

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

October 20, 2023

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

1. **New CCBHC Impact Reports for Years 3, 4, and 5** – Now available on the [DBH CCBHC webpage](#) are the CCBHC Impact Reports for Years 3, 4, and 5! These reports were prepared by MBHC using data reported by the MO DMH and MO CCBHCs as of August 2022. The data within shows how CCBHCs have improved outcomes and access to care for behavioral health in our State.

[CCBHC Year 3 Impact Report – 2020](#)

[CCBHC Year 4 Impact Report – 2021](#)

[CCBHC Year 5 Impact Report – 2022](#)

JOB ANNOUNCEMENTS

Suicide Prevention Specialist

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in Jefferson City. Application deadline is **October 21 2023**. [Learn More and Apply!](#)

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. **NIH Launches Community-Led Research Program to Advance Health Equity** – The National Institutes of Health (NIH) is funding a first-of-its-kind community-led research program to study ways to address the underlying structural factors within communities that affect health, such as access to safe spaces, healthy food, employment opportunities, transportation, and quality health care. Through the NIH Common Fund Community Partnerships to Advance Science for Society (ComPASS) program, NIH made 26 awards to community organizations and a coordinating center, totaling approximately \$171 million over five years, pending the availability of funds. [Learn More](#)
2. **NIH Established Maternal Health Research Centers of Excellence** – The National Institutes of Health (NIH) awarded \$24 million in first-year funding to establish Maternal Health Research Centers of Excellence as part of NIH's Implementing a Maternal Health and Pregnant Outcomes Vision for Everyone (IMPROVE) initiative. These maternal

health research centers are designed to “...develop and evaluate innovative approaches to reduce pregnancy-related complications and deaths and promote maternal health equity.” Depending on the availability of funds, these grants are expected to last seven years, with an estimated total of \$168 million. NIH's press release announcing the Maternal Health Research Centers of Excellence can be found [here](#).

INFO and RESOURCES

1. **New ADHD Causally Linked with Several Psychiatric Disorders** - Attention-deficit/hyperactivity disorder (ADHD) is an independent risk factor for major depressive disorder (MDD), post-traumatic stress disorder (PTSD), anorexia nervosa, and suicide attempt, according to a study published online in *BMJ Mental Health*. [Learn More](#)
2. **New Helping HAND** - is a project led by Ellen Fitzsimmons-Craft, associate professor of psychiatry at Washington School of Medicine in St. Louis. This study involves the testing of an app for those with anorexia nervosa coming out of acute treatment, including inpatient, residential, partial hospitalization (PHP), and intensive outpatient (IOP). We are currently recruiting participants for our randomized control trial. Eligible participants will be randomly assigned to one of three groups: usual treatment, usual treatment + the app, or usual treatment + the app + a social networking component. Participants may be eligible to participate if they:
 - Are a woman \geq 18 years old
 - Own a mobile phone
 - Are an English-speaking U.S. resident
 - Have been discharged from acute treatment for anorexia nervosa within the past two monthsInterested participants can take the eligibility screen [here](#) or email howec@wustl.edu to read more about what participant involvement would entail and take a 5-minute screen to see if this project would be a good fit. Eligible participants may be paid up to \$130 for participation in this study. By helping to spread the word about this important study, you and your patients may help those who struggle with anorexia nervosa in the future!
2. **New Study Identifies Genetic Variances Linked to Schizophrenia** - Scientists from the University of North Carolina School of Medicine and colleagues have published new research seeking to advance the genetic basis of schizophrenia by identifying the genetic variances that have a causal effect in the development of the psychiatric condition. [Learn More](#)
3. **New Recovery for Patients Prescribed Medications for OUD Jeopardized by Concurrent Polysubstance Use** - Practitioners must be aware of concurrent use of non-prescribed, illicit substances that can negatively impact treatment and potentially harm patients being treated with medications for opioid use disorder, says Millennium Health Director of Clinical Affairs Kelly Olson, PhD. [Learn More](#)
4. **CDC Office on Smoking and Health Releases Resource on What Parents and Educators Can Do to Protect Youth from the Harms of Vaping** – The Centers for Disease Control and Prevention’s (CDC) Office on Smoking and Health (OSH) released a resource on [What Parents and Educators Can Do to Protect Youth From the Harms of Vaping](#). This resource provides parents and educators with tips and resources to help educate and protect their youth from the harms of vaping. Specifically, the resource “...highlights e-cigarette use among youth, the health risks of vaping for youth, how nicotine can be a source of stress, and resources to help youth quit vaping.” The resource is part of OSH’s new Empower Vape-Free Youth Movement, which can be viewed [here](#).

TRAINING OPPORTUNITIES

1. **Family Coaching Workshops-Missouri Tiered Supports** – Ongoing virtual learning opportunity for families and caregivers interested in implementing positive practices at home.
 - **Family Matrix-Thursday, October 26, 2023**-Identify life values that are important to YOU family. Explore ways to use your values to increase desirable behavior. [Join Webex](#)

2. **Missouri Hospital Association's (MHA) Annual Convention – November 1-3, 2023.** [Register](#)
3. **Training for Early Care Educators in Missouri-Developmental** – Ages and Stages Questionnaire (ASQ 3) Development: This screening tool assesses developmental milestones - gross motor, fine motor, communication, problem solving, and personal-social skills for children 2 months - 66 months. **Thursday, November 2, 2023, 1pm-4pm** [Register](#)
4. **New Acceptance and Commitment Therapy (ACT): Enhancing Your Practice with Acceptance, Self-Compassion, and Values-Based Action--Virtual | Zoom Training** - This is an experiential workshop, meaning it will be very interactive. Therefore, it will be important to be able to have your camera on most of the time and your microphone when necessary, to participate in small-group discussions, and to be in a relatively quiet place where your only focus is the workshop. Participants will be introduced to psychological flexibility intellectually and experientially and will learn what its like to open up to thoughts and feelings without getting entangled in them, identify what truly matters to you and take meaningful action. **Thursday/Friday, November 2-3, 2023, 9am–5pm CT.** (Attendees must attend both days to complete the training) [Register](#)
5. **NAMI In Our Own Voice Presenter Training** – After successful completion of the training, presenters will be certified to deliver In Our Own Voice (IOOV) Presentations in-person or virtually. IOOV is NAMI's personal presentation program, where speakers share their personal lived experience stories to change attitudes, assumptions and ideas about people with mental health conditions. These free presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition. **November 4-5, 2023, 10am-2pm CT.** [Register](#)
6. **Infant and Early Childhood Mental Health Consultation: Equity from the Start** – The SAMHSA-funded Center of Excellence for Infant & Early Childhood Mental Health Consultation (IECMHC) invites you to join an upcoming free virtual conference specifically geared towards IECMHC consultants, supervisors, managers, consultees, parents, leadership, and funders, but all are invited to attend. Join to access a range of presentations related to implementing infant & early childhood mental health consultation and promoting justice, equity, diversity, and inclusion for infants, children, families, and the workforce. **November 6-8, 2023.** [Register](#)
7. **The Power of Nutrition in Recovery** – Learn the critical role that nutrition (or lack of) plays in recovery. **November 7-8, 2023, 10am-1:30pm CT.** [Register](#)
8. **Missouri Rural Health Association Conference** – Our expected audiences consist of hospitals, clinicians, physicians, FQHC's, health departments, in-home and community front line workers, community and social agencies, policy makers, CEO's, CFO's, transportation and ambulance professionals, insurance and investment brokers, health law attorneys, among other professionals in attendance. **November 7-8, 2023.** [Register](#)
9. **MOADD Summit** – Missouri Alliance for Dual Diagnosis (MOADD) Summit Supporting Individuals with Behavioral Health and IDD (CHIDD) needs. Overview and application of guidelines to promote best practices with individuals who have dual intellectual/developmental disabilities and behavioral health disorders in Missouri. **Thursday, November 9, 2023, 9am-4pm CT.** [Register](#)
10. **Advanced Peer Supervision Trainings** –This is a new training that MCB will be providing in partnership with the Addition Technology Transfer Center Network. The 2-day experience begins the process of raising or enhancing your awareness and understanding of your role when supervising a peer. The sessions will cover: How to integrate peers into a multidisciplinary team, person centered recovery planning, effective supervision of peers, supporting effective documentation of peer services, ethics and boundaries, self-care and wellness for supervisors and more. It will be provided in virtual format (Zoom) and also in person. When you register, please ensure you select the correct training format that you want to attend. **November 9-10, 2023-Virtual.** [Register](#)

11. **Resolving and Avoiding Ethical Dilemmas** – Everyone faces ethical dilemmas throughout their career. Being able to appropriately navigate these potential land mines is critical to the successful practice of social work. This training will cover ethical issues commonly faced by social workers during their career and offers strategies to effectively deal with them, as well as, to lessen the chances of such concerns arising in the future. **Friday, November 10, 2023, 1pm-4pm CT.** [Register](#)
12. **NAMI Peer-to-Peer Teacher Training** – This is a 2-day virtual training. When complete, participants will be certified to teach the NAMI Signature Education Program, Peer-to-Peer (P2P). Once certified, teachers will lead a course, which generally includes one 2.5 hour session each week for 8 weeks. (Virtual courses can be taught in weekly 2-hour sessions.) Newly certified teachers should be able to commit to teaching one 8-week course per year. **Prerequisite:** Must have taken a NAMI Peer-to-Peer Course as a participant. **December 2-3, 2023, 9am-5pm CT.** [Register](#)
13. **PSBCBT Learning Collaborative** – The University of Oklahoma Health Sciences Center, Problematic Sexual Behavior - Cognitive-Behavioral Therapy™ Training Program in collaboration with the Missouri Behavioral Health Council invites you SAVE THE DATES for a Learning Collaborative for Problematic Sexual Behavior - Cognitive-Behavioral Therapy™ for school aged children ages 7-12, their victims, and their caregivers. Requirements-Teams consist of at least 2 clinicians (family modality) or 4 clinicians (group modality), 1 clinical supervisor and 1 senior leader. Information call **January 12, 2023, 12pm CT.** [Register](#)

RECURRING TRAINING OPPORTUNITIES

1. **Training for Early Care Educators in Missouri-Social Emotional**– Ages and Stages Questionnaire (ASQ 3) Development: This screening tool assesses developmental milestones - gross motor, fine motor, communication, problem solving, and personal-social skills for children 2 months - 66 months. [Register](#)
 - **Tuesday, October 24, 2023, 9am-12pm**
 - **Tuesday, November 14, 2023, 1pm-4pm**
2. **Conversations for Suicide Safer Homes: a CALM Informed Training** – Firearms are the most lethal means used in a suicide attempt. In fact, 90% of people who attempt suicide with a firearm will perish and two out of every three firearm-related deaths in the United States is suicide. In an effort to prevent the tragedy of suicide the Safer Homes Collaborative presents Conversations for Suicide Safer Homes - a suicide prevention training developed for all audiences. CSSH informs 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. Participants who've attended previous versions of this training found it offers respectful and practical tips that focus on increasing safety, and are not anti-gun, but rather anti-suicide. Multiple days available. [Register](#)
 - **Tuesday, October 24, 2023, 6pm-7pm CT.**
 - **Tuesday, November 14, 2023, 11am-12pm CT.**
 - **Tuesday, November 28, 2023, 6pm-7pm CT.**
 - **Tuesday, December 12, 2023, 11am-12pm CT.**
 - **Tuesday, December 12, 2023, 6pm-7pm CT.**
3. **NOVA Crisis Response Training (CRT)** – NOVA's Basic CRT training consist of twenty-four hours of techniques and protocols for providing crisis intervention to traumatized individuals. The training focuses on the fundamentals of crisis and trauma, and how to adapt to basic techniques to individuals and groups in this area also known as psychological first aid. Thousands who confront human crisis – victim advocates, law enforcement officer and others – have completed the course and recommend it to others.
 - **October 24-26, 2023-Kansas City** [Register](#)
 - **October 31-November 2, 2023-St Louis** [Register](#)

4. **Substance Use Disorder and the LGBTQ+** – Substance use is a complex issue that affects individuals from all walks of life, including the LGBTQ+ community. Members of this community face unique challenges when seeking help for addiction. Stigma, shame, and a lack of family support can all make it difficult for LGBTQ individuals to access the resources they need to overcome substance use disorders. Additionally, growing anti-LGBTQ legislation can further exacerbate these issues, creating a hostile environment for individuals struggling with addiction. This is a 2 part series.
 - **October 30, 2023, 1pm-2:30pm CT.** [Register](#)
 - **November 6, 2023, 1pm-2:30pm CT.** [Register](#)
5. **Addiction Medicine with Treatment Courts Office Hour Mentoring Sessions** – These one-hour sessions will be held monthly and facilitated by an addiction medicine and treatment court expert. It’s an opportunity for you to ask questions, share practice advice, solve challenges, and develop new approaches with treating patients involved in treatment courts and in the legal system.
 - **Session10-Latest Trends on Working in a Treatment Court- Tuesday, October 31, 2023, 10am CT.** [Register](#)
 - **Session 11-Treatment Court 101-Tuesday, November 28, 2023, 10am CT.** [Register](#)
 - **Session 12-Communication Strategies-Tuesday, December 19, 2023, 10am CT.** [Register](#)
6. **Grief Sensitivity Virtual Learning Institute** – Working with grief in the context of violence: Strengthening our skills to strengthen ourselves.
 - **General Mental Health Workforce Sessions-Wednesday, November 1, 2023-Register**
 - **School Mental Health Workforce Sessions-Thursday, November 2, 2023 Register**
7. **Early Psychosis 101: Basics for Supporting Students** – Identifying young people at risk for or facing a first episode of psychosis is a major state and national priority due to the recognized benefits of early intervention. Because symptoms generally begin between the ages of 12-25, schools are critical places for identifying those with early symptoms of both psychosis-risk and early psychosis symptoms. Please join us starting on October 18 for a virtual three-part learning series that will focus on key aspects of early psychosis support for those working in school mental health in a variety of roles and settings. We will focus on how to recognize students with early psychosis symptoms, link them to appropriate services, and create appropriate accommodations to support student academic success and mental wellbeing. In addition, methods for addressing the stigma one faces when dealing with these symptoms with peers and school personnel will also be considered.
 - **Hope, Healing and Homework: Empowering Educators in Screening for Psychosis and Navigating School Supports for Students with Psychosis-Wednesday, November 1, 2023, 2pm CT.** [Register](#)
 - **Transition to College for Youth with Psychosis- Wednesday, November 15, 2023, 2pm CT.** [Register](#)
8. **Social Current: Building a Resilient Workforce Webinar Series** – In our upcoming learning series, “Building a Resilient Workforce,” Social Current experts will delve into core strategies and tactics for supporting staff, such as increasing accountability, managing conflict, nurturing relationships, embracing equity, and achieving excellence. Participants are sure to gain knowledge and tools to set them, and their organizations, up for success. From utilizing brain science in the workplace to fostering psychological safety to creating culture and community, this learning series will provide concrete action steps to support staff who are emotionally and physically exhausted. [Register](#)
 - **FostCreate Culture around Shared Values-Thursday, November 9, 2023, 1pm CT.**
 - **Integrated Connection and Community-Tuesday, December 12, 2022, 1pm CT.**
9. **Housing Trainings** – DMH Housing Training Program with Corporation for Supportive Housing
 - **Wednesday, November 15, 2023,** MO DMH Training - Harm Reduction Approaches in Service Delivery registration link: <https://csh-org.zoom.us/meeting/register/tZMpdO2oqzksGtAAhchJe-Et9ZEFk7toGEPt>
 - **Wednesday, December 6, 2023,** MO DMH Training - Partnering with Landlords registration link: <https://csh-org.zoom.us/meeting/register/tZ0udOugqjMqHdCDqfLVPhnaKfdnZUJHzDsc>

10. **St. Louis DEI Training Series** – [Register](#)

- We understand trauma for our patients...WHAT ABOUT US?-**November 16-17, 2023, Dome Training Center**
- Introduction (Theory of Change)-**December 14-15, 2023, Harrison Education Center | 3140 Cass Ave.**

11. **PREPaRE** – PREPaRE trains school-employed mental health professionals and other educators how to best fill the roles and responsibilities generated by their membership on school crisis response teams. PREPaRE is the only comprehensive, nationally available training curriculum developed by educators (each of whom have firsthand school crisis response experience and formal training) for educators. Specifically, the PREPaRE model emphasizes that members of a school crisis response teams must be involved in the following hierarchical and sequential set of activities: To Register, email YSTraining@BurrellCenter.com the dates you wish to attend.

P—Prevent and prepare for crises

R—Reaffirm physical health & welfare, and perceptions of safety & security

E—Evaluate psychological trauma risk

P—Provide interventions

a—and

R—Respond to mental health needs

E—Examine the effectiveness of crisis preparedness

- **November 28 and 29, 2023** – Kirksville
- **January 10 and 11, 2024** – Joplin
- **February 5 and 6, 2024** – Kansas City

12. **2024 Regional WRAP Training** – **WRAP** is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be. The WRAP process supports individuals to identify the tools that keep them well and creates action plans to put them into practice in everyday life. All along the way, WRAP helps incorporate key recovery concepts and wellness tools into your plans and your life. [Register](#)

- **February 8-9, 2024**-Places for People Location TBD, St. Louis, Missouri
- **March 14-15, 2024**- Recovery Center, Springfield, MO | 1925 East Bennett Suite J, Springfield, MO 65804
- **April 25-26, 2024**-Drury Hotel | Lewis and Clark Room, 3351 Percy Drive, Cape Girardeau, Missouri
- **May 2-3, 2024**-MBHC Office, 221 Metro Drive, Jefferson City, MO 65109

13. **NAMI-Parents Supporting Parents Group - Prepping Mental Health for School** – Parents supporting parents group is a family support group for parents, caregivers, or other family members of a child, teen or young adult 25 years or younger that have experienced mental health symptoms. Come for support and learn about starting the conversation about mental health for college bound students, using parents and teachers as allies with K- 12 teachers and wellness activities for families. [Register](#)

14. **NAMI Basics** – NAMI Basics is a free education program for parents and family caregivers of children and teens age 21 and younger who are experiencing mental health symptoms. The course consists of six weekly classes, each 2.5 hours long and is taught by trained teams with lived experience raising youth with mental health conditions. Registration is required for this free course. NAMI Basics is certified for Missouri Foster Parent training credit. [Register](#)

15. **Family Support Provider Training** – A family support provider provides supports and services that increase protective factors. They oftentimes connect with the family member in a way that ignites the spark of hope that things can and will get better because they have experienced a similar journey. [Register](#)

16. **Youth Peer Support** – A Youth Peer Support Specialist is a young adult who provides support, encouragement, and assistance to youth and young adults as they transition to adulthood. [Register](#)

17. **Peer Supervision Training** – **converted to ALL ONLINE Self Study Course** – Basic Peer Supervision training has been converted into an all online self-study course! It is still free, and rather than having to wait around until the next month it was being offered that had openings...now you can take it whenever it fits into YOUR schedule. It has the same contact hour value (6 hours). [Enroll](#)

18. **2023 Motivational Interviewing Training** – The **Missouri Behavioral Health Council** is providing four regional Motivational Interviewing trainings, along with a coding add on training. Training begins in February and will be all in person in the different regions below. You must attend the initial and follow up training to complete the full training. To register and for more information on the trainings, times and locations click the registration link. If you have any questions reach out to events@mobhc.org [Register](#)
19. **Specialty Peer Instruction Series** – The UMSL-MIMH SOR 3.0 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, and boundaries; How to identify and address stress, compassion fatigue, grief, and secondary trauma; Working with peers with co-occurring mental illness and 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](#)
20. **2023 Peer Specialist Trainings** – Please see the peer specialist trainings provided by the MCB below.
 - **Certified Peer Specialist Basic 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](#)
21. **2023 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
 - **Missouri Recovery Support Specialist Trainings** – [Register](#)
 - **Ethics Trainings** – [Register](#)
22. **ON DEMAND – Medication Awareness Recovery Specialist Training-ONLINE/ON DEMAND** – This is a comprehensive training program that provides 40 hours of training on using medications during the recovery process. At the conclusion of the program, participants are awarded 40 CEU hours and a Medication Awareness Recovery Specialist Certificate. [Register](#)
23. **New ON DEMAND – Postpartum Depression Treatment With GABAergic Therapies-ONLINE/ON DEMAND** – This on-demand activity discusses key clinical trial outcomes of traditional oral antidepressant medications and atypical antipsychotics for the treatment of PPD and the current clinical need for effective and safe PPD medications. [Login to participate](#)