

# FYI FRIDAYS

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

**June 12, 2020**

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

1. **Questions About Medicaid/Other Benefits?** – Check out the FAQs on the DMH website: <https://dmh.mo.gov/medicaid-eligibility/faq>
2. **Ozark Center in Joplin has Become a New Member of the National Suicide Prevention Lifeline!** – Congratulations to Ozark Center! They will begin taking calls for the Lifeline on Monday, June 15, 2020. The Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. The counselors at these local crisis centers answer calls from people in distress that the Lifeline receives every day. The Lifeline’s crisis centers provide the specialized care of a local community with the support of a national network.
3. **The Gibson Recovery Center, Inc in Cape Girardeau has been Selected to Participate in Two Separate National Groundbreaking Research Studies:**

### **CTN-0100: Optimizing Retention, Duration, and Discontinuation Strategies for Opioid Use Disorder**

**Pharmacotherapy (RDD)** is sponsored by the National Institute on Drug Abuse (NIDA) and is part of the National Institute on Drug Abuse Clinical Trials Network. Gibson Recovery Center is one of 20 sites nationally that will be participating in the study. RDD will be co-led nationally by faculty at Columbia University (New York State Psychiatric Institute), NYU School of Medicine and Harvard Medical School (McLean Hospital). RDD seeks to 1) test strategies to improve opioid use disorder pharmacotherapy treatment retention and to improve outcomes among patients who have been successfully stabilized on OUD medications and want to stop medication; and 2) identify predictors of successful outcome and develop a stage model of relapse risk.

**CTN-0097: Surmounting Withdrawal to Initiate Fast Treatment with Naltrexone: Improving the Real-World Effectiveness of Injection Naltrexone for Opioid Use Disorder (SWIFT)** is sponsored by the National Institute on Drug Abuse (NIDA) and is part of the NIDA Clinical Trials Network. This study is being led by the team at Columbia University, Division on Substance Use Disorders within the New York State Psychiatric Institute. Gibson Recovery Center is one of six sites nationally that will be participating in the study.

The primary objective of the study is to determine with the novel Rapid Method of initiating treatment with extended release Naltrexone is non-inferior to the Standard induction method. Secondary objectives are to 1) compare rapid method vs. standard method across a range of secondary efficacy domains and clinical safety measures, (2) compare retention rates to subsequent second and third month extended release Naltrexone injections.

Exploratory objectives include: (1) evaluation of demographic and clinical predictors of successful induction and moderators of differential effectiveness, (2) evaluation whether the primary opioid of dependence (prescription painkillers vs heroin vs fentanyl) will interact with treatment, (3) evaluation whether fentanyl positive toxicology at baseline and during treatment is predictive of relapse, and (4) collection of a limited dataset to permit analyses of economic costs and benefits of the two treatment regimens.

4. **Missouri Student Survey 2020** - The 2020 Missouri Student Survey (MSS) conducted by DMH has been completed. This survey collected data on approximately 98,000 youth across 92 counties and 206 school districts. This number is somewhat lower than 2018 as the school closures shortened the data collection window. Each participating school has received their data back. County level reports and a state report are now available on the [DMH website](#). The MSS is conducted in even-numbered years to track risk behaviors of students in grades 6-12 attending public schools in Missouri. Participation in the survey is optional. The survey includes questions on alcohol, tobacco, and drug use and other behaviors that endanger health and safety. The Missouri Institute of Mental Health analyzes the survey data and summarizes the results for these reports.
5. **CMHL/CIT Intervention with Law Enforcement Families** - The Community Mental Health Liaison (CMHL) at Tri-County Mental Health Services, and member of the Tri-CIT Crisis Intervention Team Council, has received several requests from law enforcement to do something to help spouses during this challenging time. In response, she and another CMHL hosted an informal support group last weekend for spouses/significant others of law enforcement, and it was well received and much needed. A local police chaplain also joined them. They plan to host another one this coming weekend. The groups are held via Zoom and registration is required to ensure security of the group. Ongoing resources are being shared. They are also brainstorming a way to reach children of law enforcement.
6. **COVID-19 Glossary of Related Terms** – [Adapted from Texas Medical Center (TMC)] As a new coronavirus creates a crisis unprecedented in our lifetimes, there’s also been upheaval in our language. *TMC News* has compiled a list of terms that are important to understanding the COVID-19 pandemic. We’re not alone in our efforts to define and differentiate. On March 18, 2020, [Merriam-Webster](#) made an unscheduled update to its dictionary in response to the pandemic and those new words are denoted in **red**. On May 26, 2020, some of the newest COVID-19-related entries from Merriam-Webster are shown in **dark purple** in addition to words, in red, added by the dictionary in March. Words in **black** are from TMC’s reporting. Click on the PDF for the glossary of terms.
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- COVID-19 Glossary of Related Terms
7. **Reimbursement of Community Testing for COVID-19** – As community COVID-19 testing begins/increases, there have been questions regarding reimbursement of lab fees. The following guidance is created in an effort to assist providers with these expenses:
1. The provider will work with the lab to invoice the provider directly.
  2. The provider pays the invoice.
  3. The provider will then invoice DMH/DBH the cost of the COVID-19 testing lab fees, providing documentation indicating they incurred the cost and the lab has been paid (copy of the original lab testing invoice, paid receipt, dates of testing, lab name, total amount, etc.). The more information provided the sooner reimbursement will be issued.
  4. Invoices and documentation should be sent to [Amy Jones](#) for review.
- DBH will request the use of COVID-19 funding for reimbursement as long as it is available. In the event funding begins to run low, notification will be issued as soon as possible. Feel free to contact Amy Jones [Amy Jones](#) or [Gina Jacobs](#) with any questions.

**Right now, DMH’s emphasis on testing in the behavioral health community is in CONGREGATE SETTINGS.** This is for several reasons:

- 1) There is a higher risk of transmission in such settings;
- 2) The state is still working through supply and demand issues (tests, testing supplies, and lab capacity) – therefore, it is essential that we prioritize.

To ensure understanding of what is meant by “**congregate**,” we’re talking about the following (*not in highly particular order, but higher census/capacity settings should be on the front end versus rear*):

- Intensive residential treatment settings (IRTs, PISLs, possibly Clustered Apartments)
- Residential/stabilization treatment and detox SUD settings
- Recovery support housing sites
- Group homes

We understand (and appreciate) that many providers who operate non-congregate settings are also wanting to test clients and employees in their outpatient settings. **At this time, because of the prioritization, we will only be reimbursing for testing of clients and employees in congregate settings.**

That said, there are increasing opportunities for community testing offered by public health entities and health care providers – many are free, but these are generally those that are conducting the “official” state community sampling tests – if the latter, you only need to be a MO resident.

- In addition, there are more counties who are more aggressively offering testing (separate from the community sampling), but they might have more restrictions (county residence, etc.)...for both of these types registration is strongly recommended. You are certainly encouraged to access these options (and these numbers would be accounted for by an entity other than DBH, although FYI reports are welcome). We have sent out the website where that info is listed a couple of times in the FYI Fridays newsletter.  
<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/community-testing.php>.
- If you are just reaching out to various entities who may have testing capacity, but who are NOT part of the state-directed community testing, then you may be required to be symptomatic or have exposure to a positive or have a doctor’s order or there may be a fee. Again, I emphasize using the website to help guide you.

#### 8. Other COVID-19 Updates & Resources –

- **NEW DATIS COVID-19 Resource Center** – This resource is complete with workforce management articles, guidance on new regulation and other resources curated specifically for health and human services organizations:  
<https://resources.datis.com/covid-19-resource-center>.
- **New COVID-19 Resources for Older Adults and Care Givers** - There is now a section on our [DBH COVID Webpage](#) with resources for food, financial assistance, transportation, and more.
- **Missouri COVID-19 Dashboard** – Thanks to the Fusion Cell team, this dashboard contains tons of Missouri-specific COVID-19 data that the public can view at will:  
<http://mophep.maps.arcgis.com/apps/MapSeries/index.html?appid=8e01a5d8d8bd4b4f85add006f9e14a9d>.
- **COVID-19 Community Testing Info** – DHSS is partnering with local health departments and health care providers to offer community testing events. For **current community testing locations and information**, including links to pre-register, please visit: <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/community-testing.php>.
- **Training and Technical Assistance (TTA) Related to COVID-19** - SAMHSA is committed to providing regular TTA on matters related to the mental and substance use disorder field as they deal with COVID-19. TA programs are delivering great resources during this time. View the updated available TTA resources to assist with the current situation. [View TTA Resources](#)



- **DBH Community COVID Positives Data** - To date, we have received reports of 77 consumers and 25 staff members testing positive for COVID-19 (from 28 providers). Please send any reports of staff or client positives to [nora.bock@dmh.mo.gov](mailto:nora.bock@dmh.mo.gov) and copy [karen.will@dmh.mo.gov](mailto:karen.will@dmh.mo.gov).
- **DBH Treatment Provider Calls** – We are scheduled for every **two weeks** on Wednesdays at 12:00pm. Next scheduled call is **June 24, 2020**. Resources that we encourage you to check out (these pages all continue to be updated):

DBH COVID-19 Guidance/Resources - [MoHelpNow](#)

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. **New Expert Guidance for Use of Videoconferencing: Best Practices for Safe and Effective Service Delivery** – These resources provide federal guidance for SUD and mental health treatment providers on how to provide a safe and effective treatment experience through telehealth, and steps clients can take to keep their telehealth visit private.
  - [Provider Telehealth Tips](#)
  - [Client Telehealth Tips](#) | [Client Telehealth Tips Video](#)
2. **New Promoting Children's Resilience during the COVID-19 Pandemic** - This resource explores protective factors that can contribute to children’s adaptability in the face of adversity. [Read the resource](#). View other resources at the [Healthy Child Development State Resource Center](#).
3. **Diversity, Equity, and Inclusion (DEI) Community Public Forum** – Faces & Voices of Recovery released an [action plan](#) to address DEI and to lift voices from communities of color or other marginalized groups. Their goal is to amend mistakes, move forward, and continue to grow in recovery. Faces & Voices is asking for participation in an open conversation regarding DEI. **Tuesday, June 16, 2020, 5:30pm CT. [REGISTER](#)**
4. **New Suicide Prevention Amidst a Pandemic: The Road Ahead** - Moving suicide prevention forward during the pandemic is essential. Recent policy developments are already underway, including proposed legislation to transition the National Suicide Prevention Lifeline from its 1-800-273-8255 number to an easy-to-remember, three-digit number (9-8-8) and include mental health crisis response. But what impact will it have and how will we get there? Find out during a webinar with the National Suicide Prevention Lifeline. **Wednesday, June 17, 2020, 1-2:30pm CT. [REGISTER](#)**

### Frontline Heroes

*St. Louis Psychiatric Rehabilitation Center (SLPRC) has had 21 clients who have contracted the COVID-19 virus. A handful of psychiatric technicians (PTs), among the lowest paid of all state employees, volunteered to be the cohort of staff who had the exclusive responsibility for monitoring and caring for those clients while they remained in isolation and until they fully recovered. These staff were grateful for the pandemic pay provided to them by the State and the additional hourly pay for working in isolation. However, it was clear that their motivation to accept the differential risk of exposure was not monetary, but compassion. They did this to mitigate the risk for their co-workers, and to attend to the needs of these very vulnerable clients, five of whom ended up in the hospital, one dying. Some of these staff became ill themselves and are among the 24 SLPRC employees who contracted COVID-19. Several of our physicians, who similarly benefited from the pandemic pay offered all SLPRC staff, were so moved by the generosity of spirit these PTs displayed that they took the money they received and used it to purchase gift cards for those PTs. Generosity begets generosity, each act of kindness a testament to the heroism and altruism of our workforce in general and these PTs in particular.*

**St. Louis Psychiatric Rehabilitation Center**

5. **SAMHSA to Hold Virtual Event on Culturally Informed Services for Black Men** – SAMHSA's Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) announced an upcoming virtual event titled, "Supporting the Resilience of Black Men: Culturally Affirming and Responsive Approaches to Engagement, Treatment, and Recovery." National experts will discuss the experiences of Black men with mental illness and substance use disorders and how that affects service delivery. Presenters will also highlight current research, describe best practices, and cover promising strategies to support the recovery of Black men. **Thursday, June 25, 2020, from 1-2pm CT.** [REGISTER](#)
  
6. **Online Telephone and Support Groups** - Treatment providers and peer support specialists looking for online and telephone support groups for their patients/peers should review the list compiled by the Mountain Plains ATTC. Both 12 Step and non 12 Step-based online support groups are identified. This is not an exhaustive list but the links are active. After an initial review none of these sites are associated with specific treatment/recovery centers and do not require individuals to register first to access online group support services. [Download List](#)
  
7. **CMS COVID-19 Office Hours Calls** - CMS hosts varied recurring stakeholder engagement sessions to share information related to the agency's response to COVID-19. These sessions are open to members of the healthcare community and are intended to provide updates, share best practices among peers, and offer attendees an opportunity to ask questions of CMS and other subject matter experts. **Tuesdays and Thursdays, 4-5pm CT.** [Call recordings and transcripts.](#) Sign up for call notifications [here](#).
  
8. **Probation and Parole Regional Oversight Meetings** – These are subject to change given rapidly changing plans regarding COVID-19. For any questions regarding the P&P Regional Oversight Meetings, please contact Katie Andrews at [katie.andrews@dmh.mo.gov](mailto:katie.andrews@dmh.mo.gov) and/or 573-522-6163.

**June 19 – NE Region** – (Districts 3, 18, and 26) – 9:00am – 12:00pm  
 Location: P&P Office, 1317 E. Hwy 24, Suite B, Moberly

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

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

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

**July 29 – SE Region** – 10:00am – 12:00pm  
 Location: La Croix Methodist, 3102 Lexington Ave., Cape Girardeau

**TBD – Western Region** – (To be rescheduled from June 9)  
 Location: KC-ATC, 2600 E. 12th St., Kansas City

### Success Story

*We have one male parent who came in to pick up Narcan and receive a brief training. The second time he came in, he reported that the Narcan we gave him was used to revive his daughter and she is now receiving treatment for OUD. He has taken more Narcan home with him back to St. Francois County for a few of his daughter's friends. Since that time, they have also come in to receive more naloxone and learn more about treatment options.*

**Missouri Network for Opiate Reform and Recovery**

## TRAINING OPPORTUNITIES

1. **Fundamentals of Telemental Health** – This six-part webinar will offer guidance to providers interested in delivering mental health services through telephone and/or videoconferencing. Participants will receive a brief overview of telemental health essentials, including technology selection, client screening, office space adaptation, documentation, responding to emergencies, and fundamentals of clinical engagement through this modality.

- **Introduction to Telemental Health:** Presented on May 12, 2020. [View Recording](#) | [View Slides](#)
  - **Preparing your Office for Telemental Health:** Presented on May 19, 2020. [View Recording](#) | [View Slides](#)
  - **Client Selection, Intake, and Assessment in Telemental Health:** Presented on May 26, 2020. [View Recording](#) | [View Slides](#)
  - **Clinical Engagement in Telemental Health:** Presented on June 2, 2020. [View Recording](#) | [View Slides](#)
  - **Emergencies, Disruptions, and Pitfalls in Telemental Health:** Presented on June 9, 2020. [View Recording](#) | [View Slides](#)
  - **Risk Management in Telemental Health:** **Tuesday, June 16, 2020, 7-9pm CT.** [REGISTER](#)
2. **2020 Recovery Leadership Summit** – This summit brings together key leaders from Recovery Community Organizations across the nation for networking and learning opportunities. This year due to the COVID-19 pandemic and physical distancing policies, an awesome virtual experience has been created with five tracks of workshop themes. Participants can expect engaging presentations, supportive virtual event staff, learn how other organizations are managing during a national pandemic, and CEUs. **June 15-16, 2020, 8-5pm CT. Registration fee: \$300 (ARCO Members: \$200).** [REGISTER](#)
  3. **Using Telehealth to Advance Addiction Treatment during COVID-19** – This **webinar** will review telehealth policy changes due to COVID-19 and the implications for provision of addiction treatment. It will also review challenges specific to addiction telehealth treatment and offer specific recommendations for policy makers, providers and individuals to support their journey in recovery. **Tuesday, June 16, 2020, 12-1pm CT.** [REGISTER](#)
  4. **Going Virtual** - In the constantly evolving behavioral health field, provider organizations across the country are facing challenges in adapting to a virtual environment due to the COVID-19 pandemic. This new online series is designed to orient providers on the ins and outs of virtual meetings, facilitation and online learning. Topics will cover everything from implementing a digital platform right down to video integration and tailoring your message to your audiences.
    - **Part 2: Virtual Facilitation 2.0 - Best Practices -Thursday, June 18, 2020, 12-1pm CT** [REGISTER](#)
    - **Part 3: Elevating Your Impact - Wednesday, July 1, 2020, 12-1pm CT** [REGISTER](#)
    - **Part 4: Keeping the Momentum Going -Tuesday, July 14, 2020, 12-1pm CT** [REGISTER](#)
  5. **Revised Enhancing Workforce Capacity to Provide Clinical Supervision for SUD** – Participants of the series will receive support and develop the skills needed to master complexities in clinical supervision. This series is intended for clinical supervisors qualified to provide supervision in Iowa, Kansas, Missouri, or Nebraska. Applicants should currently provide clinical supervision in a substance use disorder treatment service. **Applications are due Friday, June 19, 2020.** [View revised overview of the project and digital application.](#)
  6. **New Helping Clients Maintain Recovery During Traumatic Catastrophes and Pandemics** - Traumatic crisis such as September 11, natural disasters such as Hurricane Katrina, and pandemics like COVID-19 can exacerbate traumatic stress symptoms, increase isolation and increase the risk of relapse and psychiatric decompensation for clients with mental illness, substance use disorders and Co-occurring Disorders. Topics covered in this **webinar** includes: the relationship between catastrophes, traumatic stress reactions relapse and decompensation; managing traumatic stress symptoms during the pandemic; clinical strategies to reduce relapse during a crisis; the use of technology to reduce isolation and suggestions to improve clinician self care during this troubling time. **Friday, June 26, 2020, 1-4pm CT. Registration fee: \$75.** [REGISTER](#)

## **RECURRING TRAINING OPPORTUNITIES**

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

1. **Overdose Education and Naloxone Distribution** - The MO-HOPE Project has scheduled virtual trainings through the end of June 2020. Trainings are free, but registration is required.

### **AVAILABLE TRAINING DATES:**

**Monday, June 15, 2020** – Time: 10am-12pm CT, [REGISTER](#)

**Thursday, June 25, 2020** – Time: 10am – 12pm CT, [REGISTER](#)

Tuesday, June 30, 2020 – Time: 10am – 12pm CT, [REGISTER](#)

**OVERDOSE EDUCATION AND NALOXONE DISTRIBUTION TRAINING OF TRAINERS**

Monday, June 22, 2020 – Time: 2pm-4pm CT, [REGISTER](#)

2. **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)

- **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](#)

3. **Updated MCB's New Online Ethics Video Training Series** - Due to the COVID-19 pandemic, the MCB is allowing online ethics trainings **indefinitely**. Professionals can obtain all of the credentialing hours from approved online sources: any federal or state agency, any Department of US accredited school, or any company listed on MCB's website under the online training link. 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](#)

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:**

**St. Louis, Missouri**

**Saturday, June 13, 2020** - Time: 8:30am - 12:30pm CT, Presenter: Dr. Fred Rottnek (**CANCELED**)

**Saturday, August 8, 2020** - Time: 8:30am - 12:30pm CT, Presenter: Dr. Fred Rottnek

**Saturday, September 26, 2020** - Time: 8:30am - 12:30pm CT, Presenter: Dr. Evan Schwarz

**Saturday, November 7, 2020** - Time: 8:30am - 12:30pm CT, 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>

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](#)

### Success Story

*During the Fountain Park Neighborhood Opioid Triage, an old participant, Ms. B, came to the triage to volunteer. Ms. B is a former drug user who would frequently come to the JVL location to grab food, clothes and Narcan. Ms. B came to JVL ground zero for a year before seeking recovery because she was pregnant and tired of living the lifestyle. She wanted to try to encourage her friends who still use drugs to find recovery and to voice her opinion on treatment/recovery services to the participants of JVL triage. Currently, she has a healthy baby, a job, stable housing and a car.*

**Better Family Life**

[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).

**AVAILABLE TRAINING DATES:**

**Thursday, June 25, 2020** – Time: 9:00am – 4:30pm CT, St. Louis, MO

**Thursday, August 13, 2020** – Time: 9:00am – 4:30pm CT, Springfield, MO

**Thursday, October 15, 2020** - Time: 9:00am – 4:30pm CT, Cape Girardeau, MO

**Thursday, December 17, 2020** – Time: 9:00am – 4:30pm CT, Jefferson City, MO

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