

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

September 24, 2021

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

1. **Missouri's Mobile Crisis Planning Grant** – Missouri is one of 20 states recently awarded a planning grant for qualifying community-based mobile crisis intervention services issued by the Centers for Medicare and Medicaid Services (CMS). Due to recent preparation for 988, there is momentum to advance Missouri's current crisis services towards an evidence-based care continuum ready to deliver high-quality community-based mobile crisis services statewide. With the awarded grant dollars, the Department of Mental Health, in partnership with MO HealthNet and other stakeholders, will evaluate current statewide behavioral health mobile crisis capacity and operationalize a strategy for implementing a Medicaid state plan authority. This project poses an opportunity to introduce Medicaid as a payer, expand mobile crisis services to Medicaid-eligible individuals, and ensure a more standardized and comprehensive crisis response system. Missouri's planning grant team looks forward to working with CMS over the next year as critical steps are taken towards Medicaid-funded community-based mobile crisis services within a crisis system that will benefit all Missourians.

Casey Muckler, Suicide Prevention Specialist, will lead this project and convene a mobile crisis response workgroup to inform the creation of Missouri's mobile crisis work plan, training curriculum, and standards. The workgroup will include key stakeholders such as law enforcement/community first responders, 988 crisis center representatives, mobile crisis team members, peers, and more. Donna Siebeneck, Director of Medicaid and Reimbursements, will be pursuing the development of a SPA or waiver.

2. **Burrell Behavioral Health has become Missouri's 6th National Suicide Prevention Lifeline (NSPL) Call Center** – What this means for Missouri: Beginning September 20, 2021, Burrell Behavioral Health began answering calls to the NSPL by Missouri residents in 17 Counties. Burrell will be one of six call centers in Missouri that will answer 988 calls when the transition from the National lifeline number to 988 takes places July 2022. With Burrell on board, there will now be local coverage for an additional 17 counties. This will assist the existing NSPL providers in answering current call volume and will benefit Missouri residents by helping to ensure their calls are answered in state and they are being connected with local resources. Continued appreciation to our existing NSPL members who are saving lives: Behavioral Health Response (BHR), CommCARE, Ozark Center, Compass Health Network, Provident, and DeafLEAD (handles chats and texts for MO).



3. **Prescription Drug Monitoring Program** – Effective October 1, 2021, prescribers of controlled substances for MO HealthNet participants are required to check an available Prescription Drug Monitoring Program (PDMP) prior to prescribing a controlled substance to the participant. [Learn More](#)

4. **Important SNAP/Food Dates to Remember** – The Department of Social Services (DSS) is taking extra steps to keep SNAP/Food Stamp recipients aware of upcoming changes and to ease the return to regular SNAP program benefits and operation.

Important SNAP Dates	
September	Regular SNAP benefits resume, plus Last month for temporary 15% SNAP increase
October	*Regular SNAP benefits resume with an increase (more information on increase below)

*Starting October 1, 2021, regular SNAP benefit amounts will increase. The regular SNAP maximum benefit amount a family of four can receive in September (which includes the temporary 15 percent increase) is \$782 and starting October 1, that amount increases to \$835.

Maximum Monthly SNAP Benefit		
Household Size	Through September 30*	Starting October 1
1	\$234	\$250
2	\$430	\$459
3	\$616	\$658
4	\$782	\$835

How to Apply for SNAP Benefits

For your ease, you can apply for SNAP benefits 24/7 online by visiting [MyDSS.mo.gov](https://myDSS.mo.gov), or sending a completed application and verification documents by email to FSD.Documents@dss.mo.gov, or by fax to 573-526-9400.

IMPORTANT REMINDERS

- It is important for you to report to the Family Support Division (FSD) if you now have an income above the maximum limit (contact information below).
- If you are an able-bodied adult without a dependent, you must report any change in your circumstances to FSD (contact information below).

Questions

- Visit myDSS.mo.gov
- Call the FSD Information Line at **855-FSD-INFO** or (855-373-4636) Monday through Friday, 6:00 a.m. to 6:00 p.m.

5. 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

DBH Community COVID-19 Positives Data (as of Sept 24 at 8 am)	
Consumers	1,582
Staff	1,070
Providers	58
22 consumer/staff deaths have been reported.	

distancing make it even more challenging to overcome such feelings and make connections. This is a free digital download. [Learn More](#)

- **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. **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

Director of Prevention and Mental Health Promotion

This position within the Division of Behavioral Health with the Department of Mental Health domiciled in Jefferson City, MO. Application deadline is October 7, 2021. [Learn More and Apply](#)

DB's Tech Tips

Drag Email to Calendar

Let's assume you received an email and you want to set up an appointment/schedule on your calendar. Simply drag the email to the calendar section and it will show you a new window for creating the appointment. It will include the email content and the title of the appointment will be the subject of the email. Now all you have to do is to set the time and date and other settings and click "Save & Close" to create the appointment.

INFO and RESOURCES

1. **New Minds Matter September 2021 Young Adult Newsletter** – Our first young adult newsletter was released this morning!! Each month we will use this platform to share best practices for working with young adults, related articles and resources, topic spotlights, and content created by young adults themselves to share their voice and experiences. I hope you enjoy and are able to learn something new about young adult culture! As always, if you have any questions or even content you would like included in next months newsletter, please reach out to me, Britt Grindstaff @ bgrindstaff@bhnstl.org. [Read More](#)
2. **New FOR TEENS: Nurturing my Mental and Emotional Health** – Mental and emotional well-being is critical to overall health. By supporting teens in developing healthy coping skills, you can set them up for success in dealing with stress and challenging circumstances in the future. This activity helps promote mindfulness and teaches teens how to practice health-enhancing behaviors. [Learn More](#)
3. **New Words Matter: Preferred Language for Talking about Addiction** – For people with substance use disorders, stigma may stem from outdated and inaccurate beliefs about addiction instead of recognizing it as a chronic, treatable disease from which people can recover and continue to lead healthy lives. Find tips for discussing substance use and addiction in ways that reduce stigma. [Read More](#)
4. **New Medications for Opioid Overdose, Withdrawal, and Addiction Infographic** – This infographic shows the different types of medications prescribed for opioid overdose, withdrawal, and addiction. [Learn More](#)
5. **New Punishing Drug Use Heightens the Stigma of Addiction** –Our understanding of substance use disorders as chronic but treatable health conditions has come a long way since the dark days when they were thought of as character flaws or worse. Yet societal norms surrounding drug use and addiction continue to be informed by myths and misconceptions. [Read More](#)
6. **New Connecting Communities: A Guide to Youth-Adult Partnership for Youth Mental Wellbeing** – Youth of all races, identities and abilities deserve equitable access to mental health supports that are inclusive and responsive to their lived experiences. The reality is that young people are experiencing mental health challenges at increasingly alarming rates, and many young people – like youth of color, LGBTQ+ youth and youth in rural and frontier communities – face inadequate access to quality care. [Learn More](#)
7. **New Schizophrenia Symptoms, Hospitalizations Reduced with Psychological Rehabilitation** – This video will discuss the severity of functional deficits in schizophrenia and the importance of psychological rehabilitation, such as cognitive remediation and vocational rehabilitation. [Watch Video](#)
8. **New Perceptual Distortions in Young Adulthood Predict Psychotic Symptoms Later** – Perceptual aberrations in young adulthood predicted increased levels of hallucinations, delusions, and total psychotic symptoms in midlife, according to a study published in the Journal of Abnormal Psychology. [Read More](#)
9. **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](#)
10. **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](#)

11. **Overdose Death linked to Synthetic Benzodiazepines on the Rise** – Overdose deaths linked to synthetic benzodiazepines rose more than six fold between 2019 and 2020, according to a new report from the Centers for Disease Control and Prevention (CDC). [Read More](#)
12. **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](#)
13. **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](#)
14. **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](#)
15. **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](#)
16. **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.

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

TRAINING OPPORTUNITIES

1. **New Emergency Rental Assistance Program (ERAP)** – This webinar will provide the tools and information you need to help the people you serve to learn more about and apply for Emergency Rental Assistance resources. **Thursday, September 20, 2021, 10am CT.** [Register](#)

2. **New 911 and 988: Collaboration and Contrast Webinar** – The upcoming launch of the new 988 national crisis holds the promise of an enhanced mental health crisis system. How will this new number work alongside existing systems such as 911? What can the history of 911 teach us about the road ahead with 988? Join us in exploring the history of 911, the vision for 988, and how both 988 and 911 will collaborate to enhance emergency and crisis care., September 29, 2021, 10am CT. [Register](#)
3. **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. **Wednesday, September 29, 2021, 11pm CT.** [Register](#)
4. **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](#)
5. **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](#)
6. **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](#)
7. **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](#)
8. **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, 2021, 1:30pm-3pm CT.** [Register](#)
9. **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, October 6, 2021, 9am-4pm CT.** [Register](#)
10. **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](#)
11. **New The Role of Peer Recovery Services: Best Practices from a Community Center** – This webinar will discuss Anchor Recovery Community Center, and all it has to offer the recovery community, including peer support groups, events, one-on-one meetings with a peer specialist, and a training program. **Thursday, October 7, 2021, 12pm CT.** [Register](#)

12. **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](#)
13. **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](#)
14. **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](#)
15. **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](#)
16. **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](#)
17. **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. **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:

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

4. 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](#)

5. 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.

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

6. 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.

7. 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](#)

8. **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!