

FYI Fridays

DBH Updates, Notices, and Policy Guidance

May 15, 2020

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

May is Mental Health Month!

1. **Director Stringer and Rachel Jones Participated in a Talk Radio Show** – the show is hosted by Representatives Morris and Messenger on stations KWTO AM 560 and 93.3 FM. Director Stringer and Ms. Jones addressed mental health issues related to COVID 19, including depression, anxiety, and suicide.
2. **Successful Completion of First Virtual Site Review** – The monitoring unit completed its first virtual site review of a large provider with minimal issues. DBH is excited about this process as we move forward. See the next item on how to provide feedback on this process.
3. **Monitoring Reboot (Provider Response Requested)** – See: Memo: <https://dmh.mo.gov/media/pdf/assessment-begin-reinstatement-reviews>
Telecommunication form: <https://dmh.mo.gov/media/file/telecommunications-information>
This memo and feedback form were sent to providers to give DBH information regarding the virtual “reboot” of the Monitoring Units and technology capabilities. Provider feedback will aid us in constructing our roadmap. **Please fill out the Telecommunication Information document and send it to Ashlee.Jenkins@dmh.mo.gov by EOD May 15, 2020.** We appreciate your time and efforts to work with us!
4. **Great Work, Beckie!** The DMH Director of Continuity of Operations, Beckie Gierer, was chosen by SAMHSA as one of six individuals in the country to train on the Crisis Counseling Program and also chosen as one of three to be a lead trainer for other states on COVID-19. The trainings took place May 13-14.
5. **COVID-19 Update – DBH Treatment Provider Calls** – We are scheduled for every **two weeks** on Wednesdays at 12:00p.m. Next scheduled call is **May 27, 2020**. 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>

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

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

Info and Resources

1. **National Prevention Week: Protecting Developing Brains** – Brain science tells us that prevention is *especially* important for young people. This National Prevention Week, NIDA is highlighting resources on the developing brain and addiction.
 - **For Teens: Teen Brain Development** - In this **video**, NIDA explores the intriguing similarities between the processes of brain development and computer programming. The analogy helps us understand why toxic environmental factors like drugs, bullying, or lack of sleep can have such a long-lasting impact on a

teenager's life and can be used to empower children or students with information they need make better decisions. [Watch the Video](#).

- **For Parents: The Developing Brain** – In this [video](#), NIDA scientist Dr. Ruben Baler explains the difference between an adult brain and an adolescent brain, and shares his knowledge on the biggest risks that young people face. Dr. Baler also provides tips for how parents can do their best to keep their teens healthy and safe. [Watch the Video](#).
 - **Drugs, Brains, and Behavior: The Science of Addiction** - People of all ages can experience problems with drugs and addiction. This NIDA [resource](#) provides scientific information about addiction, including the many harmful consequences of drug misuse and the basic approaches that have been developed to prevent and treat this disease. [Learn More](#).
 - **Tips for Teens: Youth Champions and Resources Engaging Teens in Substance Use Prevention** - During this interactive [webinar](#) from National Prevention Week 2019, viewers heard firsthand from a panel of youth prevention champions who successfully engaged other teens in substance use prevention. [View the Archived Webinar](#).
 - **Teen Substance Use Prevention** - Experts from NIDA and EVERFI, a social impact education technology company, discussed prescription drug misuse and vaping prevention on a [webinar](#) designed for K–12 educators and counselors. Topics included: Teen Brain Development, How Specific Drugs Affect the Developing Teen Brain, The Impact of Drugs on Other Behaviors like Sleep and Cyberbullying, The Connection Between Mental Health and Substance Use Disorders, and NIDA resources available year-round. [View the Archived Webinar](#).
2. **Guidance for Law Enforcement and First Responders Administering Naloxone** – As the COVID-19 pandemic has spread throughout our country, SAMHSA has received reports that some first responders and law enforcement officers have been more reluctant to administer naloxone due to fear of potentially contracting the coronavirus. SAMHSA recognizes the concerns about COVID-19 exposure and recommends the following to promote first responder safety. [Learn More](#).
 3. **NIDA Launches Drug Education Booklet Series for Middle School Students** – The *Mind Matters* series consists of nine [booklets](#) devoted to a specific drug or drug group. The series was designed to help students in grades 5 through 8 understand the effects and consequences of drug use on the brain and body. The accompanying online Teacher's Guide includes science-based information and engaging activities to enhance learning. In addition, short video clips are available to supplement the lessons. Hard copies of the booklets can be ordered for free; both English and Spanish booklets, as well as the accompanying Teacher's Guide. Printable PDFs are available online. [Learn More](#).
 4. **Treating Mood Disorders in Perinatal Women** - This [podcast](#) discusses the treatment of perinatal patients with mood disorders, including challenges clinicians face, pharmacological strategies, and nonpharmacological approaches. [Listen or Read the Transcript Now](#).
 5. **COVID-19: Potential Implications for Individuals with Substance Use Disorders (SUD)** - In two [articles](#), Dr. Nora Volkow, director at National Institute on Drug Abuse, reminds us that the addiction and overdose epidemics have not gone away; of the ways they interface with COVID-19; and that people with, and in recovery from, SUDs are susceptible to the virus. Learn more [here](#) and [here](#).
 6. **AATOD and Partners Release COVID-19 FAQs for OTPs** - To streamline and clarify resources and information, the American Association for the Treatment of Opioid Dependence (AATOD) teamed up with the American Academy of Addiction Psychiatry, the University of Missouri/Kansas City and others to produce this helpful [document](#). All questions for operating, staffing and accessing services in an Opioid Treatment Program (OTP) during COVID-19 are answered in detail, with useful links to tools and resources included. [Read Now](#).

7. **NASTAD Site for Harm-Reduction Resources** - People who use drugs, along with harm-reduction organizations and staff that serve and support them, have been hit hard by COVID-19; many are vulnerable to the virus. There are a number of harm-reduction **resources** out there to explore. The National Alliance of State and Territorial AIDS Directors (NASTAD) has a regularly updated repository to help you get started. [Learn More](#).
8. **Leadership Resources for Times of Crisis** - The Center for Creative Leadership developed a **web page** dedicated to leadership resources during COVID-19. Topics include: Leading in Times of Crisis - and Beyond; Building Resilience; Innovation, Change, and Adaptability; Virtual Teams and Remote Work; and more. [Learn More](#).
9. **Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S.** - The coronavirus (COVID-19) pandemic has revealed deep-seated inequities in health care for communities of color, and amplifies social and economic factors that contribute to poor health outcomes. Recent news reports indicate that the pandemic disproportionately impacts communities of color, compounding longstanding racial disparities. Learn more about the impact of COVID-19 on Black and Latino communities in the U.S. from SAMHSA's Office of Behavioral Health Equity new resource **document**. [View the Document](#).
10. **Free Online Support Communities for Families** – This **online support community** is for parents and caregivers who may have children experimenting with, or dependent on, substances. Hosted by specially trained parent coaches, with clinical support from helpline staff. Discussions will include ways to talk with the child so they listen, establish healthy limits and consequences, and practice self-care. [Learn More](#).
11. **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](#).

12. **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 29 – Eastern Region – 10:00 am – 12:00 pm
Location: P&P Office District 7S, 3101 Chouteau, St. Louis

July 29 – 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

Training Opportunities

1. **Best Practices in the Adoption of Telehealth: COVID-19 and Beyond Mini Series** - This **mini-series** will focus on best practice in telehealth. It is open to all primary and ambulatory healthcare workers across the globe using or planning on using electronic information and telecommunication technologies to support and promote long-distance clinical health care and patient education. [REGISTER](#).
 - **Session 1: Ideal Integration of Telehealth into the New Normal, Monday, May 18, 2020, 9:00 – 10:30am CT**
 - **Session 2: Virtual Visits – Maximizing the Experience, Wednesday, May 27, 2020, 9:00 – 10:30am CT**
 - **Session 3: Telehealth Technology, Privacy and Payment Policy, Monday, June 1, 2020, 9:00 – 10:30am CT**
2. **COVID-19 and OUD in Missouri: Changes in Practice within EMS, Hospitals, and Addiction Treatment Settings** – a topic-specific **webinar roundtable** to exchange ideas on best practices that could broadly apply to any area getting hit by COVID-19 and uncertain how to adapt substance-use related protocols. This webinar features experts from hospital, EMS, and SUD treatment settings to briefly highlight how they have adapted policies and practices handling overdose/treatment in the COVID era. The goal of this webinar is to spread knowledge and foster dialogue about best practices and approaches around the state. **Tuesday, May 19, 2020, 3pm-4pm CT**. [REGISTER](#).

Featuring Sam Vance (EMS Bureau Chief), Dr. David Tan (EMS), Dr. Evan Schwarz (Hospital), and **Cori Putz**, VP of Treatment at **Preferred Family Healthcare** (Treatment).

Examples of questions that may be covered in this webinar include:

- What is the status of the hospital addiction consult service during COVID?
 - What is the status of follow-up MAT appointments?
 - Is the EMS response to individuals who overdosed different at all? How do you balance responder safety with greatest chance of saving a life?
 - Are fewer people calling 911 for overdoses? Fewer accepting hospital transport?
 - What has been the clinical experience with TeleMed so far? Pros and cons? Balancing risk vs. benefit?
3. **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.

Part 1: Promoting Health Equity by Understanding the Past: Opioid Use Disorder in the Black Community.

Presenter: Danielle S. Jackson, MD MPH. **Wednesday, May 20, 2020, 11am-12pm 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

Part 2: Promoting Health Equity: Facilitating Utilization of Medications for Opioid Use Disorder Among Black Patients. Presenter: Myra L. Mathis, MD. **Wednesday, May 27, 2020, 11am-12pm CST.** Registration: [CLICK HERE.](#)

Topics covered include:

- Culturally-informed/structurally competent policy and treatment approaches for Black individuals with OUD
- Barriers to treatment access and retention for OUD among Black individuals
- Facilitators of treatment access and retention
- Target policies and program initiatives in Missouri to promote medication treatment for OUD for Black individuals

4. **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 1:00pm -2:30pm ET)

- **Thursday, May 21, 2020-** 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

5. **The Coming Out Process – Webinar** - The coming out process is a unique and individualized process, preferably driven by the client. Often times, many individuals that identify as a sexual or gender minority face the coming out process multiple times. This **webinar** will highlight the impact of coming out and how to best support someone through this process. **Tuesday, May 26, 2020, 3:30pm EDT.** To register, [Click Here.](#)
6. **Free Mobile Apps Learning Community** - With people across the country now practicing social distancing and sheltering in place, there has been a growing demand for telephonic and virtual care visits. Social isolation increases the risk of relapse particularly for those new in recovery. The purpose of the Mid-America ATTC *Mobile Apps as Clinician Extenders Learning Community* is to increase the use of mobile apps in substance use treatment and recovery services. Join the next session of the **free learning community** focusing on Recovery Support and Engagement.
- **Support of Medication Assisted Treatment: Tuesday, May 26, 2020, 12pm-1pm CT. REGISTER.**
 - **Clinician Tools & Application Selection Considerations: Tuesday, June 9, 2020, 12-1pm CT. REGISTER.**
7. **Mental Health Mutual Support Calls for Thriving at Work During COVID-19 for Mental Health Providers** – Many providers have created unique strategies for meeting the needs of service participants, but providers may still also be grappling with questions or looking for better ways of doing things. To help facilitate support and the sharing of resources and ideas, a **webinar** on Mutual Support Calls for Thriving at Work during COVID-19 will be held. **Thursday, May 28, 2020, 12:00pm EDT.** To register, [Click Here.](#)
8. **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

9. **Defining and Assessing Integrated Behavioral Health Capacity** - Research indicates that integrated treatment is more effective than sequential treatment and parallel treatment for people with co-occurring mental health and substance use disorders. This **presentation** will introduce the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT) instruments and toolkits for improving co-occurring disorder (COD) treatment capability. **Wednesday, June 10, 2020, 12pm CT**. Registration: [CLICK HERE](#).

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
- **July 30 and 31, 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.pcसनow.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, 2020 - St. Louis, MO

Thursday, August 13, 2020 - Springfield, MO

Thursday, October 15, 2020 - Cape Girardeau, MO

Thursday, December 17, 2020 - Jefferson City, MO

Look for updates on different topics/initiatives next Friday!