

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

November 8, 2024

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- 1. [New Seeking Applicants for the 2025 Missouri Suicide Prevention Coalition Academy](#)** – Missouri community coalitions are invited to apply to participate in the next Suicide Prevention Coalition Academy. The academy is designed to increase coalitions' capacity to implement sustainable evidence-based suicide prevention efforts in their communities. The academy will be held in Columbia in June, and all expenses will be paid for the attending coalitions.
Objectives of the academy are to:
 - Provide coalitions with information and skills necessary to be successful;
 - Assist coalitions in developing strategic plans and implementing strategies for effective suicide prevention;
 - Create collaborations between community coalitions throughout Missouri.Applications are due **January 31, 2025**. [Download the application, learn about the academy, and the eligibility requirements.](#) [Register for an informational webinar of the academy.](#)
- 2. [New Crisis Services Newsletter, October edition](#)** – This newsletter has been created to help keep everyone up to date on relevant crisis news, as well as highlight the work being done throughout the state in crisis services. Please contact Kailey Reeves at kailey.reeves@dmh.mo.gov if you have any information you would like to submit for future newsletters.
- 3. [New Fall Evidence Based Services Newsletter](#)** – The Evidence Based Services Newsletter is an informative and fun publication about and for Community Health Agency and DMH staff who are associated with DBT, ITCD and ACT. There, you can find resources, helpful information, schedules, links, and submissions from the persons served on these teams.
- 4. [New Standards of Justice Podcast – All Rise](#)** – This is a podcast on how treatment courts can reduce disparities in the justice system. While racial, ethnic, gender, and other disparities persist in the justice system, treatment courts present a unique opportunity to tackle these issues head-on. In the newest installment of “Standards of Justice,” host Chris Deutsch sits down with Rachel Lindley, the director of diversity, equity and inclusion at the Maryland Office of the Public Defender.
Rachel has trained treatment courts across the country and offers an invaluable perspective on how to approach Standard II: Equity and Inclusion. She lays out the first steps toward understanding how it relates to your program, offers guidance on having uncomfortable conversations in a safe and judgment-free way, and explains why equity and inclusion is an ongoing journey. Ultimately, this conversation is about how treatment courts can ensure equitable access, retention, and program completion for all.

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

Senior Crisis Care Specialist

This position reports to the Crisis Services Coordinator. This senior position is accountable for day-to-day assistance for crisis services programming, providing administrative, operational, and technical program support, and serving as a cross-trained member of the team for other crisis-related programming. The Senior Crisis Services Specialist will participate as a lead contributing team member, responsible for participating in complex state projects and large-scale crisis initiative and program improvements, presenting recommendations, and building on others' ideas, and performing assignments under the general guidance and advice from colleagues and supervisor. This position will support the implementation and sustainability of Missouri's statewide comprehensive and integrated crisis services programming.

Applications accepted through Friday, November 22, 2024.

FUNDING OPPORTUNITIES

1. **New 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.](#)
2. **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
3. **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](#)
4. **MO GME Grant Program to Expand Residency Slots** – The Missouri Department of Health and Senior Services (DHSS) the [Missouri Graduate Medical Education First Program \(MO GME Grant Program\)](#) application is now open for application submission. **The purpose of this grant opportunity is to fund the expansion of residency slots at existing residency programs starting in June/July 2025** for the following specialties:
 - Family Medicine
 - Internal Medicine
 - Obstetrics/Gynecology
 - Pediatrics
 - Psychiatry**Applications due November 22, 2024** – The application portal for the MO GME Grant Program is now open. Submit your application online: [Missouri Graduate Medical Education Grant Program Application](#).
 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**

INFO & RESOURCES

1. **New [Changing the Route: Seeking Compassionate Alternatives to Police Transport in Involuntary Civil Commitment](#)** – IVC is a civil legal process that determines whether a person meets the legal criteria to be involuntarily ordered to an inpatient psychiatric treatment, or a supervised outpatient treatment, program. Often, law enforcement is called upon to transport the patient throughout this process. Not only does law enforcement involvement blur the lines between treatment and criminalization of mental illness, people with serious mental illness are also overrepresented in law enforcement use-of-force encounters and law enforcement-related injuries. This brief examines statutory requirements for law enforcement custody and transportation under IVC, when alternative transport is permitted, and opportunities to reduce the role of law enforcement in involuntary commitment when possible.

2. **New [New SAMHSA Guidance Advances Recovery](#)** – SAMHSA released six documents to advance recovery across the nation. These resources offer support across the four major dimensions of recovery: health, home, purpose, and community. The guidance focuses on funding recovery support services through the Substance Use Prevention, Treatment, and Recovery Services (SUPTRS Block Grant); the role of diversity, equity, inclusion, accessibility; the expansion of peer support specialists; and the impact of physical activity in recovery.
3. **New [4 Strategies to Increase Access to Behavioral Health Care](#)** – Persistent challenges prevent people from accessing behavioral health care in the United States today, despite an overwhelming need for these services. But significant opportunities for improvement exist through the expansion of evidence-based practices, according to The Brookings Institution. With support from The Pew Charitable Trusts, researchers interviewed behavioral health practitioners, experts, and stakeholders and conducted environmental scans of existing literature to identify these evidence-based practices and how they are being used.
4. **New [Homeless and Housing Resource Center Newsletter](#)** – Understanding and Supporting Residents with Serious Mental Illness; Identifying and Addressing Behavioral Health Needs in Encampments, and more.
5. **New [Substance Use Monthly](#)** – A National Council for Mental Wellbeing newsletter linking to resources, news, tools, and research.
6. **New [Mental Well-Being in the Workplace](#)** – More than 80% of U.S. workers experience at least one symptom of a mental health challenge, and about two thirds say their mental health interferes with their ability to work. But workers aren't getting the help they need. Less than half of adults with a mental health illness receive care, and 8 in 10 workers say that shame and stigma prevent them from seeking treatment. Employers have a critical opportunity to take action. Over 9 in 10 workers expect their employer to help manage mental health challenges. Love, Your Mind – a campaign created by Huntsman Mental Health Institute and the Ad Council – aims to reduce stigma, break down cultural barriers, and inspire people to make taking care of their mental health a priority. Through simple messaging and easy-to-use tools, the campaign helps people recognize their emotions and understand how to care for themselves.
7. **New [HHS Launches Health Workforce Website and Releases Workforce Report](#)** – The Department of Health and Human Services (HHS) has launched a [Join the Health Workforce website](#), which highlights support available through HHS for those who are interested in joining or the health workforce or advancing within it. HHS also released a new report, "[Health Care Workforce: Key Issues, Challenges and the Path Forward](#)." This report describes some of the challenges facing the health workforce, including undersupply, uneven distribution, and administrative burden, as well as how the COVID-19 pandemic exacerbated some of these challenges. The report also summarizes information about the supply and distribution of several major components of the health care workforce, including behavioral health workers, physicians, and direct care workers.

TRAINING OPPORTUNITIES

1. **[Juvenile Treatment Provider Training](#)** – Presented in partnership with the American Society of Addiction Medicine, this training is designed for addiction treatment professionals working with adolescent clients in treatment courts and other justice interventions. Professionals both new and advanced will learn evidence-based methods for the effective treatment of justice-involved adolescents with substance use disorders. **Registration Deadline: Monday, November 11, 2024.**
2. **[Sustained Recovery: Don't Make Aftercare an Afterthought](#)** – Recovery is a process, and Family Treatment Courts (FTCs) are a time-limited acute intervention in a family's life. FTCs must blend aftercare planning into its program design to best support parents and their children after case closure. Aftercare plans, also known as "continuing

care plans,” can provide parents with structure, accountability, and needed ongoing services to both parents and children after child welfare, treatment services, and the FTC no longer remain a central part of their lives.

Tuesday, November 12, 2024, 1pm CT

3. **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, November 12, 2024, 10-11:30am CT***
 - ***Tuesday, February 11, 2025, 10-11:30am CT***
 - ***Tuesday, May 13, 2025, 10-11:30am CT***

4. **Workplace Well-Being: A Guidebook for Cultivating a Culture of Collective Care** – **Mid-America Addiction Technology Transfer Center (Mid-America ATTC)** is thrilled to invite you to the launch of their new guidebook, *Workplace Well-Being: A Guidebook for Cultivating a Culture of Collective Care*. This is designed for organizational leaders and provides comprehensive strategies to build a supportive, caring workplace environment. ***Wednesday, November 13, 2024, 12pm CT***

5. **2024 Missouri Substance Use Prevention Conference** – **Save the date flyer for the 2024 Missouri Substance Use Prevention Conference** – St. Charles Convention Center, ***Wednesday-Thursday, November 13-14, 2024***. Registration is now open!

6. **Virtual YSBIRT Overview Training** – The National Council for Mental Wellbeing is pleased to offer a new virtual opportunity for training in YSBIRT. If you are an administrator or clinician who is new to YSBIRT or looking for an overview, this three-hour training is just for you. ***Tuesday, November 19, 2024, 1pm CT***

7. **Workforce Solutions Jam: Addressing the Workforce Shortage Through Policy Change** – The focus of this session will be on innovative policy solutions at the federal and state level aimed at addressing the workforce crisis. In September, The Kennedy Forum released a report titled, *Building the Mental Health and Substance Use Disorder Workforce We Need*, which examines the extent of the shortage and provides guidance for policymakers on payment and reimbursement, licensure and standardization, education and training, and data and technology. Representatives from The Kennedy Forum’s workforce committee will share highlights of the report, followed by a dialogue with state leaders implementing promising strategies aligned with the report. ***Tuesday, November 19, 2024, 12pm CT***

8. **New Trauma Recovery and Empowerment Model (TREM) Training** – This is a fully manualized group-based intervention designed to facilitate trauma recovery among women with histories of exposure to sexual and physical abuse. Drawing on cognitive restructuring, psychoeducational, and skills-training techniques, the gender-specific 24- to 29-session group emphasizes the development of coping skills and social support. It addresses both short-term and long-term consequences of violent victimization, including mental health symptoms, especially posttraumatic stress disorder (PTSD) and depression, and substance abuse. TREM has been successfully implemented in a wide range of service settings (mental health, substance abuse, and criminal justice) and among diverse racial and ethnic populations. This model has been adapted for men in the form of the M-TREM model. This training prepares participants to provide both TREM and M-TREM groups. ***Tuesday-Thursday, November 19-21, 2024, 9am-4pm CT***

9. **New Youth in Crisis: The Misdiagnosis and Labeling of Marginalized Youths in Schools** – According to research, trauma disproportionately affects marginalized youths of color in America (Pumariega, Jo, Beck, & Rahmani, 2022). These trauma experiences may include historical and generational trauma, immigration stressors, natural and manmade disasters, family and/or community violence, racism, and discrimination. Studies show these youths of color may experience adverse childhood experiences at a rate faster than their peers which can negatively impact their health throughout the lifespan (Cooc, 2017). Complex trauma and serious emotional disturbance (SED) concerns that these youths face in the school environment are often misdiagnosed or mislabeled as a

disability which can lead to harsh discipline, inappropriate care, stigma, and overly restrictive learning environments. [This flyer provides an overview of the webinar.](#) **Wednesday, November 20, 2024, 10:30am CT**

10. **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, November 21, 2024, 1pm CT](#)
 - [Register for Motivational Interviewing Overview on Thursday, March 13, 2025, 1pm CT](#)
11. **New Join SAMHSA to Discuss the New Report on Financing Peer Crisis Respite in the U.S.** – Peer crisis respite are recovery-oriented programs that can successfully provide trauma-informed care to individuals in behavioral health crises. The emerging evidence-base demonstrates the efficacy of peer crisis respite, but to date there are few studies on the cost effectiveness of these programs. Learn more about this report during SAMHSA’s webinar which highlights findings from the report and the benefits of peer crisis respite for a recovery-oriented continuum of crisis care, and identifies common components, operations, and funding solutions of peer crisis respite from a national sample of programs across the U.S. **Thursday, November 21, 1-2pm CT**
12. **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**
13. **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**
14. **New 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**
15. **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**
16. **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**

17. **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**
18. **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**
19. **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](#)
20. **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](#)
21. **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**
22. **New 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**
23. **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**
24. **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**

RECURRING TRAINING OPPORTUNITIES

1. **[New 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.
2. **[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.
3. **[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.
4. **[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.”
5. **[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.
6. **[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.
7. **[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***

8. [Peer Recovery Center of Excellence](#) – Monthly Community of Practice calls for peers and peer supervisors.
9. [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.
10. [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.
11. [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.
12. [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.
13. [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.
14. [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.***
15. [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***
16. [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.
17. [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.

18. [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.
19. [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.
20. [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).
21. [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.
22. [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.
23. [2024 Ethics and MRSS Trainings](#) – Please see the trainings provided by the MCB below.
 - [Missouri Recovery Support Specialist Trainings](#)
 - [Ethics Trainings](#)