

FYI Fridays

DBH Updates, Notices, and Policy Guidance

May 1, 2020

Prior issues of FYI Fridays can be found at: <https://dmh.mo.gov/mental-illness/fyi-fridays>

May is Mental Health Month!

1. **Budget Update** – As you know, the legislators came back to session this past Monday, April 27. The budget needs to be passed by next Friday, May 8, so they have a short amount of time to do a lot of work. At this point, the House recommended budget has been passed.

Changes to DBH Budget:

- No core reductions were taken
- No funding for inflationary items (ex: medications, medical care, food)
- No funding for Utilization Increase
- Funding for MAT, removed it as GR and added it as federal authority (*Important caveat: DBH will have to generate the revenues to support this funding*)
- No funding for CCBHO, this includes no MEI, QIP or expansion
- New federal authority for the Crisis Counseling grant (additional info should be coming soon on what this will include)
- New federal authority for the \$2M Emergency grant (staff are currently working on contract amendments and allocation letters)
- New federal authority for suicide prevention through the CARES act, \$900K

The Senate is doing its markups to the budget on Friday, May 1, 2020.

2. **Quarterly Newsletters for ACT and ITCD** – Newsletters are in the drop down for newsletters.
 - <https://dmh.mo.gov/mental-illness/provider/act>
 - <https://dmh.mo.gov/mental-illness/provider/itcd>
3. **ONDCP Reaffirms Treatment of SUD is an Essential Medical Service** – <https://www.nabh.org/wp-content/uploads/2020/04/ONDCP-SUD-and-PPE-COVID-LETTER-20200423.pdf>.
4. **2020 Real Voices, Real Choices Conference** - Due to the COVID-19 crisis and the social distancing practices that may still be needed long-term, it is with regret that the Real Voices Real Choices IN-PERSON conference is being CANCELED for Aug 30-Sept 1. However, we will instead be offering VIRTUAL PRESENTATIONS AND ACTIVITIES throughout the week of August 30, 2020. This decision was not made lightly as the safety of our consumers, their families, and caregivers are a priority. Find full details regarding this cancelation/change in the RVRC Conference at <https://dmh.mo.gov/opla/real-voices-real-choices-consumer-conference>
5. **Welcome to DBH!**
 - Gina Jacobs started as the Deputy Director of Administration on May 1.
 - Michelle Sumner started as a Housing Development Officer II on May 1.
6. **COVID-19 Update** –
 - a. **DBH Community COVID Positives Data** - To date, we have received reports of 43 consumers and 17 staff members testing positive for COVID-19 (from 16 providers).

- b. **Weekly DBH Provider Calls** - We will continue to do one call per week on Wednesdays at 12:00p.m. Resources that we encourage you to check out (these pages all continue to be updated):

DBH COVID-19 Guidance/Resources - <https://dmh.mo.gov/coronavirus-covid-19-information>

DMH Disaster Services Website - <https://dmh.mo.gov/disaster-services/covid-19-information>

Show Me Strong Recovery Plan - <https://showmestrong.mo.gov/#page-top> (*new*)

MO DHSS Website - <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>

CDC Website - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CMS Website - <https://www.cms.gov/newsroom/press-releases/cms-publishes-first-set-covid-19-frequently-asked-questions-faqs-state-medicare-and-childrens-health>

Info and Resources

1. **The Opioid Crisis and the Black/African American Population: An Urgent Issue** - This issue brief presents recent data on prevalence of opioid misuse and death rates in the Black/AA population; contextual factors & challenges to prevention & treatment; innovative outreach & engagement strategies to connect people to evidence-based treatment; and the importance of community voice. <https://store.samhsa.gov/product/The-Opioid-Crisis-and-the-Black-African-American-Population-An-Urgent-Issue/PEP20-05-02-001>
2. **Going “Virtual Service” – Reaching Consumers Where They Are At With Telehealth And More –An Overview** - This special web briefing featuring Steven Remillard, Senior Associate, *OPEN MINDS*, reviewed the current state of virtual services during the pandemic and explored the new paradigm of virtual health care as we move beyond the crisis. Take the deep dive into all aspects of building your virtual practice—telehealth service delivery platform, securing revised contracts with payers, centralized scheduling with customer service for support and follow-up, and more! If you were unable to attend this web briefing, or would like to share a copy presentation with your team, a recording of the session, as well as a copy of the slide deck, is now available for download. [Download Now!](#)
3. **Suicide Prevention Resource Center webinar titled, Treating Suicidal Patients during COVID-19: Best Practices and Telehealth** - This webinar addresses the use of three best practices in caring for people at risk for suicide that can be delivered easily and effectively via telehealth: safety plans, treatment that directly targets thoughts of suicide, and DBT-based self-help skills and resources. Speakers are Dr. Barbara Stanley, Columbia University and New York State Psychiatric Institute, Dr. David Jobes, The Catholic University of America, and Dr. Ursula Whiteside, Founder, NowMattersNow.org and Clinical Faculty, University of Washington. These three speakers are national and international experts in suicide prevention and treatment. The webinar is available now on the SPRC website via the following link: [SPRC Webinar COVID 19 Best Practices and Telehealth](#).

You can find additional resources regarding the provision of suicide care during the COVID-19 pandemic by visiting the Zero Suicide website at <http://zerosuicide.edc.org/covid-19>.

4. **"Coping During COVID-19" Series** – This series is a new initiative which features insights from the Psych Congress Steering Committee in the form of emails, videos, or blogs to provide content to help clinicians and their patients, and provide connection to mental health clinicians during the pandemic. Visit the **Resource Center** for more videos, expert insights, and news.
5. **After Incarceration: A Guide to Helping Women Reenter the Community** - This guide contains resources for individuals who provide or coordinate services for women who are reentering the community after a period of incarceration. It serves as a "checklist" of considerations that are useful when working with women who are involved in the criminal justice system. View the publication here: <https://store.samhsa.gov/product/After-Incarceration-A-Guide-To-Helping-Women-Reenter-the-Community/PEP20-05-01-001>.

6. **Webinar on Understanding the New SAMHSA/OCR Guidance for Telehealth SUD and MH Services** - Clear and accurate information about confidentiality is important to ensure that patient privacy is protected and that privacy laws are not erroneously interpreted to prevent disclosure of patient information. Individuals living with mental illness or substance use disorders may not seek care without guarantees of confidentiality and privacy protections. A recent survey completed by SAMHSA found that concerns about privacy and confidentiality among individuals with behavioral health needs is a primary reason for not receiving treatment. Clarifying privacy protections and promoting communication of patient records is critical for improving patients' access to care and quality of treatment once in care.

Webinar Objectives:

- Describe how the privacy laws apply to telehealth
- Describe OCR and SAMHSA Guidance related to privacy issued in response to the need to rapidly expand telehealth services due to the COVID-19 pandemic
- Facilitate provider sharing to explore practical ideas and innovative approaches to protect patient privacy while providing SUD/Mental Health telehealth services

Who Should Attend? SUD and MH treatment providers, administrators, state agency leaders, and others involved in transitioning to providing care to patients/clients remotely. For more information, [Click Here](#).

7. **Probation and Parole Regional Oversight Meetings** – These are subject to change given rapidly changing plans regarding COVID-19.

June 5 – Southwest Region – 10:00 am – 12:00 pm
Location: Library, 4653 S. Campbell, Springfield

June 9 – Western Region - 10:00 am – 12:00 pm
Location: KC-ATC, 2600 E. 12th St. Kansas City

June 22 – North Central Region – 10:00 am – 12:00 pm
Location: Columbia P&P Office, 1903 N. Providence, Columbia

June 23 – NE Region – (Districts 11, 16, 17, and 38) – 10:00 am – 12:00 pm
Location: P&P Office, Spencer Road Library, 427 Spencer, St. Peters

June 30 – SE Region – 10:00 am – 12:00 pm
Location: La Croix Methodist, 3102 Lexington, Cape Girardeau

TBD – NE Region – (Districts 3, 18 and 26) 9:00 am – 11:00 am - (To be rescheduled from April 14)
Location: P&P Office, 1317 E. Highway 24, Suite B, Moberly

TBD – Eastern Region – 9:30 am – 12:00 pm - (To be rescheduled from April 20)
Location: P&P Office District 7S, 3101 Chouteau, St. Louis



Training Events

1. **Youth Peer Support Webinar Series: Decision Points in Your Agency: What to Consider When Working with Youth Peers – Webinar** - This webinar focuses on important points to consider when hiring or contracting with youth peer support specialists. This includes the pros and cons of partnering with an outside agency, conducting internal hires, considering full or part-time positions, recommended policies and procedures, and more. **Monday, May 4, 2020 1:30 p.m. EDT.** To register, [Click Here](#).

2. **Emerging Issues Around COVID-19 and Social Determinants of Health for the Substance Use Prevention, Treatment and Recovery Workforces** - The Addiction Technology Transfer Center (ATTC) Network, and the Prevention Technology Transfer Center (PTTC) Network are facilitating a FREE, national online discussion and resource sharing opportunity for the substance use (SU) prevention, treatment, and recovery workforces focused on emerging issues around social determinants of health (SDH) and COVID-19. No registration required for the live sessions. Simply click on the zoom link at the appropriate date and time to join the discussion. No CEs or certificates of attendance will be provided for these sessions.
 - **Tuesday, May 5: 2-3 pm ET:** Strategic Discussion 3: [American-Indian/Alaska Native communities: Trauma-Responsive Approaches to Support the Communities.](#) Password: 721216
 - **Thursday, May 7: 2-3 pm ET:** Strategic Discussion 4: [Asian-American communities and Addressing Stigma.](#) Password: 946684
 - **Tuesday, May 12: 2-3 pm ET:** Strategic Discussion 5: [Wrap-up Session Racial equity and health disparities in the age of COVID-19: What new strategies are needed.](#) Password: 100817
3. **Helping People with Addiction Stay Connected During COVID-19** – A new webinar series from the NAM and the American Society of Addiction Medicine will provide insight and targeted guidance on how to ensure that these individuals are cared for and protected during this ongoing public health crisis. The first webinar in this series will focus on how to ensure that patients remain connected to and engaged in addiction treatment during the pandemic, and provide practical approaches to ensuring continuity of care. **Thursday, May 7, 2020, 11:00a.m. EDT.** For more information and to register, [Click Here.](#)
4. **Implementation of Digital Mental Health for SMI: Opportunities and Barriers – Webinar** – This webinar will discuss issues related to the implementation of Digital Mental Health (DMH) interventions and focus on aspects that correspond to the acceptability, appropriateness, and feasibility of such resources. It will present findings from research studies that address the implementation DMH interventions, as well as considerations for the review and evaluation of existing DMH resources available to providers and consumers through public app marketplaces. **Thursday, May 7, 2020, 3:00p.m. ET.** To register, [Click Here.](#)
5. **Role of Religion and Spirituality in Recovery: Benefits and Challenges of Religion and Spirituality in Recovery and Strategies for Navigating this Topic – Webinar** - This webinar series will introduce you to recovery from serious mental illness and many of the evidence-based and promising practices that support recovery. This session focuses on the role of religion and spirituality in recovery. **Thursday, May 7, 2020 1:00p.m. EDT.** To register, <https://mhttcnetwork.org/centers/northeast-caribbean-mhrtc/event/webinar-role-religion-and-spirituality-recovery-benefits>
6. **Think Trauma and Latinos During the Nation's Pandemic Emergency – Webinar** - This one-hour online session focuses on the importance of co-developing the Training of Trainers (TOT) curriculum with the direct participation of community members. One academic institution and two non-profit organizations collaborated to co-develop a TOT about the intersection of domestic violence, trauma, and mental health among Latinx families and children. This webinar will review the implementation of the TOT and the preliminary results, as well as the creative ways of disseminating the TOT under the nation's COVID-19 crisis. Participants will learn about the importance of partnering with grassroots organizations to develop psychoeducation. **Thursday, May 7, 2020 1:00p.m. EDT.** To register, [Click Here.](#)
7. **Learning for Early Childhood Educators Series, Part 1: Understanding Trauma and Stress – Webinar** - This is the first in a series of three 90-minute interactive professional learning webinars for early childhood professionals. The overarching goal of the learning series is to provide foundational learning and shared literacy in trauma-informed practices through the Core Guiding Principles of the HEARTS framework specifically examining the material through a lens of cultural humility and equity while providing accessible resources and strategies. This introductory session

will define trauma and create an understanding of Early Childhood Trauma Exposure. It will also address Adverse Childhood Experiences (ACES). **Thursday, May 7, 2020 4:00p.m. EDT.** To register, [Click Here](#).

The other sessions in the series include:

- **Part 2: Cultural Humility and Responsiveness – May 14, 2020 at 4:00p.m. EDT**
 - **Part 3: Understanding Grief and Increasing Wellness – May 21, 2020 at 4:00p.m. EDT**
8. **Mental Health Providers and Vicarious Trauma During National Emergencies – Webinar** - This online session will provide information on practical tools to increase the knowledge of mental health service providers about the implications of vicarious trauma on mental health and how to prevent it. The presenter will discuss the dimensions of vicarious trauma, the concepts of compassion fatigue and burning syndrome, the neurobiology of accompaniment in mental health professionals, individual responses and their implications at the organizational level, the post-natural events experience, and strategies to face the effects of vicarious trauma. **Friday, May 8, 2020 1:00p.m. EDT.** To register, [Click Here](#).
9. **Promoting Health Equity for Black Patients with Opioid Use Disorder** – Offered by DMH in partnership with MIMH and the Missouri Coalition via the SOR grant, in this **two-part webinar series**, we will discuss the historical and present-day context that has led to disparities in treatment and outcomes for Black patients with opioid use disorder and offer solutions to address and eliminate these inequities. **May 20, 2020, from 11 am – 12 noon CST.**
Registration: [CLICK HERE](#) Topics covered include:
- Initiation and patterns of opioid use in the Black Community
 - National/statewide evidence on morbidity and mortality of opioid use disorder (OUD) in the Black Community
 - Structural racism and its health effects
 - Specific policies that lead to disparate health outcomes
10. **Webinar Series on Recovery from SMI** - The Northeast and Caribbean MHTTC is proud to offer a webinar series on: *Recovery from Serious Mental Illness (SMI) and the Practices that Support Recovery*. This series will introduce the participant to recovery from SMI and many of the evidence-based and promising practices that support recovery. Click [here](#) for more information and to register.

Upcoming events in the series (all events take place from 1:00 p.m. to 2:30 p.m. E.T.):

- **May 7-** Role of Religion and Spirituality in Recovery: Benefits and Challenges of Religion and Spirituality in Recovery and Strategies for Navigating this Topic
 - **May 21-** Recovery in the Hispanic and Latinx Community: What is the Understanding of Recovery in the Hispanic and Latina Community and How Can We Support It
11. **Family Support Provider Training** - Family Support Providers (FSPs) help families navigate systems when their children or youth live with Behavioral Health, Substance Use, or Developmental Disabilities. This family peer program gives assistance to families facing disappointments, worries about their future, and helps them build resiliency. Scheduled for **June 9 – 11, 2020**. For further information, please contact Jill Richardson at jill.richardson@dmh.mo.gov

Recurring Training Opportunities

Please contact the training sponsor as these events may be subject to change given the developing COVID-19 situation.

1. **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
- **May 14 and 15, 2020** - Kansas City - [Click Here for May Training Registration Form](#)

- **July 30 and 31st, 2020** - Joplin - [Click Here for the July Joplin CST Training Registration Form](#)
- **November 19 and 20, 2020** - St. Louis - [Click Here for the November St. Louis CST Training Registration Form](#)

2. **MCB's New Online Ethics Video Training Series** - Due to the COVID-19 pandemic, the MCB is allowing online ethics trainings through at least May 31, 2020, and then will re-evaluate whether to extend that date. To help meet the demand for online ethics trainings, the MCB has created six online ethics courses. Each course has a video with a quiz and provides 1 CEU credit for \$10.00. If you need three hours of ethics, pick any three of the courses to take; and if you need six hours of ethics, take all six courses.

The courses are:

1. Treatment/Counseling Ethics Code Review
2. Overview of Ethical Concepts
3. Positive Ethics
4. Ethics & Technology
5. Ethics Case Examples and Real Life Questions
6. Certified Peer Specialist Ethics Code Review

The courses can be found at the following link: [Missouri Credentialing Board - Online Ethics Trainings](#)

3. **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:

St. Louis, Missouri

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.pcssnow.org/p/onlinematwaiver>

4. **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.

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!