

## FYI Fridays

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

January 17, 2019

- Budget Update** – DBH staff have been reviewing the Governor’s DMH budget. His recommended items for DBH include:
  - Medication Assisted Treatment – the Governor recommended \$5M in General Revenue.
  - Residential Rate Increase Cost to Continue – Governor recommended \$834,127. This will allow DBH to reimburse the youth Level 4 placements at the same rate paid by Children’s Division.
  - Utilization Increase – Governor recommended - \$6.1M total to serve additional eligible Medicaid participants.
  - CCBHO Regional Certification – Governor recommended funding for two new CCBHO providers for two months of the fiscal year (\$777,764)
  - CCBHO – Governor recommended \$2.5m to fund the Quality Incentive Payment.
- Retirement Congratulations, Laurie Eppe** – Laurie is retiring January 31! Please join us on January 27, 2020, at 3pm in DMH’s Conference Room B as we help Laurie celebrate her retirement and as we thank her for 34 years of dedicated public service. Congratulations!!
- Retirement Congratulations, Susan Blume** – Susan is retiring January 31, but her last day at DMH is January 24, 2020. Her pending retirement was celebrated at a luncheon on January 15, 2020. Susan has spent 21 years at the DMH, but has dedicated 33 years to the field of behavioral health. Congratulations!!
- ADA DM Outreach Funds** - DBH has identified dollars to fund ADA DM Outreach for the remainder of FY2020. As you provide ADA DM Outreach, your allocation will be backfilled. If you have any questions, please contact Becky Wolken at [Becky.wolken@dmh.mo.gov](mailto:Becky.wolken@dmh.mo.gov) .
- RCC’s Employment Successes** - The State Opioid Response grant funds employment assistance services at the four Recovery Community Centers (RCCs) in Missouri.  
Employment assistance services include:
  - Resume writing support
  - Helping individuals search and apply for jobs
  - Assisting individuals in obtaining appropriate documents to become eligible for employment
  - Interview preparation
  - Identifying appropriate work attire
  - Promoting job fairs
  - Connecting individuals with relevant training opportunities

From April through December of 2019:

- 577 individuals utilized employment assistance services
- 136 individuals gained employment
- 90 individuals completed an 8 week workforce prep course
- 206 employers outreached to support hiring of individuals with a SUD or criminal justice history

### *Info and Resources*

- Alcohol-Related Deaths Have Doubled in the US**- Researchers from the National Institute on Alcohol Abuse and Alcoholism have found that deaths from alcohol-related problems more than doubled in the past 18 years. It is even thought that this number could be an undercount due to the fact that it is often difficult to fully capture the role alcohol plays in deaths.

## 2. Probation and Parole Regional Oversight Meetings –

- **January 21 - Central Region**  
10:00 am – 12:00 pm  
Columbia P&P office located at 1903 N. Providence, Columbia
- **January 21, 2020 – Eastern Region**  
10:00 a.m.  
7S P&P Office, 3101 Chouteau, St. Louis 63103
- **March 3 – Western Region**  
10:00 am – 12:00 pm  
P&P Office, 8800 Blue Ridge Blvd. 3rd Floor Kansas City
- **March 6 – Southwest Region**  
Location TBD
- **April 14, 2020 – Northeast Region (Districts 3, 18, 26)**  
9:00 a – 11:00 a  
Moberly P&P Office 1317 E Hwy 24 Suite B, Moberly
- **April 21, 2020 – Southeast Region**  
10:00 a – 12:00 p  
Location: TBD
- **June 23, 2020 - Districts 11, 16, 17, & 38**  
10:00 a – 12:00 p  
Spencer Road Library, 427 Spencer Rd, St Peters 63376

3. **Places for People Published Study on PTSD and Depressive Symptoms** - A recent study by **Places for People's** Research and Evaluation team that explores the relationship between post-traumatic stress symptoms and depressive symptoms (among individuals served through a SAMHSA-funded program to provide mental health, substance use, and housing support services to persons experiencing chronic homelessness) was published online in the *The Journal of Social Distress and Homelessness*. “These findings have implications not only for how we assess and intervene with persons served through our current SAMHSA-funded homeless services project, but for all who we serve with a history of homelessness,” Places for People Research and Evaluation Program Manager Nathaniel Dell said. “The need to promote the experience of safety and to address symptoms of trauma is substantial.” (Source: *Places for People Perspectives*) [Read more about the study and its findings on the \*Perspectives\* blog.](#)
4. **National Council Publishes Toolkit on MAT for Opioid Use Disorder in Jails and Prisons** - People who have been incarcerated are approximately 100 times more likely to die by overdose in the first two weeks after their release than the general public. This new [toolkit](#) provides correctional administrators and health care providers recommendations for implementing Medication-Assisted Treatment (MAT) in correctional settings and strategies for overcoming challenges. [Download the toolkit here.](#)
5. **Study Examines Youth Access to EB Treatment Following Overdose** - A [study](#) recently published in the *Journal of the American Medical Association Pediatrics* examined the characteristics of Medicaid-enrolled youth who experience a nonfatal opioid overdose and the extent to which they receive timely evidence-based treatment. Researchers found that the risk of recurrent overdose among youth with a prior overdose involving heroin was significantly higher than those with a previous overdose from other opioids. Additionally, of the 3,606 youths with an opioid-related overdose, 68.9% received no addiction treatment within 30 days of overdose and 29.3% received some form of counseling. Only 1.9% of youths received pharmacotherapy or medication-assisted treatment (MAT) after experiencing an overdose. (Source: *NASADAD*)

6. **Combatting the Abstinence Violation Effect** - The abstinence violation effect (AVE) leads to more extreme behavior during a relapse and more negativity and pessimism about the meaning of a relapse. AVE is tricky because it is something we become more vulnerable to when we begin to address unhealthy behaviors. (Source: IRETA)
7. **Co-Occurring Alcohol Use Disorder and Anxiety: Bridging Psychiatric, Psychological, and Neurobiological Perspectives** - Few observations in psychiatry have been documented as long and as consistently as the association between anxiety and the chronic misuse of alcohol. Research has shown that up to 50% of individuals receiving treatment for problematic alcohol use also met diagnostic criteria for one or more anxiety disorders. This article provides an overview of the evolving perspectives of this association in the context of three related disciplines - psychiatry, psychology, and neuroscience. (Source: NIAAA)  
[https://www.arcr.niaaa.nih.gov/arcr401/article03.htm?utm\\_source=GovD&utm\\_medium=Email&utm\\_campaign=Issue-401-Article-3](https://www.arcr.niaaa.nih.gov/arcr401/article03.htm?utm_source=GovD&utm_medium=Email&utm_campaign=Issue-401-Article-3)

### **Funding Opportunities**

1. **CCBHC Expansion Grants Now Available to Clinics in All 50 States** - Clinics across the nation are now eligible to apply for Certified Community Behavioral Health Clinic (CCBHC) Expansion Grants under a funding announcement released this week by the Substance Abuse and Mental Health Services Administration (SAMHSA). Not only does the \$200 million SAMHSA will make available this year represent a \$50 million increase from 2019, the funding is now available to clinics in all 50 states – an important step toward expanding the CCBHC model across the country. Clinics interested in applying for up to \$2 million per year in grant funding can [learn more](#) on SAMHSA’s website and submit an application by **March 10, 2020**.

### **Training Opportunities**

1. **Supporting and Empowering Peer Specialists in Behavioral Health** - There is a new and exciting training program opportunity for those holding the Missouri Certified Peer Specialist (CPS) credential. The program is called the **Certified Peer Specialist Show-Me ECHO** (Extension for Community Healthcare Outcomes). This is a no cost continuing education opportunity for professionals that offers collaboration, support and ongoing learning with certified peer specialists and other experts. Participants will join an **interactive online video conference** from **11 a.m. to noon the first and third Wednesdays of the month**. They will share and discuss cases related to such topics as: wellness, goals, motivational interviewing, suicide prevention, boundaries, trauma-informed care and advocacy. The Certified Peer Specialist ECHO connects a team of experts with participants who want to enhance their ability to assist peers in the recovery process. Together, they collaborate in a safe and secure learning environment to:
  - Increase confidence, knowledge and application of best practices.
  - Improve quality of life.
  - Acquire specific and practical tools to improve peer support.
  - Expand understanding of core competencies and ethical standards associated with certification.

Visit [www.showmeecho.org](http://www.showmeecho.org) to register under the Certified Peer Specialist ECHO.

2. **Webinar on the Primary Care Behavioral Health Model** - The Primary Care Behavioral Health (PCBH) model, a team-based approach to managing complex health conditions in primary care, has been well researched and applied in primary care. The goal of the PCBH model is to improve and promote overall health within the general population, recognizing that half of all patients in primary care present with psychiatric comorbidities. While the PCBH model is geared toward primary care, behavioral health provider organizations are well-positioned to adopt PCBH approaches to address physical health in behavioral health settings. Find out how you can adopt PCBH strategies in both primary care and behavioral health settings during “Tips and Tools for Implementing the Primary Care Behavioral Health Model,” a webinar hosted by the [Center of Excellence on Integrated Health Solutions](#) on **January 22 from 2-3 p.m. ET**. During this **webinar**, you’ll gain:

- A roadmap to developing a strong integrated team with examples of best practices and lessons learned from successful implementation.
  - Core components to developing and implementing an effective PCBH model.
  - Effective communication and engagement strategies to create organization-wide buy-in
3. **Recovery at Work: Workplace Policies and Practices that Support Employees with Mental Illness and Substance Use Disorders – Thursday, January 23, 2020, from 2:00–3:00 p.m. EST.** SAMHSA’s Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) invites you to join national experts in a conversation about how employers can support the success of people living with mental illness or substance use disorders in the workplace. The **webinar** will present strategies for the recruitment, hiring, and retention of employees in recovery. Presenters will offer their expertise in human resource policies and practices, and in encouraging a recovery-oriented workplace culture. This is a FREE interactive virtual event, moderated by [Cheryl Gagne](#), BRSS TACS Senior Associate. [Register for the Virtual Event](#)
  4. **MO-HOPE Train the Trainer** - The MO-HOPE Project will offer an OEND Training of Trainers on **January 31 from 10 a.m.-noon** at 9355 Olive Blvd. St. Louis, MO, 63132. Train the Trainer: **Conducting Overdose Education and Naloxone Distribution with At-risk Populations: Training Clinicians and Front-line Service Providers.** This training prepares individuals to train those who will discuss overdose education and naloxone use with individuals at risk of experiencing or witnessing an opioid overdose. After completion of this course, participants will be given resources to present all materials to others. This course is most appropriate for individuals who will offer trainings to county and municipal health departments, treatment providers, socials service agencies (including homeless shelters, domestic violence shelters, food banks, etc), medical providers, and other community organizations and agencies that may work with at-risk individuals. Those interested can register here: <https://www.eventbrite.com/e/train-the-trainer-conducting-overdose-education-and-naloxone-distribution-with-at-risk-populations-tickets-88538377671>
  5. **MAT (Buprenorphine) Waiver Course** - Opioid SOR, in partnership with the Missouri Coalition for Community Behavioral Healthcare are providing an 8-hour MAT Waiver Course. This course is different from the traditional 8-hour live course, as the first 4-hours will be in person and then the last 4-hours will be individual online work. Once you complete the first 4-hour live training, you will receive an email from AAAP with a link for the other 4-hours of individual work. Once that work is completed, they will send you a certificate of completion.

**AVAILABLE TRAINING DATES:**

**Kansas City, Missouri**

**Saturday, January 25, 2020** - Time: 8:30 a.m. – 12:30 p.m., Presenter: Dr. Roopa Sethi  
**Saturday, February 22, 2020** - Time: 8:30 a.m. – 12:30 p.m., Presenter: Dr. Roopa Sethi  
**Saturday, March 28, 2020** - Time: 8:30 a.m. – 12:30 p.m., Presenter: Dr. Roopa Sethi

**Register Here:** <http://www.cvent.com/d/3hq2vq>

**St. Louis, Missouri**

**Saturday, April 11, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Fred Rottnek  
**Saturday, June 13, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Fred Rottnek  
**Saturday, August 8, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Fred Rottnek  
**Saturday, September 26, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Evan Schwarz  
**Saturday, November 7, 2020** - Time: 8:30 a.m. - 12:30 p.m., Presenter: Dr. Evan Schwarz

**Register Here:** <http://www.cvent.com/d/chqswv>

*\*Additional dates may be added throughout the year.*

**8 Hour Online MAT Waiver Training**

**Register Here:** <https://learning.pcscsnow.org/p/onlinematwaiver>

6. **Certified Peer Specialist Supervision Trainings** - The MCB will be offering the following Certified Peer Specialist Supervision Trainings. The training has been changed slightly and updated for 2020 so if you have attended previously, you are welcome to sign up again. These trainings are free and lunch is provided. [Click Here for the Peer Specialist Supervision Training Registration Form](#). If you have any questions, please feel free to contact the MCB office at 573-616-2300 or [help@missouricb.com](mailto:help@missouricb.com).

*Tuesday February 11* - Jefferson City, MO

*Tuesday April 21* - Kansas City, MO

*Thursday June 25* - St. Louis, MO

*Thursday August 13* - Springfield, MO

*Thursday October 15* - Cape Girardeau, MO

*Thursday December 17* - Jefferson City, MO

7. **Train the Trainer: Conducting Overdose Education and Naloxone Distribution with At-risk Populations: Training Clinicians and front-line Service Providers** - Presented by Brandon Costerison at MO-Hope Project. **Monday, February 17, 2020, 10:00 AM – 12:00 NOON**. Location is 3501 Berrywood Drive in Columbia, Unity Conference Room (upper level). Parking available in the back of the building. Front-line service providers, clinicians and clinical supervisors/directors are encouraged to attend. **Registration Link:** <https://www.eventbrite.com/e/train-the-trainer-conducting-overdose-education-and-naloxone-distribution-with-at-risk-populations-tickets-89614061069>
8. **SOR Training Series: Prescribing Buprenorphine Through Telemedicine** - DMH, in partnership with MIMH and the Missouri Coalition for Community Behavioral Healthcare, is providing FREE **webinar** trainings as part of the Missouri Opioid State Targeted Response and State Opioid Response (Opioid STR and SOR) grant. This one, entitled, *Prescribing Buprenorphine Through Telemedicine: Practical and Regulatory Issues and Pilot Data* is being offered on **February 20, 2020 12:00 p.m. – 1:00 p.m. CST**. Registration: [CLICK HERE](#)
9. **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:** [Click Here](#)

Dates and 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**

10. **Wellness Coaching Train the Trainer** - The Coalition and the DMH are excited to bring another round of Wellness Coaching training to Missouri. This training will outline the process of Wellness Coaching, provide background information on why attending to health and wellness is critical for people with psychiatric conditions, and explain how and why health literacy is relevant to helping persons served to improve their quality of life. Training participants will practice the skills taught and will develop and implement training plans so that the staff they train will, in turn, be able to implement the process of Wellness Coaching. Please note that space is limited, so please register as soon as possible to secure your spot in the training. Dates: **March 3-6, 2020** at the Coalition Office in Jefferson City. **Register online now >>** <https://cvent.me/NVQqrB>

11. **Liquid Handcuffs: A Documentary to Free Methadone** - Join documentary filmmakers Helen and Marilena for a viewing of “Liquid Handcuffs: A Documentary to Free Methadone.” The purpose of this **event** is to highlight the benefits of methadone, provide an international perspective on the utilization of and policies related to methadone, and allow a discussion of some of the challenges related to methadone treatment and regulation in the United States. A panel discussion following the documentary will include perspectives from the filmmakers, providers from methadone clinics, and individuals who have used methadone in their recovery. [Click here to view the official documentary trailer.](#)

Date and Time: **Wednesday, March 25, 2020 from 5:00pm – 7:15pm**

5:00 pm            Documentary Viewing

6:15 pm            Panel discussion

Location: University of Missouri – St. Louis, JCP Auditorium

Registration: This event is FREE – however, we ask that individuals still register using the EventBrite link so we have an idea of how many people to expect. Register here: <https://liquidhandcuffsdoc.eventbrite.com>

***Look for updates on different topics/initiatives next Friday!***