

FYI Fridays

(Policy Guidance and DBH Updates)

September 28, 2018

- Budget Update** - the FY2020 Budget Books outlining the department's budget requests are in the process of being printed. They will be posted online with a link being sent on October 1.
- Parks and Cook featured on myStrength Webinar - *Pioneering Medicaid All-Cost Claims Study Demonstrates Decrease in Health Care Costs with Digital Behavioral Health Care*** Mental illnesses are considered the costliest health care conditions, exceeding the costs of diabetes, respiratory disorders, and cancer – combined. To help address this, in 2016, myStrength partnered with the DMH, the Missouri Coalition for Community Behavioral Healthcare, the Missouri Foundation for Health as well as an independent analytics firm to analyze the impact of technology on Medicaid health care claims costs, both physical and behavioral. The new, comprehensive study, published in a peer-reviewed journal, demonstrates digital behavioral health care's ROI and quantifies its per person average annual cost savings segmented by physical and behavioral health care, in addition to the impact of evidence-based technology solutions on total adjudicated claims. Spanning two years, the study compared Medicaid claims among more than 1,500 individuals and facilitated access to myStrength across 25 Missouri community mental health centers to help clients address a wide variety of behavioral health and substance use concerns. This National Council for Behavioral Health webinar highlighted the study methodology, key findings, and how digital tools can be effectively and cost-efficiently integrated within any care model. Presenters included Dr. Joe Parks of the National Council and Natalie Cook of the Department of Mental Health. You can access the webinar and slides here: <https://www.thenationalcouncil.org/webinars/pioneering-medicaid-all-cost-claims-study-demonstrates-decrease-in-health-care-costs-with-digital-behavioral-health-care/>.
- News from Director Gowdy** – “I have asked Nora Bock to assume the title of the DBH Deputy Director of Community Treatment. Placing our community operations under the supervision of a Division Deputy is consistent with the substantial and expanding scope of our community services and ensures equal footing in the organizational chart between the community and the facility operations.

While this is a new title for DBH, Nora has been effectively managing community treatment services for some time now. The STR and SOR grants have presented us with tremendous opportunities, but have added greatly to the workload. Nora has made sure that we have not squandered this opportunity to improve our existing services and to develop new ones. This change in title recognizes both the importance of our community treatment services and the good work Nora has done in managing these critical operations. I appreciate all Nora has done to ensure that our community treatment services are always consumer focused and cutting edge.”

- Federal Agreement on Opioid Legislation** - On Tuesday, House and Senate lawmakers announced an agreement on legislation to address the opioid crisis. This legislative agreement combines and reconciles differences between previously passed House and Senate bills. The latest version of the **SUPPORT for Patients and Communities Act (H.R. 6)** includes a variety of provisions, some of which include:
 - Reauthorizing grants to address the opioid crisis (previously authorized in the 21st Century Cures Act of 2016), and adding to the grant program a 5% set-aside for Indian tribes, as well as up to a 15% set-aside for States and Tribes with the highest age-adjusted rate of drug overdose deaths based on CDC data. The bill authorizes \$500 million for each of FY 2019 - FY 2021.

- Establishing a grant program for ERs to create a protocol to support individuals who have survived an opioid overdose, including having onsite peer recovery coaches.
- Developing and disseminating best practices for recovery housing.
- Student loan repayment for SUD treatment professionals in mental health professional shortage areas or counties that have been hardest hit by drug overdoses.
- Reauthorizing SAMHSA's Residential Treatment for Pregnant and Postpartum Women (PPW) program for FY 2019-FY 2023.

The House will likely vote on the final version of the SUPPORT Act before the end of this week, and the Senate is expected to vote on the bill next week before sending it to the President's desk.

5. **ATTC Leadership Institute** - Mid-America ATTC is launching its 2019 Leadership Institute. It is a 7-month intensive program that includes:
 - a. Leadership assessments
 - b. 5-day Immersion training
 - c. Mentoring
 - d. Booster session on leadership & supervision related to trauma
 - e. And much more

Want more information? [Click here for the Leadership Institute Overview](#)

6. **STR-SOR Fall Meeting** – Round robin updates on the STR grant and presentations from new SOR projects. **Friday, October 5 – 9:00am – 2:00pm** at DMH, Conference Room A/B. Register here: <https://www.eventbrite.com/e/fall-2018-str-sor-meeting-tickets-48846283549>

Training Opportunities and Resources

1. **Buprenorphine Waiver Training** – in Kansas City on **September 29, 2018** | Register online: [Click Here](#) . Time: 8:30 a.m. - 12:30 p.m. Presenter: Daniel Vinson, MD at Holiday Inn Country Club Plaza *Boardroom*, 1 East 45th Street, Kansas City. **MISSOURI NEEDS MORE WAIVERED MEDICAL PROFESSIONALS!!**
2. **Opioid Crisis Management Training** - **Tuesday, October 2 – 1:00pm – 5:00pm** at Holiday Inn Executive Center at 2200 Interstate 70 Drive SW, Columbia, MO 65203. Register here: <https://katiehorst.wufoo.com/forms/m1wqeb3f0eivrsn/>
3. **Dialectical Behavior Therapy Training** – **October 4 -5, 2018** in Clayton, MO. **To register visit:** www.dbtmo.org. Click on the “Become a Member” tab and complete the brief form (if your agency is not listed select “other” and enter your organization’s name). Go to the “Training and Events” tab and click on “apply by” next to this training to complete the process.
4. **Early Intervention in Youth Mental Health** - All are invited! **October 16, 1:00 PM- 5:00 PM** at COMPASS Health Network (Pathways) 227 Metro Drive, Jefferson City, MO 65109. Please use back entrance. Register at <https://www.mosoccess.com/> hosted by, System of Care- Community for Early Signs and Symptoms. Contact JJ Gossrau (314) 877-0383 with questions. Providers, school personnel, family members, youth, clinicians, caseworkers, case manager, policy makers... This training provides the rationale for early intervention in youth mental health and info on the service innovations aimed at improving outcomes for young people with mental health concerns. Mental illness is the biggest health

issue facing young people, and yet they have the poorest access to services in all parts of the world. You are invited to attend this presentation and be more informed.

Learning objectives:

- Understand the rationale for early intervention in youth mental health
- Understand factors that help build resilience in young people
- Consider how the needs of young people who are mentally-ill can be addressed within the local service context
- Understand that mental health and mental ill-health form a continuum and that adolescent behavior needs to be understood within a developmental context
- Recognize the importance of youth-specific mental health programs to address the specific challenges faced by this age-group

5. **Addressing Addiction in Acute Care Settings (Webinar) - October 17 at 1 pm.** Presented by: Michael Lynch, MD. Dr. Lynch is a board certified emergency physician and medical toxicologist. This webinar aims to describe programs that are currently underway including the supportive evidence to capitalize on the time that a patient spends in the acute care setting to promote health and therapeutic engagement while minimizing future harm.
6. **Youth Mental Health First Aid** - DMH is sponsoring a **Youth** Mental Health First Aid (MHFA) training at DMH CO on **Monday, October 22 and Tuesday, October 23. Times are 8:15 am to 12:30 pm each day.** An attendee must attend both days and the full 8 hours to be certified. CEUs are available and attendees may purchase on their own. To register, contact Vickie Epple at vickie.epple@dmh.mo.gov .
7. **Four Dimensions that Support Recovery** – On **October 26, 2018**, at Washington University in STL, Bridgeway Behavioral Health, Preferred Family Healthcare, and Washington University are hosting a FREE conference focusing on SAMSHA’s Four Major Dimensions That Support a Life in Recovery. Featured speakers include Mark Stringer; Fred Rottnek, MD; Ryan Edwards, and Kimberly Johnson, PhD. Click on the link below to register. Conference.bridgewaybh.com
8. **KC - OEND Train the Trainers** - The Missouri Opioid-Heroin Overdose Prevention and Education (MO-HOPE Project) is conducting an overdose education and naloxone distribution trainings of trainers in Kansas City on **November 7, 2018, from 1-4pm.** We request that each organization interested in training limit themselves to five (5) participants due to limited space. Registration info: <https://mohopeproject.org/train-the-trainer-conducting-overdose-education-and-naloxone-distribution-oend-with-at-risk-populations-training-clinicians-and-front-line-service-providers-010718/>
9. **Suicide Prevention Training** – The DMH/DBH in partnership with the Missouri Coalition and the Missouri Primary Care Association are happy to announce a free suicide prevention training on **November 9, 2018, from 9 am to 2:30 pm** at the Missouri Coalition office. **REGISTRATION LINK: [CLICK HERE](#)** Featuring Virna Little, PsyD, this training is targeted for primary care providers and behavioral health providers. Who should register:
 - Primary Care Providers
 - Primary Care Clinical Support Team Members
 - Behavioral Health Care Providers
 - Behavioral Health Clinical Support Team Members

Look for updates on different topics/initiatives next Friday!