

# FYI FRIDAYS

## ***DBH Updates, Notices, and Policy Guidance***

November 22, 2024

[View past issues](#)

1. **New [Central Resource Hub](#)**! Brought to you by the MBHC, this hub is available to everyone. Please share with your colleagues, stakeholders, teams, and community.

### **What is the Central Resource Hub?**

The email and phone number may be utilized by the general public, county/government officials (courts, public administrators, etc.), hospitals, and other organizations helping individuals with behavioral health services. Reasons to contact the Central Resource Hub:

- General behavioral health system navigation assistance for “callers”
- Troubleshoot issues
- Assist with the transfer of individuals between service areas and providers
- Liaison between “caller” and provider system
- Assist “caller” with a general understanding of behavioral health and other system processes
- Communication with MBHC provider staff (CBHLs, YBHLs, ERE, etc.) for connecting “caller” to appropriate programs and resources
- Communication with various stakeholders across the state to connect “caller” to appropriate programs and resources
- If further information is needed for a more comprehensive answer, the “caller” will receive acknowledgement and notification there will be additional follow-up correspondence

**A response to the call or email will be made within 48-72 business hours (or sooner if possible). The Central Resource Hub is intended for non-emergency situations only. An immediate referral to 988 or 911 will be made if the “caller” rises to a more critical need.**

### **Limitations for the Central Resource Hub:**

- Cannot create resources which do not already exist
- Will not promise or guarantee resolution of issue
- Will not provide legal advice
- Will not take on work which is typically responsibility of another agency/organization

2. **New [Spring Training Institute 2025](#)** – This year the Spring Institute is seeking presentations in both youth and adult areas with some concentration in Behavioral Health/Intellectual and/or Developmental Disabilities; Forensic Psychology; supporting individuals with complex conditions; Dialectical Behavior Therapy (and other evidence-based practices); managing aggressive behaviors and more. Don’t miss out on the opportunity to present at the premiere behavioral health event on **May 7-9, 2025**, in person at the Lake of the Ozarks, Tan Tar A Conference Resort. Submissions are to be submitted before January 1, 2025, to be in consideration. Those chosen will be notified by February 15, 2025.
3. **New [Substance Use and Suicide Prevention Newsletter](#)** – Fall 2024 edition.

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**

### **Associate Research Data Analyst**

The Missouri Department of Mental Health, Division of Behavioral Health, seeks an Associate Research/Data Analyst to join the Research and Statistics Unit domiciled in Jefferson City, Missouri. This position will be a part of a research staff focused on services related to mental health programs. This position is in a unit that serves all programs within the Division of Behavioral Health and participates in department-wide operational excellence initiatives. **Applications accepted through Tuesday, December 3, 2024.**

### **Regional Executive Officer – Community Operations**

The Regional Executive Officer (REO), Western Region, is responsible for providing guidance and support to the Western Region providers which includes the Northwest and Southwest regions, local stakeholders, facilities, and community operations staff. Reporting directly to the Deputy Director for Community Operations, located in central office, the REO is the primary link/extension to coordinating DMH strategic directions in their region. This includes understanding multiple, complex programs each requiring district sets of knowledge, skills and abilities. Program support consists of implementation of policy, facilitating facility to community transfers, constituent consultation, EMT follow up, answering provider questions and review of program implementation. This is an opportunity to assist in improving internal processes, program operations, client satisfaction and positive outcomes with provider organizations. **Applications accepted through Thursday, December 12, 2024.**

## ***FUNDING OPPORTUNITIES***

1. **New Building Capacity through Rural Community Behavioral Health Organizations Mentorship and Support Program** – This is a new funding opportunity for community behavioral health organizations (CBHOs), harm reduction organizations and other community-based organizations servicing rural and frontier communities. This will be an informational office hour to learn more about this funding opportunity. **Friday, December 6, 2024, 10am CT.**
2. **SAMHSA Announces \$68.5 Million in Workforce and Community-based Treatment Funding** – Last week, the Health Resources and Services Administration announced the availability of new behavioral health workforce grants ([\\$22.8 million for the Graduate Psychology Education Program](#) and \$59.6 million for the [Behavioral Health Workforce Education and Training \(BHWET\) Program for Professionals](#)). The Graduate Psychology Education Program supports training in integrated, interdisciplinary behavioral health, with significant focus on trauma-informed care and substance use disorder prevention and treatment services. The BHWET Program has a specific focus on increasing access to behavioral health services for children, adolescents and young adults and on recruiting a diverse workforce. There is an emphasis on the interprofessional team-based models of care, which integrate behavioral health training in primary care settings like community health centers. [Check out the full HHS press release.](#)
3. **SAMHSA's CFRI Highlights New Projects** – The Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Financing Reform & Innovation (CFRI) is highlighting new projects underway at the Center

regarding financing mechanisms for mental health and substance use disorder (SUD) care. These new projects are designed to identify opportunities, innovations, and challenges to service delivery and access and provide guidance on the use of various financing mechanisms to provide SUD services across the continuum. These resources include new reports, one-pagers, journal articles, and webinars that discuss financing strategies for mental health and SUD care. Project topics include:

- Financing Peer Crisis Respite in the United States
- Measurement-Based Care Financing
- Coverage of Selected Behavioral Health Services Among Older Medicare and Medicaid Beneficiaries
- Public Financial Investments in Behavioral Health
- National Gaps in Health Care Access and Health Insurance Among LGB Populations
- Funding Strategies of Community-Based Behavioral Health Organizations Serving Under-served, Minoritized, Racial, and Ethnic Communities

4. **Grant Resources:**

- [Nonprofit Grant Program | Department of Economic Development \(mo.gov\)](#)
- [Grants Management - St. Louis Community Foundation \(stlgives.org\)](#)
- [Missouri Grants for Nonprofits, Businesses and Individuals - GrantWatch](#)
- [Grant Eligibility | Grants.gov](#)
- [Grants | SAMHSA](#)

5. [Rigorous Evaluation of Primary and Secondary Overdose Prevention Activities Among Populations Disproportionately Affected by Overdose](#) – This grant funds research on preventing drug overdoses and substance use, particularly among high-risk individuals and those impacted by social determinants of health, with a focus on youth. **Application deadline: December 2, 2024**
6. [Statewide Consumer Network SM-25-005 \(Forecast\)](#) – The purpose of this program is to strengthen the capacity of statewide mental health peer-led organizations to partner with state efforts to improve mental health support system and related services for individuals with serious mental illness (SMI) or serious emotional disturbance (SED) as agents of transformation. **Application due date: December 16, 2024**
7. [Strategic Prevention Framework-Partnerships for Success for Communities, Local Governments, Universities, Colleges, and Tribes/Tribal Organizations SM-25-002 \(Forecast\)](#) – The purpose of this program is to help reduce the onset and progression of substance misuse and its related problems by supporting the development and delivery of community-based substance misuse prevention and mental health promotion services. **Application due date: January 15, 2025**
8. [Strategic Prevention Framework-Partnerships for Success for States SM-25-003](#) – The purpose of the SPF-PFS program is to help reduce the onset and progression of substance misuse and its related problems by supporting the development and delivery of state and community substance misuse prevention and mental health promotion services. **Application due date: January 15, 2025**

## TRAINING OPPORTUNITIES

1. [Culturally Competent Community of Learning \(CCCL\) Information Exchange](#) - Alex Atkinson (Hope Solutions) will discuss the development, design, feedback process, and implementation of the robust Diversity, Equity, Inclusion, and Belonging (DEIB) work plan at his organization, and Dr. Brian Sims (NASMHPD) will provide insight from the state- and NASMHPD-level. **Thursday, November 28, 2024, 2pm CT**
2. [Foundations of Harm Reduction](#) – The basic principles and philosophy of harm reduction. **Tuesday, December 2, 2024, 11:30am CT**

3. **CCBHC Population-specific Services Series** – Over the course of four webinars, the Population-specific Services Learning and Action series will focus on increasing awareness of how specific populations are currently being served in CCBHCs, highlight strategies that support community outreach and engagement, and identify strategies that support care coordination and improving health outcomes. The populations of focus for this series are Alaska Natives/American Indians, people who are hearing impaired, people who speak Spanish as their primary language, and the LGBTQ+ community.
  - [Population-specific Services for Alaska Natives/American Indians](#) – **Wednesday, December 4, 2024, 2pm CT**
  - [Population-specific Services for People Who are Hearing Impaired](#) – **Wednesday, January 8, 2025, 2pm CT**
  - [Population-specific Services for Native Spanish Speakers](#) – **Wednesday, February 5, 2025, 2pm CT**
  - [Population-specific Services for LGBTQ+ Individuals](#) – **Wednesday, March 5, 2025, 2pm CT**
4. **[MO-CPAP: A Critical Partner in Reducing Avoidable Hospital Stays for Mental Health](#)** – Nearly 75% of children and adolescents receive mental health care from primary care providers, yet navigating the latest recommendations for medications and therapies has become increasingly complex. This is where the Missouri Child Psychiatry Access Project (MO-CPAP) comes in. MO-CPAP is committed to enhancing the capacity of health care and social service providers to deliver essential mental health services to children and adolescents by offering same-day support for any questions they may have. Better access and better care can lead to fewer children with acute mental health issues. Moreover, Missouri faces one of the highest maternal mortality rates in the United States, with mental health being one of the leading causes. In response, the Maternal Health Access Project has been established as a statewide perinatal psychiatry access program. Any health care or social service provider who sees patients during the perinatal period (from pregnancy through 12 months post-delivery) is encouraged to enroll. We encourage hospitals to explore how these programs can benefit their providers and clinics, especially in our rural communities. **Thursday, December 5, 2024, 12pm CT**
5. **[Collaboration to Support Youth Employment Outcomes Webinar](#)** – This event will include a presentation of The Center for Advancing Policy on Employment for Youth’s (CAPE-Youth) new research report which includes findings from a national study on collaboration and discussions on improving collaboration to better support youth and young adults with disabilities. **Thursday, December 5, 2024, 1pm CT**
6. **[Motivational Interviewing: Back to Basics](#)** – Motivational Interviewing (MI) is a counseling style that easily joins with other evidence-based modalities to guide individuals struggling with ambivalence toward making progress to change. The presenter utilizes the third and fourth editions of Motivational Interviewing by William R. Miller and Stephen Rollnick as their guide, as well as professional examples from years in practice. **Friday, December 6, 2024, 9am CT**
7. **[Harm Reduction in Practice](#)** – Incorporating harm reduction into your daily work, practical tools and resources. **Friday, December 6, 2024, 12pm CT**
8. **[Building a Resilient Workforce Learning Series](#)** – As workforce challenges continue to affect human services organizations, leaders are searching for concrete action steps to support staff who are emotionally and physically exhausted. Though staff often enter the field excited to make a difference, it can be difficult to keep them connected to the vision and mission of the organization. This four-part webinar series will delve into core strategies and tactics for supporting staff, such as increasing accountability, managing conflict, nurturing relationships, embracing equity, and achieving excellence. **Monday, December 9, 2024, 1pm CT**
9. **[Youth Peer Specialist Training](#)** – A Youth Peer Specialist is a young adult who provides support, encouragement, and assistance to youth and young adults as they transition to adulthood. **Monday-Tuesday, December 9-10, 2024**
10. **Building Infrastructure for Clinical Quality Measures** – The CCBHC-NTTAC team, in partnership with the Substance Abuse and Mental Health Services Administration (SAMHSA), TriWest Group and the CCBHC Clinic Family and Children Services, is pleased to announce a three-part webinar series on *Clinical Quality Measures*. These sessions

will offer a deep dive into the technical understanding of quality measures, best practices, and how those practices are being implemented in real-time across CCBHCs.

- [Session 3](#) – **Wednesday, December 11, 2024, 1pm CT** – This session will focus on the optional Clinical Quality Measures, including Tobacco Use: Screening and Cessation Intervention (TSC), Major Depressive Disorder: Suicide Risk Assessment (SRA-A and SRA-C), Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC-CH), and Controlling High Blood Pressure (CBP-AD).
11. [Advocating for Harm Reduction Within Your Organization](#) – Best suited for those who have taken Foundations of Harm Reduction and Harm Reduction in Practice. Strategies for staff to promote organizational adoption of harm reduction practices. **Thursday, December 12, 2024, 12pm CT**
  12. [Perinatal Mental Health 101](#) – Learn about the various Maternal Mental Health Disorders, the differences between them, risk factors, and treatment options. The course is designed for providers, administrators, and public health employees, though all are welcome. **Thursday, December 12, 2024, 10:30am CT**
  13. [WHAM Individual Facilitator Training](#) – WHAM promotes physical and mental health while empowering peer providers to support the whole health of your clients. Use WHAM training to invest in peers as they support recovery across communities. **Wednesday-Thursday, December 18-19, 2024, 9:30am CT**
  14. **New** [Compassion Fatigue for Behavioral Health Workers](#) – This course is intended for behavioral health workers who wish to learn more about how experiencing traumatic events, either directly or indirectly, as a first responder reacting to an emergency or crisis situation may impact their professional and personal wellbeing. **Thursday, December 19, 2024, 1pm CT**
  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.
    - [Register for Intermediate Motivational Interviewing on Wednesday, January 8, 2025, 11am CT](#)
    - [Register for Intermediate Motivational Interviewing on Wednesday, May 14, 2025, 11am CT](#)
  16. **New** [2025 Veterans Learning Collaborative trainings](#) – This introductory learning collaborative is for any clinical and/or administrative staff interested in better supporting veterans and service members. It aims to enhance participants’ understanding of military culture and the unique challenges service members, veterans, and their families face. The goal of the collaborative is to foster a deeper cultural competence and equip participants with the knowledge and resources needed to effectively address the specific needs of the military community, ensuring they receive informed and holistic care.
    - **January 13, 2025, 11am CT** – Building Relationships and Programs for Veterans
    - **April 28, 2025, 11am CT** – Crisis Support: Reducing Risk
    - **July TBD 2025, 11am CT** – Crisis Support: Improving Connections and Care
    - **October TBD 2025, 11am CT** – Addressing Substance Use
  17. **PREPaRE Workshop 2, Crisis Intervention and Recovery: The Roles of School-Based Mental Health Professionals** – This two-day workshop provides school based mental health professionals and other school crisis intervention team members with the knowledge necessary to meet the mental health needs of students and staff following a school-associated crisis event. With updated research and crisis intervention strategies, this workshop teaches participants how to prevent and prepare for psychological trauma, helps to reaffirm both the physical health of members of the school community and students’ perceptions that they are safe and secure, elevates the degree of psychological trauma, responds to the psychological needs of members of the school community using a multi-tiered approach to crisis intervention, and examines the effectiveness of school crisis intervention and recovery efforts. This workshop is an excellent course for all mental health professionals who provide school mental health crisis intervention services.

- **Tuesday-Wednesday, January 14-15, 2025** – [Register for the PREPaRE Workshop in Joplin](#)
  - **Tuesday-Wednesday, February 4-5, 2025** – [Register for the PREPaRE Workshop in Kansas City](#)
  - **Wednesday-Thursday, March 5-6, 2025** – [Register for the PREPaRE Workshop in St. Peters](#)
  - **Tuesday-Wednesday, April 1-2, 2025** – [Register for the PREPaRE Workshop in Jefferson City](#)
18. **Assessment 101-A First Episode Psychosis Screening** – This training will focus first episode psychosis (FEP) intake questions. Attendees will learn how to feel comfortable asking questions about psychosis and speaking to individuals who are reporting signs and symptoms of first episode psychosis.
    - **Wednesday, January 29, 2025, 10-11am CT**
    - **Wednesday, April 30, 2025, 10-11am CT**
  19. **Psychological First Aid (PFA) Train the Trainer** – If people want to become a trainer for PFA, you they should take this course. **Wednesday and Thursday, January 29-30, 2025**
  20. **Assessment 101-B** – Building upon Assessment 101-A, attendees will learn about differentiating between clinical high-risk and psychosis symptoms. Individuals will be oriented to the use of screening, self-reporting, and structured and semi-structured clinical interviews to assist in diagnosis, treatment planning, and ongoing assessment of psychosis symptoms.
    - **Wednesday, February 5, 2025, 10-11am CT**
    - **Wednesday, May 7, 2025, 10-11am CT**
  21. **Psychosis 101** – Topics in this training include the importance of early intervention and treatment, symptoms, diagnosis, communication with families, the roles of the culture and trauma, and education of referral sources.
    - **Tuesday, February 11, 2025, 10-11:30am CT**
    - **Tuesday, May 13, 2025, 10-11:30am CT**
  22. **Supporting the Uptake of Behavioral Health Apps and Technology** – The increasing demand for behavioral health services, coupled with challenges in the workforce, creates a compelling reason to take a closer look at forward-thinking solutions. Behavioral health apps and other technologies have the potential to supplement existing services by increasing access and engagement among specific communities or population groups. This quarterly CBHL Leadership Community series is designed for any CBHL member interested in the successful integration of behavioral health apps and technology as a complement to existing practices. You are encouraged to register and join the full series. **Thursday, March 6, 2025, 1pm CT**
  23. **Motivational Interviewing Overview National Training** – Whether you’re a clinician in a behavioral health setting, a supervisor trying to boost staff morale or a nurse helping patients manage diabetes, motivational interviewing (MI) training can help you create conversations that empower people to make meaningful changes.
    - [Register for Motivational Interviewing Overview on Thursday, March 13, 2025, 1pm CT](#)

## RECURRING TRAINING OPPORTUNITIES

1. **New Wellness Recovery Action Plan (WRAP) Training** – The Missouri Department of Mental Health, in partnership with the Missouri Behavioral Health Council, is excited to announce additional Wellness Recovery Action Plan (WRAP) Training for 2025. We will be offering both Seminar I and Seminar II training sessions. These trainings will be available both virtually and in person, with in-person sessions taking place in Jefferson City, Missouri. If you would like to be added to the list to receive notifications when registration goes live, please email [events@mobhc.org](mailto:events@mobhc.org).
2. **Mental Health First Aid** – Be a part of the movement of more than 4 million people nationwide and attend a Mental Health First Aid or Youth Mental Health First Aid class.

Mental Health First Aid teaches you to recognize signs and symptoms of mental health and substance use challenges. It will prepare you to help a family member, friend, co-worker, or neighbor.

3. [Rock Bottom Has a Basement: a Cause for Harm Reduction and Recovery Capital](#) – On Demand. The notion that people with a substance use disorder (SUD) need to hit “rock bottom” to recover is harmful during an overdose crisis occurring nationally. In 2021, more than 100,000 Americans died as the result of preventable drug overdose.
4. [Incentives, Sanctions, and Service Adjustments Workshop](#) – This interactive, two-day workshop is designed to educate interdisciplinary teams in the theory and application of behavior modification as it applies to an effective adult treatment court. The incentives, sanctions, and service adjustments (ISSA) workshop will challenge court teams to self-assess and receive assistance with taking corrective steps to improve policy, practice, and outcomes. The workshop includes a follow-up coaching session by faculty to observe staff meetings and status hearings, and to provide feedback on progress with implementation plans developed during the workshop.
5. [PCSS-MAUD Online Module: Assessment and Management of Alcohol Withdrawal](#) – The Substance Abuse and Mental Health Services Administration (SAMHSA)-funded [Providers Clinical Support System – Medications for Alcohol Use Disorder \(PCSS-MAUD\)](#) recently released an online training module on [Assessment and Management of Alcohol Withdrawal](#). This 1.5 hour on-demand training module is designed for clinical healthcare professionals who prescribe medications for alcohol use disorder (MAUD) in outpatient and inpatient settings and offers strategies regarding the assessment, management, and treatment of Alcohol Withdrawal Syndrome (AWS). Specifically, the module discusses the neurobiology of AWS, outpatient and hospital managements of AWS using evidence-based pharmacotherapy and behavioral therapies, and patient-centered goal setting through individualized care plans. Learning objectives include:
  - “Examine the neurobiological mechanisms underlying alcohol withdrawal syndrome.
  - Recognize the clinical signs, symptoms, and risk factors for alcohol withdrawal syndrome.
  - Determine the appropriateness of outpatient or hospital management for a given patient with alcohol withdrawal syndrome.
  - Develop a comprehensive treatment plan for a patient with alcohol withdrawal syndrome.
  - Create patient-centered goals for individuals with alcohol use disorder.”
6. [On Demand: Recovery Supports for Youth and Young Adults with Opioid Use Disorder](#) – This live webinar will delve into family-based interventions, school-based recovery programs, and mutual help support. Gain valuable knowledge to enhance your practice and support young individuals on their recovery journey. Target audience: Interprofessional Teams, Nurses, Pharmacists, Physician Assistants, Physicians, Social Workers.
7. [On Demand: Substance Use Among Individuals with Eating Disorders](#) – Eating disorders and substance use disorders are common conditions that often present to primary care physicians, pediatricians, and behavioral health clinicians. Both conditions carry high morbidity and mortality rates and often require prompt evaluation and intervention to achieve optimal outcomes. This webinar will explore the interplay between substance use and substance use disorders in those patients with eating disorders.
8. [Certified Peer Specialist \(CPS\) ECHO](#) – The CPS Echo is a great opportunity to learn from a panel of seven subject matter experts and get feedback from other peer specialists. It is FREE, and these contact hours can be used towards renewing your CPS credential. Each ECHO will consist of the panel providing some information to the peer specialist (around 20 minutes), and then the rest of the time is spent reviewing case studies which have been submitted ahead of time by peer specialists. **First and third Wednesday of every month from 11am-12pm CT**
9. [Peer Recovery Center of Excellence](#) – Monthly Community of Practice calls for peers and peer supervisors.
10. [ASAM Fundamentals of Addiction Medicine](#) – The ASAM Fundamentals of Addiction Medicine is an 8-hour, on-demand, innovative, case-based workshop designed for providers who are relatively new to the field of addiction

medicine, such as primary care physicians, clinicians, nurse practitioners, physician assistants, and behavioral health specialists, who see patients at risk for or with addiction.

11. **The ASAM Pain & Addiction: Essentials** – This 6-hour, on-demand series consists of 6 modules that cover the foundations of pain and addiction including the science, stigma, screening and assessment, treatment, and interdisciplinary approaches. The modules are self-paced and include interactive activities, knowledge check questions, video content, and text-based content. All modules can be taken together as a full 6-hour course or can be taken individually to fill learner knowledge gaps in pain and addiction topics.
12. **ASAM Motivational Interviewing Mini Courses** – ASAM has three interactive 1.5 hour online mini-courses that will give you opportunities to practice skills motivational interviewing (MI) skills in a fully online setting. Learn how to employ these skills in your clinical settings.
13. **Culturally and Linguistically Appropriate Services** – Take advantage of Mid-America ATTC's FREE Culturally & Linguistically Appropriate Services (CLAS) training to improve your organization's quality of services provided to all individuals, which will ultimately help reduce health disparities and achieve health equity. This training is offered virtually and in-person. Length of training – 60 min, 90 min or 3-hour training sessions. For additional information please contact [Kreasha.Williams@uhkc.org](mailto:Kreasha.Williams@uhkc.org).
14. **HHS Training: Improving Cultural Competency for Mental Health and Substance Use Disorder Professionals** – These online trainings are designed to help mental health and substance use disorder (SUD) professionals respond to the unique needs of the populations they serve, especially historically marginalized populations, by reviewing cultural and language competency, increasing awareness of their own cultural and biases, and learning about clients' cultural identities and specific needs. The training consists of four courses with an estimated time of completion of 4-5.5 hours.
15. **Monthly Tobacco Use Disorder Integration Office Hours** – Do you want to strengthen partnerships and collaborations with mental health and substance use organizations to address tobacco-related disparities? Join the monthly "Tobacco Use Disorder Integration Office Hours" series to engage in peer-to-peer learning, share insights and strategies and gain access to individualized tools and resources. This series is a unique opportunity to learn from experts, as well as partners across the nation to enhance collaboration between public health and mental health and substance use organizations. ***Second Tuesday of every month from 1:30pm-2:30pm CT.***
16. **Culturally Competent Community of Learning (CCCL) Information Exchange: Promoting Equity through Housing Justice** – You can choose to attend one or more of the following Thursday sessions.
  - ***November 28, 2024, 2pm CT***
17. **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.
18. **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.
19. **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.



20. [Youth Peer Specialist \(YPS\)](#) – The YPS training has gone VIRTUAL. A Youth Peer Specialist is a young adult who provides support, encouragement, and assistance to youth and young adults as they transition to adulthood.
21. [Peer Supervision Training](#) – *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).
22. [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.
23. [2024 Peer Specialist Trainings](#) – Please see the peer specialist trainings provided by the MCB below.
  - [Certified Peer Specialist Basic Training](#)
  - [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.
24. [2024 Ethics and MRSS Trainings](#) – Please see the trainings provided by the MCB below.
  - [Missouri Recovery Support Specialist Trainings](#)
  - [Ethics Trainings](#)