

# FYI FRIDAYS

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

**July 15, 2022**

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

1. **Allocation Letters** – Allocation letters have been sent and Medicaid expansion allocations do not have to be funded with providers' treatment allocation. Those allocations will be increased by DBH fiscal. Contact Becky at [becky.wolken@dmh.mo.gov](mailto:becky.wolken@dmh.mo.gov) with questions.
2. **Life Box** – LIFE Recovery Community Center along with the Child and Family Empowerment Center located in North St. Louis City have begun an amazing project to not only promote the use of NARCAN but also as a tribute to the lives lost due to the Opioid Crisis. Painted mailboxes containing NARCAN are being mounted to pedestals and placed strategically around the North City area. Each Life Box as they are being called, will be dedicated to a life lost. The Life Boxes are being placed at businesses and organizations, making NARCAN available 24-hours a day. This project has been undertaken by program recipient. If you want more information on how to start your own Life Box project, please contact the CAFÉ at (314) 802-2969 or [mhourd.tcu@gmail.com](mailto:mhourd.tcu@gmail.com).
3. **Guidance and Clarification on the Definition and Use of Telemedicine and Audio-Only Services REVISED 7/8/22** – The Division of Behavioral Health (DBH) is engaged in the ongoing review of telemedicine and audio-only services, as such the [Guidance and Clarification on the Definition and Use of Telemedicine and Audio-Only Services Bulletin](#) has been revised. This bulletin provides updated guidance and clarification on the definition and use of telemedicine and audio-only services. The programs affected include: all DBH Contracted Behavioral Health Treatment Providers: Community Mental Health Centers (CMHCs), Administrative Agents, Affiliates, Certified Community Behavioral Health Organizations (CCBHOs), and Comprehensive Substance Use Treatment and Rehabilitation (CSTAR) Treatment Providers. When delivering services via telemedicine and audio-only providers must adhere to Missouri Revised Statutes 191.1145, 191.1146, 208.670, and 208.677 when providing telemedicine services and [MHD Regulation 13 CSR 70-3.330 Telemedicine Services](#). If you have any questions, please email Jessica Bounds, Director of Community Treatment Programming, at [Jessica.Bounds@dmh.mo.gov](mailto:Jessica.Bounds@dmh.mo.gov).
4. **Use of Telehealth and Audio Services** – Clinical Implications for the Use of Telehealth and Audio Services for Assertive Community Treatment(ACT), ACT/Transition Age Youth(ACT/TAY) and Specialized ACT Teams has been posted and is available on the DBH website at <https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/provider-act> under the 'Policy Memos and Guidance Documents' drop down. This memorandum details guidance on available and encouraged modes of service delivery.

**Looking for employment? Know someone who is?**

**Open positions across the state and throughout the DMH can be found at**

**[MO Careers - Department of Mental Health](#)**

## INFO and RESOURCES

1. **New Bipolar Depression Pharmacological Treatments and Challenges** – explore the primary challenges for clinicians working with patients with bipolar depression, diagnosis, pharmacological and neuromodulation treatments, and more. [Watch Video](#)
2. **New Bright Light Therapy Linked with Higher Rates of Bipolar Disorder Remission** – recent study that found patients given bright light therapy experienced higher rates of full response and remission compared to the placebo comparator. [Learn More](#)
3. **New Practical Implications for Treatment Women with Bipolar Disorder, Depression across Pregnancy** – current research on obstetrical and psychiatric care drug concentrations, in addition to the practical implications of her findings for clinicians treating patients with bipolar disorder. [Learn More](#)
4. **New Feelings of Detachment after Trauma may Signal Worse mental Health Outcomes** – A new NIMH-supported study shows that experiencing persistent feelings of detachment following trauma is an early psychological and biological marker of worse mental health outcomes. [Learn More](#)
5. **New SAMHSA 988 Resources** – SAMHSA has released some new 988 materials to order through the SAMHSA store, quantity is limited. Some things are not available for order but are available for download. Our 988 messaging workgroup is working on developing Missouri-specific items, but for now please feel free to use these! Thanks. Casey Muckler, Suicide Prevention Specialist [Casey.Muckler@dmh.mo.gov](mailto:Casey.Muckler@dmh.mo.gov)  
[Resources](#)
6. **New Advocating for Naloxone Access and improving risk identification and treatment of opioid overdose** – This on-demand activity features a presentation that discusses individual and community-level strategies to identify high-risk individuals early and advocate for access to opioid overdose treatment. [Learn More](#)
7. **New Pharmacotherapy for Alcohol Use Disorder Associated with Lower Odds of Liver Disease** – In people with alcohol use disorder, medical addiction pharmacotherapy is linked with reduced incidence and progression of alcohol-associated liver disease, according to study findings. [Learn More](#)
8. **New Significant Intervention Opportunities Missed in Alcohol-Related Liver Disease Deaths** – Among a cohort of people who died of alcohol-related liver disease (ARLD), half were never diagnosed with ARLD, or received a diagnosis less than 6 months before death, despite dozens of healthcare interactions, according to new study findings. [Learn More](#)
9. **New Better Sleep Habits Linked with Reduced Hazardous Drinking** – Better sleep habits indirectly reduced hazardous drinking among adults between the ages of 21 and 29, and reduced drinking was linked with improved sleep. [Read More](#)
10. **New Heightened Risk of AUD Linked with Binge Consumption in Moderate Drinkers** – Moderate average drinkers with a pattern of engaging in binge drinking were found to be almost 5 times more likely to experience multiple alcohol-related problems, compared with individuals who drink the same amount overall but don't binge. [Read More](#)
11. **New A New Alcohol Screening Tool** – CDC's Alcohol Program recently released a new [alcohol screening tool](#). This free, evidence-based tool allows adults to anonymously check their drinking, identify barriers and motivators for drinking less, and print or save a personalized change plan. The tool is an [electronic screening and brief intervention \(eSBI\)](#), which the Community Preventive Services Task Force (CPSTF) recommends to reduce self-reported excessive alcohol consumption and alcohol-related problems. It was developed as part of the [Drink Less, Be Your Best](#) campaign, which provides resources and support to help adults drink less.



12. **ONDCP to Develop National Nonfatal Overdose Tracking System** – Dr. Rahul Gupta, Director of the Office of National Drug Control Policy (ONDCP), and David Holtgrave, Senior Policy Analyst at ONDCP, recently published a [Viewpoint in the Journal of the American Medical Association](#) (JAMA) announcing that ONDCP will develop a national nonfatal overdose tracking system. ONDCP has created a Drug Data Interagency Working Group to lead the development of the system in collaboration with federal agencies and will begin by reviewing all existing sources of data on nonfatal overdoses. The national tracking system aims to:
  - Estimate national incidence and prevalence of nonfatal overdoses;
  - Estimate unmet need for medical and social services;
  - Predict trends in fatality rates of overdoses to help public health systems respond more effectively;
  - Estimate success of overdose intervention programs; and,
  - Analyze emerging threats.
13. **COSSAP Report: How Courts and Jails are Partnering to Support Medication-Assisted Treatment** – The Bureau of Justice Assistance’s (BJA) Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) published a report on corrections agencies establishing community partnerships to create medication-assisted treatment (MAT) programs for individuals with opioid use disorder (OUD) who have been arrested or incarcerated. The report features case studies on partnerships between jails and courts that have increased access to MAT, their strategies for launching programs, and the factors that make them successful. The report highlights the importance of stakeholder engagement across the justice system and how community education and flexibility among stakeholders can help jails and courts collaborate to better address OUD.
14. **FDA Publishes Timeline of Activities and Significant Events Addressing Opioid Use** – The Food and Drug Administration (FDA) has published a [timeline](#) tracing key developments the United States has made in addressing opioid use disorder (OUD) and the U.S. opioid overdose crisis. The timeline provides chronological information about FDA activities and other significant events to address OUD from 1911 to today. Additional actions and details about the events in the timeline can be found [here](#).
15. **Addressing your Loved One’s Early Substance Use** – If you’ve just discovered or have reason to believe your child is using substances, the first thing to do is take a deep breath. We know this can be scary, but you’re in the right place. [Watch Video](#)
16. **CDC Launches Tool to Check your Drinking and Create a Plan to Drink Less** – The Centers for Disease Control and Prevention (CDC) recently launched an [alcohol screening tool](#) for adults to anonymously check their drinking, identify barriers to drinking less, and create a personalized change plan to make healthier drinking choices. The free-to-use evidence-based tool was introduced as part of the [CDC’s new Drink Less, Be Your Best campaign](#) that highlights the harmful effects of alcohol and provides resources to help adults drink less. The tool is not intended for medical diagnosis or treatment.
17. **The Community Guide Updated: What Works to Prevent Excessive Alcohol Consumption** – [The Guide to Community Preventive Services](#), produced by the [Community Prevention Services Task Force](#) (CPSTF), recently updated the [What Works Fact Sheet: Preventing Excessive Alcohol Consumption](#). The two-page summary features a table of CPSTF’s findings and recommendations for ten evaluated community-based intervention approaches to preventing excessive alcohol consumption based on systematic reviews by experts from the Centers for Disease Control and Prevention (CDC).
18. **Stimulant Users Report High Rates of Driving Under the Influence** – Almost half of US adults who have used methamphetamine within the past year and more than a one-fifth of past-year cocaine users have driven under the influence, according to new research. [Read More](#)
19. **Longer MAT Engagement Linked with Better Outcomes for OUD Patients** – The longer individuals with opioid use disorder engage in medication-assisted treatment, the less likely they are to overdose, according to a new study of Medicaid beneficiaries. [Learn More](#)

20. **Heightened Risk of AUD Linked with Binge Consumption in Moderate Drinkers** – Moderate average drinkers with a pattern of engaging in binge drinking were found to be almost 5 times more likely to experience multiple alcohol-related problems, compared with individuals who drink the same amount overall but don't binge. [Learn More](#)
21. **Pandemic-Related Buprenorphine Prescribing Changes Linked with Improved Outcomes** – Changes to buprenorphine prescribing guidelines, enacted in response to the COVID-19 pandemic, were found to have improved opioid use disorder (OUD) patient outcomes, according to researchers from Dornsife School of Public Health at Drexel University. [Learn More](#)
22. **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.

<b>August 10 2022 – Western Region – 11am-1pm</b> <b>Location:</b> Healing House Healing 112 North Elmwood, Kansas City, MO	<b>August 23, 2022 – Eastern Region – 10-12 pm</b> <b>Location:</b> Virtual
<b>Sept 2, 2022 – Southwest Region – 10am-12pm</b> <b>Location:</b> Springfield Public Library 2535 North Kansas Expressway, Springfield, MO	

## TRAINING OPPORTUNITIES

1. **Implementing Data-Informed Social Justice Change within Organizations** – This webinar will discuss the development of the SMART tool, as well as how individuals and organizations can apply the information discovered through utilizing SMART to create measurable progress in becoming anti-racist at all organizational levels. **Monday, July 18, 9:30am-11am CT.** [Register](#)
2. **2022 MO Suicide Prevention Conference** – This year's conference is brought to you by the Missouri Department of Mental Health, Missouri Behavioral Health Council and Community Counseling Center. This is a hybrid conference, which will be hosted in person at the Show Me Center in Cape Girardeau. The conference is free of charge, unless you are needing continuing education. Continuing Education (CE) will be \$20 per person. Visit us online at [www.mospn.org/conference](http://www.mospn.org/conference). **Thursday, July 21, 2022, 8am-5pm CT.** [Register](#)
3. **Addressing Serious Mental Illness** – **Thursday, July 21, 2022, 1pm CT.** [Register](#)
4. **Creating a Culture of Diversity** – The purpose of this diversity workshop is to increase cultural awareness, understand the difference between equity and inclusion, and reduce prejudices against underrepresented groups. **Thursday, July 21, 2022, 1pm CT.** [Register](#)
5. **Medication Awareness Recovery Specialist Training Starting Program** – The program starts with a 2 Hour Zoom meeting on Friday July 22nd. There is also a 2 Hour closing Zoom meeting on Friday October 28th, 2022 with the same time options. In addition, participants also work through 8 self-study modules that start Monday August 1st, 2022 and end Sunday October 23, 2022. These modules are completed at home within assigned time periods. **Friday, July 22, 2022 9-11 or 2-4 CT.** [Register](#)
6. **Supporting Resiliency in Housing and Health Professionals** – As a follow-up to the webinar on July 15, the presenters will host an Office Hours session to answer questions about promoting self-care and resiliency among staff. **Friday, July 22, 2022, 1pm CT.** [Register](#)
7. **Adverse Childhood Experiences: How Stress Shapes Our World** – Adverse Childhood Experiences (ACEs) have become a topic of considerable importance during the past 25 years. This workshop will include 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, July 14, 2022, 1pm-4pm CT.** [Register](#)

8. **New MCRSP Central Region Conference** – Attend the August 11 MCRSP Conference in Columbia, MO. Speakers include Nora Bock, Director of the MO Division of Behavioral Health, leading national researcher Dr. John Kelly, Founder and Director of the Recovery Research Institute and Professor at Harvard Medical School, Holly Strain of Capital Decisions in Washington, D.C., David Sheridan, Executive Director of the National Alliance for Recovery Residences, representatives of the Clean Slate Initiative, which is working to simplify the expungement process for people with criminal records in Missouri, and more. **Thursday, August 11, 2022, 8am-4:30pm CT.** [Register](#)
9. **Pulling Back the Curtain on Successful Prevention Campaigns** – The presentation will include direct insight into the inner workings of the “Talk. They Hear You” and the “Parents’ Night Out” campaigns, exploring app-based interventions, the art of roleplays, building prevention capacity, program development, and assessment of campaign content and marketing through extensive feasibility research. **Wednesday, August 21, 12pm CT.** [Register](#)
10. **New Coaching Staff Up for Optimal Performance** – This interactive two-part webinar will address the five core competencies in managing, coaching, and developing team members in the current healthcare workforce “shortage.” The need to coach staff to optimal performance is a core competency of senior and middle management in the new talent wars. **Monday, July 25, 2022 and Tuesday, July 26, 2022, 1pm CT.** [Register](#)
11. **New Creating a Training Program for Adult Learners** – Training programs are one of the most effective ways to retain staff members and help them grow within your organization. While most organizations create some kind of internal training on a regular basis, crafting effective, engaging content for adult learners can prove challenging. **Thursday, July 28, 2022, 1pm CT.** [Register](#)
12. **New Medical Cannabis: Navigating Ethical Dilemmas** Missouri recently joined many other states in creating a medical cannabis program. In this 3-hour workshop, participants will explore what medical cannabis is, what it promises, and to what extent it delivers on those promises. **Friday, August 5, 2022, 9am CT.** [Register](#)
13. **New Making Every Leadership Moment Matter** – This webinar has been changed to a one day, 1.5 hour webinar and will address the ability of leaders to inspire employees to consider and implement bold and creative decisions that will ultimately transform service delivery processes and methods. **Monday, August 8, 2022, 12pm CT.** [Register](#)
14. **New Recovery Through Connection: Shifting Paradigms in the Treatment of Substance Use Disorders and Addictive Behaviors** – The medical model approach to treating addictions has been utilized since Substance Use Disorders were identified as Disease processes and therefore require medical approaches and interventions. **Friday, August 19, 2022, 1pm-4pm CT.** [Register](#)
15. **New Using Data to Drive Culture and Client Outcomes** – The presentation will include direct insight into the inner workings of the “Talk. They Hear You” and the “Parents’ Night Out” campaigns, exploring app-based interventions, the art of roleplays, building prevention capacity, program development, and assessment of campaign content and marketing through extensive feasibility research. **Wednesday, August 31, 2022, 12pm CT.** [Register](#)
16. **New Indecision Has a Cost-On Workforce and the Cost of Care** This webinar will bring together all of the leadership concepts raised in earlier sessions, with a final focus on the need for effective leadership and decision-making. This is particularly important when it comes to organizational systems, which can create significant clinical challenges. Inefficient systems impact the clinical team and the consumers that they serve. So whether you are a CEO, CFO, IT staff, or a clinical provider, understanding how to make decisions and streamline systems is crucial to helping others. **Tuesday, September 6, 2022, 12pm CT.** [Register](#)
17. **Psychological First Aid Training** – Psychological First Aid (PFA) is an evidence-informed modular approach to help individuals of all ages in the immediate aftermath of disaster and terrorism. PFA was developed by the National Child Traumatic Stress Network and the National Center for PTSD, with contributions from individuals involved in disaster research and response. **Thursday, October 6, 2022, 9am-4pm.** [Register](#)

## RECURRING TRAINING OPPORTUNITIES

1. **Benefits and Work Made Simple** –The training plan will consist of three (3) training webinars for employment specialists, case managers and supervisors.The first session, “Benefits and Work Made Simple”, provides basic concepts about SSDI, SSI, Medicare and Medicaid (MO HealthNet) and how work affects them, so that participants can use the information to encourage people they serve who have benefit concerns to consider working or increasing their earnings.The session also informs participants how they can refer individuals to benefit specialists for intensive assistance regarding work and benefits.The second and third sessions will be live case studies featuring real individuals – one of whom receives SSDI benefits and one of whom receives SSI.The case studies will draw on concepts and fact sheets used during the Benefits and Work Made Simple training, and put them into practice with real people. All of the trainings will be virtual! All trainings are optional, you do not have to attend all of them to get CE's.
  - **Live Case Study-SSDI, Tuesday, July 19, 2022, 2:30pm-4pm CT. [Register](#)**
  - **Live Case Study-SSDI, Monday, July 25, 2022, 2:00pm-3:30pm CT. [Register](#)**
2. **Leadership Institute Community of Practice** – Through a collaborative effort, The Mid-America Addiction Technology Transfer Center (ATTC), Mid-America Mental Health Technology Transfer Center (MHTTC), and Mid-America Prevention Technology Transfer Center (PTTC) will hold space for current and emerging as leaders in these behavioral health disciplines who want to participate in dialogue and begin to create space for our industries leaders of tomorrow.
  - **Equity and Inclusion in the Workforce-July 21, 2022, 12pm CT.**
  - **Equity and Inclusion in the Workforce- August 18, 2022, 12pm CT.**
  - **Relationship Building-September 15, 2022, 12pm CT**
3. **Individual and Group Crisis Intervention Training** – This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention. This course is designed for anyone who desires to increase their knowledge of individual (one-on-one) crisis intervention techniques in the fields of Business & Industry, Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress. [Register](#)
  - **July 26-28, 2022, 8am-5pm CT.-Location- Missouri Behavioral Health Council-CEO RM-Jefferson City, MO**
  - **Aug. 24-26, 2022, 8am-5pm CT.-Location- Missouri Behavioral Health Council-CEO RM-Jefferson City, MO**
4. **2022 Missouri Recovery Support Specialist Training** – The purpose of the Recovery Support Specialist Training is to train and credential qualified participants to work as staff and/or volunteers with people with a behavioral health disorder. Recovery Support Specialists enter into ongoing mentoring relationships that help individuals who are in recovery or who are considering recovery from a behavioral health disorder to produce extraordinary results in their lives, careers, businesses, organizations, etc. [Register](#)
  - **July 27-29, 2022, 8am-5pm CT, Location-Branson**
  - **September 28-30, 2022 8am-5pm CT, Location-Kansas City**
  - **October 3-5, 2022, 8am-5pm CT, Location-Sikeston**
  - **October 5-7, 2022, 8am-5pm CT, Location-St. Louis**
5. **Trauma Informed Outreach and Engagement** – This Learning Community will cover the fundamentals of trauma-informed care and best practices for outreach to and engagement with individuals experiencing homelessness who have a serious mental illness (SMI), serious emotional disturbance (SED), substance use disorder (SUD), or co-occurring disorders (COD).
  - **Providing Behavioral Health Care in Unsheltered Environments, Tuesday, August 2, 2022, 1:30pm-3pm CT. [Register](#)**
6. **Suicide Prevention Training-Provider** – Department of Mental Health is offering free Question, Persuade, Refer (QPR) Gatekeeper Training for Substance Use Providers. This training is geared towards helping those who work with individuals with Substance Use Disorders. Continuing education will be given to those who attend the full training. [Register](#)

- Friday, August 4, 2022, 8:30am CT.
7. **Suicide Prevention Training** – This training is open to anyone interested in learning how to help someone who may be in a suicide crisis. No continuing education will be provided for this training. [Register](#)
    - Friday, August 12, 2022, 8:30am CT.
  - 8.
  9. **CPS Specialty Trainings (MCB)** –
    - Conflict Resolution/Work Relationships/Teams-**August 19, 2022, 9am-12pm CT** [Register](#)
    - Harm Reduction-**September 16, 2022, 9am-12pm CT** [Register](#)
    - Staying Motivated-**October 14, 2022, 9am-12pm CT** [Register](#)
    - Peers and DOC Supervision-**December 16, 2022, 9am-12pm CT** [Register](#)
  10. **MAT Waiver Course** – Opioid SOR 2.0, in partnership with the Missouri Behavioral Health Council are providing an 8-hour Virtual 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.
    - Saturday, September 10, 2022, 8:30am-12:30pm CT. [Register](#)
    - Saturday, December 3, 2022, 8:30 am-12:30pm CT. [Register](#)
  11. **Clinical Supervision Trainings (MCB)** –
    - September 28-29, 2022, 8am -2pm Ct. [Register](#)
    - October 20-21, 2022, 8am -2pm Ct. [Register](#)
    - December 8-9, 2022, 8am -2pm Ct. [Register](#)
  12. **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](#)
  13. **2022 Peer Specialist Trainings** – Please see the peer specialist trainings provided by the MCB below.
    - Certified Peer Specialist Basic Training – [Register \(New Dates added\)](#)
    - Peer Specialist Supervisor Training – [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](#)
  14. **2022 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
    - Missouri Recovery Support Specialist Trainings – [Register](#)
    - Ethics Trainings – [Register](#)

**Important Information about Ethics Training**

In regards to the 2022 Spring Renewals and any new credential applications being submitted to the Missouri Credentialing Board, the requirement that Ethics training be "live" continues to be waived until further notice.

The Missouri Credentialing Board is currently accepting any form of Ethics training (for example: live, Zoom, online/self-study) due to the pandemic conditions and recommendations of the Center for Disease Control.

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