

# FYI FRIDAYS

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

***January 7, 2022***

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

1. **Director's Creativity Showcase** – The annual art contest is an opportunity for individuals served by the Missouri Department of Mental Health (DMH) to display their creative talents. Each year, the Foundation collects consumer artwork in the mental illness, substance use disorder, developmental disability, professional and photography categories. The pieces are then reviewed and awarded by a panel of judges. The Deadline for submitting artwork is **January 28, 2022**.
2. **CPR regulations** – Draft amendments to the CPR regulations are posted on the DBH website. Comments should be submitted to me by **January 21, 2022**.

<https://dmh.mo.gov/alcohol-drug/regulation-drafts>

3.

**2022 FORENSIC Summit**

**February 15, 16, & 23, 2022**

The Missouri Department of Mental Health, in partnership with the Missouri Behavioral Health Council, is excited to bring this training opportunity to you virtually. The Summit will host many versatile speakers from around the state to provide the most current information on Forensic Mental Health. **[Click here for the speaker lineup, agenda, and times.](#)**

4.

### **JOB ANNOUNCEMENTS**

#### **Area Treatment Coordinator-Eastern Region**

This position within the Division of Behavioral Health with the Department of Mental Health domiciled in St. Louis, MO. Application deadline is January 21, 2022. [Learn More and Apply](#)

5.



>>Conference Registration will be available January 2022<<[Click HERE to reserve your hotel room TODAY!](#)

6.



**Link for registration and hotels:** <https://www.motreatmentcourts.org/2022-matcp-conference/>

### 7. COVID-19 Updates & Resources

- **Missouri Vaccine Navigator** – This is a secure registry tool to assist Missourians in receiving a COVID-19 vaccine. Information is available in [multiple languages](#). [Learn More](#)
- **Missouri COVID-19 Vaccine Providers** – <https://covidvaccine.mo.gov/map/>
- **The Wellness Guide to Overcoming Isolation during COVID-19** – offers help and support for those suffering from isolation during the COVID-19 pandemic. Being alone and lonely is difficult enough, but stay-at-home orders and social distancing make it even more challenging to overcome such feelings and make connections. This is a free digital download. [Learn More](#)
- **DBH COVID Resources** –  
 DBH COVID-19 Guidance/Resources - [MoHelpNow](#)  
 DMH Disaster Services Website – <https://dmh.mo.gov/disaster-services/covid-19-information>  
 State's COVID Vaccine Information Website - <https://covidvaccine.mo.gov/>  
 MO DHSS Website - <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>  
 CDC Website - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
 Show Me Hope - [www.MoShowMeHope.org](http://www.MoShowMeHope.org)

DBH Community COVID-19 Positives Data (as of Jan 7 at 8 am)	
Consumers	1,938
Staff	1,270
Providers	60
24 consumer/staff deaths have been reported.	

### DB's Tech Tips

## Undo Everywhere with a Simple Keyboard Shortcut

Did you know you can undo nearly any action in a Windows operating system? You probably know that pressing Ctrl + Z will undo anything you just typed, but this also applies to everything else. For example, if you accidentally moved or deleted a file, hitting Ctrl + Z will bring it right back to its original location. Additionally, you can redo anything you undid by pressing Ctrl + Y.

## FUNDING OPPORTUNITIES

1. **RX Cares Program for Missouri** – The RX Cares for Missouri Program, administered by the Missouri Board of Pharmacy, is seeking grant funding proposals for the purpose of developing or providing programs or education to promote medication safety, or prevent prescription drug abuse, misuse, and diversion in the state of Missouri. [Learn More](#) All grant proposals must be postmarked by **January 31, 2022** to be eligible for consideration. For additional information about grant applications/proposals or to learn more about the RX Cares for Missouri Program, visit [pr.mo.gov/pharmacists](http://pr.mo.gov/pharmacists)
2. **Public Health Scholarship Program (HRSA-22-122)** – The Public Health Scholarship Program's purpose is to strengthen the public health workforce by supporting organizations to develop scholarship programs that incentivize individuals to pursue careers in public health. Through this program, scholarship recipients will gain the requisite knowledge and skills necessary to prevent, prepare for, and respond to recovery activities related to COVID-19, as well as other public health emergencies. This program will provide funds to award recipients to provide scholarships to 1) individuals in professional, graduate, and/or certificate programs in public health, and 2) employees of public health department/entity/site receiving training in public health. Scholarships will be awarded to individuals by grant recipients. The applicant will be required to have an existing public health training program as well as public health partnerships in place, along with a system to assist scholarship recipients to maintain or obtain employment in public health upon completion of their training. [Learn More](#)

## INFO and RESOURCES

1. **New Peer Recovery Center of Excellence** – The Peer Recovery Center of Excellence hosts monthly communities of practice, a type of affinity call, as spaces for peer recovery support specialists and those who supervise them to network, learn, share, practice, and grow together. [Register](#)
2. **New Resource Guide: Providing Care for People Who Use Drugs** – During the pandemic, many organizations that provide care to people who use drugs (PWUD) quickly transitioned from in-person care to telehealth and technology-assisted services. To better support organizations that provide care to PWUD, the National Council – with support from the CDC – developed this resource guide organized by five strategies to address implementation challenges and leverage these advances to improve the health and wellness of PWUD. [Read More](#)
3. **New Podcast: Harm Reduction and Saving Lives** – This podcast will cover the prevalence of overdose and overdose deaths in the U.S. and a new program initiated by the CDC and administered by the National Council. [Listen](#)
4. **New Micro- vs Macro-Connectivity** – This video will highlight the idea of micro- vs macro-connectivity, and how important even small social interactions are in maintaining overall wellness. [Learn More](#)
5. **New Understanding the Characteristics of Suicide in Young Children** – recently published study describing the characteristics of suicide in young children and the factors that sometimes precede these tragic events, provide an avenue for future research and intervention. [Learn More](#)
6. **New Testing an Online Eating Disorders Training Platform for Providers** – A remote study is being conducted by investigators at Washington University School of Medicine in St. Louis. They are in the early stages of designing an online training and treatment platform for mental health providers. They are looking for mental health providers to test the usability of the platform. Use Link for Participant Eligibility Requirements. [Learn More](#)
7. **New Mid-America Mental Health Technology Transfer Center 2022 January Newsletter** – In this month's newsletter, you will find the return of familiar series', learning communities, and information regarding our upcoming free trainings and resources, including the ARC for Health Professionals Training of Trainers Symposium. [Read More](#)

8. **HHS Region 7 Harm Reduction Work Group** – Use of methamphetamine impacts people across the Midwest in many ways. Join the HHS Region 7 Harm Reduction Workgroup for a series of brief, 30-minute webinars to explore strategies to address meth use, ranging from prevention to treatment. Our first webinar will provide an overview of meth use in the Midwest, laying the groundwork for future conversations. **Friday, January 21, 2022, 10:30am CT.** [Register](#)
9. **2022-2023 Trauma-Informed, Resilience-Oriented Approaches Learning Community** – This Learning Community will provide participating organizations, systems and communities with the tools and skills to address trauma and promote resilience. Application Deadline-**Friday, January 21, 2022.** [Learn More](#)
10. **Probation and Parole Regional Oversight Meetings** – These are subject to change. For any questions regarding the P&P Regional Oversight Meetings, please contact Jessica Bounds at [jessica.bounds@dmh.mo.gov](mailto:jessica.bounds@dmh.mo.gov) and/or 573-751-4730.  
  
January 11, 2022 – North Central Region – 10-12 pm  
Location: Virtual  
  
January 25, 2022 – Eastern Region – 10-12 pm  
Location: Virtual

## **TRAINING OPPORTUNITIES**

1. **Technology and Its Impact on Psychiatric Care of Older Adults** – Learn how digital tools can impact the psychiatric care of older adults. We'll share the findings of current investigations on digital diagnosis, tech-enhanced approaches and the implementation of technology in patient care. **Wednesday, January 12, 2022, 2pm CT.** [Register](#)
2. **School-Based Suicide Prevention: Promising Approaches and Opportunities for Research** – This webinar will provide an opportunity for diverse stakeholders, including school administrators, researchers, practitioners, policy makers and funders, to learn about new and innovative practices in school-based suicide prevention, with a particular focus on risk identification, follow up, and referral for additional services for high-risk youth. In addition to describing the programs, presenters will also discuss preliminary research efforts and/or challenges, as well as ways to overcome common barriers to implementing suicide prevention in schools, including data collection and evaluation. **Friday, January 14, 2022, 1pm-2:30pm CT.** [Register](#)
3. **New Refuel your Mission: Skills to Revitalize Caring Professionals** –participants will develop a clear understanding of how to thrive as caring professionals even when faced with challenging work and life circumstances. **Wednesday, January 19, 2022.** [Register](#)
4. **New Borderline Personality Disorder** – Borderline Personality Disorder is often a diagnosis that is misunderstood and can go undiagnosed causing many to go without effective treatment. **Thursday, January 20, 2022, 1pm CT.** [Register](#)
5. **Leveraging Innovation and Technology to Care for People Who Use Drugs: Strategies from the Field** – experts in the field who have leveraged technology and virtual services to provide care for people who use drugs. We will highlight these innovative strategies and discuss resources and practices to overcome challenges related to implementing telehealth and technology-assisted supports. **Tuesday, January 25, 2022, 12pm CT.** [Register](#)
6. **New Preventing Youth Substance Use** Want to learn strategies to help prevent the unhealthy consequences of substance use in at-risk youth or youth with substance use challenges? Take advantage of our new virtual training for Youth Screening, Brief Intervention and Referral to Treatment (YSBIRT), an integrated and comprehensive public health approach to identify, reduce and prevent risky alcohol and drug use. **Tuesday, January 25, 2022, 12pm-3pm CT.** [Register](#)
7. **New Workforce Readiness: Peer Professionalism** – Peer support workers are taking the world by storm and find themselves in a variety of roles, positions, and organizations related to behavioral and primary healthcare needs for

individuals experiencing substance and/or mental disorders and other behavioral health challenges. **Thursday, January, 27, 2022, 1pm** [Register](#)

8. **New Evolution of Ethics: Practicing Ethical Social Work in Technology** – Social workers are increasingly using technology for service provision, communication, and publicity and the COVID pandemic has quickened the pace of technological adoption. At the same time, clients are engaging in more social media use and resource acquisition through technology. **Thursday, January, 27, 2022, 1pm-4pm CT.** [Register](#)
9. **Crisis Response of the Future** – state-of-the-art crisis response program, Support Team Assisted Response (STAR), is the leading community crisis response system in the United States for community members experiencing problems related to substance use and mental health. The STAR program is notable for its network of unique community partnerships, integrated wraparound service offerings, person-centered model and well-developed mobile response capabilities. **Monday, January 31, 2022, 12pm CT.** [Register](#)
10. **New Helping Teens Make “Wise Mind” Decisions Even When Dealing with Existential Questioning of Life** – Understand how a biological predisposition (filter) to emotional dysregulation and an invalidating social environment create a social filter that now distorts all interactions, including loving, validating interactions and turns anxiety / depression into a self-loathing (shame) cycle. **Friday, February, 11, 2022, 9am-12pm CT.** [Register](#)

## **RECURRING TRAINING OPPORTUNITIES**

1. **National Council for Mental Wellbeing** – Motivational Interviewing Trainings  
Introductory/Refresher – **Tuesday, January 11, 2022, 11am CT.** [Register](#)  
Introductory/Refresher – **Tuesday, March 8, 2022, 11am CT.** [Register](#)  
Intermediate – **Tuesday, February 8, 2022, 11am CT.** [Register](#)
2. **Wellness Webinars** – The Missouri Behavioral Health Council is excited to announce the Virtual MO Wellness Webinar Series.
  - **Wellness and Wellness Coaching** – This wellness webinar is designed for behavioral health care providers who are interested in Wellness and Wellness Coaching. Wellness is an inspiring and powerful word. A wellness philosophy supports healthy lifestyle habits that, in turn, have positive effects on quality of life. Wellness involves a lifelong process creating and adapting habits and routines that lead to improved health in multiple dimensions. **Friday, January 14, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Motivation: Discovered not Created** – This wellness webinar is designed for behavioral health care providers who are interested in learning more about factors that influence motivation and about motivational enhancements to support individuals in their wellness planning. **Friday, February, 11, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Back to Basics: Using Effective Communication Techniques** – This wellness webinar is designed for behavioral health care providers who are interested in revisiting the basic communication techniques that underly the wellness coaching approach. **Friday, April 22, 2022, 1pm-2:30 pm CT.** [Register](#)
  - **Wellness Strategies to Manage Stress** – This wellness webinar is designed for behavioral health care providers who want to build their own wellness tools for personal and professional practice. Healthcare professionals experience at times, the wear and tear that results from support and compassion provided to others. **Friday, May 13, 2022, 1pm-2:30 pm CT.** [Register](#)
3. **New MAT Waiver Course** – Opioid SOR 2.0, in partnership with the Missouri Behavioral Health Council are providing an 8-hour Virtual MAT Waiver Course. This course is different from the traditional 8-hour live course, as the first 4-hours will be live through Zoom and then the last 4-hours will be individual online work.
  - Saturday, March 5, 2022, 8:30am-12:30pm CT. [Register](#)
  - Saturday, June 18, 2022, 8:30am-12:30p.m CT. [Register](#)
  - Saturday, September 10, 2022, 8:30am-12:30pm CT. [Register](#)
  - Saturday, December 3, 2022, 8:30 am-12:30pm CT. [Register](#)

4. **Problem Gambling Certification 30-Hour Basic Training** – Learn about gambling history, gambling technology, the theoretical basis for treatment, co-occurring disorders, multicultural issues, assessment tools, and treatment modalities. Training dates are below, registration includes all sessions. [Register](#)
  - Friday, April 15, 2022, 8:30am-4:30pm CT.
  - Friday, April 22, 2022, 8:30am-4:30pm CT.
  - Friday, May 6, 2022, 8:30am-4:30pm CT.
  - Friday, May 13, 2022, 8:30am-4:30pm CT.
  
5. **Family Support Provider Certification Training** – Family Support Providers have been giving support to families for many years now in Missouri. This program trains parents and caregivers who have been through the process of resiliency with children with a mental health challenge, substance use disorder, or developmental disability to assist caregivers whose children have a new diagnosis. The training walks enrollees through problem solving, igniting a spark of hope, ethics, and working well on a team to make them successful in supporting families. Mental Health providing agencies who wish to send new Family Support Providers to the training should have their employee sign up through Relias. The next training is **February 1 – 3, 2022**, and will be held at the Missouri Behavioral Health Council at 221 Metro Drive in Jefferson City, MO. Any questions should be directed to: [jill.richardson@dmh.mo.gov](mailto:jill.richardson@dmh.mo.gov)
  
6. **Death Review Processes Training** –This workshop will provide information on the MO Department of Mental Health's expectations for DBH providers related to consumer deaths. The training will be virtual via zoom and the links are provided below.
  - Thursday, February 16, 2022, 9:30am-12pm CT. [Register](#)
  - Tuesday, March 15, 2022, 9:30am-12pm CT. [Register](#)
  - Thursday, May 19, 2022, 9:30am-12pm CT. [Register](#)
  
7. **Specialty Peer Instruction Series** – The UMSL-MIMH SOR 2.0 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, & boundaries; How to identify and address stress, compassion fatigue, grief, & secondary trauma; Working with peers with co-occurring mental illness & 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](#)
  
8. **2022 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](#)

***Look for new information and resources coming next Friday!***