

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance **October 9, 2020**

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

- DMH Suicide Prevention Efforts** – According to the June 2020 CDC report, 40% of adults reported struggling with mental health or substance use issues, and 11% seriously considered suicide. “The public health response to the COVID-19 pandemic should increase intervention and prevention efforts.” DMH has been proactive in addressing mental health promotion and suicide prevention during the pandemic, including:
 - Implementing **Missouri’s COVID-19 Emergency Response for Suicide Prevention** grant to reduce the overall number of suicides through integration of suicide prevention in healthcare systems, particularly in emergency rooms.
 - Implementing the **Zero Suicide in Health Systems** grant, addressing suicide prevention for adults in healthcare systems in St. Louis and Kansas City.
 - Implementing the **Show Me Zero Youth Suicide** grant, providing mental health liaisons and clinical care for youth in schools and emergency rooms.
 - The **Missouri Suicide Prevention Network** has just hired two full-time staff to help guide implementation of the state suicide prevention plan.
 - Created the **Missouri Suicide Prevention Advocacy Network** (Missouri SPAN) to raise awareness that suicide is a public health issue and to gain broad-based support for suicide prevention advancement. www.mospn.org/missourispan
 - Created 3 COVID-Related Sub-Committees: 1) Communications; 2) Postvention/Rapid Response (created rapid response protocols and suicide loss resources); 3) Enhanced data collection and reporting.
 - Promoted an online statewide suicide training resource: <https://www.moasklistenrefer.org/main>.
 - Extending and expanding suicide prevention campaigns to reach all Missourians, through CARES ACT funding.
 - Partnered with Department of Natural Resources (DNR) to place signs in all state parks
 - Partnered with Department of Elementary and Secondary Education (DESE) to get signs and other resource to all schools
 - Currently partnering with Prevention Resource Centers and other community agencies (include county health departments) to target high risk counties
 - Providing **Signs of Suicide** training to schools.
 - Creating a **Show-Me ECHO** (Extension for Community Healthcare Outcomes) for suicide prevention and intervention to begin in January. This is an educational program that employs videoconferencing technology to create communities of learning focused on suicide prevention.
 - Offering free suicide prevention and mental health trainings to the general public, **including Question Persuade Refer (QPR), Mental Health First Aid (MHFA)**, and a series of suicide prevention conference webinars.
 - Training healthcare providers in suicide prevention and intervention.
 - Hosted another **Zero Suicide Academy** in August with 14 organizations participating
 - Partnered with the Missouri Hospital Association to bring **Collaborative Assessment and Management of Suicidality (CAMS)** training to hospital systems statewide
 - Creating a workgroup to lead the implementation of the national **PREVENTS** pledge and coordinate statewide suicide prevention best practices for the military-connected community.

- Providing law enforcement officers pocket sized brochures and other materials that include contact information for the DMH crisis care system.
- Collaborating with Department of Corrections (DOC) to help provide support for employees at-risk for suicide.
- Responding to daily requests for suicide prevention information and resources for schools, other agencies, reporters, etc.

2. **Policy Relaxations** - Policy relaxations (found in the DBH memo here: <https://dmh.mo.gov/media/pdf/revise-memo-2-temporary-program-changes-and-billing-guidance-related-covid-19>) are tied to **federal** emergency declaration, which is currently active through January 21, 2021. This must be renewed every 90 days.

This does not include CSR relaxations (listed below) which are tied to **state** declaration and currently runs through December 30, 2020.

9 CSR 10-7.030(2)(B) – Service Delivery Process and Documentation, Admission Assessment (The admission assessment shall be completed within seventy-two (72) hours for individuals receiving residential support or within the first three (3) outpatient visits.)

9 CSR 10-7.030(4)(A)5 – Service Delivery Process and Documentation, Individual Treatment Plan (Signature, title, and credential(s) of the service provider(s) completing the plan and signature of the individual and/or parents/legal guardians, as applicable. For situations when the individual does not sign the treatment plan, such as refusal, a brief explanation must be documented.)

9 CSR 30-3.100(6)(A)2 – Service Delivery Process and Documentation, Assessment (The initial treatment plan for the individual must also be completed within this designated time period.)

9 CSR 30-4.035(3) – Eligibility Determination, Assessment, and Treatment Planning in Community Psychiatric Rehabilitation Programs, Initial Comprehensive Assessment (Initial Comprehensive Assessment. A comprehensive assessment must be completed within thirty (30) days of eligibility determination.)

9 CSR 30-4.035(5) - Eligibility Determination, Assessment, and Treatment Planning in Community Psychiatric Rehabilitation Programs, Initial Treatment Plan (Initial Treatment Plan. An individual treatment plan must be developed within forty-five (45) days of completion of eligibility determination for CPR services.)

3. **CIMOR Priority – DMH Housing and Outreach Pools** – Below are the current balances for the DM Housing and Outreach pools. If you have any questions, please login to the [Department of Mental Health Portal](#) and email the **CIMOR DBH Support Center** by selecting the [Help Ticket](#) link found on the left side of the portal.

	ADA	CPS
DM Housing Allocation	\$250,000.00	\$250,000.00
DM Housing Expended (7 Cycles Paid)	\$27,421.29	\$83,479.44
Current DM Housing Allocation Balance	\$222,578.71	\$166,520.56
DM Outreach Allocation	\$163,000.00	\$163,000.00
DM Outreach Expended (7 Cycles Paid)	\$84,845.64	\$2,440.09
Current DM Outreach Allocation Balance	\$78,154.36	\$160,559.91
Current Total Allocation Balance	\$300,733.07	\$327,080.47

4. **STR/SOR Treatment Outcomes Dashboard** – You are invited to view the new STR/SOR Treatment Outcomes Dashboard. The dashboard is a web-based platform for DMH contracted, SOR-funded treatment providers to review their most recent data as it pertains to OUD treatment delivery and outcomes for uninsured individuals. The

dashboard includes pre-STR/SOR data compared to STR/SOR data as well as comparisons between your agency and statewide averages. The dashboard was developed by the SOR team at the University of Missouri, St. Louis - Missouri Institute of Mental Health (UMSL-MIMH) in collaboration with the Department of Mental Health (DMH). The dashboard has been reviewed by some SOR providers; however, we are always open to feedback for how to improve the utility of the dashboard. Please note, UMSL-MIMH is still in the process of incorporating additional layers to each of the current measures on the dashboard as they relate to different populations (e.g. race and sex).

Where to access the dashboard: <https://opioidstr.mimh.edu/>

You do not need to be a registered user to see statewide SOR treatment outcomes. To view outcomes specific to your treatment agency, click "Register" in the top right-hand corner of the website to access the dashboard (Please note, MIMH staff manually approves new registered users based on their affiliation with the DMH system. There may be a lag in your new user approval if you register for the website outside of business hours).

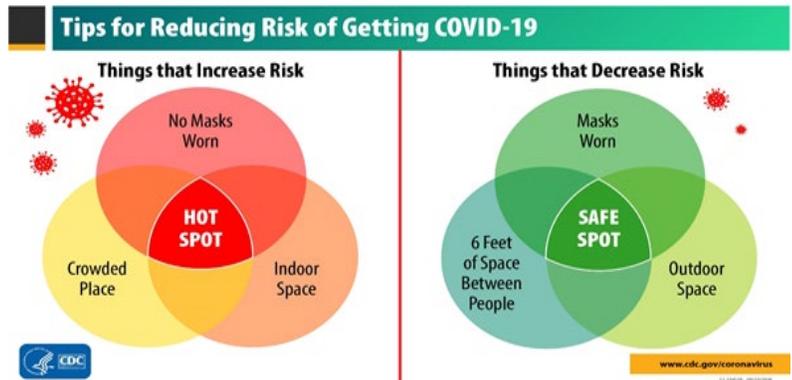
What data is included in the OUD Treatment Evaluation Dashboard? CIMOR billing data for uninsured individuals with OUD who have received treatment for OUD prior to and during the STR/SOR programs. This dashboard will NOT include any data from clients with OUD whose services are billed through private pay sources or Medicaid. All data will be reported at the Episode of Care (EOC) level. This data is already provided to UMSL-MIMH by DMH. No additional data collection or entry is required from treatment providers to create or utilize the dashboard.

Contacts: Please contact Keith (Keith.Eldridge@mimh.edu) for any technical difficulties related to accessing the dashboard or Alex (Alex.Duello@mimh.edu) for any questions related to dashboard content.

5. **MO HealthNet Provider Manual Update** – Updates have been made to the Section 13 - [Pharmacy Manual](#).
6. **ACT Newsletter Fall 2020 Edition** - Check out the recent edition of the ACT Newsletter on the [DMH website](#).
7. **Missouri FQHC Dental Service Delivery Sites** – A list of FQHC providers with dental clinics has been added to the [DMH website](#). This list is provided by the Missouri Primary Care Association and is updated twice per year.
8. **Show Me Hope Media Kit** – The Missouri Crisis Counseling Program, known as **Show Me Hope**, has released a media kit: <https://sites.google.com/view/show-me-hope-media-kit/home>. This media kit was created to help spread awareness about this important service. Please share on all platforms! Special thanks to **Angie Stuckenschneider** for the idea. For more information and resources, please visit the [Show Me Hope website](#).
9. **Liz Hagar-Mace, DBH Housing Director, is Retiring!** – It is with mixed emotions that the DBH announces **Liz Hagar-Mace** is retiring from DMH effective November 1, 2020. Liz has spent her whole career dedicated to housing the unhoused individuals in our communities. She has been in State government for 23 years, 16 of those years with the Department of Mental Health, and 14 of those years as the DBH Housing Director. She has also worked as a consultant on housing and services. Liz has been a dedicated and passionate housing first advocate. She has secured funding for housing and services for thousands of individuals and families annually (3000 per year served x 23 years of service = 69,000 people she has secured housing for during her state service). Think of the positive ripple effect of that commitment! We are sad to see Liz leave us, but joyful that her retirement will include gardening and grandchildren. Thank you Liz for being a delight to work with and for making a difference in so many lives!

10. COVID-19 Updates & Resources –

- **COVID Coach** – The National Center for PTSD has a new app called [COVID Coach](#). This great new resource is for everyone and includes education about coping, tools for self-care and trackers to check mood and measure growth toward personal goals.



- **CDC Guidance on Holiday Celebrations** - As many people in the United States begin to plan for fall and winter holiday celebrations, CDC offers the following considerations to help protect individuals, their families, friends, and communities from COVID-19. [Read More](#)
- **Resource Directory** – For information and resources from partner agencies across state and federal government, check out this resource directory now available through the Show Me Strong Recovery Plan website: <https://showmestrong.mo.gov/directory/>.
- **Electronic COVID-19 Case Reporting** – The Electronic COVID-19 Case Reporting System can be found on the [DHSS main COVID-19 webpage](#). The system also fulfills the requirement for residential congregate facilities to report COVID-19 cases under the [May 18th Congregate Facility Reporting Order](#). Congregate facilities will no longer need to enter positive case information into the former system, which has been taken down.
**If your organization has already developed an electronic reporting process with DHSS, please continue to follow this process. The Electronic Reporting System is a replacement for those entities currently emailing, faxing or mailing a CD-1 form for COVID-19 case information.*
- **Missouri-Specific Coronavirus Regional Data** - MHA and the Hospital Industry Data Institute are pleased to share a weekly COVID-19 interactive dashboards providing regional trends and models of predicted cases designed to help government leaders, local public health officials, health care organizations and businesses understand the influence of COVID-19 on their communities and make informed decisions when protecting citizens, customers, employees and patients: <https://web.mhanet.com/disease-management/infectious-diseases/covid-19/covid-19-dashboards/>.
- **(They're Back!) 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 register, please visit: <https://dcpdho02redcap.azurewebsites.net/redcap/surveys/?s=XTLH7FCLD7>.
- **DBH Community COVID Positives Data** – To date, we have received reports of **328 consumers** and **203 staff members** testing positive for COVID-19 (from **45 providers**). One consumer death has been reported. Please send any reports of staff or client positives to nora.bock@dmh.mo.gov and copy karen.will@dmh.mo.gov.
- **DBH Treatment Provider Calls** – We are scheduled for every **two weeks** on Wednesdays at 12pm. Next scheduled call is **October 14, 2020**. Resources that we encourage you to check out (these pages all continue to be updated):



Visit the [DHSS website](#) for more information

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>

FUNDING OPPORTUNITIES

Funding Opportunities can also be found on the DBH MOHelpNow COVID-19 Information webpage at: <https://dmh.mo.gov/covid-19-information>

- How to Develop a Competitive Grant Application – Webinars** – SAMHSA will be conducting a webinar on how to develop a competitive grant application. The webinar will address:
 - The four registration processes that need to be completed;
 - Preparing to apply for a grant;
 - Key components of the funding opportunity announcement;
 - Responding effectively to the evaluation criteria; and
 - Resources and technical assistance that are available.If you would like to receive the slides prior to the webinar, send an email to GPOtraining@samhsa.hhs.gov. **October 22, 2020, 1-2:30pm CT.** [Webinar Information](#)
- Delta Region Community Health Systems Development Program (Missouri)** - This program provides technical assistance to small and rural hospitals, rural health clinics, and other health care organizations located in the [252 counties and parishes served by the Delta Regional Authority](#) (a federal agency and HRSA partner). Applicants must be willing, able and ready to undertake a large, comprehensive project over multiple years, with activities supporting quality improvement, financial and operational improvement, telehealth, community care coordination, workforce, emergency medical services, and population health. This is an ongoing opportunity with applications accepted on a rolling basis; **applicants applying by November 30** may join the cohort beginning work in February 2021. [Learn More](#)

INFO and RESOURCES

- New Resources from E/M Codes and Services Webinar** – Based on the number of people on the webinar, *Are You Ready to Utilize New Evaluation and Management Codes Effective January 1?*, many providers are looking for guidance, not simply to ensure proper coding but, more importantly, to maximize time with patients. If you missed the webinar, or you would like to hear it again, the recording and presentation deck are available on the MTM Services website. [Watch the Webinar](#)
- New Studies Illustrate Rise in Alcohol, Illicit Substance Use During Pandemic** – Two recent studies have brought into focus the degree to which Americans are turning to illicit substances and alcohol in response to the stress brought on by the COVID-19 pandemic (Source: *Addiction Professional*). [Read More](#)
- New FDA Requiring Benzodiazepine Labels to Warn of Abuse, Addiction Potential** – The US Food and Drug Administration (FDA) has ordered changes to the labeling for benzodiazepines, requiring them to include information on the risks of abuse, misuse, addiction, physical dependence, and withdrawal reactions (Source: *Psychiatry & Behavioral Health Learning Network*). [Read More](#)

4. **New 2020 National Public Perception Data** – A new national survey of over 2,000 U.S. adults found the majority of those surveyed (81%) believe, as a result of COVID-19, it is now more important than ever to make suicide prevention a national priority. The survey was conducted by The Harris Poll on behalf of the National Action Alliance for Suicide Prevention ([Action Alliance](#)), American Foundation for Suicide Prevention ([AFSP](#)), Suicide Prevention Resource Center ([SPRC](#)), and Education Development Center ([EDC](#)). The survey data also show 52% of respondents report being more open to talking about mental health as a result of COVID-19. These important data reinforce that Americans know they play a key role in strengthening suicide prevention and mental health, especially during the pandemic.

The survey results show most Americans believe suicide can be prevented (93%) and would do something if someone close to them was thinking about suicide (95%). However, many people (69%) identified key barriers to talking about suicide, such as not knowing what to say (31%), feeling they don't have enough knowledge (28%), or not feeling comfortable with the topic (19%) (Source: *National Action Alliance for Suicide Prevention*). [Read More](#)

5. **New Study: People with Mental Illness More Susceptible to COVID-19** – A new study, co-authored by NIDA Director Nora Volkow, finds people with mental health conditions are more susceptible to the coronavirus and its complications than the general population. The study examined electronic health records and found people with depression and schizophrenia were at an increased risk for the virus. Black patients with mental health conditions had higher odds of infection than their white counterparts. Women with mental health conditions were also at higher risk of the virus and related complications than males (Source: *Wiley Online Library*). [Read More](#)
6. **New PTSD and the Pandemic: Four Keys for Identifying Mental Health Concerns** – It's normal for a pandemic to propagate fear in both adults and children or manifest confusion or anger. However, when these feelings don't go away, adults, children and front-line workers may have PTSD. Here's what to look for (Source: *Addiction Professional*). [Read More](#)
7. **New MO-HOPE Trainings and TA Offer** – The MO-HOPE project is entering year 5 and wants to ensure that there is ample education on how to provide lifesaving information and skills to the people you serve. There are numerous types of trainings available and they are listed below. Live zoom trainings have been updated for October and November.

Overdose Education and Naloxone Distribution (OEND) Video Training:

You or your staff can complete training on how to have an OEND conversation at your convenience. The video series can be found at www.tinyurl.com/mohopeoend. Completion takes 30-45 minutes.

OEND and OEND Training of Trainers via Zoom:

Upcoming class schedules can be found at www.tinyurl.com/mohopeproject.

First Responder (Police and Fire) Emergency Naloxone Use in the Field Video Series:

This training, including POST certification, has moved completely to online video series. Training can be found at <https://health.mo.gov/safety/ems/more/index.php>.

If you need technical assistance in evaluating how your organization can implement naloxone programs to better serve your clients or patients, email Brandon Costerison (bcosterison@ncada-stl.org).

8. **Resources for Organizational Impact** – Here are some tools, resources and knowledge to help you accelerate your impact (Source: *National Council for Behavioral Health*):
- Visit the [CCBHC Success Center](#) to learn how to become, and improve as, a CCBHC.
 - Apply for in-kind or financial donations via the [National Council COVID-19 Relief Fund](#).
 - Access tools in the [COVID-19 resource directory](#) and [purchase PPE](#) at reduced rates.
 - NCHS Data Brief: [Mental Health Treatment Among Adults](#)
 - NCHS Data Brief: [Symptoms of Generalized Anxiety Disorder Among Adults](#)

- SPRC launches [Virtual Learning Lab: Care Transitions](#) to help psychiatric hospital staff to better support individuals at risk of suicide
9. **Minority Fellowship Program Now Accepting Applications** – The National Board of Certified Counselors (NBCC) and the Association for Addiction Professionals (NAADAC), are now accepting applications for the 2021 National Board for Certified Counselors Minority Fellowship Program for Addictions Counselors (NBCC MFP-AC). The program, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides up to 40 master’s degree-level counseling fellowships of \$15,000 for addictions counseling students, travel expenses to participate in program-related trainings, and complimentary NAADAC membership. Applications are due by **December 15, 2020**. [Learn More](#)
 10. **DMH CARES** – DMH CARES (Communicating and Reaching Employees Supportively) is a webinar series held every **Tuesday from 3:30-4pm CT**. This live, interactive wellness webinar discusses mental health/wellness tips, stress management exercises, resilience education, and more and is now available for **all Missourians!** Registration is open for future dates. Please join in and share this awesome resource with family, friends, and neighbors! [Registration Link](#) | [DMH CARES Show Me Hope Flyer](#)
 11. **Probation and Parole Regional Oversight Meetings** – These are subject to change. For any questions regarding the P&P Regional Oversight Meetings, please contact Katie Andrews at katie.andrews@dmh.mo.gov and/or 573-522-6163.

November 17, 2020 – North Central Region – 10-12pm
Location: Zoom Meeting

December 4, 2020 – Southwest Region – 10-12pm
Location: Zoom Meeting

December 15, 2020 – Eastern Region – 9-11am
Location: Zoom Meeting

January 7, 2021 – Northeast Region (Districts 3, 11, 16, 17, 18, 26, 38) – 10-12pm
Location: Zoom Meeting

January 7, 2021 – Southeast Region – 10-12pm
Location: Zoom Meeting

TRAINING OPPORTUNITIES

1. **New Coalition on Addictions: Bridging Divides for Effective Treatment of Addiction: The Role of Peer Specialists** – The presentation will identify the problem with dominant discourses on treatment for those struggling with substance use, consider a re-construction of the definition for “effective intervention” that centralizes lived experiences as expertise, and describe team equity for peer specialists on treatment teams. Implications for roles, education, and development of peers will be considered. **Wednesday, October 14, 2020, 12-1pm CT**. [Register](#)
2. **Rise of Methamphetamine: New Risks, Current Treatments – Webinar** – Though no FDA-approved medications to treat methamphetamine use disorder exist yet, new research has demonstrated the efficacy of various behavioral treatments, particularly contingency management. This webinar will provide an overview of the current state of methamphetamine use, considerations for concurrent opioid use, and strategies and interventions for treating and engaging individuals with stimulant use disorder. **Wednesday, October 14, 2020, 1-2pm CT**. [Register](#)
3. **Supporting a Culturally Competent Behavioral Health System** – The purpose of this presentation is to move beyond theory and apply real world experience to implementing a culturally competent behavioral health system. While many agencies employ a person responsible for ensuring that care is provided in a manner that meets the needs of

all those served by the agency, the reality is that these individuals often have to compete with many priorities which makes achieving their objectives difficult. And agencies often have trouble achieving the goals, proposed in their own plans. Oversight of these plans is often limited and does not reflect the actual needs of an agency to achieve its goal. This presentation will explore those barriers and challenges and provide steps to help mitigate them to help the agency grow. **Wednesday, October 14, 2020, 1-4pm CT. Registration Fee: \$59, includes three clock hours.** [Register](#)

4. **Culturally Responsive Programs to Improve Access to Mental Health Services to Hispanics/Latinx Community – Webinar** – This session will focus on culturally responsive programmatic efforts to improve access and utilization of behavioral health services among the Hispanic/Latinx community. The session will describe how these programs and strategies reduce disparities by addressing often cited barriers and promote behavioral health equity. The concept of cultural brokering and its use across settings will be discussed, and considerations and implementation of community mental health navigator programs will be described. **Wednesday, October 14, 2020, 2-3pm CT.** [Register](#)
5. **A Collaborative Approach to Identifying and Engaging Youth Misusing Substances** – In response to COVID-19 and the impact on substance use in youth and young adults, Behavioral Health Network & Preferred Family Healthcare creating a webinar series to support the Greater St. Louis area to strategically address the growing needs of this population. The fourth part of the series, **Youth, Families, and a Virtual Environment – How to Leverage Technology around Behavioral Healthcare Access**, is **Wednesday, October 14, 2020, 4-5:30pm CT.** For any questions, please email Jon Murphy at jmurphy@bhnstl.org. [Register](#)
6. **Crisis Residential Association Hosts 3rd Annual Conference** – The third annual Crisis Residential Conference takes place virtually on **October 14 – 15, 2020**. Join this national gathering of crisis providers and thought leaders as they examine and celebrate the best ideas in residential alternatives to psychiatric hospitalization. Boasting a spectacular lineup of nationally recognized speakers and thought leaders, attendees will learn about innovations and best practices in the field of behavioral health crisis care. Discounted membership packages are available. **Registration Fee: \$295.** [Register](#)
7. **New Outcomes-Based Care Coordination for Justice-Involved Individuals** – In this webinar, Thriving Mind and Bernalillo County will discuss how their organizations are leveraging care coordination and community partnerships to both prevent incarceration and assist individuals transitioning back into the community after incarceration. Discussion will take a deep dive into: evidence-based initiatives designed to help decrease arrest of individuals living with mental illness, an award-winning program to reduce recidivism and connect individuals with a mental illness to resources upon release, measuring success and tracking outcomes in a world of value-based payment and funding, and technology best practices for organizations supporting justice-involved individuals. **Thursday, October 15, 2020, 12-1pm CT.** [Register](#)
8. **Pharmacology for Prevention Specialists: Basics of Pharmacology and Alcohol – Webinar** – The second offering of this pharmacology webinar series will explore the pharmacology of opioids. The presenter will cover how opioid addiction impacts major brain regions and the acute and chronic symptoms associated with opioid use. Specific features of opioid dependence and withdrawal will be discussed specifically symptoms that occur when a person is discontinuing their use. The webinar will use Zoom technology and the format will be interactive with ample time for questions. **Thursday, October 15, 2020, 1-2:30pm CT** [Register](#)

Other webinars in this series include:

- **Pharmacology of Psychostimulants (cocaine & methamphetamine) - Thursday, October 22, 2020, 1-2:30pm CT** [Register](#)
- **Pharmacology of Cannabis - Thursday, October 29, 2020, 1-2:30pm CT** [Register](#)

9. **Intersectionality at Work: Strategies for Navigating Multiple Forms of Discrimination** – Black, Indigenous, and People of Color (BIPOC) who experience mental health recovery frequently face multiple forms of injustice, inequality, and discrimination at work. What are the intersecting rights of BIPOC individuals with lived experience of mental illness in the workplace? What strategies should employers use to provide a culture of respect in the

workplace? What do employment specialists need to know to help individuals advocate for themselves at work? This interactive discussion will be guided by these, and other participant questions, and answers from our guest experts.

Monday, October 19, 2020, 12-1pm CT. [Register](#)

10. **NAMI Family & Friends** – This is a free ongoing bi-monthly virtual seminar for family and friends of anyone of any age who is living with a mental health condition. A free eBook is provided to those who attend the seminar, and has information about mental health conditions, handling crisis situations, and communication strategies. The seminar also includes information on NAMI Family programs. **Monday, October 19, 2020, 6:30-8:30pm CT.** [Register](#)
11. **Integrating Cultural Competence into Evidence-Based Practices** – In this era of evidence based practices few developers of these empirical models have been intentional and strategic about the integration of these models with culturally competent practice. In this presentation, participants will learn: ten characteristics of culturally competent therapists; how to integrate cultural competence into evidence based practices, with motivational interviewing, person centered therapy, evidence based group therapy, the use of motivational incentives and feedback informed treatment used as integrative case studies. Other topics discussed includes: addressing tension in cross cultural counseling; overcoming barriers to mistrust in the cross cultural counseling relationship; intersectionality and microaggressions which can occur in the midst of therapy. Participants will also be introduced to non-traditional approaches to therapy influenced by culture. **Wednesday, October 21, 2020, 1-4pm CT.** **Registration Fee: \$75, includes three clock hours.** [Register](#)
12. **New When Helping Hurts: Understanding the Impact of Secondary Traumatic Stress and Compassion Fatigue** – Secondary Traumatic Stress (STS), also referred to as Compassion Fatigue is defined as the indirect exposure to difficult, disturbing, and/or traumatic images and stories of the suffering of others. Now, the fight against two global pandemics plaguing this country: health and systemic racism is amplifying all the factors that lead to compassion fatigue. These pandemics demand an increased need for front line and direct response workers to fulfill the medical, mental, and social health needs of the families and communities impacted. This training is an overview designed to bring awareness to the systematic impact of STS, offer a safe space for helping and healthcare professionals to learn strategies for managing STS and also to assist front line workers in providing from a full well of compassion rejuvenation. **Wednesday, October 21, 2020, 1-2:30pm CT.** [Register](#)
13. **Considerations in Serving LGBTQ Adolescents** – Learn more about the LGBTQIA2+ youth population, cultural implications and programmatic considerations. Participants will discover how to define basic concepts regarding LGBTQIA2+ youth; discuss cultural considerations needed to work with the LGBTQIA2+ youth population; and describe programmatic considerations when working with the LGBTQIA2+ youth population. **Friday, October 23, 2020, 1:30-2:30pm CT.** [Register](#)
14. **FSP Training** – Family Support Providers give assistance to families with children or youth experiencing behavioral health, substance use, or developmental disability challenges. Parents and caregivers can access support and resources through their FSP, along with other services they provide. Consider attending the next training event, being held via zoom, **October 26 - 28, 2020.** For questions regarding registration, please email [Jill Richardson](#).
15. **New Transitional Age Youth Webinar Series** – This series of virtual events will examine special topics for working with adolescents and transitional age youth who have substance use and mental health conditions. The teen and young adult years are an important time for early intervention. There are many evidence-based practices and promising interventions that can be used effectively. The goal of this series is to provide evidence-based and cutting-edge information on substance use prevention and intervention to an interprofessional audience of behavioral health practitioners for working with adolescents and transitional age youth (18 - 25).

Webinars in this series include:

- **The Impact of Substance Use on the Developing Adolescent Brain** – **Tuesday, October 27, 2020, 1-2pm CT.** [Register](#)
- **Who's Doing What?: The Epidemiology of Adolescent Substance Use** – **Tuesday, November 17, 2020, 1-2pm CT.** [Register](#)

- **Substance Use Interventions for Adolescents and Transitional Age Youth – Tuesday, December 15, 2020, 1-2pm CT.** [Register](#)
16. **NAMI Family-to-Family** – This is a free 8-session educational program for family members and friends of adults 18 years and older living with mental health conditions. NAMI Family-to-Family is a designated evidence-based program by SAMHSA. The course is taught by trained family members, and all instruction and course materials are free to class participants. **Saturdays, October 31 – December 19, 1-3pm CT.** [Register](#)
 17. **Family Work to Improve Outcomes for People Experiencing a First Episode of Psychosis** – This webinar will focus on strategies to engage and involve family members in the treatment and recovery of people with FEP. Tools will be shared that can be used to explore family involvement with young people, as well as strategies to engage family members using shared decision making. There will also be an overview of different types of family interventions that your team can offer to participants and families. **Thursday, November 5, 2020, 10-11am CT.** [Register](#)
 18. **Adverse Childhood Experiences: Why they should be the Top Priority of EVERY Child-Serving Professional** – Adverse Childhood Experiences (ACEs) have become a topic of considerable importance during the past 20 years. This workshop will provide an introduction to the concept of ACEs and explore the variety of negative impacts that they appear to have on human functioning. Time will also be spent discussing the importance and process of reducing the impact of ACEs at an early age. **Thursday, November 5, 2020, 1-4pm CT.** **Registration Fee: \$39, includes three clock hours.** [Register](#)
 19. **2020 Virtual Clinical Supervision Trainings** – The training will consist of completing an online training which will be followed by two days of Zoom meetings held on a Thursday/Friday from 9-1pm each day. Participants must have Zoom capability and be on camera for the training. This training is required for an individual to be a MCB Qualified Clinical Supervisor. If you have any questions, please feel free to contact our office at 573-616-2300 or help@missouricb.com. **November 12-13, 2020.** [Register](#)
 20. **Missouri Substance Use Prevention Conference** – Join the Missouri Prevention Resource Center Network for the first ever virtual conference on **November 16-17, 2020!** This conference brings together the prevention community, including staff from the Prevention Resource Centers, community volunteers, school counselors, law enforcement and many others. **Registration Fee: In-State Registration - \$25; Out-of-State Registration - \$50.** [Register](#) | [Agenda](#) | [Speakers](#)
 21. **New Webinar Series: Recovery Oriented Practice with Patricia E. Deegan, PhD** – In this webinar series, Patricia E. Deegan, PhD, will offer proven frameworks and tools for navigating risk, managing professional boundaries and engaging with people around psychiatric medications. Drawing on her own lived experience of recovery after being diagnosed with schizophrenia as a teenager, as well as over 30 years developing recovery-oriented practices, Pat will emphasize practical approaches to supporting folks in their recovery. Peer specialists, direct service staff, clinicians and psychiatric care providers are welcome and will find the information helpful. Each session will include time for Q&A. **Registration is limited and will fill up fast!**
 - **Session 1 - Navigating Risk: The Dignity of Risk and the Duty to Care – Presented on September 29, 2020.** [PowerPoint](#) | [Decisional Balance Worksheet](#) | [Managing Risk Worksheet](#)
 - **Session 2 - A Recovery Oriented Approach to Professional Boundaries - Thursday, February 11, 2021, 2-3:30pm CT.** [Register](#)
 - **Session 3 - The Journey to Use Meds Optimally to Support Recovery (Part 1) - Thursday, May 13, 2021, 2-3:30 CT.** [Register](#)
 - **Session 4 - The Journey to Use Meds Optimally to Support Recovery (Part 2) - Thursday, July 15, 2021, 2-3:30pm CT.** [Register](#)

RECURRING TRAINING OPPORTUNITIES

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

1. **OEND Training at Your Convenience** – In collaboration with Health Literacy Missouri MO-HOPE has developed a series of online videos to train individuals to have overdose education and naloxone distribution conversations with those at high risk of witnessing or experiencing opioid overdoses. These trainings can be completed in 30-45 minutes and are accessible for individuals at their convenience. Individuals can access these trainings at www.tinyurl.com/mohopeoend. The computer individuals are accessing the training from must be able to access YouTube (where the videos are embedded). MO-HOPE will continue conducting **overdose education and naloxone distribution** trainings and **emergency responder naloxone trainings (for police and firefighters)** via Zoom as well if individuals want or need more interactive training and discussion. The most up-to-date session list can be found at www.tinyurl.com/mohopeproject. Trainings are currently scheduled through October.
2. **Mental Health First Aid (MHFA)** - MFHA is now available in a variety of formats, including a fully **virtual** course. MHFA teaches an individual how to identify, understand and respond to signs of mental illness and substance use disorder. This training teaches the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Youth MHFA is also available for adults working with youth (age 12-18). Register today to be the one to make a difference for your friends, family members, colleagues, students, or children. This training is designed for the general community and is being offered for free through the DMH. Check out the [MO MHFA website](#) to register and for more frequent updates.
3. **MAT Waiver Training has gone VIRTUAL!!** – Opioid SOR, in partnership with the Missouri Coalition for Community Behavioral Healthcare is 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 live through Zoom and then the last 4-hours will be individual online work. If you prefer to complete the full 8-hour training online and at your own convenience, please use the link at the bottom to register. 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.

Upon completing the required courses (MD-8 hours, NP and PA-24 hours) participants will need to submit a Notice of Intent form (NOI) along with their certificate(s) of completion, provided after completing the training, which verifies that they have completed the required coursework. A link to the NOI form application will be given following the training.

AVAILABLE VIRTUAL TRAINING DATES: [Register](#)

Saturday, November 7, 2020, 8:30-12:30pm CT, Presenter: Dr. Evan Schwarz

PLEASE NOTE: All attendees are required to have a webcam and reliable internet connection. Webcams must be on for the full training in order to be marked as a participant.

8 Hour Online MAT Wavier Training: [Register](#)

If you are unable to attend one of our 4-hour live trainings, please use the link to complete the full 8-hour online training at your own convenience.

4. **NAMI Basics** – This is a free education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. The NAMI Basics course is led by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. The course generally consists of six classes. This class also counts as a Missouri Foster Parent training credit. For more information and to register, please visit: <https://namimissouri.org/nami-signature-programs/basics-2/>

ONDEMAND

NAMI Basics is now available online through NAMI Basics OnDemand. The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

AVAILABLE VIRTUAL TRAINING DATES:

Saturdays, October 31-December 5, 9-11:30am CT

5. **2020 Certified Peer Specialist Trainings** – This training has gone virtual! If you have questions, please contact the MCB office at 573-616-2300 or help@missouricb.com. Application information can be located at <https://mopeerspecialist.com/>.

AVAILABLE ZOOM TRAINING DATES:

October 26-30, 2020

November 9-13, 2020

November 30 – December 4, 2020

December 7-11, 2020

6. **2020 Certified Peer Specialist Supervision Trainings** – This training is strongly encouraged for any current or future peer specialist supervisor (individuals supervising a CPS). It has been updated so individuals who have attended a training in the past are welcome to attend again. The training is free and will be done in a virtual format only. Once registered, participants will be given a link to watch four videos before the Zoom meeting date. [Click Here For Peer 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. The Zoom meetings are scheduled for 9-11am on the following dates:

Thursday, October 22, 2020

Thursday, December 17, 2020

7. **2020 Virtual Ethics Trainings** – The MCB will be offering the following Virtual Ethics Trainings. These trainings can be used to renew any MCB credential. Participants need to have Zoom capability and be on camera during the training. **Please note that each training is a separate and unique training. If you need six ethics hours, you would need to sign up for two of the trainings.** If you have any questions, please feel free to contact our office at 573-616-2300 or help@missouricb.com. [Registration Form](#)

AVAILABLE TRAINING DATES:

October 16, 2020, 1-4pm CT

October 30, 2020, 9-12pm CT

October 30, 2020, 1-4pm CT

Look for updates on different topics/initiatives next Friday!