

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

August 19, 2022

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

- 1. The Missouri Coalition of Recovery Support Providers, Central Missouri Recovery Coalition** – The Missouri Coalition of Recovery Support Providers, Central Missouri Recovery Coalition, held the Central Region Conference in Columbia on August 11, 2022, with over 250 people in attendance. Several nationally known speakers presented at this event, including Dr. John Kelly of the Recovery Research Institute at Harvard University; David Sheridan, the Executive Director of the National Alliance for Recovery Residences (NARR); and Holly Strain of Capitol Decisions, the leading advocacy firm in Washington, D.C. on addiction recovery issues. The statewide recovery community came together for the day to learn the research that demonstrates the effectiveness of their work. Research has shown that when recovery services are added to treatment, it shortens the average amount of time it takes to get into recovery from 15 years to 5 years. Dr. Kelly stated, “More rapid initial achievement and maintenance of stable remission may occur through attending BOTH to clinical pathology AND environmental and resource deficits....(“recovery capital”) AND legal/other barriers.” KOMU Channel 8 reported on the event [Missourians come together at Columbia conference for addiction recovery research | Mid-Missouri News | komu.com](#).
- 2. Housing Institute** – The Corporation for Supportive Housing (CSH) and the Missouri Department of Mental Health (DMH) are excited to announce the Supportive Housing Institute (“The Institute”). The Institute will focus on developing deeply affordable housing with support services (supportive housing) for those residents in Missouri communities who are experiencing chronic homelessness, frequent users of emergency services, vulnerable persons, families experiencing homelessness and persons who are emotionally or mentally impaired or experiencing, or being treated for, or have a diagnosis or a history of mental illness. The Institute will help supportive housing partners learn how to navigate the often complex process of developing housing with supportive services to prevent and end homelessness. Participation in the Institute is expected to increase supportive housing development in communities across Missouri by training teams on ways to reduce the time it takes to obtain funding for supportive housing by improving the planning and development process.
- 3. The Missouri Eating Disorders Council** – was highlighted on KRCG 13 Media on August 10th. The link to the story is <https://krcgtv.com/news/local/symptoms-of-eating-disorders-seen-in-kids-as-young-as-five-years-old-in-missouri-annie-seal-2022>.
“The Missouri Eating Disorders Council observed kids as young as five years old can show early signs of an eating disorder. A Harvard study revealed that the total economic cost to treat people with eating disorders in Missouri is \$1.2 billion.” “Ten percent of the population will deal with an eating disorder over the course of their lifetime,” said Annie Seal from the Missouri Eating Disorders Council. “And yet, it's one of the most misunderstood and stigmatized of all the mental illnesses.”

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

FUNDING OPPORTUNITIES

1. **HRSA Still Accepting Applications for RHC Buprenorphine-Trained Providers** – The Health Resources and Services Administration (HRSA) is still accepting applications for the [Drug Addiction Treatment Act of 2000 \(DATA 2000\) Waiver Training Payment Program](#) launched in June 2021, which aims to expand access to substance use disorder (SUD) treatment through payments to providers who are [waivered to prescribe buprenorphine](#) to treat opioid use disorder (OUD). Eligible Rural Health Clinics (RHCs) can apply for a \$3,000 payment on behalf of each provider who trained to obtain the waiver necessary to prescribe buprenorphine after January 1, 2019. Approximately \$1.2 million in program funding remains available and will be offered on a first-come, first-served basis until exhausted.
2. **Research to Foster an Opioid Use Disorder Treatment System Patients Can Count On (RM1-Clinical Trial Optional)** – The National Institutes of Health’s (NIH) National Institute on Drug Abuse (NIDA) announced a [funding opportunity](#) as part of the [Helping to End Addiction Long-term \(HEAL\) initiative](#) aimed at creating opioid use disorder (OUD) treatment systems. NIDA seeks applications for multi-project RM1 Opioid Use Disorder Quality Measurement and Management Research Centers (OUD-QM2RCs). The program aims to create feasible, efficient quality measurement systems to provide information to help patients, families, and payors compare and select providers and help clinicians and providers improve patient outcomes. [Learn More](#)

INFO and RESOURCES

1. **New Unemployment, Housing Instability linked with Worse Depression Treatment Outcomes** – Unemployment and unstable housing status are associated with worse prognosis outcomes for adults with depression, regardless of treatment type, after adjusting for clinical prognostic factors. [Read More](#)
2. **New International Overdose Awareness Day** – Missouri Highlands is hosting an International Overdose Awareness Day event on 8/31/2022 from 1pm-6pm at Three Rivers College, located at 2080 Three Rivers Blvd, Poplar Bluff, MO 63901. This event will also be virtual, please see the link <https://trcc.zoom.us/j/99078911037?pwd=Vk9FN0VxVUIVVmQyRmtKbnRvT2hpUT09>
3. **New Nicotine Replacement Therapy May Also Reduce Alcohol Consumption** – Patches, gums, and nasal sprays prescribed for smoking cessation were found to be as effective in reducing alcohol consumption as prescribed varenicline and cytisine, according to a new study. [Read More](#)
4. **New DSM-5-TR Updates Persistent Depressive Disorder Diagnostic Criteria, Suicidal Behavior Codes** – New sections have been added for describing the various types of information included in the DSM-5-TR text, providing explanations for potentially confusing terms such as “substance/medication-induced disorders,” “independent mental disorders,” and “other medical condition”; and the difference between the terms “other specified disorder” and “unspecified disorder.” There is also a new section discussing the impact of racism and discrimination on psychiatric diagnosis. [Read More](#)
5. **New Anxiety Treatment and Uncovering BD with Rapid Acting Antidepressants** – This podcast shares the rate in which bipolar diagnoses are uncovered using glutamate and GABA modulating rapid-acting antidepressants (RADs) as compared to SSRIs and SNRIs in patients treated for a major depressive episode, as well as whether there is a place for RADs in the treatment of anxiety. [Learn More](#)

6. **New Treatment Options and managing Side Effects in Schizophrenia** – This podcast answers questions about treating schizophrenia, including the strengths and limits of electroconvulsive therapy (ECT), what makes clozapine so effective, and managing sedation as a side effect. [Learn More](#)
7. **New The Teen Brain in Crisis and Partnering with Law Enforcement** – Child and adolescent mental health providers and families are hopeful that 988 will help shift the crisis response for young people away from 911. However, Dr. Jeff Bostic says existing mental health systems have been primarily built for people ages 18 to 65. [Read More](#)
8. **New The Fusion Model and Measuring Peer Inclusion in Behavioral Health Organizations** – The Fusion Model aligns with SAMHSA’s [National Guidelines for Behavioral Health Crisis Care](#), which lays out the essential components for a crisis system to function appropriately—regional or statewide crisis call centers that coordinate in real-time, centrally deployed 24/7 mobile crisis, and 23-hour crisis receiving and stabilization programs. The guidelines also integrate critical crisis care principles and practices such as not requiring medical clearance from an emergency medical facility before admission and “no wrong door,” an approach where facilities accept everyone who comes. [Learn More](#)
9. **New Despite Rise in mental Health Disorders, No Increase in Access to Formal Psych Care for People with Borderline Intellectual Impairment** – While people with borderline intellectual impairment showed increasing prevalence of several mental health disorders over a decade and a half, access to formal psychiatric care did not increase, according to a study. [Read More](#)
10. **New Providers must be Cognizant of LGBTQ Patients’ Unique Treatment Needs** – When seeking treatment for substance use disorder (SUD), LGBTQ patients can face challenges within heteronormative treatment models. Providers may find that in addition to seeking sobriety, LGBTQ patients may experience lessened self-esteem and have a view of a world that lacks safety, interrupts developmental phases, and creates pressure to “fit in.” [Read More](#)
11. **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.

August 23, 2022 – Eastern Region – 10-12 pm
Location: Virtual

Sept 2, 2022 – Southwest Region – 10am-12pm
Location: Springfield Public Library
2535 North Kansas Expressway, Springfield, MO

TRAINING OPPORTUNITIES

1. **New Governance-Meaningfully Incorporating Consumer Voice** – Join this event to get an overview of requirements and approaches Certified Community Behavioral Health Clinics (CCBHC) can use to meaningfully involve and engage consumers and family members in governance. **Tuesday, August 23, 2022, 12pm CT.** [Register](#)
2. **New Achieving Your Good Life: Assistive Technology and Self-Determination** – During this on-line workshop (via Zoom), participants will focus on utilizing Charting the LifeCourse tools to help them think about and articulate what they want. Participants will also discuss assistive technology to help them improve self-determination efforts. **Wednesday, August 24, 2022, 12:30 pm CT.** [Register](#)
3. **Eating Disorder Prevention in Youth Sports** – This presentation is intended to help provide ideas on how to create a sport culture that more accurately promotes sport passion and performance, which includes eating disorder awareness, communication tactics, and how to best support those who are struggling with mental health. **Wednesday, August 24, 2022, 12pm CT.** [Register](#)

4. **Addressing Prevalence, Treatment and Policy Solutions** – This symposium will offer a chance for policymakers, mental health care providers, social workers, community leaders, representatives of the healthcare and insurance industries, and other stakeholders to examine this issue in an open and non-partisan context with the goal of interrogating existing policies to identify shortcomings for improvement in the mental health of all Americans. **Wednesday, August 24, 2022, 11:30am CT.** [Register](#)
5. **Flexible and Personalized CBT for Depression in Middle-Aged and Older Adults** – This webinar presents culturally responsive assessment and intervention practices that target the contexts and drivers/antecedents of depression in middle-aged and older adults. Clinicians learn to plan and implement research-supported strategies that fit the contexts of depression in their clients (i.e., changes in brain health, chronic pain, sleep problems, anxiety, experiences of loss, family caregiving issues, among others). **Thursday, August 25, 2022, 1pm-4pm CT.** [Register](#)
6. **New Identifying and Treating Eating Disorders** – Eating disorders are among the deadliest mental illnesses, second only to opioid overdose. This training will address the diagnosis parameters, warning signs and symptoms, a brief overview of treatment options and resources for further training. Identifying and providing access to appropriate treatment for eating disorders can save lives. **Thursday, August 25, 2022, 3:30pm CT.** [Register](#)
7. **New Addressing Inequities with Whole-Person Primary Care** – The webinar convenes subject matter experts to discuss the report in-depth and the state of healthcare equity. Join leaders from AARP, PCDC, Morehouse, NPWF, and PCC as we discuss one of health care's most vital issues. **Tuesday, August 30, 2022, 12pm CT.** [Register](#)
8. **Indecision Has a Cost-On Workforce and the Cost of Care** – his 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](#)
9. **ADHD Diagnosis and Treatment Planning** – Symptoms of ADHD are among the most common psychological problems encountered in children and adolescents. This Zoom webinar will discuss current concepts of the disorder, how it is diagnosed, and how to use the diagnostic process in ways that help families understand the condition and develop plans for its treatment. **Friday, September 9, 2022, 9am-12pm CT.** [Register](#)
10. **Ending the HIV Epidemic in Missouri** – The Missouri Department of Health and Senior Services invites you to attend the September Community Engagement Forum focused on Ending the HIV Epidemic in Missouri. Learn about the role that DIS play in linking people newly diagnosed to care and reengaging those previously diagnosed and their role in ending the HIV epidemic. **Tuesday, September 13, 2022, 5:30pm CT.** [Register](#)
11. **New Midwest LBGTO+ Health Symposium-Mobilizing for Health Justice is a Radical Act-** Speakers from across the US will share their skill, research, expertise and, for the first time, host dynamic roundtable discussions. **September 14-15, 2022.** [Register](#)
12. **Preventing Suicides: Supporting the Teens in Your Life** – This webinar will share how parents and caring adults can identify warning signs of mental health crisis and suicide, communicate with teens about suicide prevention, and encourage teens to seek help. **Thursday, September 15, 2022, 6pm CT.** [Register](#)
13. **Supporting Victims of Bullying** – This webinar will discuss the impact that being bullied can have on children and adolescents and will cover helpful strategies to use when working with individuals and their families on this issue. **Wednesday, September 21, 2022, 10am CT.** [Register](#)
14. **New Harm Reduction Conference** – During this virtual event, we will focus on providing strategies to promote the health and safety of people who use drugs, while ensuring compassion and dignity in service delivery. **September 21-22, 2022, 12:30pm-5pm CT.** [Register](#)

15. **New Healthy Relationships for Youth and Young Adults** – This workshop will help participants analyze what factors contribute to healthy relationships and how to recognize signs of an unhealthy one. Participants will learn strategies for supporting youth and young adults in creating and maintaining positive relationships. **Thursday, September 22, 2022, 9am-4pm CT.** [Register](#)
16. **New Conversations for Suicide Safer Homes** – This training teaches participants of the role they can play in preventing suicide by reducing access to lethal means, particularly firearms. Conversations for Suicide Safer homes teaches participants to identify the warning signs and risk factors for suicide and how to put time and distance between the person at risk and lethal means. Safe, responsible, and legal options for reducing access to lethal means as a way to prevent tragedy are also presented. **Tuesday, September 27, 2022, 12pm CT.** [Register](#)
17. **Alcohol Use Disorder: Our Nation’s Hidden Epidemic** – Recovery Month provides an opportunity to discuss our nation’s hidden epidemic – alcohol use disorder (AUD). Deaths involving AUD increased dramatically during the pandemic, according to a study by Cedars-Sinai Medical Center. The study also found that young adults 25 to 44 years old experienced the steepest upward trend in AUD mortality. **Wednesday, September 28, 2022, 1pm CT.** [Register](#)
18. **New Missouri Addiction Counselor’s Association (MACA) Conference** – Nothing Changes if Nothing Changes, **September 30-October 1, 2022.** [Register](#)
19. **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. **Family Support Provider Credentialing (FSP) and Youth Peer Support (YPS)** – FSP and YPS services are currently offered at Certified Community Behavioral Health Organizations and Community Mental Health Centers, and now have the opportunity for professional development through the Board. FSP Supervisors must attend full training. On the websites you will find resources, frequently asked questions as well as the training calendars with upcoming training dates. You may also contact Jill Richardson at the MCB with questions at 573-616-2302 or jill.richardson@missouricb.com. *Please note, spots are reserved to FSP & YPS that are currently hired or are working in agencies.
 - Family Support Provider Credentialing**
 - **November 1- 3, 2022** [Register](#)
 - Youth Peer Support**
 - **October 3-7, 2022** [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.
 - **Relationship Building-September 15, 2022, 12pm CT**

3. **CPS Specialty Trainings (MCB) –**
 - 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](#)

4. **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](#)

5. **Missouri Suicide Prevention Network** – The Missouri Suicide Prevention Network wants to hear your voice. These are community meetings where you can share your thoughts and ideas on suicide prevention. Zoom connection-<https://us02web.zoom.us/j/85035109251?pwd+WmFhS0RsVDU1cmYzK2D4EVybHFRUT09> Meeting ID: 850 3510 9251 Passcode: 818397
 - *September 15, 2022, 6pm-7:30pm*
 - *December 15, 2022, 6pm-7:30pm*

6. **Missouri Credentialing Board Conferences** – Topics for these training are: Trauma Informed Care, Human Trafficking Awareness and combating Substance Use. The fee includes instructional materials, lunch on the day of the Conference. To register, complete the registration online.
 - *September 21, 2022 8am-4pm CT. St. Louis-Registration deadline-August 31, 2022* [Register](#)
 - *October 18, 2022, 8am-4pm CT. Kansas City-Registration deadline-September 26, 2022* [Register](#)

7. **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](#)

8. **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](#)
 - *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*

9. **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](#)

10. **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](#)

11. **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!