

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

November 3, 2023

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

1. **Trunk or Treat** – Fulton State Hospital (FSH) held its annual Trunk or Treat event benefitting hospital employees, their families, and Fulton community members. Approximately 700 attended and over 550 meals were served compliments of the FSH Applause Recognition Committee.



2. **Breast Cancer Awareness Walk** – Staff from Hawthorn Children’s Psychiatric Hospital held their First Annual Breast Cancer Awareness Walk. The event recognized current breast cancer survivors and honored former employees lost to breast cancer. Over 20 employees took part in the walk on hospital grounds.

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 Sleep Disturbances Associated with MDD Recurrence Over 3 Years** – The longitudinal study investigated sleep disturbances, including hypersomnolence, which researchers defined as an unrefreshing prolonged main sleep period of 9 hours or longer, in US adults from 8 states. Researchers interviewed 12,218 participants from the general population in wave 1, and 3 years later re-interviewed 10,931 participants in wave 2. [Learn More](#)
2. **New Helping People with Serious Mental Illness Quit Smoking** – People with serious mental illness (SMI) die from cardiovascular disease at twice the rate of those without SMI, and levels of tobacco smoking in this population are high. [Read More](#)
3. **New Adult ADHD Linked with Increased Motor Vehicle Crash Risk** –Attention-deficit/hyperactivity disorder (ADHD) was associated with a significantly increased crash risk in older adult drivers compared to drivers without ADHD. [Read More](#)
4. **Initiative NRI 2022 State Profiles Report: Transportation in Behavioral Health Crisis Services** – This report identifies 12 states that have developed transportation alternatives for transportation of individuals in crisis and additional states that are working on alternatives to reduce the use of law enforcement in transporting individuals in crisis. [Learn More](#)
5. **Initiative to Protect Youth Mental Health, Safety & Privacy Online** – The National Telecommunications and Information Administration (NTIA) seeks broad input and feedback from stakeholders on current and emerging risks of health (including mental health), safety, and privacy harms to minors arising from use of online platforms, etc. The data gathered through this process will be used to inform the Biden-Harris Administration's work to advance the health, safety, and privacy of minors ***Written comments must be received on or before November 16, 2023.*** [Learn More](#)
6. **Racial Equity & Cultural Diversity Resource Collection** – This ever-evolving webpage is updated periodically and is a compilation of products and resources on cultural responsiveness, racial equity, cultural diversity for the mental health workforce. [Learn More](#)
7. **NAMI Launches Teen & Young Adult Helpline** – The National Alliance on Mental Illness (NAMI) introduces a the Teen & Young Adult (T&YA) Helpline: A free nationwide peer-support service providing information, resource referrals, and support to teens and young adults. Their T&YA Specialists are young people who understand what teens and young adults are going through. They are experienced, well-trained, and want to help young people find a way forward. **The T&YA Helpline can be reached by phone, text, or chat Monday-Friday, 9am-9pm CT.** [Learn More](#)
8. **NASMHPD Workbooks for Emotional Expression, Processing and Regulation**
 - **Pre-K Workbook** – [Learn More](#)
 - **Kindergarten to Grade 2 Workbook** – [Learn More](#)
 - **Grades 3-5 Workbook** – [Learn More](#)

9. **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. **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](#)
2. **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](#)
3. **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](#)
4. **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. **Thursday/Friday, November 9-10, 2023-Virtual.** [Register](#)
5. **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](#)
6. **Optimizing Missouri's Managed Care Plan Benefits for Maternal and Infant Health** – Join the MO HealthNet Division (MHD) and meet MHD Managed Care Health Plan representatives at the Governor's Office Building in Jefferson City. This is a unique networking opportunity to showcase valuable benefits, incentives and resources available to perinatal patients and families including individualized Gestational Care Management for eligible patients. **Monday, November 13, 2023, 10am-3pm CT.** [Register](#)
7. **Exploring Value-based Payment for Substance Use Disorder Services** – This exciting webinar that will explore value-based payment (VBP) use for substance use disorder (SUD) services. VBP models pay health care providers based on the value of the service rather than the volume of services. This model has the potential to improve delivery of integrated and coordinated treatment and recovery services for individuals with SUDs. SAMHSA is soon releasing a report exploring the use of VBP for SUD services in the United States. **Monday, November 13, 2023, 1pm CT.** [Register](#)
8. **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. **Tuesday, November 14, 2023, 1pm-4pm** [Register](#)

9. **National Council for Mental Wellbeing Motivational Interviewing** – Motivational interviewing (MI) is an approach enabling individuals to inspire their teams and clients through conversations that empower meaningful change. The National Council for Mental Wellbeing’s MI virtual training and coaching provides an engaging learning environment for this approach, whether you’re a clinician in a mental health or substance use treatment setting, supervisor wanting to boost staff morale or case manager for patients with diabetes and heart disease. Space is limited. **Thursday, November 16, 11am-3pm CT** [Register](#)
10. **New 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](#)
11. **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](#)
12. **New 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](#)
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, 2024, 12pm CT.** [Register](#)
14. **New 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.](#)
15. **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](#)
16. **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

- New 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](#)
- 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.**
- 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 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.**
- 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>
- 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.**
- 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](#)

- 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
- 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
- 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](#)
- 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](#)
- 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](#)
- 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](#)
- 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](#)
18. **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](#)
19. **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](#)