

A decorative border of red poinsettias with green leaves surrounds the entire page.

## FYI Fridays

### *DBH Updates, Notices, and Policy Guidance*

December 20, 2019

1. **News Tribune Article on CCBHOs** – “Behavioral Health Clinics Fill Rural Gaps in Care” - Access to mental health care in rural Missouri is improving. Improvement had been slow but began to pick up the pace about two years ago with the introduction of Certified Community Behavioral Health Clinics (CCBHC). <https://www.newstribune.com/news/local/story/2019/dec/15/behavioral-health-clinics-fill-rural-gaps-in-care/808387/>
2. **Rural Mental Health Issues** - The DMH Office of Disaster Services (ODS) continues to collaborate with Department of Agriculture (AG) and private farming associations (Soybean, Missouri Farm Bureau, Corn Growers and others) to address the stress of our producers and rural communities. This week ODS and AG discussed a regional hotline through a USDA grant and public education strategies. AG is reviewing online trainings and discussing stress seminars/town halls in 2020. Director Chinn is including messaging about mental health and farmer stress in her public appearances. Both agencies are benefiting from this new collaboration.
3. **MHD Preferred Drug List Update** - The following PDLs have been updated:
  - [Psychotropic Medications Polypharmacy](#)
4. **2020 Directors Creativity Showcase** - The Missouri Mental Health Foundation, in collaboration with the Missouri Department of Mental Health, is sponsoring the 2020 Director’s Creativity Showcase. The showcase helps to acquaint the general public with the talents of the people it serves. These are individuals receiving services through the Missouri Department of Mental Health provider network living with mental illness, developmental disabilities and substance use disorders. The artwork created is not only for the Showcase, but is sometimes used as a means of therapy. This therapy provides an outlet for the artist to express his or her feelings – feelings they may not be able to verbally communicate. The art show also has encouraged people to try something they may previously have never considered possible, only to find they have a true creative talent. More info...

Guidelines, entry form, release form, timeline of activities and the artwork collection sites for the 2020 Director’s Creativity Showcase can be found at: [http://www.missourimhf.org/?page\\_id=3351](http://www.missourimhf.org/?page_id=3351)

Entries may be submitted in ONE of the categories identified in the Guidelines, although a person may participate in a group project and still enter an individual project. Please limit the size to no larger than 2 ft. x 2 ft. Larger pieces are difficult to store and return to the artist. Do NOT send artwork with glass in the frame – plexiglass or a plastic cover is acceptable. A frame is not required. The entries must be original work by the artist.

To help participants save on postage, Attachment C provides a list of DMH provider organizations who volunteered to serve as a collection site for artwork in their area. DEADLINE: Artwork must be received in Jefferson City by Friday, January 24, 2020.

Cash awards are provided to the top five artwork pieces in each of the three categories: Substance Use Disorders, Mental Illness, & Developmental Disabilities. In addition, a “self-proclaimed” professional category is included and a cash award is provided to the “Best of Show”. For the “Photography” category, awards will be provided for the top three entries. Please refer to the 2020 Eligibility Guidelines for more information.



Artwork Collection Facilities & Offices should contact Rachele Masters, Missouri Mental Health Foundation, if you receive artwork for the 2020 Director's Creativity Showcase. Rachele will work with you to make arrangements for transportation of the artwork to Jefferson City. Rachele's contact information: (573) 635-9201 or [Rachele.Masters@MissouriMHF.org](mailto:Rachele.Masters@MissouriMHF.org). Thank you for your assistance in collecting artwork. If you have any questions or additional information is needed, please contact Rachele Masters or Patty Henry, Missouri Mental Health Foundation, at (573) 635-9201 or [mmhf@missourimhf.org](mailto:mmhf@missourimhf.org)

### **Info and Resources**

1. **New Publication - Preventing the Use of Marijuana: Focus on Women and Pregnancy** - This guide supports health care providers, systems, and communities seeking to prevent marijuana use among pregnant women. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources. [Download the Guide](#)
2. **New Report Examines the Impact of the Opioid Crisis on Children** - The United Hospital Fund released a new report that examines the effects of the opioid crisis on children and adolescents. *The Ripple Effect: National and State Estimates of the U.S. Opioid Epidemic's Impact on Children* charts the impact of parental opioid use on children in each State. The report found significant variation between States, with the rate of children affected by opioids determined to be highest in West Virginia (54 per 1,000 children) and lowest in California (20 per 1,000). As described in the report, if current trends continue, the number of children impacted by opioid use will rise to an estimated 4.3 million by 2030 and the cumulative lifetime cost will reach \$400 billion due to spending on health care, special education, child welfare, and criminal justice. The report also includes 10 priority strategies to be used in response to the growing number of children affected by opioids including investments in evidence-based programs for youth development, increasing the availability of family-based mental health services, expanding treatment and recovery programs for adolescents, and supporting foster and kinship caregivers. <https://www.osap.org/news/478165/The-Ripple-Effect-National-and-State-Estimates-of-the-U.S.-Opioid-Epidemics-Impact-on-Children.htm> (Source: NASADAD)
3. **Study Finds Increase in Waivered Clinicians in Rural Areas Due to Nurse Practitioners and Physician Assistants** - A study recently published in *Health Affairs* examined data on the number of clinicians waivered to prescribe buprenorphine in rural areas. The Comprehensive Addiction and Recovery Act (CARA), passed in 2017, enabled nurse practitioners (NPs) and physician assistants (PAs) to obtain waivers to prescribe the medication. However, researchers indicated that there is limited data on how this legislation has impacted rural areas. Using federal data, the study found that the number of clinicians waivered to prescribe buprenorphine in rural areas increased by 111 percent from 2016 to 2019. NPs and PAs accounted for more than half of the increase, and broad scope-of-practice regulations were associated with twice as many waivered NPs as restricted scopes of practice were. <https://www.healthaffairs.org/doi/abs/10.1377/hlthaff.2019.00859> (Source: NASADAD)
4. **Marijuana Use in 2019 Monitoring the Future Report** - The Centers for Disease Control and Prevention (CDC) recently released results from a [study](#) showing an increase in driving while under the influence of marijuana and other drugs. The study found that, "During 2018, approximately 12 million (4.7%) U.S. residents aged  $\geq 16$  years reported driving under the influence of marijuana, and 2.3 million (0.9%) reported driving under the influence of illicit drugs other than marijuana during the past 12 months."



Additionally, the new [2019 Monitoring the Future \(MTF\) data](#), released by the National Institute on Drug Abuse (NIDA) earlier this week, show that youth marijuana vaping is becoming more prevalent. In particular, "After remaining mostly stable for many years, daily use of marijuana went up significantly since 2018 among eighth and 10th graders—now at 1.3% and 4.8% respectively." Notably, MTF data found that youth alcohol use, prescription opioid misuse, and combustible cigarette youth declined in the past year. However, the data show that 11.7% of youth vaped nicotine daily in 2019. This is the first year daily vaping use has been measured in the MTF survey.

View NIDA's full press release [here](#), and read a new *Journal of the American Medical Association* paper on youth marijuana vaping that analyzes the latest MTF data [here](#).

### ***Funding Opportunities***

1. [Grants to Expand Substance Abuse Treatment Capacity in Adult and Family Treatment Drug Courts -](#) SAMHSA is accepting applications for Grants to Expand Substance Abuse Treatment Capacity in Adult Treatment Drug Courts (ATDC), Adult Tribal Healing to Wellness Courts or Family Treatment Drug Courts (FTDC). The purpose of this program is to expand substance use disorder (SUD) treatment services in existing drug courts. The program recognizes the need for treatment instead of incarceration for individuals with SUDs. SAMHSA plans to issue 25 grants of up to \$400,000 per year for up to 5 years. **Application Due Date: Tuesday, February 4, 2020**
2. [National Training and Technical Assistance Center for Child, Youth, and Family Mental Health](#) SAMHSA is accepting applications for National Training and Technical Assistance Center for Child, Youth, and Family Mental Health grant. The purpose of this program is to provide training and technical assistance (TTA) to increase the access to, effectiveness of, and dissemination of evidence-based mental health services for children, youth and young adults (through age 21) with Serious Emotional Disturbances (SED)/Serious Mental Illness (SMI) and their families, and to promote the coordination of these services. This Center is a key component of SAMHSA Children's Mental Health Initiative. SAMHSA plans to issue 1 grant of up to \$3,000,000 per year for up to 5 years. **Application Due Date: Tuesday, February 4, 2020**
3. [Grants for Expansion and Sustainability of the Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances](#) - SAMHSA is accepting applications for Grants for Expansion and Sustainability of the Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances (System of Care [SOC] Expansion and Sustainability Grants). The purpose of this program is to improve the mental health outcomes of children and youth, birth through age 21, with serious emotional disturbance (SED), and their families. SAMHSA plans to issue up to 24 grants of up to \$3,000,000 per year for up to 4 years. **Application Due Date: Monday, February 3, 2020**

### ***Training Opportunities***

1. [Farm Stress Session 4 - Preventing Burnout for Mental Health Workers in Farm Communities – Webinar](#) **Tuesday, January 6, 2020 1:00 p.m. EST.** Robin Landwehr, LPCC, will discuss burnout prevention strategies for mental health providers working with farm and ranch populations. This session will focus on the unique



challenges and stressors faced by individuals working to support persons experiencing farm stress. Robin will also discuss ways for providers to increase compassion satisfaction, minimize compassion fatigue, and prevent the onset of burnout related to mental health work.

2. **Marijuana Prevention Education Toolkit Launch & Listening Session – Webinar Monday, January 6, 2020 1:00 p.m. – 2:00 p.m. EST**. This past October, the nationwide Prevention Technology Transfer Center (PTTC) Network Marijuana Work Group released the first set of resources in the Marijuana Prevention & Education Toolkit. Due to high interest, the webinar scheduled for Monday, January 6 at 1:00pm EST, will be a repeat offering of the December 9, 2019 "launch party." This webinar will present a detailed overview of each of the four components in the toolkit. At the conclusion of the toolkit overview, the remainder of the webinar will serve as a listening session where participants can share other issues and challenges related to marijuana prevention.

3. **“Share” Online Educational Trainings** - The following online educational trainings are provided **free of charge** to Missouri residents thanks to a grant from the **Missouri Foundation for Health**.

Complications in Grief When a Baby Dies	1.5 Contact Hours
Trauma Informed Care in Perinatal Bereavement	1.25 Contact Hours
Honoring the Cultures of African Americans and Hispanics in Perinatal Bereavement	1 Contact Hour
Supporting Pregnancy Loss in the Emergency Department	1 Contact Hour
Developing a Sustainable Bereavement Care Program	1 Contact Hour
Support Groups in Perinatal Bereavement	1 Contact Hour
Supporting Grieving Children	1 Contact Hour

To access these online learning courses: <https://education.nationalshare.org/bundles/advanced-training-courses>

4. **Clinical Supervision Learning Collaborative** - The *Missouri Children’s Trauma Network*, in partnership with the *Missouri Coalition for Community Behavioral Healthcare* and the *DMH* is excited to announce an opportunity to learn more about clinical supervision through our **12-month Clinical Supervision Learning Collaborative** starting **January 2020**. During this learning collaborative, you will learn different fundamentals and best practices of supervision. CEUs will be provided throughout the learning collaborative as well. Space is limited, so please register as soon as possible. Registration and more info: [CLICK HERE](#)

5. **EMDR Training** - The Missouri Children’s Trauma Network will provide additional EMDR training for 2020. The training is free and will be provided in the rural areas of Missouri. The locations are below. Please make sure you can attend the initial dates of training and the follow-up dates of training. **You must attend the full training to complete**. Additional details regarding location, time, etc. will be sent once registration is complete. **Register online now >> [Click Here](#)**

**Dates & Locations:**

Hannibal | **February 7-9, 2020 & March 13-15, 2020**

Poplar Bluff | **April 3-5, 2020 & May 15-17, 2020**

Joplin | **June 5-7, 2020 & July 10-12, 2020**

6. **MATCP 22<sup>nd</sup> Annual Treatment Court Training Conference** – the theme for this year’s conference of the Missouri Association of Treatment Court Professionals is “One Team: One Goal.” This conference will be held in Branson from **March 25-27, 2020**. Explore the all-new **MATCP website**, [motreatmentcourt.org](http://motreatmentcourt.org), to learn more about registration, housing, agendas and more! Please remember to register early and to secure your hotel at the host hotels at the Hilton Hotel and Convention Center or the Hilton Promenade. (Rooms have sold out every year—so do not delay!)

*Merry Christmas and Happy Holidays from the Division of Behavioral Health!*

*We wish to thank each one of you reading this for all your efforts in helping improve the lives of those we serve in 2019 - everyone has a role!! Many of you exceed expectations, work long hours and/or weekends, and under difficult circumstances. You have your own life stressors, but you show up to support, one way or another, those citizens we serve. Some people are alive this year that might not otherwise have been. Many individuals' life circumstances are improved because of our collective efforts. We still have so much work to do and more people to reach, but please take a moment to celebrate the accomplishments - big and small - of this past year.*

*You're doing great and we thank you!*

**Due to the holidays, there will not be a FYI Friday on December 27.**