

# FYI FRIDAYS

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

***December 17, 2021***

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

1.



>>Conference Registration will be available January 2022<<  
[Click HERE to reserve your hotel room TODAY!](#)

2.



***Link for registration and hotels:*** <https://www.motreatmentcourts.org/2022-matcp-conference/>

3. **Code of State Regulations** – Below is a list of new or updated rules that are published in the **November 30, 2021, issue of the Code of State Regulations** <https://www.sos.mo.gov/adrules/csr/csr> .

These regulations will be effective on **December 30, 2021.**

- 9 CSR 10-5.210 Exceptions Committee Procedures
- 9 CSR 30-3.032 Certification of Substance Use Disorder Prevention and Treatment Programs
- 9 CSR 30-3.100 General Requirements for Substance Use Disorder Treatment Programs
- 9 CSR 30-3.110 Service Definitions, Staff Qualifications, and Documentation Requirements for Substance Use Disorder Treatment Programs
- 9 CSR 30-3.132 Opioid Treatment Programs
- 9 CSR 30-3.155 General Staff Requirements for Comprehensive Substance Treatment and Rehabilitation (CSTAR) Programs

- 9 CSR 30-3.157 Community Support in Comprehensive Substance Treatment and Rehabilitation (CSTAR)
- 9 CSR 30-3.195 Outpatient Substance Use Disorder Treatment Programs

#### 4. 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](#)
- **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/>

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

Show Me Hope - [www.MoShowMeHope.org](http://www.MoShowMeHope.org)

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

Consumers	1,785
Staff	1,153
Providers	59

**24 consumer/staff deaths have been reported.**

### DB's Tech Tips

#### Conduct Polls During a Meeting

During a Webex meeting, you can also host polls and collect the responses from other meeting participants in real-time. But the panel for polls has to be added to a meeting first. And because of that, a lot of people never even find out about the existence of this feature in Webex.

To add polling to a meeting, go to the Menu Bar in the meeting window and click on the 'View' option. Then, go to 'Panels' in the menu, and select 'Manage Panels' from the sub-menu.

Now, select 'Polling' from under the 'Available Panels' area and click on the 'Add' button to move it to the 'Current Panels'. Finally, click 'OK' to save the changes.

The panel for Polling will appear on the right side of the meeting window where the panels for participants, chats, etc., appear. From there, you can add questions and conduct polls with meeting participants.

## FUNDING OPPORTUNITIES

1. **New RX Cares Program for Missouri** – The RX Cares for Missouri Program, administered by the Missouri Board of Pharmacy, is seeking grant funding proposals for the purpose of developing or providing programs or education to promote medication safety, or prevent prescription drug abuse, misuse, and diversion in the state of Missouri. [Learn More](#)

2. **Public Health Scholarship Program (HRSA-22-122)** – The Public Health Scholarship Program's purpose is to strengthen the public health workforce by supporting organizations to develop scholarship programs that incentivize individuals to pursue careers in public health. Through this program, scholarship recipients will gain the requisite knowledge and skills necessary to prevent, prepare for, and respond to recovery activities related to COVID-19, as well as other public health emergencies. This program will provide funds to award recipients to provide scholarships to 1) individuals in professional, graduate, and/or certificate programs in public health, and 2) employees of public health department/entity/site receiving training in public health. Scholarships will be awarded to individuals by grant recipients. The applicant will be required to have an existing public health training program as well as public health partnerships in place, along with a system to assist scholarship recipients to maintain or obtain employment in public health upon completion of their training. [Learn More](#)

## ***RESOURCES to SHARE with STUDENTS***

1. **Start a Conversation: 10 Questions Teens Ask about Drugs and Health** – At the National Institute on Drug Abuse (NIDA), our goal is to help people get accurate, science-based information about drugs and health. For the past decade, researchers at NIDA have set aside a Chat Day each year during National Drug and Alcohol Facts Week® to answer questions teens have about drugs and health. We've compiled teens' 10 frequently asked questions from more than 118,000 queries we've received to help you start a conversation about drugs and health. It's okay if some of this information is news to you—lots of other people are asking, too! [Read More](#)
2. **Commonly Used Drugs Charts** – Find information on commonly used drugs with the potential for misuse or addiction, including information about short- and long-term health effects. [Read More](#)
3. **The Science of Drug Use** – Review easy-to-understand talking points to communicate drug use and addiction concepts to adults or teens. [Read More](#)
4. **Words Matter: Preferred Language for Talking about Addiction** – With simple changes in language, harmful stigma, and negativity around substance use disorder can be reduced or avoided. [Read More](#)
5. **The Connection between Substance Use Disorder and Mental Illness** – Many individuals who develop substance use disorders are also diagnosed with mental disorders and vice versa. [Read More](#)

## ***INFO and RESOURCES***

1. **New Addiction Policy Forum Launched the Opioid Preventions Campaign for LatinX Communities** – The Addiction Policy Forum launched “Campaña de Prevención de Opioides,” a public health media campaign to help prevent adolescent substance use, now available in both English and Spanish. (Esta semana the Addiction Policy Forum, lanzó la “Campaña de Prevención de Opioides,” una campaña de salud pública en los medios de comunicación para ayudar a prevenir el uso de sustancias en los adolescentes, está ahora disponible en Inglés y Español.) To view the campaign launch webinar, click [here](#). (Para ver el seminario grabado del lanzamiento de la campaña, haga click [aquí](#).)
2. **New Bipolar Disorder often Diagnosed without Evidence in Patients with NPD and BPD** – This webinar will discuss the differences between narcissistic personality disorders and borderline personality disorder and how these 2 disorders often get misdiagnosed as bipolar disorder despite a lack of evidence to support the diagnosis. [Learn More](#)
3. **New “Clinical Clues” to Distinguish Pediatric ADHD from Mood Disorders** – This webinar offers "clinical clues" to clinicians on how to distinguish attention-deficit/hyperactivity disorder (ADHD) from primary mood disorders or other conditions and discusses comorbid conditions in pediatric ADHD. [Learn More](#)

4. **New Percentage of Adolescents reporting drug use decreased significantly in 2021 as the COVID-19 Pandemic endured** – The 2021 survey reported significant decreases in use across many substances, including those most commonly used in adolescence - alcohol, marijuana, and vaped nicotine. [Read More](#)
5. **New During Stay-at-Home Orders Child Abuse Rate Tripled** – The number of pediatric trauma patients who were suspected victims of child abuse tripled during COVID-19 pandemic stay-at-home orders. [Read More](#)
6. **New Understanding Sociological and Neurobiological Theories related to Trauma** – This session explored sociological and neurobiological theories related to trauma, and how racism plays a role in impacting mental health. [Read More](#)
7. **New Talking to Young People about Substance Use** – Engaging young people in conversations around alcohol and other drugs can be challenging, even for trained professionals. [Learn More](#)
8. **New Social Justice Leadership Academy Workbook** – Eliminating health disparities among individuals with or at risk of mental health and/or substance use challenges is critical to advancing health equity. The Social Justice Leadership Academy Workbook will help you understand where you and your organization are in terms of embedding social justice and equity in mental health and substance use treatment services. [Learn More](#)
9. **New 2022-2023 Trauma-Informed, Resilience-Oriented Approaches Learning Community** – This Learning Community will provide participating organizations, systems and communities with the tools and skills to address trauma and promote resilience. Application Deadline-**Friday, January 21, 2022**. [Learn More](#)
10. **New Network Adequacy for Behavioral Health: Existing Standards and Considerations for Designing Standards** – Network adequacy is often defined as having enough providers within a health plan network to ensure reasonable and timely access to care. At a minimum, health plans should include a sufficient number of providers who deliver mental health and substance use disorder (SUD) services (collectively referred to in this report as behavioral health services) to support access to those services [Learn More](#)
11. **New Expanding First Response: A Toolkit for Community Responders Programs** – This toolkit serves as a central hub for local communities and states looking to establish or strengthen community responder programs. [Learn More](#)
12. **Identifying Warning Signs of Mental Health Crisis, Depression During the Holiday Season** – Warning signs of mental health crises, including symptoms of depression, that clinicians and loved ones can lookout for this upcoming season. [Watch Video](#)
13. **Holiday Resource Guide** – This Holiday Resource Guide provides a one-stop shop for approaching the holiday season in the midst of a pandemic. Learn to address grief and loss, social isolation, and other mental health concerns unique to the pandemic era. Celebrate the holidays with friends and family virtually or in small gatherings in accordance with CDC guidelines, utilize technology to host a virtual celebration, and devise creative strategies for celebrating with family virtually. [Holiday Resource Guide](#)
14. **Addressing Health Equity and Racial Justice in Integrated Care Settings** – The National Council for Mental Wellbeing has a new interactive online toolkit to help your organization advance health equity. They developed this toolkit and list of resources to help you and your organization address racial inequities and the associated stigmas that lead to mental health and substance use treatment disparities. You and your team will be able to set your own pace and supplement your knowledge in the identified areas in a variety of formats to suit different learning styles. Module 1 is available now, with additional modules set to be released soon. [Toolkit](#)
15. **Disordered Eating & Eating Disorders ECHO** – The University of Missouri is launching a new [ECHO](#) that will create a community of learning to increase knowledge, skills and confidence in prevention, early identification and care of all

individuals with disordered eating and eating disorders. This ECHO's expert team will meet with participants via collaborative online videoconferencing from noon to 1 p.m. the fourth Tuesday of the month.

**Disordered Eating & Eating Disorders ECHO** participants will join an interdisciplinary team of specialist physicians and other providers with expertise in such areas as mental and behavioral health, dietetics and social work. Primary care physicians, nurses, therapists, counselors, fitness professionals, dietitians, mental health professionals, certified peer specialists and others are encouraged to join.

**ECHO** (Extension for Community Healthcare Outcomes) connects health and education experts with other professionals so they can develop advanced skills and apply best practices that improve health care access, quality and efficiency. ECHO's virtual learning sessions are provided at no cost to participating sites and individuals, and they offer free continuing education. Register and learn more at <https://showmeecho.org/>.

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](mailto:jessica.bounds@dmh.mo.gov) and/or 573-751-4730.

**December 21, 2021 – Northeast 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 Trauma Informed Schools** – This program will provide participants with a basic understanding of the definition of and rationale for trauma-informed schools. The program will also introduce the trauma-informed screening and a variety of trauma-informed practices that can be implemented in a school setting. Finally, participants will be provided with a brief overview of available research evidence supporting trauma-informed schools. **Thursday, January 6, 2022, 1pm-4pm CT.** [Register](#)
2. **New School-Based Suicide Prevention: Promising Approaches and Opportunities for Research** – This webinar will provide an opportunity for diverse stakeholders, including school administrators, researchers, practitioners, policy makers and funders, to learn about new and innovative practices in school-based suicide prevention, with a particular focus on risk identification, follow up, and referral for additional services for high-risk youth. In addition to describing the programs, presenters will also discuss preliminary research efforts and/or challenges, as well as ways to overcome common barriers to implementing suicide prevention in schools, including data collection and evaluation. **Friday, January 14, 2022, 1pm-2:30pm CT.** [Register](#)

## RECURRING TRAINING OPPORTUNITIES

1. **New Stimulant Overamping Education** – Overamping is the term we use 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. We have scheduled the following dates for our trainings.
  - **Monday, December 20, 2021, 2pm-3pm CT.** [Register](#)
  - **Tuesday, December 21, 2021, 6pm-7pm CT.** [Register](#)
  - **Wednesday, December 22, 2021, 1pm-2pm CT.** [Register](#)
  - **Thursday, December 23, 2021, 11am-12pm CT.** [Register](#)
  - **Monday, December 27, 2021, 11:30am-12:30 pm CT.** [Register](#)
  - **Tuesday, December 28, 201, 10am-11am CT.** [Register](#)

2. **New National Council for Mental Wellbeing** – Motivational Interviewing Trainings
  - Introductory/Refresher – **Tuesday, January 11, 2022, 11am CT.** [Register](#)
  - Introductory/Refresher – **Tuesday, March 8, 2022, 11am CT.** [Register](#)
  - Intermediate – **Tuesday, February 8, 2022, 11am CT.** [Register](#)
  
3. **New Wellness Webinars** – The Missouri Behavioral Health Council is excited to announce the Virtual MO Wellness Webinar Series.
  - **Wellness and Wellness Coaching** – This wellness webinar is designed for behavioral health care providers who are interested in Wellness and Wellness Coaching. Wellness is an inspiring and powerful word. A wellness philosophy supports healthy lifestyle habits that, in turn, have positive effects on quality of life. Wellness involves a lifelong process creating and adapting habits and routines that lead to improved health in multiple dimensions. **Friday, January 14, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Motivation: Discovered not Created** – This wellness webinar is designed for behavioral health care providers who are interested in learning more about factors that influence motivation and about motivational enhancements to support individuals in their wellness planning. **Friday, February, 11, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Back to Basics: Using Effective Communication Techniques** – This wellness webinar is designed for behavioral health care providers who are interested in revisiting the basic communication techniques that underly the wellness coaching approach. **Friday, April 22, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Wellness Strategies to Manage Stress** – This wellness webinar is designed for behavioral health care providers who want to build their own wellness tools for personal and professional practice. Healthcare professionals experience at times, the wear and tear that results from support and compassion provided to others. **Friday, May 13, 2022, 1pm-2:30 pm CT.** [Register](#)
  
4. **Problem Gambling Certification 30-Hour Basic Training** – Learn about gambling history, gambling technology, the theoretical basis for treatment, co-occurring disorders, multicultural issues, assessment tools, and treatment modalities. Training dates are below, registration includes all sessions. [Register](#)
  - Friday, April 15, 2022, 8:30am-4:30pm CT.
  - Friday, April 22, 2022, 8:30am-4:30pm CT.
  - Friday, May 6, 2022, 8:30am-4:30pm CT.
  - Friday, May 13, 2022, 8:30am-4:30pm CT.
  
5. **New Family Support Provider Certification Training** – Family Support Providers have been giving support to families for many years now in Missouri. This program trains parents and caregivers who have been through the process of resiliency with children with a mental health challenge, substance use disorder, or developmental disability to assist caregivers whose children have a new diagnosis. The training walks enrollees through problem solving, igniting a spark of hope, ethics, and working well on a team to make them successful in supporting families. Mental Health providing agencies who wish to send new Family Support Providers to the training should have their employee sign up through Relias. The next training is **February 1 – 3, 2022**, and will be held at the Missouri Behavioral Health Council at 221 Metro Drive in Jefferson City, MO. Any questions should be directed to: [jill.richardson@dmh.mo.gov](mailto:jill.richardson@dmh.mo.gov)
  
6. **Specialty Peer Instruction Series** – The UMSL-MIMH SOR 2.0 team, in close collaboration with six of Missouri's Certified Peer Specialists, created a Specialty Peer Instruction series designed to help expand knowledge for peers beyond the Certified Peer Specialist courses. These modules are now available for peers for FREE! Topics include: How to talk about Medication for Addiction Treatment; Professional expectations, ethics, & boundaries; How to identify and address stress, compassion fatigue, grief, & secondary trauma; Working with peers with co-occurring mental illness & substance use disorders; and How to assess and refer peers experiencing suicidality, domestic violence, and sex trafficking. Individuals will also be able to receive continuing education credits towards their CPS renewal and the Advanced CPS credential. [Register](#)

7. **2022 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) [Register](#)
  - Certified Peer Specialist Specialty Training – This training can only be taken by those who already hold a CPS or CRPR credential. The topics will change monthly, please refer to the registration form for the topics being offered during the current quarter. [Register](#)

***Look for new information and resources coming next Friday!***