

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance December 8, 2023

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

1. **New 2023 Prevention Conference** - Nearly 300 Missouri prevention professionals attended the 2023 Substance Use Prevention Conference held November 13-14 in Columbia. The opening keynote session featured Senator Holly Thompson Rehder sharing stories of her youth as she discussed generational curses and blessings. DEA Resident Agent Bryce Herkert provided state drug trends and reported 7 of every 10 pills seized by DEA have tested positive for some level of fentanyl. Conference attendees chose from a variety of breakout sessions focused on timely topics such as local strategies for preventing youth vaping, how to use alternatives to school suspension for students found using substances, and in-depth information about the effective delivery of evidence-based programs. The 2024 conference will be held in St. Charles next November.
2. **New Proposed Amendment to DBH Core Rule 9 CSR 10-7.030, Service Delivery Requirements**, is posted to the DBH website for comments [DBH Regulation Drafts](#). Comments should be sent to debbie.mcaine@dmh.mo.gov by **December 22, 2023**.

Update on Administrative Rules – The following were published in the [December 1, 2023, Missouri Register](#):

- 9 CSR 30-4.046 PSR in Community Psychiatric Rehabilitation Programs, proposed amendment to change the staffing ratios for children and youth;
- 9 CSR 10-7.035 Behavioral Health Healthcare Home, final order;
- 9 CSR 30-3.134 Gambling Disorder Treatment, final order;
- 9 CSR 30-3.201 Substance Awareness Traffic Offender Program, final order;
- 9 CSR 30-3.206 SATOP Structure, final order; and
- 9 CSR 30-6.010 Certified Community Behavioral Health Organization, final order.

JOB ANNOUNCEMENTS

Administrative Support Professional

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in Central Office. Application deadline is **December 15, 2023**. [Learn More and Apply!](#)

Evidence Based Services & Review Specialist

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in the Eastern Region. This position may require travel and overnights. Remote work for this position is an available option, with the expectation of some in-office presence. Application deadline is **December 18, 2023**. [Learn More and Apply!](#)

Youth Services Coordinator

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in Central Office. This position requires travel with overnight stays when necessary as well as in office presence. Application deadline is **December 18, 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. **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](#).

INFO and RESOURCES

1. **New Link Established Between Adult ADHD and Elevated Dementia Risk** – Adult attention-deficit/hyperactivity disorder (ADHD) was associated with an increased risk of dementia, according to cohort study results published in *JAMA Network Open*. [Learn More](#)
2. **New SAMHSA Releases 988 Partner toolkit to Spread Awareness About 988 Lifeline** – The Substance Abuse and Mental Health Services Administration (SAMHSA) released a 988 Partner ToolKit with resources for partners to share information and increase awareness about the 988 Lifeline. This ToolKit offers a variety of educational and awareness resources to use as marketing materials, including social media shareables, fact sheets, video content, and posters to print. [Learn More](#)
3. **New White House Publishes Resources on Social Determinants of Health** – The Biden-Harris Administration published a set of resources to support federal agencies and local, state, and tribal governments to increase coordination of social determinants of health. These resources include the U.S. Playbook to Address Social Determinants of Health, a Call to Action to Address Health Related Social Needs from the Department of Health and Human Services (HHS), and a Medicaid and Children’s Health Insurance Program (CHIP) Health-Related Social Needs Framework. [Learn More](#)
4. **New rTMS More Effective For TRD Than Sham rTMS** - Repetitive Transcranial Magnetic Stimulation (rTMS) was found to be more effective for treatment-resistant depression (TRD) than sham rTMS— any approach that tries to mimic the effects of active TMS without the actual brain stimulation—in a meta-analysis recently published in *BMC Psychiatry*. [Learn More](#)
5. **New EEG May Predict Antidepressant Response, Tailoring Treatment for Patients** - Electroencephalography (EEG) may help match patients with the optimal depression treatment for their unique needs by predicting response to specific antidepressant medications, according to recent research published in *JAMA Network Open*. [Learn More](#)

TRAINING OPPORTUNITIES

1. **Moving Beyond Change: Evidence and Action to Support and Affirm LGBTQI+ Youth** – This event will feature three distinguished speakers who bring their expertise in clinical psychology, substance use, and policy, all viewed through

an LGBTQ+ lens. Moderated by GLMA's very own Executive Director, Alex Sheldon, this webinar will focus on providing actionable training based on the Moving Beyond Change report. **Monday, December 11, 2023, 12pm CT.** [Register](#)

2. **The Impact of Racialized Traumatic Stress on Social, Emotional, and Behavioral Health** – This three hour training will center on racial trauma and stress in the context of institutionalized racism. A review of cultural sensitivity, disparate impact, and implicit bias will lay the foundation for a discussion on traumatic stress related to the experience of racism in clinical practice. The primary focus of this training will be on understanding and identifying the effects of racism on therapeutic outcomes and developing practical skills for measuring and reducing these effects in a clinical setting. A combination of lecture-style, breakout rooms, and case vignettes will be used. Due to the nature of the topic, this training will not be recorded. **Tuesday, December 12, 2023, 9am-12pm CT.** [Register](#)
3. **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](#)
4. **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](#)
5. **Addiction and Suicide: There's Always Hope** – The training will identify current trends influencing the suicide rate. Identify warning signs for suicide with those struggling with Substance Use Disorder. Identify how to engage and utilize specific action steps for addressing suicidal clients. **Tuesday, December 14, 2023, 12pm CT.** [Register](#)
6. **New Addiction and Suicide: There's Always Hope** - Addiction counselors are often faced with clients that present with suicidal ideations and behaviors. It is estimated that up to 40% of clients seeking treatment for SUD report a history of suicide attempts. The rise in opioids has added to this pandemic. This training will address co-occurring disorders as well in identifying suicidal ideation, intent and attempts. **Tuesday, December 14, 2023, 12pm-1pm CT.** [Register](#)
7. **New Community Connections: Working With Justice-Involved Individuals** – This event will conclude the National Council for Mental Wellbeing's 2023 Social Justice Leadership Academy Learning Series. It will focus on the prevalence and impact of substance use and mental health challenges for justice-involved individuals. **Wednesday, December 20, 2023, 11am-12pm CT.** [Register](#)
8. **New 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](#)
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. **New 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**
11. **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). **Adult-- January 30, 2024, 8:30am-3:30pm Fulton MO, Youth--January 12, 2024, 8:30am-4:30pm-St. Louis** [Learn More and Register](#)
12. **New 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](#)
13. **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.](#)
14. **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](#)
15. **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](#)
16. **New 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 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](#)

RECURRING TRAINING OPPORTUNITIES

- 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** (*check back soon for 2024 virtual training dates*)
 - **Harm Reduction In Practice** (*check back soon for 2024 virtual training dates*)
 - **Overdose Education and Naloxone Distribution (OEND)** (*check back soon for 2024 virtual training dates*)
 - **Stimulant Education: Harm Reduction & Overamping** – **Monday, December 11, 2023, 2pm-4pm CT.**
 - **Fentanyl Test Strips 101** – **Wednesday, December 13, 2023, 11:30am-12:15pm CT.**
 - [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](#)
 - **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, December 12, 2023, 11am-12pm CT.**
 - **Tuesday, December 12, 2023, 6pm-7pm CT.**
- St. Louis DEI Training Series** – [Register](#)
 - **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 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

- **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](#)
- 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](#)
- 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](#)

15. **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](#)

16. **2023 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.

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