

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

November 17, 2023

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

1. **Peer Support** – UMSL-MIMH is re-launching its recruitment efforts for its study of the integration of Missouri peer support workers within the treatment and recovery workforce. If you're a peer or peer supervisor, email peerspecialist@mimh.edu to get your own survey link and a \$15 gift card. MIMH will be recruiting through treatment and recovery groups and organizations going forward. If you are open to having one of them come to a staff meeting to share info about this brief survey study, email brittany.blanchard@mimh.edu

JOB ANNOUNCEMENTS

Senior Clinical Caseworker (Forensic Case Monitor II)

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in the Western Region. Remote work options are available for this position. Application deadline is **November 22, 2023**.

[Learn More and Apply!](#)

Senior Clinical Caseworker (Forensic Case Monitor II)

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in the Eastern Region. Remote work options are available for this position. Application deadline is **November 22, 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. **New Grants to Support New Investigators in Conducting Research Related to Understanding Drug Use and Overdose Risk and Protective Factors** – The Centers for Disease Control and Prevention (CDC) announced a new funding opportunity for [Grants to Support New Investigators in Conducting Research Related to Understanding Drug Use and Overdose Risk and Protective Factors](#). This new program is designed to support CDC's National Center for Injury Prevention and Control (NCIPIC) Mentored Research Scientist Development Awards (K01) by providing an intensive, supervised/mentored career development experience in substance use or overdose prevention research. **Applications are due December 1, 2023**, with a projected start date of September 30, 2024. Additional details on the program, including eligibility, can be found [here](#)

- CDC to Release Notice of DFC Funding Opportunities** – The Centers for Disease Control and Prevention (CDC) recently [announced](#) it will release the Fiscal Year (FY) 2024 Notice of Funding Opportunity (NOFO) for the Drug-Free Communities Support (DFC) Program in February 2024. The DFC Program provides community coalitions grant funding to mobilize local youth substance use and misuse prevention efforts across the country. Specifically, DFC coalitions gain access to:
 - "Funding of up to \$125,000 a year for 10 years,
 - Programmatic support,
 - Technical assistance for research, data collection, and more. "Additional details on the DFC program and how to apply for funding can be found [here](#).
- 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

- New Toolkit of Behavioral Health Resources Pertaining to the Israel-Hamas Conflict** – SAMHSA DTAC has developed the attached [Toolkit of Behavioral Health Resources Pertaining to the Israel-Hamas Conflict](#) for use by the disaster behavioral health community and those working with and supporting individuals and communities emotionally impacted by the Israel-Hamas conflict. Please circulate this document in your networks as needed. If you have any questions or if you would like additional information, please reach out to the SAMHSA DTAC team at 1-800-308-3515 or via e-mail at dt...@iqsolutions.com
- New 988 Resources: Veterans Crisis Line and Lifeline Awareness Videos** – In recognition of Veterans Day on November 11, the Substance Abuse and Mental Health Services Administration (SAMHSA) is calling attention to the [Veterans Crisis Line \(VCL\)](#) and released updates to the [988 Partner Toolkit](#). The VCL website includes social media graphics, fact sheets, videos, and more on resources available to prevent veteran suicide. To access the VCL, veterans can call 988 and press 1, chat online [here](#), or send a text to 838255 24/7/365- even if they are not registered with the Department of Veterans Affairs (VA) or enrolled in VA health care. SAMHSA also updated the 988 Partner Toolkit with two new videos that promote the 988 Lifeline: [Impact of the 988 Lifeline](#) and [You Matter PSA](#). For additional resources and information related to the 988 Suicide & Crisis Lifeline, visit the 988 webpage, [here](#).
- New Among those at High Risk for Suicide, Study finds Key Factors that Drive 988 Lifeline Usage: Someone to Talk to 24/7 and Free Access** – The Ad Council, in partnership with Action Alliance and SPRC, and supported by SAMHSA, have released crucial findings from a mixed-methods formative study describing the attitudes, beliefs, perceptions, barriers, and motivations related to 988 and adopting help-seeking behaviors among populations with a higher risk for or disproportionately impacted by suicide. [AdCouncil 988 Report 9 2023 Rev7.indd \(suicidepreventionmessaging.org\) Read the press release. Learn more about 988 Formative Research Project. Read the report.](#)
- New Guidance on Remote Communications Technologies for Delivering Audio-Only Telehealth** – The Substance Abuse and Mental Health Services Administration's (SAMHSA) Center of Excellence for Protected Health Information (CoE-PHI) released a new resource on [Guidance on Remote Communication Technologies for Delivering Audio-Only Telehealth](#). The resource breaks down updated guidance from the Department of Health and Human Services' (HHS) Office for Civil Rights (OCR) regarding the use of remote communication technologies, including audio-only technology, to provide telehealth in compliance with the Health Insurance Portability and Accountability Act (HIPAA). The resource can be downloaded [here](#).

5. **New Metformin Helps Prevent Weight Gain in Youth Taking Medication for Bipolar Disorder** – The type 2 diabetes drug metformin can help prevent, and in some cases reverse, weight gain in youth taking second-generation antipsychotics (SGAs) for bipolar disorder. [Metformin Helps Prevent Weight Gain in Youth Taking Medication for Bipolar Disorder \(hmpgloballearningnetwork.com\)](https://hmpgloballearningnetwork.com)
6. **New CoE-PHI Resource: Federal Privacy Protections for Patients Receiving SUD Treatment Services in Integrated Settings** – A new resource from the [Center of Excellence for Protected Health Information \(CoE-PHI\)](#) describes key privacy considerations for patients' SUD treatment records that originate from a Part 2 program or provider within integrated healthcare facilities. [View the Resource.](#)
7. **New CMS Makes Hospital Prices More Transparent and Expands Access to Behavioral Health Care** – Today, the Centers for Medicare & Medicaid Services (CMS) announced it is expanding access to behavioral health services for people with Medicare through coverage of intensive outpatient services and that it is making it easier for the public to learn what a hospital charges for items and services through improved hospital price transparency requirements. These policies are included in the calendar year (CY) 2024 Hospital Outpatient Prospective Payment System (OPPS) and Ambulatory Surgical Center (ASC) final rule with comment period released today, which also updates payment rates by 3.1% for hospital outpatient and ASC services for calendar year 2024. [Learn More](#)
8. **New Helping People with Serious mental illness Quit Smoking** – People with serious mental illness (SMI), such as [schizophrenia](#), [bipolar disorder](#), and [major depression](#), often face significant physical health challenges. For example, people with SMI die from cardiovascular disease at twice the rate of those without SMI, and levels of tobacco smoking in this population are high. [Learn More](#)
9. **New Emergency Department Intervention Reduces Adult Suicide Risk** – Suicide is a leading cause of death in the United States, but there are opportunities to intervene and save lives. Many people who die by suicide visit an emergency room in the weeks or months before, making them critical places to reach people at risk. Addressing suicide risk in these fast-paced, urgent care settings is challenging, but research funded by the National Institute of Mental Health showed that it is possible. The study, known as the [Emergency Department Safety Assessment and Follow-Up Evaluation 2 \(ED-SAFE 2\)](#), significantly reduced suicidal behaviors among people at risk of suicide. [Learn More](#)
10. **New Opening Career Pathways for Peers with Criminal Justice Background** – The guide ignites healing in an important way. It helps bridge the gap between participants in behavioral health programs and peer support specialists who have lived experiences in the criminal justice system. When we embrace this connection, we create a profound opportunity for genuine understanding, trust, and growth. [Read More](#)
11. **New CDC Outlines First Plan to Address Widespread Health Worker Burnout** – A new first-of-its-kind federal campaign targeting widespread burnout in the health care workforce aims to make it easier for providers to get mental health care without fear it could jeopardize their careers. [Read More](#)
12. **New Resources to Support Recovery-Ready Workplaces** – the Biden-Harris Administration released two new resources designed to give businesses and State leaders tools to expand employment opportunities for those struggling with substance use disorder (SUD) and in recovery from a SUD. The resources are intended not only to support private businesses in implementing recovery-ready workplace (RRW) policies but also non-profit organizations, unions, trade associations, and State, local, and Tribal governments. These RRW policies “...support workers with substance use disorder by creating a safe and healthy work environment, reducing stigma, breaking down barriers for employment, and promoting addiction treatment and recovery support services.” [Information and Resources](#)

13. **New SAMHSA Releases 2022 National Survey on Drug Use and Health Results** – The Substance Abuse and Mental Health Services Administration (SAMHSA) released the [2022 National Survey on Drug Use and Health \(NSDUH\) results](#) along with a [companion infographic](#). The NSDUH tracks self-reported information on substance use, substance use disorder (SUD) and treatment, mental health, and recovery of noninstitutionalized U.S. citizens ages 12 or older. The companion infographic can be downloaded [here](#)
14. **New Counseling Approaches to Promote Recovery from Problematic Substance Use and Related Issues Treatment Improvement Protocol** – This Treatment Improvement Protocol (TIP) provides guidance to counselors, administrators, and supervisors about recovery-oriented services, supports, and care, allowing them to better serve individuals in or seeking recovery from problematic substance use. [Register](#)
15. **Family Engagement Toolkit** – This toolkit offers resources and a roadmap from the National Family Support Technical Assistance Center, the Mental Health Technology Transfer Center, and the National Center for School Mental Health to move schools from the tokenism that often comes with family involvement to authentic family engagement. Learn how incorporating Family Peer Specialists on school-based mental health teams can move schools towards family-driven partnership and support for youth experiencing mental health and/or substance use challenges. [Learn More](#)

TRAINING OPPORTUNITIES

1. **Striving and Thriving Among Certified Peer Specialists** – The webinar will review the results from the Certified Peer Specialist (CPS) Career Outcomes Study, the first-time longitudinal analysis of a 3-year study documenting the career outcomes of CPS', including wages, financial wellbeing, workplace burnout, and CPS in rural communities. The webinar will then offer lessons learned and avenues for future research and policy change to support the CPS workforce. **Monday, November 27, 2023, 12pm CT.** [Register](#)
2. **Utilizing Incentives and Sanctions to Support Successful Outcomes in Treatment Court** – This webinar will discuss effective ways to utilize incentives and sanctions within a treatment court setting. Speakers will explain ways to respond to behavioral health non-compliance in a clinical way rather than with traditional punitive approaches. **Monday, November 27, 2023, 12:30pm-2pm CT.** [Register](#)
3. **Best and Promising Practices for Centering Lived and Living Experience and Recovery as a CCBHC** – This webinar will review the recommendations for the field from the Living Experience Advisory Council on organizational shifts towards centering lived and living experience and building a strong workforce of lived and living experience. **Tuesday, November 28, 2023, 12pm-1:30pm CT.** [Register](#)
4. **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](#)
5. **New Ensuring Access to MOUD** – Medication for Opioid Use Disorder (MOUD), formerly known as Medication Assisted Treatment (MAT), which may be in combination with counseling and psychosocial services, is the evidence-based standard of care for treating opioid use disorder (OUD). However, access to and retention in MOUD remains limited in many jurisdictions. **Monday, December 4, 2023, 11am CT.** [Register](#)

6. **Trauma-Focused Cognitive-Behavioral Therapy: Peeking into the Brain of a TF-CBT Therapist** – Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is the most empirically supported intervention for children exposed to trauma. In this advanced presentation, Dr. Kliethermes will use a case study to help participants to step through this well-established, evidenced-based practice for childhood trauma. This program will be interactive for participants including discussion and polls. **Thursday, December 7, 2023, 1pm-4pm CT.** [Register](#)
7. **Personal Safety and De-Escalation for Helping Professionals** – The personal safety of social workers is a vital part of our practice. This workshop will empower social workers to develop situational awareness and consider best practices for safety in the office and in the field. Case studies will highlight the importance of safety considerations and provide learners with the opportunity to critically analyze their personal and agency safety protocols. De-escalation strategies will be presented as a first line intervention to defusing challenging situations. Learners will be prepared to handle safety concerns and escalated clients with clarity and confidence. **Tuesday, December 12, 2023, 1pm-4pm CT.** [Register](#)
8. **New Harnessing Technology and Social Media to Address Alcohol Misuse in Adolescents and Emerging Adults** – The webinar features two presentations discussing prevention and intervention research around various innovations for using technology to prevent and reduce alcohol misuse among youths, including telehealth, social media, and other methods. **Wednesday, December 13, 2023, 11am CT.** [Register](#)
9. **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, 2024, 12pm CT.** [Register](#)
10. **MO Children's Trauma Network Training Summit 2024** – You are invited to submit a proposal to share your experience and expertise with over 400 attendees from all over the state of Missouri. Attendees include staff from Community Mental Health Centers, Child Advocacy Centers, Private Practices, Child Welfare Agencies, and many more. The conference focuses on the youth population. To find out more about MOCTN, visit us online at www.moctn.com. **The deadline for presentations is January 30, 2024.** [Fill out the call for presentations online now >> CLICK HERE.](#)
11. **Introductory/Refresher Virtual YSBIRT Training** – For administrators or clinicians who are new to YSBIRT or looking for a refresher. Participants will learn how YSBIRT fits in the context of health and providing whole-person, integrated and trauma informed systems of care; the use of evidence-based screening tools for adolescents to identify risk levels of alcohol and drug use; the role of brief interventions to increase engagement, elicit behavior change and reduce counterproductive discussions; and referral and treatment best practices for managing and supporting people with substance use disorders. **Monday, February 5, 2024, 1pm-4pm CT.** [Register](#)
12. **Introductory/Refresher Virtual SBIRT Training** – For administrators or clinicians who are new to SBIRT or looking for a refresher. Participants will learn how SBIRT fits in the context of health and providing whole-person, integrated and trauma informed systems of care; the use of evidence-based screening tools for adolescents and adults to identify risk levels of alcohol and drug use; the role of brief interventions to increase engagement, elicit behavior change and reduce counterproductive discussions; and referral/treatment best practices for managing and supporting people with substance use disorders. **Monday, February 12, 2024, 1pm-4pm CT.** [Register](#)

RECURRING TRAINING OPPORTUNITIES

1. **Harm Reduction Trainings** – November/December Harm Reduction Trainings: Join the Addiction Science team at UMSL-MIMH for a variety of free, virtual training opportunities on substance use and harm reduction. November and December training offerings include: [Register](#)

- **Foundations of Harm Reduction**
 - **Harm Reduction In Practice**
 - **Overdose Education and Naloxone Distribution (OEND)**
 - **Stimulant Education: Harm Reduction & Overamping**
 - **Fentanyl Test Strips 101**
 - Wound Care for Non-Clinicians
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, November 28, 2023**, 6pm-7pm CT.
 - **Tuesday, December 12, 2023**, 11am-12pm CT.
 - **Tuesday, December 12, 2023**, 6pm-7pm CT.
3. **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.
- **Session 11-Treatment Court 101-Tuesday, November 28, 2023, 10am CT.** [Register](#)
 - **Session 12-Communication Strategies-Tuesday, December 19, 2023, 10am CT.** [Register](#)
4. **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
5. **Housing Trainings** – DMH Housing Training Program with Corporation for Supportive Housing
- **Wednesday, December 6, 2023**, MO DMH Training - Partnering with Landlords registration link: <https://csh-org.zoom.us/meeting/register/tZ0udOugqjMqHdCDqfLVPhnaKfdnZUJHzDsc>
6. **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](#)

- **Integrated Connection and Community-Tuesday, December 12, 2022, 1pm CT.**
7. **St. Louis DEI Training Series** – [Register](#)
 - **Introduction (Theory of Change)-December 14-15, 2023, Harrison Education Center | 3140 Cass Ave.**
 8. **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
 9. **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](#)
 10. **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](#)
 11. **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](#)
 12. **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](#)
 13. **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](#)
 14. **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](#)
 15. **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](#)

16. **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](#)

17. **2023 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.

- Missouri Recovery Support Specialist Trainings – [Register](#)
- Ethics Trainings – [Register](#)