

## FYI Fridays

### DBH Updates, Notices, and Policy Guidance

February 21, 2020

1. **MMHF Mental Health Champions Announced** - The **Missouri Mental Health Foundation** is honored to announce the **2020 Missouri Mental Health Champions' Award recipients & Lasting Legacy Award recipient!** Congratulations to **Tim Conroy** (St. Louis), **Candace Cunningham** (Lee's Summit) and **John Stuckey** (St. Charles) – 2020 recipients of the Mental Health Champions' Award and **Kathy Carter**, Lasting Legacy Award recipient! Read the full announcement of each award winner by selecting the following link: [http://www.missourimhf.org/?page\\_id=353](http://www.missourimhf.org/?page_id=353)

Mark your calendars for **Tuesday evening, June 23, 2020!** The 2020 Mental Health Champions' Banquet will be held at the Capitol Plaza Hotel & Convention Center in Jefferson City where we will recognize and celebrate our 2020 award recipients. Joining us as the keynote speaker will be Ross Szabo. To read more information about the entire event select the following link: [http://www.missourimhf.org/?page\\_id=353](http://www.missourimhf.org/?page_id=353)

2. **#CrisisTalk** - The National Association of State Mental Health Program Directors (NASMHPD) and its **Crisis Now** partners—the **National Suicide Prevention Lifeline and Vibrant Emotional Health**, the **National Action Alliance for Suicide Prevention**, the **National Council for Behavioral Health**, and **R.I. International**—have launched the **#CrisisTalk** website, sparking much-needed dialogue on behavioral health crises. The new publication provides a platform for diverse experts and people with Lived Experience to exchange thoughts, knowledge, and innovations. Each article shares a person's perspective, whether that's an emergency department doctor who tells her story, revealing the challenges emergency physicians experience when faced with a patient in crisis, or a student with suicidal ideation and his university choosing legal self-protection over doing what was best for him.

The objective is to facilitate conversations about mental health crises, including missed opportunities, gaps, tools, and best practices. #CrisisTalk is sharing the diverse stories of people affected by behavioral health crises, including those who have experienced one, loved ones, and stakeholders who need to be part of the conversation, swinging the pendulum worldwide toward awareness and change. #CrisisTalk interviews reflect the perspectives of mental health experts and first responders. They point out common misconceptions and challenges in their fields and the communities they serve. This includes why some locations do not develop a full continuum of crisis care services. The discussions transcend geography and illustrate ways to make positive changes in the crisis space. Simply having a conversation with a person in crisis, a non-judgmental, empathic approach, along with a willingness to listen and sit with someone, can go a long way.

#CrisisTalk is part of **CrisisNow.com**, a roadmap to safe, effective crisis care that diverts people in distress from the emergency department and jail by developing a continuum of crisis care services that match clinical needs to care. To learn more, visit [www.CrisisNow.com/talk](http://www.CrisisNow.com/talk). (Source: NASMHPD)

3. **ONDCP National Drug Control Strategy** - The White House Office of National Drug Control Policy (ONDCP) has released its **2020 National Drug Control Strategy**. Some of ONDCP's goals include:
  - Increase the use of prescription drug monitoring programs.
  - Disrupt the sale of illicit substances on the internet.
  - Reduce opioid use among youth.
  - Increase the number of health care workers who can prescribe buprenorphine.

These goals are a small part of the White House's strategy. Accompanying the 2020 strategy is the **National Treatment Plan for Substance Use Disorder**, a comprehensive supplement detailing the federal plan to support addiction treatment providers and people in recovery.

**Info and Resources**

1. **Parity Toolkit** - The landmark court case, *Wit v. UBH*, established a clear set of generally accepted standards that care organizations and insurance providers should abide by. The National Council for Behavioral Healthcare has created a [toolkit](#) for providers who are appealing the denial of care and have questions about the best path forward. Still have questions after reading the toolkit? Contact Lindsi DeSorrento at [Lindsil@TheNationalCouncil.org](mailto:Lindsil@TheNationalCouncil.org)
2. **Netsmart White Paper: Recruiting and Retaining Top-Notch Clinicians** - For any human services provider, your workforce is your most strategic asset. Providing exceptional care starts with exceptional clinicians. What's the secret to exceptional clinicians? It starts with how satisfied and engaged they are in their job. Ensuring providers are enabled to focus on connection, collaboration and communication rather than technology is crucial to not only driving improvements in clinician satisfaction but also in consumer outcomes and engagement. Discover how in this paper, 3 must-have strategies to boost clinician satisfaction. [DOWNLOAD THIS FREE WHITE PAPER NOW](#)
3. **Online MBCT for Residual Depression** - Mindfulness-Based Cognitive Therapy Improves Residual Depressive Symptoms Patients with residual depressive symptoms who received online mindfulness-based cognitive therapy (MBCT) plus usual care demonstrated significant gains in depression and functional outcomes, compared with patients who received usual care only. (*Source: Psychiatry and Behavioral Health Learning Network*)  
[Read More](#)
4. **Trauma-Informed Schools ECHO** - Missouri Telehealth Network (MTN) launched Trauma Informed Schools ECHO (Extension for Community Healthcare Outcomes) in November, 2019 with the goal to assist school districts interesting in implementing trauma informed system changes and helping students and families get access to mental health services. Trauma Informed Schools ECHO meets twice a month. DMH and DESE have partnered to promote this tele-mentoring opportunity for school districts and local community mental health providers. **Registration link:** <https://showmeecho.org/>
5. **SUCCESS Resources** - To learn more about early signs and symptoms of psychosis, trauma and psychosis, mental health in rural communities, Youth Peer Support, and other related topics, go to <https://www.mosuccess.com/> to register for past and future webinars and in-person trainings. Registration for all trainings and webinars are free and CEU's are provided for all future webinars and trainings at no cost.
6. **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**  
Library, Mtg Room B  
4653 S. Campbell Springfield
  - **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  
La Croix Methodist  
3102 Lexington Ave  
Cape Girardeau

- **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. **Grants to Implement Zero Suicide in Health Systems** - SAMHSA is accepting applications for Grants to Implement Zero Suicide in Health Systems (Zero Suicide). The Zero Suicide model is a comprehensive, multi-setting approach to suicide prevention in health systems. The purpose of this program is to implement suicide prevention and intervention programs for individuals who are 25 years of age or older. This program is designed to raise awareness of suicide, establish referral processes, and improve care and outcomes for such individuals who are at risk for suicide. Recipients will implement the Zero Suicide model throughout their health system. SAMHSA plans to issue up to 17 grants of up to \$700,000 per year for up to 5 years. **Application Due Date: Monday, March 30, 2020.**
2. **Services Grant Program for Residential Treatment for Pregnant and Postpartum Women** - SAMHSA is accepting applications for the Residential Treatment for Pregnant and Postpartum Women (PPW) grant program. The purpose of this program is to provide pregnant and postpartum women with treatment for substance use disorders (SUDs) through programs in which, during the course of receiving treatment, 1) the women reside in or receive outpatient treatment services from facilities provided by the programs; 2) the minor children of the women reside with the women in such facilities, if the women so request; and 3) the services are available to or on behalf of the women. SAMHSA plans to issue 3 grants of up to \$525,000 per year for up to 5 years. **Application Due Date: Monday, March 30, 2020.**

## **Training Events**

1. **Supervision Basics for Organizations New to Employing Peer Support Workers** – SAMHSA’s Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) invites you to join a **conversation** with experts about how organizations new to providing peer support services can effectively supervise and support peer support workers. All workers need supervision, and good supervision can play a key role in helping peers integrate successfully into new work settings. Organizations unaccustomed to providing peer support services can improve services and employee satisfaction by implementing best practices for supervising and supporting peer workers. Our presenters will discuss how to apply practical supervision strategies that support peer workers’ professional development in different settings. **Thursday, February 27, 2020, 2:00–3:00 p.m. (ET)**
2. **The Effects of Mental Health Issues on the Family** - Mental health issues of one or more members of the family unit affect all members. This **training** will discuss how family members process/adapt in both maladaptive and positive ways to a member affected by mental illness. Participants will learn effective ways to engage and support the family even in the time constraints of program/insurance issues. Symptoms, treatment and caregiver burnout will also be addressed. Resources for family members will be provided. To be held at CenterPointe Hospital, 4801 Weldon Spring Parkway, St. Charles, **Friday, February 28, 2020, at 8:30 a.m. – 10:00 a.m.** (Registration & Continental Breakfast 8:00 a.m.). FREE. [Click here for flyer!](#)
3. **PCIT Training** - The *Missouri Children’s Trauma Network* is excited to announce Parent Child Interaction Therapy (PCIT) **training**. PCIT is an empirically supported treatment for preschool children (ages 2-7) with disruptive behavior. PCIT emphasizes changing the parent- child interactions to improve the nature of the parent/child relationship. Parents who participate in PCIT with their children are taught specific skills to develop a strong, positive relationship with their child while increasing the child's prosocial behavior and reducing the child's undesirable behaviors. PCIT also has been shown to be an effective treatment for children age 4 to 12 with a history of physical abuse or neglect and their families and children with prenatal substance exposure. Applications of PCIT with additional populations will also be discussed in this training. **Registration link: <https://cvent.me/eb8R40>**

- Arnold, MO – March and May
  - Joplin, MO – May and June
4. **TIC Training for FSPs and FSP Sups** - Trauma Informed Care **training** will be offered on **March 9, 2020 from 9:00 am to 4:00 pm** to cover important topics including NEAR Science, Secondary Traumatic Stress exposure, Provider Self-Care and Team Care, Preventing System Induced Re-Traumatization and Organizational Change using Missouri Model: A Developmental Framework for Trauma Informed Care Approach. This training is offered to Family Support Providers and their supervisors from across the state. Please email [jill.richardson@dmh.mo.gov](mailto:jill.richardson@dmh.mo.gov) to register.
  5. **Affirmative Care for Transgender Clients** – Participants will immerse themselves in an empathetic exercise to better understand unique struggles associated with gender dysphoria throughout the lifespan. Drs. Acosta Lentz and Vandegest-Wallace will provide an affirmative framework model for gender confirmation surgical clearance letter writing. Audience members will have the privilege of hearing the life experiences of multiple transgender individuals via a panel discussion. To be held **Friday, March 13, 2020 from 9 am to 12 pm** at the Children’s Campus of Kansas City, 444 Minnesota Avenue in KC, Kansas. Registration is \$40. Contact Stacy Davis of Mental Health America of the Heartland 913-281-2221, ext. 112 or [sdavis@mhah.org](mailto:sdavis@mhah.org).
  6. **MCB Medication Awareness Recovery Specialist Training** - The Missouri Credentialing Board (MCB) will be starting a new 40 hour Medication Awareness Recovery Specialist Training Program with live training on **Friday, March 13, 2020, in Branson** and Friday, **March 20, 2020, in Jefferson City, St. Charles, Kansas City and Cape Girardeau**. This program is a comprehensive training program that provides 40 hours of training on using medications during the recovery process. At the conclusion of the program, participants are awarded 40 CEU hours and a Medication Awareness Recovery Specialist Certificate. The program details are as follows: The program starts with live training on Friday, March 13, 2020 in Branson and live training on Friday, March 20, 2020 in Jefferson City, St. Charles, Kansas City and Cape Girardeau. Participants choose one live training to attend from the five options. Participants then work through eight self-study modules that start Monday, March 30, 2020, and end Sunday, June 21, 2020. These modules are completed at home within assigned time periods. The cost of the program is \$100.00 and participants receive 40 CEUs plus a Medication Awareness Recovery Specialist Certificate. If you have any questions, please contact Scott Breedlove at [scott.breedlove@missouricb.com](mailto:scott.breedlove@missouricb.com). [Click Here for the MARS March 2020 Registration Form](#)
  7. **Family Support Provider (FSP) Training** - Newly hired Family Support Providers will have the opportunity to dial in their skills and become certified to begin assisting families at our upcoming FSP **training**. Dates are **March 16 – 18, 2020**. To register, email Jill Richardson at [jill.richardson@dmh.mo.gov](mailto:jill.richardson@dmh.mo.gov) for further instructions.
  8. **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 May 19-20, 2020 - (Must attend all dates in March and May)**

### **Recurring Training Opportunities**

1. **MCB’s Ethics Trainings** – all are 6 CEUs, If you have any questions, contact MCB at [help@missouricb.com](mailto:help@missouricb.com) or call 573-616-2300.  
[Click Here for March Ethics Registration Form](#)
  - **Friday March 6, 2020** - St. Charles
  - **Friday March 6, 2020** - Springfield
  - **Friday March 13, 2020** - St. Charles
  - **Friday March 13, 2020** - Kansas City
  - **Friday March 13, 2020** - Jefferson City

- **Friday March 13, 2020** – Farmington
- **Friday March 27, 2020** - Kansas City

[Click Here for April Ethics Registration Form](#)

- **Friday April 10, 2020** - St. Charles
- **Friday April 17, 2020** - Jeff City
- **Friday April 17, 2020** - Kansas City
- **Friday April 17, 2020** - Farmington
- **Friday April 24, 2020** - Springfield

2. **MCB's February MRSS Training** - 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](#)
  - East – **February 26-28** at St. Patrick Center (St. Louis)
3. **MCB's Clinical Supervision Trainings** - This training is required for an individual to be a MCB Qualified Clinical Supervisor. If you have any questions, please contact the MCB office at 573-616-2300 or [help@missouricb.com](mailto:help@missouricb.com)
  - **February 27 and 28, 2020** - Jefferson City - [Click Here for February Training Registration Form](#)
  - **April 30 and May 1, 2020** - Sikeston - [Click Here for April/May Sikeston Registration Form](#)
  - **May 14 and 15, 2020** - Kansas City - [Click Here for May Training Registration Form](#)
  - **July 30 and 31st, 2020** - Joplin, MO - [Click Here for the July Joplin CST Training Registration Form](#)
  - **November 19 and 20, 2020** - St. Louis, MO - [Click Here for the November St. Louis CST Training Registration Form](#)
4. **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, March 28, 2020** - Time: 8:30 a.m. – 12:30 p.m., Presenter: Dr. Roopa Sethi

Register Here: <http://www.cvent.com/d/3hq2vg>

**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.pcssnow.org/p/onlinematwaiver>

5. **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 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

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