for the PREPaRE Workshop in Jefferson City](#)
25. **Assessment 101-A First Episode Psychosis Screening** – This training will focus first episode psychosis (FEP) intake questions. Attendees will learn how to feel comfortable asking questions about psychosis and speaking to individuals who are reporting signs and symptoms of first episode psychosis.
 - **Wednesday, January 29, 2025, 10-11am CT**

- **Wednesday, April 30, 2025, 10-11am CT**

26. **Psychological First Aid (PFA) Train the Trainer** – If people want to become a trainer for PFA, you they should take this course. **Wednesday and Thursday, January 29-30, 2025**
27. **Assessment 101-B** – Building upon Assessment 101-A, attendees will learn about differentiating between clinical high-risk and psychosis symptoms. Individuals will be oriented to the use of screening, self-reporting, and structured and semi-structured clinical interviews to assist in diagnosis, treatment planning, and ongoing assessment of psychosis symptoms.
 - **Wednesday, February 5, 2025, 10-11am CT**
 - **Wednesday, May 7, 2025, 10-11am CT**
28. **Psychosis 101** – Topics in this training include the importance of early intervention and treatment, symptoms, diagnosis, communication with families, the roles of the culture and trauma, and education of referral sources.
 - **Tuesday, February 11, 2025, 10-11:30am CT**
 - **Tuesday, May 13, 2025, 10-11:30am CT**
29. **Supporting the Uptake of Behavioral Health Apps and Technology** – The increasing demand for behavioral health services, coupled with challenges in the workforce, creates a compelling reason to take a closer look at forward-thinking solutions. Behavioral health apps and other technologies have the potential to supplement existing services by increasing access and engagement among specific communities or population groups. This quarterly CBHL Leadership Community series is designed for any CBHL member interested in the successful integration of behavioral health apps and technology as a complement to existing practices. You are encouraged to register and join the full series. **Thursday, March 6, 2025, 1pm CT**

RECURRING TRAINING OPPORTUNITIES

1. **Mental Health First Aid** – Be a part of the movement of more than 4 million people nationwide and attend a Mental Health First Aid or Youth Mental Health First Aid class. Mental Health First Aid teaches you to recognize signs and symptoms of mental health and substance use challenges. It will prepare you to help a family member, friend, co-worker, or neighbor.
2. **Rock Bottom Has a Basement: a Cause for Harm Reduction and Recovery Capital** – On Demand. The notion that people with a substance use disorder (SUD) need to hit “rock bottom” to recover is harmful during an overdose crisis occurring nationally. In 2021, mor than 100,000 Americans died as the result of preventable drug overdose.
3. **Incentives, Sanctions, and Service Adjustments Workshop** – This interactive, two-day workshop is designed to educate interdisciplinary teams in the theory and application of behavior modification as it applies to an effective adult treatment court. The incentives, sanctions, and service adjustments (ISSA) workshop will challenge court teams to self-assess and receive assistance with taking corrective steps to improve policy, practice, and outcomes. The workshop includes a follow-up coaching session by faculty to observe staff meetings and status hearings, and to provide feedback on progress with implementation plans developed during the workshop.
4. **PCSS-MAUD Online Module: Assessment and Management of Alcohol Withdrawal** – The Substance Abuse and Mental Health Services Administration (SAMHSA)-funded **Providers Clinical Support System – Medications for Alcohol Use Disorder (PCSS-MAUD)** recently released an online training module on **Assessment and Management of Alcohol Withdrawal**. This 1.5 hour on-demand training module is designed for clinical healthcare professionals who prescribe medications for alcohol use disorder (MAUD) in outpatient and inpatient settings and offers strategies regarding the assessment, management, and treatment of Alcohol Withdrawal Syndrome (AWS). Specifically, the module discusses the neurobiology of AWS, outpatient and hospital managements of AWS using

evidence-based pharmacotherapy and behavioral therapies, and patient-centered goal setting through individualized care plans. Learning objectives include:

- “Examine the neurobiological mechanisms underlying alcohol withdrawal syndrome.
- Recognize the clinical signs, symptoms, and risk factors for alcohol withdrawal syndrome.
- Determine the appropriateness of outpatient or hospital management for a given patient with alcohol withdrawal syndrome.
- Develop a comprehensive treatment plan for a patient with alcohol withdrawal syndrome.
- Create patient-centered goals for individuals with alcohol use disorder.”

5. [On Demand: Recovery Supports for Youth and Young Adults with Opioid Use Disorder](#) – This live webinar will delve into family-based interventions, school-based recovery programs, and mutual help support. Gain valuable knowledge to enhance your practice and support young individuals on their recovery journey. Target audience: Interprofessional Teams, Nurses, Pharmacists, Physician Assistants, Physicians, Social Workers.
6. [On Demand: Substance Use Among Individuals with Eating Disorders](#) – Eating disorders and substance use disorders are common conditions that often present to primary care physicians, pediatricians, and behavioral health clinicians. Both conditions carry high morbidity and mortality rates and often require prompt evaluation and intervention to achieve optimal outcomes. This webinar will explore the interplay between substance use and substance use disorders in those patients with eating disorders.
7. [Certified Peer Specialist \(CPS\) ECHO](#) – The CPS Echo is a great opportunity to learn from a panel of seven subject matter experts and get feedback from other peer specialists. It is FREE, and these contact hours can be used towards renewing your CPS credential. Each ECHO will consist of the panel providing some information to the peer specialist (around 20 minutes), and then the rest of the time is spent reviewing case studies which have been submitted ahead of time by peer specialists. **First and third Wednesday of every month from 11am-12pm CT**
8. [Peer Recovery Center of Excellence](#) – Monthly Community of Practice calls for peers and peer supervisors.
9. [ASAM Fundamentals of Addiction Medicine](#) – The ASAM Fundamentals of Addiction Medicine is an 8-hour, on-demand, innovative, case-based workshop designed for providers who are relatively new to the field of addiction medicine, such as primary care physicians, clinicians, nurse practitioners, physician assistants, and behavioral health specialists, who see patients at risk for or with addiction.
10. [The ASAM Pain & Addiction: Essentials](#) – This 6-hour, on-demand series consists of 6 modules that cover the foundations of pain and addiction including the science, stigma, screening and assessment, treatment, and interdisciplinary approaches. The modules are self-paced and include interactive activities, knowledge check questions, video content, and text-based content. All modules can be taken together as a full 6-hour course or can be taken individually to fill learner knowledge gaps in pain and addiction topics.
11. [ASAM Motivational Interviewing Mini Courses](#) – ASAM has three interactive 1.5 hour online mini-courses that will give you opportunities to practice skills motivational interviewing (MI) skills in a fully online setting. Learn how to employ these skills in your clinical settings.
12. [Culturally and Linguistically Appropriate Services](#) – Take advantage of Mid-America ATTC's FREE Culturally & Linguistically Appropriate Services (CLAS) training to improve your organization's quality of services provided to all individuals, which will ultimately help reduce health disparities and achieve health equity. This training is offered virtually and in-person. Length of training – 60 min, 90 min or 3-hour training sessions. For additional information please contact Kreasha.Williams@uhkc.org.
13. [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.

14. [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.***
15. [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.
 - ***November 28, 2024, 2pm CT***
16. [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.
17. [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.
18. [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.
19. [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.
20. [Peer Supervision Training](#) – ***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).
21. [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.
22. **2024 Peer Specialist Trainings** – Please see the peer specialist trainings provided by the MCB below.
 - [Certified Peer Specialist Basic Training](#)

- [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.

23. **2024 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.

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