

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

September 17, 2021

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

1. **Fiscal Updates** – Budget work for the request cycle is still going on and the book will go to print this week. We will provide more details in a future FYIF.
2. **Zero Suicide** – Under the Zero Suicide in Health Systems Grant, DMH partnered with MBHC and the Zero Suicide Institute to host Missouri's 5th Zero Suicide Academy. This two-day virtual academy trains healthcare providers on how to transform their system to provide suicide safer care to all patients. The academy was held August 31 and September 1, 2021 with a total of 17 agencies, 74 individuals in attendance. There was representation from hospital systems, healthcare providers, behavioral health providers, substance use disorder providers and Department of Corrections.
3. **DHSS Adult Abuse and Neglect Hotline** – Abuse, neglect and exploitation of the elderly and disabled should never go unreported. To ensure that each adult receives the help they need, mandated reporters are now encouraged to report adult abuse, neglect and exploitation online. Available 24/7 at <https://health.mo.gov/safety/abuse/>
4. **Funeral Assistance-Coronavirus (COVID-19)** – The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus. FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. [Learn More](#)
5. **Suicide Prevention Month feathered in Town and Style** – Independence Center's, Eve Kincaid, Community Support Supervisor and Zero Suicide Leader, was interviewed about the services they offer and their work on the Zero Suicide Initiative. The article is available on Page 29. [Read More](#)

1. COVID-19 Updates & Resources

- **Missouri Vaccine Navigator** – This is a secure registry tool to assist Missourians in receiving a COVID-19 vaccine. Information is available in **multiple languages**. [Learn More](#)
- **Missouri COVID-19 Vaccine Providers** – <https://covidvaccine.mo.gov/map/>
- **The Wellness Guide to Overcoming Isolation During COVID-19** – offers help and support for those suffering from isolation during the COVID-19 pandemic. Being alone and lonely is difficult enough, but stay-at-home orders and social distancing make it even more challenging to overcome such feelings and make connections. This is a free digital download. [Learn More](#)

DBH Community COVID-19 Positives Data (as of Sept 17 at 8 am)

Consumers	1,553
Staff	1,055
Providers	58
22 consumer/staff deaths have been reported.	

- **Are You a Healthcare Professional Impacted by COVID-19?** – The Missouri First Responder Provider Network, in partnership with the Department of Mental Health and Coalition for Community Behavioral Healthcare, **can provide free behavioral health services for healthcare professionals who have been impacted by COVID-19.** Visit <https://www.missouricit.org/first-responders> to find a provider.
- **DBH COVID Resources –**
 DBH COVID-19 Guidance/Resources - [MoHelpNow](#)
 DMH Disaster Services Website - <https://dmh.mo.gov/disaster-services/covid-19-information>
 State's COVID Vaccine Information Website - <https://covidvaccine.mo.gov/>
 MO DHSS Website - <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>
 COVID Grief Resource Guides -<https://www.covidgriefresources.com/> and <https://www.covidgriefresources.com/wp-content/uploads/2021/07/COVID-Internet-Resource-Guide-7-25-21.pdf>
 CDC Website - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

FUNDING OPPORTUNITIES

1. **How to Develop a Competitive Grant Application** – SAMHSA will be conducting a webinar on how to develop a competitive grant application. Multiple dates available along with printable PDF document.
 - **September 20, 2021, 1pm CT.** [Register](#)
 - **October 28, 2021, 1pm CT.** [Register](#)
2. **HRSA extends application deadline for healthcare workforce resiliency grants** –The Health Resources and Services Administration (HRSA) announced a deadline extension for several grant opportunities addressing resiliency among the healthcare workforce. HRSA is now accepting applications through September 20th for the Health and Public Safety Workforce Resiliency Training Program, Promoting Resilience and Mental Health Among Health Professional Workforce, and Health and Public Safety Workforce Resiliency Technical Assistance Center. The first program will provide approximately \$68 million for 30 grants and State or local governments are included as eligible applicants. The second program provides approximately \$29 million for 10 grants and entities providing health care are eligible to apply. The third program will provide approximately \$6 million for one grant and State or local governments are included as eligible applicants.

JOB ANNOUNCEMENTS

Lead Administrative Support Assistant

This position within the Division of Behavioral Health with the Department of Mental Health domiciled in St. Louis, MO. Application deadline is September 23, 2021. [Learn More and Apply](#)

INFO and RESOURCES

1. **New CDC study examines mental health and substance use among adults with disabilities during COVID-19** – A study recently published in the Centers for Disease Control and Prevention's (CDC) Morbidity and Mortality Weekly Report (MMWR) examined mental health and substance use among adults with disabilities during the COVID-19 pandemic. The study found that, during February and March of 2021, 64.1% of surveyed adults with disabilities reported adverse mental health symptoms or substance use. Results of the survey also indicated that past-month substance use was higher among adults with disabilities compared to adults without disabilities (40.6% versus 24.5%, respectively). In addition, adults with disabilities and a diagnosis of a mental health or substance use disorder (SUD) more frequently reported difficulty accessing care and medications. [Learn More](#)

2. **New NIH finds marijuana use at historic highs among college-age adults** – The National Institutes of Health (NIH) announced in a press release that marijuana use has continued to rise among college students over the past five years and has remained at high levels among same-aged peers who are not in college. The data was acquired from the 2020 Monitoring the Future (MTF) survey and represents the highest levels of marijuana use recorded since the 1980's. Among college students, 44% reported using marijuana in the past year in 2020, compared to 38% in 2015. For young adults not in college, annual marijuana use in 2020 remained at 43%. In addition to marijuana, the survey found a significant increase in the annual use of hallucinogens and a significant drop in current alcohol use between 2019 and 2020. [Learn More](#)
3. **New Overdose Death linked to Synthetic Benzodiazepines on the Rise** – Overdose deaths linked to synthetic benzodiazepines rose more than sixfold between 2019 and 2020, according to a new report from the Centers for Disease Control and Prevention (CDC). [Read More](#)
4. **New National Council Poll: Insights into Youth Mental Health** – A majority of parents say their children's mental wellbeing worsened during the past year-and-a-half because of remote learning and social isolation due to the COVID-19 pandemic, according to our new poll released yesterday. Our poll highlights the impact of the COVID-19 pandemic on young people and the increasing need for mental health and substance use information, resources and support for families and schools. Learn more about our important findings. [Learn More](#)
5. **New Recovery Friendly Workplace Toolkit** – The goal of this toolkit is to provide you with practical tools and information. Too often, we ignore problems and do not provide resources to help people take action. This is just a small sample of what you can do for your employees. This is just a small sample of what you can do for your employees and how being a Recovery Friendly Workplace can benefit your company as well. [Toolkit](#)
6. **New Many Older Adults with Chronic Illness Reluctant to Seek Mental Health Support** – Just over 40% of older adults living with chronic conditions—a population at increased risk of mental health decline—said they would be unlikely to seek mental health help if they needed it, according to a study published in the *Australian Journal of Psychology*. [Learn More](#)
7. **Whole-Person Care for People Experiencing Homelessness and Opioid Use Disorder Toolkit** – Understanding Homelessness and Opioid Use Disorder, Supporting Recovery, and Best Practices in Whole-Person Care. [Download Toolkit](#)
8. **Probation and Parole Regional Oversight Meetings** – These are subject to change. For any questions regarding the P&P Regional Oversight Meetings, please contact Jessica Bounds at jessica.bounds@dmh.mo.gov and/or 573-751-4730.

September 24, 2021 – Northeast Region – 10-12 pm

Location: Virtual

November 19, 2021 – Southeast Region – 10-12 pm

Location: Virtual

December 3, 2021 – Southwest Region – 10-12 pm

Location: Virtual

January 11, 2022 – North Central Region – 10-12 pm

Location: Virtual

January 25, 2022 – Eastern Region – 10-12 pm

Location: Virtual

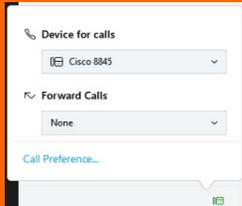
DB's Tech Tips

Setting up Jabber for phone calls

1. To make and receive calls on your computer click on the phone icon at the bottom of the Jabber screen.



2. In the Device for Calls pull down menu select Use my computer.



3. The green icon will change from a telephone to a computer.
4. Jabber is now setup and ready to use.



TRAINING OPPORTUNITIES

1. **Advancing Evidence-Based Interventions to Improve Access to Mental Health Services for LFGTQ+ Youth** – This webinar will provide an overview of a NIMH-sponsored study that adapts an evidence-based mental health intervention for LGBTQ+ youth of color and their families. It will also showcase potential mechanisms that can be used to adapt the intervention to address mental health disparities faced by SGM youth of color. **Tuesday, September 21, 2021, 1pm CT.** [Register](#)
2. **New Talking Teen Mental Health and Substance Use Challenges** – Today's younger generations are facing seemingly insurmountable odds – from the impact of COVID-19 on their mental wellbeing to stigma, access to care and increasing reliance on substance use. **Wednesday, September 22, 2021, 1pm CT.** [Register](#)
3. **The Intersection of Harm Reduction Prevention and Recovery** – This 2 part webinar series will illustrate the common goals within the fields of prevention, recovery, and harm reduction such as: reducing the adverse health and social consequences of chaotic substance use, demonstrate the multiple points of intervention across the spectrum of substance use, and how to develop coordinated strategies at individual and community levels to address chaotic substance use.
 - **Part 2, Wednesday, September 22, 2021, 1:30pm-3:30 pm CT.** [Register](#)
4. **Mental Health and Cancer-Person Centered Collaborative Care** – Gain skills to integrate person-centered resiliency-oriented cancer care for individuals with mental health and substance use challenges. **Wednesday, September 22, 2021, 12:30pm CT.** [Register](#)
5. **Teen Mental Health and Substance Use** – Today's younger generations are facing seemingly insurmountable odds – from the enduring impact of COVID-19 on their mental wellbeing to stigma, access to care and the increasing reliance on substance use. **Wednesday, September 22, 2021, 1pm CT.** [Register](#)

6. **MRSS Specialist Training** – KC Area Missouri Recovery Support Specialist Training. The MRSS training is for those individuals doing recovery support work but who are not in personal recovery themselves. Three-day training provided by the Missouri Credentialing Boards. Location: Healing House, 4505 St. John Ave. Kansas City MO. Please call or more information (573) 616-2300. **September 22-24, 2021** [Register](#)
7. **Suicide Lifeguard-Suicide Prevention Training** – This training is developed for behavioral health professionals who are required to meet licensure and re-licensure continuing education hours in suicide assessment, referral, intervention and management skills. **Thursday, September 23, 2021, 1pm-4pm CT.** [Register](#)
8. **New Journey Toward Recovery Rich Communities: Where we have Been, Where we are Now, Where we are Going** – webinar, we will host a diverse panel of experts who will take us through the past, present, and future of recovery-ready communities. Together, we will explore the elements of the recovery ecosystem, the role of advocacy, and what it takes to create recovery-rich communities. **Thursday, September 23, 2021, 3pm-5pm CT.** [Register](#)
9. **Diagnosis and Treatment of Eating Disorders** – While most mental health-related graduate programs provide education on a wide variety of disorders and treatments, most do not prepare new clinicians to diagnose and treat something as complex as an eating disorder. This puts clinicians in a potentially dangerous situation if faced with a client struggling with an eating disorder; but not presenting with the trademark signs that come with the base knowledge of eating disorder symptoms. This scenario is all too common, and the following webinar aims to fill in some of those gaps and equip clinicians to detect eating disorders, and refer when appropriate. **Friday, September 24, 2021, 9am-12pm CT.** [Register](#)
10. **Trauma and PTSD in Serious Mental Illness** – Trauma and Posttraumatic Stress Disorder in Serious Mental Illness" covers the topic of the co-occurrence of trauma and PTSD in Serious Mental Illness (SMI). The focus is on prevalence rates, theories and therapies of PTSD, research findings with therapy approaches for PTSD in SMI, and preliminary data for the evidence based practice of Cognitive Processing Therapy for PTSD in SMI. **Friday, September 24, 2021, 1pm CT.** [Register](#)
11. **Brief Intervention and Referral to Treatment (SBIRT) with Adults** – this webinar will explore SBIRT components, trends in substance use challenges among adults and considerations for integration within the clinical workflow. **Tuesday, September 28, 2021, 2pm CT.** [Register](#)
12. **Mental Health First Aid Training** – Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.
 - **Wednesday, September 29, 2021, 9am-4pm CT.** [Register](#)
 - **Wednesday, October 6, 2021, 9am-4pm CT.** [Register](#)
13. **New Screening and Treatment for Alzheimer's and Dementia for Individuals with IDD in Older Adults** – During this webinar, you will learn about how aging for individuals with IDD can be different than aging in neurotypical individuals, as well as screening, treatments, and support for dementia for individuals with IDD, and the use of medications and the implication of the new FDA approved drug, Aduhelm. **Tuesday, September 29, 2021, 11pm CT.** [Register](#)
14. **Focus on Effective Treatment Interventions and Recovery Supports** – This webinar will discuss research findings related to brain recovery following use of stimulants. **Wednesday, September 29, 2021, 12pm-1:30pm CT.** [Register](#)
15. **YSBIRT Training** – an integrated and comprehensive public health approach to identify, reduce and prevent risky alcohol and drug use. **Thursday, September 30, 2021, 12pm-3 pm. CT.** [Register](#)

16. **New Adolescent Suicide Prevention and Intervention: Best Practices for Mental Health Professionals** – This webinar will cover strategies for identifying and assessing signs and symptoms of youth suicidality, explore opportunities for engagement in prevention, and discuss the evidence-based interventions effective for treatment. **Thursday, September 30, 2021, 12pm CT.** [Register](#)
17. **Guardianship 101** – A guardian is responsible for decisions concerning health care and living arrangements for the person deemed incapacitated. A conservator is responsible with managing the person’s income and assets and paying bills. This program will review the Guardianship and Conservatorship laws and the legal process, as well as address the impact of the 2018 legislation and teach attendees advocacy tips. **Thursday, September 30, 2021, 1pm-3pm CT.** [Register](#)
18. **NAMI In Our Own Voice Presentation** – This is a two-day peer led training for individuals living with mental illness who want to become certified to provide recovery education, stigma reducing presentations tailored for any audience. [Register](#)

AVAILABLE TRAINING DATES:

October 1-2, 10-2pm each day

19. **New Food and Mood Understanding Science, Evaluating Evidence, and Implementing Best Practices** – participants will learn decision-making strategies and critical evaluation skills around the dynamic interplay of nutrition and behavioral health for school-aged youth. Participants will learn how to discern pseudoscientific practices from evidence-based practices when addressing physical wellness as part of a mental health treatment plan. Participants will also have the opportunity to engage with experts in the field through an interactive panel to discuss topics presented and pressing questions or issues from the field. **Friday, October 1, 1:30pm-3pm CT.** [Register](#)
20. **Cognitive Behavior Therapy for Insomnia** – Cognitive Behavior Therapy for Insomnia (CBTI) is the psychological treatment of choice for insomnia. Research studies support the efficacy of CBTI, with many studies finding that it is as effective or more effective than sleep medications. This webinar will introduce the essential theory and techniques of CBTI along with a framework for implementing sleep education, and discussion on the incorporation of a sleep log during treatment. **Wednesday, October 6, 2021, 2pm-3:30pm CT.** [Register](#)
21. **Perspectives of Schizophrenia Treatment Guidelines** – The webinar will provide perspectives of schizophrenia guidelines development, with a focus on key similarities and differences. **Wednesday, October 13, 2021, 11am CT.** [Register](#)
22. **New Let’s Talk: Shaping Our Future Through Inclusion and Innovation** – Join ReDiscover for their 2021 virtual Fearon Institute. This day of learning focused on mental health; resilience; and diversity, equity, inclusion and belonging. The event will feature a state legislative update, two panel discussions entitled, “Under Construction: How to launch DEI in behavioral health workspaces” (featuring CEDI members) and “Innovations in mental health,” as well as a keynote presentation from Mindy Corporon, thought leader, podcast host and author of “Healing a Shattered Soul- My Faithful Journey of Courageous Kindness after the Trauma and Grief of Domestic Terrorism.” Registration is \$40 per attendee and includes 5 CEUs, as well as a copy of Mindy's book. Registration deadline is October 12, 2021. **Thursday, October 14, 2021, 9am-3:30pm CT.** [Register](#)
23. **New Strengthening Care Delivery for Persons with Disabilities who are LGBTQ+** – This webinar seeks to provide insights on establishing affirming relationships among individuals, within communities, and between clients and providers are key to achieve affirming, inclusive care for these populations. **Thursday, October 14, 2021, 3pm CT.** [Register](#)
24. **New The Role of the Pharmacist in the Treatment of Depression** – Depression is one of the most common psychiatric illnesses affecting approximately 8% of American adults in a given year. Despite the high prevalence of depression, it is often not adequately managed. Pharmacists are well placed to have a role in depression

management across practice settings, complementing the role of general practitioners and psychiatric providers.

Tuesday, October 19, 2021, 11am CT. [Register](#)

25. **Advancing Equity, Diversity, and Inclusion for a More Perfect Union** – This is a three day virtual workshop Given the continued emergence of an interconnected society, a global pandemic, and protests and unrest calling for racial justice, building organizational capacity for advancing equity, diversity, and inclusion is more critical than ever. The need for leaders within social sector organizations to understand and engage the current environment is essential in building an equitable society for all. This is a three day virtual workshop.

November 2, 9 and 16, 2021 11am-3pm CT. [Register](#)

26. **First Episode Psychosis: Focus on US Hispanic Population** – This presentation will review concepts of First Episode Psychosis (FEP) and Coordinated Specialty Care (CSC) while focusing on the cultural considerations for treatment, outcomes, and research for the US Hispanic FEP patient population. **Wednesday, December 8, 2021, 11am CT.**

[Register](#)

RECURRING TRAINING OPPORTUNITIES

1. **New Overdose Prevention and Naloxone Trainings** – PreventEd has multiple training options available at different dates and times. To view the trainings go to their website or contact Stacie Zellin -Community Education Coordinator at szellin@prevented.org [Learn More](#)
2. **2021 MCB Summer and Fall Ethics Trainings** – The following are multiple dates and times for Zoom and/or Live Ethics Training Opportunities. If you have any questions, please feel free to contact our office at 573-616-2300 or help@missouricb.com.
 - September Ethics Trainings-[Register](#)
 - October Ethics Trainings-[Register](#)
 - November Ethics Trainings-[Register](#)
3. **Simulant Overamping Education Training** – Overamping is the term used to describe an adverse physical and mental reaction after using stimulants or what one might consider an “overdose” on speed or cocaine. The goal with these new trainings is to inform our community members on how to respond to overamping events as part of our efforts to expand harm reduction and prevention work for people with Stimulant Use Disorder. If these dates do not work for you or your organization, please reach out to us at noMoDeaths@mimh.edu and we can work to schedule a training according to your schedule. Trainings will also be recorded and posted on our website, noMoDeaths.org

September Dates:

- **Tuesday, September, 21, 2021 8am-9:30am CT.** [Register](#)
- **Wednesday, September 29, 2021, 1pm-2:30pm CT.** [Register](#)

4. **Preventing Suicide in Persons Impacted by Intimate Partner Violence and Trauma** – state-based trainings on suicide prevention for mental health professionals, DV/IPV advocates, and others working with survivors of violence and trauma working within Missouri. Since suicide risk among domestic violence survivors is higher than the average population, it is important for professionals to feel confident and informed about how to identify and triage risk.

- **Tuesday, September 28, 2021, 9am-12pm CT.** [Register](#)
- **Wednesday, October 20, 2021, 9am-12pm CT.** [Register](#)

5. **Motivational Interviewing Training Opportunities-National Council for Behavioral Health**

Introductory/Refresher Virtual Motivational Interviewing Training – This live session is ideal for busy individuals looking for introductory or refresher training. Whether you’re a clinician in a behavioral health setting, a

supervisor trying to boost staff morale or a nurse helping patients manage diabetes, motivational interviewing (MI) training can help you create conversations that empower people to make meaningful changes.

- **Tuesday, November 9, 2021, 11am-3pm CT.** [Register](#)

Intermediate Motivational Interviewing Training – For individuals who have had prior MI training and want to hone their skills, we will jump right into the deeper use of spirit and OARS strategies to identify and evoke change talk. This is a smaller group format to allow for multiple guided practice opportunities.

- **Thursday, October 7, 2021, 11am-3pm CT.** [Register](#)

- 6. MOADD ECHO** – Missouri Alliance for Dual Diagnosis (MOADD) ECHO is hosted by ECHO Autism and **held the 1st and 3rd Wednesday of each month from 12:30 to 2:00 p.m.** An interdisciplinary team of specialist from across the state sharing best practice information for bridging care gaps between mental health providers, state agencies, and service systems supporting children with intellectual disabilities and/or autism and a behavioral health diagnosis. Community Mental Health Center professionals (therapists, social workers, case managers, psychologists, psychiatrists, nurses); Developmental Disability Service Professionals (support coordinators, BCBA's, professional managers, direct care staff); and Children's Division professionals are encouraged to participate. MOADD ECHO includes specialist in psychiatry, behavior analysis, trauma, family advocacy, medicine, mental health and clinical system navigation. ECHO Autism will be provided at no cost for participating individual's free continuing education. Registration and more information is available at <https://echoautism.org/missouri-alliance-for-dual-diagnosis/>
- 7. 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 (valued at \$170 per person). Check out the [MO MHFA website](#) to register and for more frequent updates.
- 8. 2021 MCB Certified Peer Specialist Training Series** – The MCB will be offering the following training series for those holding the Certified Peer Specialist (CPS) credential. These trainings will be held on Friday mornings from 9:00-12:00 through the Zoom platform. The cost of each training is \$20.00. Those holding the CPS can sign up using the registration links below:
 - **Peer Ethics** –This training will cover the MCB CPS Ethics Code. There will be open discussions about real life ethical issues that are faced by those holding the CPS including how boundaries are established, how to navigate work and personal recovery and how to work within a multidisciplinary team of professionals. **Friday, October 22, 201, 9am-12pm CT.** [Register](#)
 - **CPS Tools** –Were you originally trained as a CMPS? Would you like to be trained in the new material in the Certified Peer Specialist training? Would you like to learn practical tools/interventions that you can utilize with your peers? This training will focus on tools/interventions that can help peers with Spirituality, Stages of Change Interventions & Effective Listening. The training will be interactive and allow you to practice the tools/interventions. Peer Specialists who were originally trained as a MRSS-P and would like a refresher are also welcome. **Friday, November 12, 201, 9am-12pm CT.** [Register](#)
 - **Housing/Employment/PATH/SOARS** –This training will be conducted by experts from the Department of Mental Health. They will be discussing resources CPS can use with peers to help find housing and employment. Information will be provided on the specific PATH and SOARS programs. **Friday, December 3, 201, 9am-12pm CT.** [Register](#)
- 9. 2021 Peer Specialist Trainings** – Please see the peer specialist trainings provided by the MCB below.
 - **Certified Peer Specialist Basic Training** – [Register](#)

- **Peer Specialist Supervisor Training** – This training is strongly encouraged for any current or future peer specialist supervisor (individuals supervising a CPS) **This training has been updated so those who have attended a training in the past are welcome to attend again.** [Register](#)
- **Certified Peer Specialist Specialty Training** – The specialty training topics will include Peer Ethics, Spirituality & Recovery, and Peer Documentation Strategies & MCB Updated Peer Information. **The cost of each training is \$20.** [Register](#)

Look for new information and resources coming next Friday!