

FYI Fridays
DBH Updates, Notices, and Policy Guidance
January 24, 2019

1. **Budget Update** – DMH will be presenting the Governor’s Recommended Budget to the House on Tuesday, February 4, and to the Senate on Wednesday, February 5. We’re hopeful the DMH budget book will be placed on Budget and Planning’s website next week.
2. **Interview with Dr. Stanislaus on Rural Suicides** - Here is the link to the story by KRCG – starring our own Dr. Angeline Stanislaus! <https://krcgtv.com/news/local/a-mental-health-epidemic-suicide-on-the-rise-in-rural-communities>
3. **MO HealthNet Preferred Drug Lists Update** - The following PDLs have been updated between January 9 - 17:
 - [ACE Inhibitors and ACE Inhibitors Diuretic Combinations PDL](#)
 - [ACE Inhibitors/Calcium Channel Blocker Combinations PDL](#)
 - [ADHD Amphetamines – Long Acting](#)
 - [ADHD Amphetamines – Short Acting](#)
 - [ADHD Methylphenidate – Long Acting](#)
 - [ADHD Methylphenidate – Short Acting](#)
 - [ADHD Non-Stimulant Agents](#)
 - [Anticoagulants Agents: Oral and Subcutaneous PDL](#)
 - [Antiplatelet Agents](#)
 - [Beta Adrenergic Blockers and Beta Adrenergic Blockers/Diuretic Combinations PDL](#)
 - [Calcium Channel Blockers \(Dihydropyridines\) PDL](#)
 - [Calcium Channel Blockers \(Non-Dihydropyridines\) PDL](#)
 - [Direct Renin Inhibitors and Combinations PDL](#)
 - [Dry Eye Disease Agents PDL](#)
 - [Glaucoma Agents PDL](#)
 - [Homozygous Familial Hypercholesterolemia \(HFHC\) Products PDL](#)
 - [Insulins-Non-Analog PDL](#)
 - [Niacin Derivatives](#)
 - [Opioid - Long Acting PDL](#)
 - [Proprotein Convertase Subtilisin Kexin Type 9 \(PCSK9\) Binder PDL](#)
 - [Proton Pump Inhibitors PDL](#)
 - [Pulmonary Arterial Hypertension \(PAH\) Agents \(Inhaled and Injectable\) PDPulmonary Arterial Hypertension \(PAH\) Agents – Oral Endothelin Receptor Antagonists \(ETRA\)](#)
 - [Pulmonary Arterial Hypertension \(PAH\) Agents – Oral Phosphodiesterase-5 \(PDE5\)](#)
 - [Pulmonary Arterial Hypertension \(PAH\) Agents – Oral Prostacyclin Pathway Agonist](#)
 - [Statins \(HMG Co-A Reductase Inhibitors\) and Combination Products PDL](#)
 - [Sympatholytic Agents PDL](#)
 - [Triglyceride Lowering Agents PDL](#)
 - [Brand Over Generic](#)
 - [Antiemetics-5-HT3, NK1 & Other Agents PDL](#)

For provider and policy issues regarding MHD Clinical Services Programs, including Pharmacy, The Missouri Rx Plan (MORx), Psychology, Exceptions, and Medical Precertifications, email us at: clinical.services@dss.mo.gov. Questions and comments regarding any other issues should be directed to: ask.MHD@dss.mo.gov

Info and Resources

1. **Cognitive Decline May Be Accelerated in Adults With Psychotic Disorders** - Cognitive aging appears to occur more rapidly in people with psychotic disorders, compared with peers without such disorders, according to a study that followed 445 people for 2 decades after their first psychotic disorder hospitalization. Researchers published their

findings online in *JAMA Psychiatry*. [Read More](#)

2. **Up to a Third of Opioid Overdose Deaths Might Be Suicides** - “If we’re trying to prevent deaths in the community, we have to figure out why people are dying,” said Dr. Paul Nestadt, the Johns Hopkins assistant professor of psychiatry and behavioral sciences. Check out this article: <https://www.tauntingazette.com/news/20200115/up-to-third-of-opioid-overdose-deaths-might-be-suicides-johns-hopkins-researcher-concludes>
3. **Alcohol Use Disorder and Antisocial and Borderline Personality Disorders** - Data from large epidemiological studies highlight the intertwined nature of AUD and personality disorders. [Read The Full Article](#) This review:
 - describes the co-occurrence of AUD with antisocial personality disorder and borderline personality disorder
 - examines prevalence and effects of these personality disorders and their co-occurrence with AUD
 - discusses the treatment and overall implications of these complex co-occurrences
4. **Probation and Parole Regional Oversight Meetings –**
 - **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

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 to register under the Certified Peer Specialist ECHO.

2. **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>
3. **MCB's February MRSS Trainings** - The purpose of the Recovery Support Specialist Training is to train and credential qualified participants to work as staff and/or volunteers with people with a behavioral health disorder. Recovery Support Specialists enter into ongoing mentoring relationships that help individuals who are in recovery or who are considering recovery from a behavioral health disorder to produce extraordinary results in their lives, careers, businesses, organizations, etc. (*Please note this is not the Certified Peer Specialist (CPS) Training. Please contact the Missouri Credentialing Board if you have any questions @ (573-616-2300). [Click Here for the MRSS February Registration Form](#)
 - Southeast – **February 17-19** at Mission Missouri (Sikeston)
 - East – **February 26-28** at St. Patrick Center (St. Louis)
4. **MCB's Clinical Supervision Trainings in 2020** - This training is required for an individual to be a MCB Qualified Clinical Supervisor.
 - **February 27th and 28th, 2020** - Jefferson City, MO - [Click Here for February Training Registration Form](#)
 - **April 30th and May 1st, 2020** - Sikeston, MO - [Click Here for April/May Sikeston Registration Form](#)
 - **May 14th and 15th, 2020** - Kansas City, MO - [Click Here for May Training Registration Form](#)
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, 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/chqswm>

**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.

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. **Diagnosis and Treatment of Eating Disorders** – Sponsored by Mental Health America, this workshop will increase understanding of the different ways ED symptoms can manifest; increase knowledge about the potential short-term and long-term effects of EDs; demonstrate a better understanding of when to refer clients to a higher level of care. **February 28, 2020 from 9 am to 12 noon** at the Children’s Campus of KC at 444 Minnesota Ave in KC, KS. Fee of \$40. [Register Now](#)
10. **Wellness Coaching Train the Trainer** - This training will outline the process of Wellness Coaching, provide background info 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. **Structured Psychotherapy for Adolescents Responding to Clinical Stress** - DMH is providing two separate trainings for Structured Psychotherapy for Adolescents Responding to Clinical Stress (SPARCS). One training is in Kirkwood and the other in Jefferson City. These trainings will be taking place starting in March. Please see the below registration link for more information and to get signed up. Please know that space is limited, so register as soon as possible. **Registration Link:** <https://cvent.me/xqGn4G>

Kirkwood, Missouri - March 19-20, 2020 and May 14-15, 2020 (Must attend all dates in March and May)
Jefferson City, Missouri - March 26-27, 2020 and - (Must attend all dates in March and May)

12. **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!