



# FYI FRIDAYS

## **DBH Updates, Notices, and Policy Guidance December 22, 2023**

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

1. **New – State of the State Address** – Will be held on January 24, 2024 at 3:00.
2. **TeachWell** is a text-based wellness program from the Missouri Department of Mental Health as a thank you to educators. This comprehensive program aims to support the mental health and well-being of educators, recognizing that their emotional and mental well-being directly impacts their ability to create a positive learning environment for students. [TeachWell](#) offers a series of courses addressing key topics such as preventing burnout, seeking help, the benefits of movement, managing depression and anxiety, and fostering resilience through self-care and team care. By prioritizing your well-being, you can thrive both personally and professionally.

**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**

### JOB ANNOUNCEMENTS

#### **Evidence Based Services & Review Specialist**

This Specialist will conduct statewide fidelity reviews and provide technical assistance to behavioral health programs in identified evidence-based practices including Assertive Community Treatment (ACT), Dialectical Behavioral Therapy (DBT), Integrated Treatment for Co-occurring Disorders (ITCD) and Individualized Placement and Support (IPS). This position will work closely with colleagues across all DBH programs including providing trainings and understanding other monitoring functions. This position may require travel and overnights. This position is located in the Eastern Region of Missouri. **Remote work for this position is an available option, with the expectation of some in-office presence.** Application deadline is **January 5, 2024**. [Learn More and Apply!](#)

### **FUNDING OPPORTUNITIES**

1. **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](#).

2. **New SAMHSA Grant Opportunity for the Expansion of Youth Mental Health Services** – The Substance Abuse and Mental Health Services Administration (SAMHSA) announced a funding opportunity to expand and sustain comprehensive community mental health services for children and youth from birth to age 21. The program aims to provide resources to improve mental health outcomes for children and youth at risk of serious emotional disturbances (SED) and their families. SAMHSA anticipates providing up to \$30,444,272 in available funding across 23 awards. More information on eligibility requirements and grantee specifications can be found [here](#).

## ***INFO and RESOURCES***

1. **New Beyond Neurotransmitters: Unraveling the Brain Circuitry of Mental Health** – In his recent NEI Congress session, Vladimir Maletic, MD, MS, University of South Carolina, Greenville, explores the complexities of brain circuitry and the neurobiological basis of major psychiatric conditions. In this video, Dr. Maletic discusses how the overlap of risk genes between depression, schizophrenia, and ADHD affects symptom presentation and treatment response. [Read More](#)
2. **New Use of Psilocybin in Bipolar II Treatment Clinical Trial Produces Strong Results** – In a recent clinical trial to study the efficacy and safety of a single dose of synthetic psilocybin accompanied by psychotherapy to treat individuals with treatment-resistant bipolar type II disorder (bipolar II), 80% of participants met the criteria for remission 12 weeks after treatment. [Read More](#)
3. **New Public Comment on Adolescent Framework** – ASAM is seeking input from diverse stakeholders on the framework for the Adolescent and Transition Age Youth Volume of the 4th Edition of The ASAM Criteria®. Feedback received during the public comment period will be instrumental in refining the framework which will be used to guide development of the comprehensive standards and decision rules of the Adolescent and Transition Age Youth Volume. Feedback must be submitted through the [online submission form](#) in order to be considered. Please note that your comments may be made public. [Read More](#)
4. **New Missouri Tobacco Quit Services in 2024** - Missouri Tobacco Quit Services is getting a refresh with a new provider on January 1, 2024. Services are available 24/7 – 365 days a year. The number and website will remain the same – 1-800-QUIT-NOW - [www.youcanquit.org](http://www.youcanquit.org). Teens will have their own free, confidential way to quit smoking or vaping. They can chat with a coach at [My Life My Quit](#) or text “start my quit” to 36072. Check the site beginning January 1 for updated information relating to provider referrals and the new fax referral form. The new fax number will be 1-800-261-6259.
5. **New Screening for ADHD via Telehealth** – In this video, Craig Chepke, MD, DFAPA, co-chair of Psych Congress Elevate 2023, discusses screening for, diagnosing, and treating attention-deficit/hyperactivity disorder (ADHD) via telehealth. While a virtual platform presents its own unique challenges, Dr. Chepke emphasizes the importance of offering patients care in whatever format works best for them. [Read More](#)
6. **New Research Highlight: Magnetic Seizure Therapy as Effective as Electroconvulsive Therapy for Treating Depression** – Medication and therapy are often used to treat depression, but they do not work for everyone. Electroconvulsive therapy (ECT) is one treatment that is used when people have not found relief from depression symptoms through other treatments. Magnetic seizure therapy (MST) is a newer treatment being studied for depression. A new clinical trial found that MST is equally effective at reducing depression symptoms as ECT, but with fewer side effects. [Read More](#)
7. **New SAMHSA Releases 2021 TEDS Annual Report** – The Substance Abuse and Mental Health Services Administration (SAMHSA) recently released the 2021 Treatment Episode Data Set (TEDS) Annual Report. TEDS collects data on substance used, type and duration of treatment received, and National Outcome Measures (NOMs), such as employment status and criminal justice system involvement. Data is collected for every treatment episode of clients aged 12 and older who receive substance use treatment services from facilities licensed or certified by the Single State Agency (SSA). [Read More](#)

8. **New SAMHSA Resource: Exploring Value-Based Payments for Substance use Disorder Services in the United States** – The Substance Abuse and Mental Health Services Administration (SAMHSA) released a new resource on Exploring Value-Based Payments for Substance Use Disorder Services in the United States. Specifically, the report “...provides an overview of the current adoption of Value Based Payments (VBP) for substance use disorder (SUD) services and provides a summary of best practices and strategies to overcome barriers to implementing SUD-focused programs.” [Read More](#)
9. **New NIH HEAL Guide: Opioid-Overdose Reduction Continuum of Care Approach** – As part of the National Institutes of Health’s (NIH) Helping to End Addiction Long-Term (HEAL) Initiative, NIH recently released a guide on the Opioid-Overdose Reduction Continuum of Care Approach (ORCCA). The guide is based on findings from the HEALing Communities Study and is intended to help policymakers implement evidence-based multi-system strategies to address the opioid overdose crisis. The guide outlines priority populations and essential evidence-based interventions to reduce opioid overdose deaths through ORCCA. [Read More](#)
10. **New HHS OIG Report Affirms Finding of Low Risk for Buprenorphine Diversion Among Medicare Beneficiaries** – The Department of Health and Human Services’ (HHS) Office of the Investigator General (OIG) released a report on The Risk of Misuse and Diversion of Buprenorphine for Opioid Use Disorder in Medicare Part D Continues to Appear Low: 2022. The report is based on OIG’s 2021 report on the risk for misuse and diversion of buprenorphine for Medicare beneficiaries, where a low risk of buprenorphine diversion among Medicaid Part D beneficiaries was found. [Read More](#)

## TRAINING OPPORTUNITIES

1. **Virtual SPARCS Learning Collaborative Cohort #3 (Virtual Only)** - Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) is an evidence-informed group therapy intervention recommended by the National Child Traumatic Stress Network and the Illinois Department of Children and Family Services. SPARCS is also being incorporated into schools’ plans for Positive Behavioral Intervention & Supports. SPARCS is used in a variety of treatment delivery settings, including community-based programs, schools, outpatient clinics, shelters, residential, and juvenile justice settings. [Register](#)
  - **Pre-Work | January 9, 2024 – 10am-12pm**
  - **Learning Session #1, January 17-19, 2024, 8:30am-12:30pm**
  - **Learning Session #2, March 20-22, 2024, 8:30am-12:30pm**
2. **Building Community Partnerships to Boost Mobile Crisis Response** – Community-based mobile response teams can successfully reach people experiencing a crisis who have been missed or failed by the system, or who are reluctant to engage – but to do so requires trust-building with local entities frequented by community members, ethically leveraging local resources, and rethinking awareness-building and engagement. A new TAC webinar series explores the essential role of mobile crisis response in bridging gaps in communities, as well as ways for states to support local community partnering.
  - **Webinar 1: Fostering Community Partnerships: How to (Re)build Trust and Create Strong Relationships.** *Tuesday, January 9, 2024, 12pm-1pm CT.* [Register](#)
  - **Webinar 2: Establishing Mobile Crisis Teams as Trusted Partners in Communities of Service Members, Veterans, and their Families.** *Tuesday, February 13, 2024, 12pm-1pm CT.* [Register](#)
  - **Webinar 3: Creative Solutions for Mobile Crisis Teams to Effectively Engage with Rural and Frontier Communities.** *Tuesday, March 12, 2024, 12pm-1pm CT.* [Register](#)

3. **Sustaining Wellness for Helping Professionals: Ethical Boundary Setting as Self-Care** – This workshop will expand our concept of boundary setting and examine how we can use the NASW code of ethics to guide boundaries with clients, colleagues, supervisors, workplaces, communities, social media and in policy settings – balancing responsibility to self with our responsibilities to others. We will build skills in expressing and enforcing boundaries, as well as an ethical debriefing of traumatic experiences as a strategy to sustain our well-being and engage in proactive self-care. **Wednesday, January 10, 2024, 1pm-4pm CT.** [Register](#)
4. **Trauma-Informed Supervisor Learning Collaborative** – The Missouri Academy of Child Trauma Studies is partnering with the Missouri Children’s Trauma Network to offer a year-long training opportunity in Trauma-Informed Supervision. This exciting process will include three learning sessions. The training is free of cost to supervisors in Missouri who work with children impacted by trauma. Two learning sessions will take place in-person in Jefferson City and one session will be virtual via zoom. An informational webinar will take place via zoom **Thursday, January 11, 2024, 12pm-1pm CT.** [Register](#)
5. **DBT Lunch & Learn: An Update on DBT Research** - The Department of Mental Health and Missouri Behavioral Health Council are excited to offer this learning opportunity. This virtual event is open to all and is not strictly reserved for DBT providers. This presentation aims to provide an update on recent research on DBT and related topics. Implications of this research for the practice of DBT will also be discussed. **Thursday, January 11, 2024, 12pm-1pm CT.** [Register](#)
6. **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](#)
7. **Mental Health First Aid** – Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Youth MHFA is also available for adults working with youth (age 12-18). **Youth-- January 12, 2024, 8:30am-4:30pm-St. Louis, Adult--January 30, 2024, 8:30am-3:30pm Fulton MO** [Learn More and Register](#)
8. **Introductory/Refresher Virtual Motivational Interviewing** – Whether you’re a clinician in a health setting, a supervisor trying to boost staff morale or a case manager supporting recovery, our Motivational Interviewing (MI) training and coaching will help you create conversations that empower others to make meaningful changes. **January 18, 2024, 11pm-3pm CT.** [Register](#)
9. **How Does a Clinician Intervene Therapeutically to Treat and Manage Suicidality in Clients** – This live-online training on suicide intervention will explore key fundamentals of suicidality. Gain understanding of risk level and various motivations for the "suicide mode". Various treatment approaches will be discussed in depth, including CBT, DBT and ACT. Clinicians will be encouraged to examine their current practices around treating suicidality. **Thursday, January 18, 2024, 1pm-4pm CT.** [Register](#)
10. **Why Are We Afraid to Ask About Gambling?** – This presentation will focus on bringing our own attention to gambling in today’s world, how to look for it and help our clients who may have a problem and work professionally towards increasing awareness to a disorder that continues to impact the lives of many people and those who love them. **Friday, January 26, 2024, 9am-11am CT.** [Learn More and Register](#)
11. **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.mocn.com](http://www.mocn.com). **The deadline for presentations is January 30, 2024.** [Fill out the call for presentations online now >> CLICK HERE.](#)

12. **New LGBTQIA+: History, Diversity, Inclusion** – A This presentation will cover history of the LGBTQIA+ community, diversity within the community, and how to make your practice or organization more inclusive. While the topic range is broad, the presentation is meant to appeal to learners from all different backgrounds and knowledge bases. Through learning about history, diversity, and inclusion, you will be more aware of any implicit biases that exist, and meet participants at any point in their journey of cultural awareness, competency, or humility. **Friday, February 2, 2024, 1:00pm-4:00pm CT.** [Register](#)
13. **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](#)
14. **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](#)
15. **Intermediate Motivational Interviewing Training** - For individuals who have had prior MI training and want to hone their skills, we will jump right into the deeper use of spirit and OARS strategies to identify and evoke change talk. This is a smaller group format to allow for multiple guided practice opportunities. Curriculum pace and flow is intentionally designed to maximize engagement and interaction in a virtual environment. **Thursday, February 22, 2024, 11am-3pm CT.** [Register](#)
16. **DBT Lunch & Learn: How to Think Like an Adherence Coder: The DBT AC-I in Practice** - The Department of Mental Health and Missouri Behavioral Health Council are excited to offer this learning opportunity. This virtual event is open to all and is not strictly reserved for DBT providers. This webinar will provide a brief overview of the development of the DBT AC-I, including core therapeutic strategies that are used to evaluate adherence, as well as tips and tricks for reviewing sessions with an eye towards adherence. **Thursday, March 14, 2024, 12pm-1pm CT.** [Register](#)
17. **New 2024 MO Association of Treatment Court Professionals Conference** – The 26<sup>th</sup> Annual Treatment Court Conference program can be found here: [MATCP-Registration-2.pdf \(motreatmentcourts.org\)](#) Electronic conference applications can be found here: [2024 MATCP Conference – Missouri Association of Treatment Court Professionals \(motreatmentcourts.org\)](#). **Branson, MO, Wednesday-Friday, April 10-12, 2024.**
18. **New H.E.R for Youth | Girls** – Habilitation Empowerment Recovery for Girls or H4G is a therapeutic intervention created to address the specific needs of Black girls who are high risk, have mild to moderate substance use disorders, and have current or past involvement with the juvenile justice system, with an emphasis on Black girls. H4G utilizes a strength-based, holistic model for treatment that is both culturally relevant and responsive, with an emphasis on providing a positive and engaging approach to treatment. **Holts Summit, MO, Monday-Wednesday, May 13-15, 2024, 8am-5pm CT.** [Register](#)

19. **New H.E.A.T for Youth | Boys** – H.E.A.T. for Youth is a therapy program designed for Black males aged 13 to 17 involved in the Juvenile justice system. H.E.A.T. — which stands for Habilitation, Empowerment, and Accountability Therapy — applies a holistic, culturally relevant, responsive, strength-based model that emphasizes a positive and engaging approach to treatment. If implemented as designed, it takes six months to complete the entire curriculum. Though H4Y was developed for black males, other ethnic groups could benefit from this intervention. The principles of intervention are universally applicable to all races and ethnicities. **Holts Summit, MO, Wednesday-Friday, May 15-17, 2024, 8am-5pm CT.** [Register](#)
20. **Middle America School Mental Health Conference** – The Mid-America Mental Health Technology Transfer Center will be sponsoring and serving on the planning committee for the first ever Middle America School Mental Health Conference. This event will bring together school mental health professionals from across the Midwest to share their experiences and expertise with one another. This year's theme is "*Cultivating Hope & Healing: Building cultures of hope & healing for families, schools, and communities.*" **A call for Proposals is now open—applicants must apply by January 15, 2024. Omaha, NE, Wednesday/Thursday, May 29-30, 2024.** [Learn More and Register](#)
21. **New 2024 Crisis Conference (Save the Date)** – **Holiday Inn Executive Center, Columbia, MO, June 24-25, 2024.**

## **RECURRING TRAINING OPPORTUNITIES**

1. **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. Check back soon for 2024 virtual training dates. [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: Wound Care Fundamentals—Click for Training Video**
2. **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](mailto: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
    - **January 10 and 11, 2024** – Joplin
    - **February 5 and 6, 2024** – Kansas City
3. **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

4. **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](#)
5. **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](#)
6. **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](#)
7. **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](#)
8. **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](#)
9. **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](#)
10. **2024 Peer Specialist/Specialty 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](#)
11. **2024 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
  - Missouri Recovery Support Specialist Trainings – [Register](#)
  - Ethics Trainings – [Register](#)