

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance

December 1, 2023

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

- 1. UPDATE ON ADMINISTRATIVE RULES** – The following are 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.
- 2. MoHealthNet Postpartum Benefits SPA** – The MO HealthNet Division (MHD) received Centers for Medicare & Medicaid Services (CMS) approval of the MHD State Plan Amendment (SPA) for the change in postpartum eligibility. Previously, pregnant and postpartum women receiving benefits through MO HealthNet for Pregnant Women were eligible for pregnancy-related coverage throughout the pregnancy and for 60 days following the end of the pregnancy. Beginning July 7th, 2023, MO HealthNet coverage for these women is extended to a full year following the end of the pregnancy.
For questions regarding postpartum eligibility, please contact the FSD Information Center at 855-373-4636. [Read More](#)
- 3. MoHealthNet Provider Update-Reporting a Pregnancy to MHD Made Easy!** – As you know, MO HealthNet participants who report a pregnancy to the MO HealthNet Division (MHD) are eligible for a wide variety of additional benefits. Review [Healthcare Services for Pregnant Women](#) for more information on these benefits.
To report a pregnancy, participants can reach out to the Family Support Division Info Line at 855-373-4636, visit their local [Resource Center](#) or they can submit through the [Report A Change](#) website.
Effective November 21, 2023, reporting a pregnancy through the [Report A Change](#) website has been simplified. Now the participant has the option to choose “Do you need to report a pregnancy?” and complete three easy questions.
- 4. 2023 National Veteran Suicide Prevention Annual Report** – The U.S. Department of Veterans Affairs released its National Veteran Suicide Prevention Annual Report, providing a comprehensive analysis of Veteran suicides through the year 2021. The state data shows an overall increase of Missouri Veteran suicides between 2020 and 2021. While there was a decline in both 35-54 and 75+ age groups, others increased. The view the entire report and state data visit https://www.mentalhealth.va.gov/suicide_prevention/data.asp
- 5. Peer Support** – UMSL-MIMH is re-launching our recruitment efforts for our study of the integration of Missouri peer support workers within the treatment and recovery workforce. If you're a peer or peer supervisor, email peerspecialist@mimh.edu to get your own survey link and a \$15 gift card. We will be recruiting through treatment and recovery groups and organizations going forward. If you are open to having one of us come to a staff meeting to share info about this brief survey study, email brittany.blanchard@mimh.edu

Alcohol Use Disorder

While alcohol use has been trending upwards for years, it has become even more prevalent during the COVID-19 pandemic as there were more deaths caused by alcohol use than the virus in people under 65. The 2020 National Survey on Drug Use & Health found that in the last 3 months of 2020, 25.9 million people said that they were using alcohol "a little more or much more" than prior to the pandemic.



What is AUD?

Alcohol Use Disorder (AUD) is defined by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. It is estimated that 1 in 8 American adults meet the criteria for AUD. The impact of AUD on Missourians is significant. Alcohol-related disorders are a leading cause of hospital visits and re-admissions. Among MO HealthNet participants, this equated to approximately 8,200 alcohol-related emergency department (ED) visits and/or hospitalizations in the past year. Each year, alcohol contributes to the death of nearly 1,900 Missourians.

MO HealthNet strives to raise awareness of the services and treatment options covered for participants with AUD. In 2019, among MO HealthNet participants newly diagnosed with AUD, only 38% initiated treatment for it, while only 7% were still engaged in AUD treatment after one month. Research shows that medications combined with counseling can be an effective treatment for AUD. However, of the approximately 23,865 MO HealthNet participants with an alcohol-related diagnosis in the past year, only 6% received any medication.

Covered Treatment Options

MO HealthNet covers a variety of treatment options for participants with AUD, depending on their needs:

- **Detox and Withdrawal**
 - Detoxification services
 - Alcohol rehabilitation
- **Psychological Counseling**
 - Individual, group, or family counseling is covered when performed by a licensed behavioral health professional
 - Specialized services for AUD are also available through CSTAR providers
- **Medication**
 - MO HealthNet has several medications available for participants with AUD without a prior authorization. These medications cover a range of options depending on the patient's point of recovery:
 - Chlordiapoxide (Librium) for Alcohol withdrawal
 - Disulfiram (Antabuse), Naltrexone (Vivitrol), or Acamprosate (Campral) for AUD

Questions?

For more information, visit the MO HealthNet provider page: dss.mo.gov/mhd/providers.

JOB ANNOUNCEMENTS

Forensic Case Monitor

This position is within the Division of Behavioral Health with the Department of Mental Health domiciled in the Eastern Region. Remote work options are available for this position. Application deadline is **December 5, 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 Medication-Assisted Treatment for Opioid Use Disorder in Jails and Prisons: A Planning and implementation Toolkit** – The toolkit addresses critical components such as staff training, policy development and collaboration with community resources to ensure a holistic and sustainable approach to MAT implementation. [Learn More](#)
2. **New Overdose Risk Self-Assessment: A Guide for Peer Specialists** – This tool supports peer workers who provide overdose prevention and linkage to care within justice settings. Designed to be used in overdose risk reduction and safety planning, it provides a simple yet structured approach to understanding and mitigating the risk of overdose.
3. **New Peer-Based Overdose Prevention and Response across the Sequential Intercept Model** – This guide for program administrators in justice settings discusses the value of peer support in reducing overdose risk for justice-involved individuals. It outlines the dimensions and categories of peer support, highlights the benefits of peer recovery support services and provides guidance on integrating peer support programs. [Learn More](#)
4. **New Resources for Integrating Peer Support** – This annotated list of resources offers valuable information on peer recovery support services within the justice system. It encompasses a diverse range of topics, from the implementation of peer support programs, to training materials and practical tools for peer supporters. The listed resources can help organizations strengthen peer support initiatives, reducing recidivism, substance use and trauma while increasing safety. [Learn More](#)

5. **New Navigating Bipolar Disorder in the Elderly: Understanding Unique Symptoms and Challenges** – This discusses how treatment differs between age populations, how changes in the brain can affect treatment response in the elderly, and how clinicians and other mental health professionals can approach this patient population. [Read More](#)
6. **New Trauma, Healing and Wellness Workbook** – This Wellness Workbook, originally created for the District of Columbia Department of Corrections, is for use by individuals who have experienced trauma and are currently incarcerated with the goal of helping develop new and life-changing wellness strategies, such as breathing, journaling, stress breaks, listening to music, and others. The workbook includes guided questions and guidance to help readers understand how they may be impacted by trauma and stress. [Access the workbook here.](#)
7. **New Coverage of Services and Supports to Address Health-Related Social Needs in Medicaid and CHIP** – "Coverage of Services and Supports to Address Health-Related Social Needs in Medicaid and CHIP." This guidance outlines a framework of services and supports to address health-related social needs (HRSN) that CMS considers allowable under specific Medicaid and CHIP authorities. These flexibilities, and accompanying safeguards to protect program and fiscal integrity, provide opportunities for states to improve consistent access to needed care, health outcomes, and health equity among Medicaid and CHIP enrollees by addressing HRSN in a manner that complements but does not supplant existing housing and social services. Read the [CIB](#).
8. **New Addressing Social Determinants of Health Among Individuals Experiencing Homelessness** – Homelessness and behavioral health are inextricably linked and recognizing the social determinants of health is crucial to ending homelessness. Homelessness is an intricate and multifaceted issue with systemic issues related to housing affordability, economic opportunities, healthcare access, and stigma. SAMHSA utilizes its national surveys and grantee data to create effective programs and services to prevent and end homelessness among people with mental and substance use disorders. Efforts to increase accessibility to stable housing and treatment services while simultaneously addressing the social determinants of health can be an effective strategy to reduce health disparities for individuals experiencing homelessness. [Read More](#)
9. **New Intranasal Fasedienol Safe, Well-Tolerated in Adults with Social Anxiety Disorder** – Repeated, as-needed fasedienol was safe and well tolerated, and improved overall symptom control, in adults with social anxiety disorder (SAD). [Read More](#)
10. **New 988: Warning Signs Videos and Print Materials** – The 988 Lifeline's newest videos are now available for download from the [988 Partner Toolkit](#).
Warning Signs Two new videos focus on teaching people about signs that may indicate someone is struggling with mental health, such as changes in behavior, sleeping too much or too little, increased drug and alcohol use, severe emotional pain, and more. We encourage you to download and broadly share both videos (and use the accompanying social media copy) for [adult warning signs](#) and [youth warning signs](#). Several new materials are now available for you to order from the [SAMHSA Store](#). Click each link below to order print versions of warning signs note cards for adults and youth, a warning signs poster for youth, and safety plan pads (and you can use these with the new video above). You can also download print-ready files and digital versions of each material.
 - [Note Card: Adult Suicide Warning Signs](#)
 - [Note Card: Youth Suicide Warning Signs](#)
 - [Poster: Youth Warning Signs](#)
 - [Safety Plan Pads](#)
11. **New Out of State Telehealth Practice** – Effective August 28th, 2023, Missouri began participating in the [Licensed Professional Counselors Interstate Compact](#). Before engaging in interstate practice via the compact, a counselor needs to apply for and receive privilege to practice for each state. The Compact expects applications for privileges to practice to open in mid-2024.

12. **New National Institute on Alcohol Abuse and Alcoholism (NIAAA) Launches and Educational Virtual Reality Experience for Teens** – NIAAA has launched Alcohol and Your Brain, a virtual reality module that educates young audiences about alcohol's effects on five areas of the brain. [Read More](#)
13. **New Revised Edition: Medication-Assisted Treatment (MAT) for Opioid Use Disorder in Jails and Prisons** – Created in partnership with Vital Strategies and the faculty at Johns Hopkins University, this revised resource guide supports the planning and implementation of opioid medication programs within correctional facilities. [Learn More](#)
14. **New Meaningful Representation of Lived and Living Experience in Governance Toolkit** – The Certified Community Behavioral Health Clinic (CCBHC) model requires meaningful representation of people with lived or living experience and their family members in governance and program implementation. This new toolkit dives into the requirements, best practices and considerations. [Learn More](#)
15. **New Stimulant Use Disorder Guide** – The American Society of Addiction Medicine (ASAM) and the American Academy of Addiction Psychiatry (AAAP) developed guidelines focusing on the identification, diagnosis, treatment and promotion of recovery for patients with stimulant use disorder, stimulant intoxication and stimulant withdrawal. [Learn More](#)
16. **New Journal of Adolescents Health Published Study on Indirect Exposure to and Knowledge of Fentanyl Among Youth** – Using data from an online assessment of youth in the United States, research showed that youth may have proximity to fentanyl exposure and a degree of understanding of fentanyl, but there is a general lack of knowledge of the substance. [Learn More](#)
17. **New NSDUH 2022 Data Release** – SAMSHA just released data from the 2022 annual National Survey on Drug Use and Health (NSDUH), providing nationally representative data on the use of tobacco, alcohol and drugs, and on substance use disorders, mental health issues and receipt of treatment among Americans aged 12 and older. [Learn More](#)
18. **New Abnormal Experience of Positive Stimuli a Possible Intervention Target in Schizophrenia** – People with schizophrenia and people at risk for psychosis experience pleasant and negative stimuli differently than healthy controls, according to results from a meta-analysis of more than 100 emotion-induction studies published. [Read More](#)

TRAINING OPPORTUNITIES

1. **NAMI Peer-to-Peer Teacher Training** – This is a 2-day virtual training. When complete, participants will be certified to teach the NAMI Signature Education Program, Peer-to-Peer (P2P). Once certified, teachers will lead a course, which generally includes one 2.5 hour session each week for 8 weeks. (Virtual courses can be taught in weekly 2-hour sessions.) Newly certified teachers should be able to commit to teaching one 8-week course per year. **Prerequisite:** Must have taken a NAMI Peer-to-Peer Course as a participant. **December 2-3, 2023, 9am-5pm CT.** [Register](#)
2. **New Help People with Serious Mental Illness Engage and Recover** – This limited capacity session, presented live with Dr. Amador, author of 'I AM NOT SICK, I Don't Need Help!', will teach participants how to create trusting relationships with people who have serious mental illness and anosognosia — a neurocognitive symptom that leaves a person unable to understand they are ill, resulting in conflict, isolation, treatment refusal, criminalization, homelessness and suicide. **Monday, December 4, 2023, 11am-1:30pm CT.** [Register](#)
3. **New Ensuring Access to Medications for Opioid Use Disorder (MOUD): Court Considerations** – Medication for Opioid Use Disorder (MOUD), formerly known as Medication Assisted Treatment (MAT), which may be in combination with counseling and psychosocial services, is the evidence-based standard of care for treating opioid

use disorder (OUD). However, access to and retention in MOUD remains limited in many jurisdictions. **Monday, December 4, 2023, 11am-12:30pm CT.** [Register](#)

4. **Ensuring Access to MOUD** – Medication for Opioid Use Disorder (MOUD), formerly known as Medication Assisted Treatment (MAT), which may be in combination with counseling and psychosocial services, is the evidence-based standard of care for treating opioid use disorder (OUD). However, access to and retention in MOUD remains limited in many jurisdictions. **Monday, December 4, 2023, 11am CT.** [Register](#)
5. **New New Year, New Start: Talking with Teens about Social Media and Mental Health** – This webinar will explore four keys to open, productive conversations with youth: partnership, acceptance, compassion and empowerment. **Wednesday, December 6, 2023, 3pm CT.** [Register](#)
6. **New The Double-Edged Sword of Representation: Lived Experience, Tokenism and the Portrayal of Addiction Recovery Stories** – This webinar will explore 11 recommendations for shifting the safety and empowerment of those who share their experiences to the forefront of nationwide public health campaigns and news coverage. **Thursday, December 7, 2023, 12pm CT.** [Register](#)
7. **New Empowering People Working with Youth to Understand and Prevent Racism” as part of OJJDP’s Preventing Youth Hate Crimes & Identity-Based Bully Initiative** – This webinar will help participants understand the intersection of hate, identity-based bullying, and racial bias, and how these negative behaviors affect African American youth. Presenters will discuss the history of racism in the United States and the drivers of racial bias, identity-based bullying, and hate crimes against African Americans. Participants will learn tools and strategies for lasting positive change to combat racist and hateful thoughts and behaviors leading to incidents of hate and bullying. **Thursday, December 7, 2023, 1pm-2:30pm CT.** [Register](#)
8. **Trauma-Focused Cognitive-Behavioral Therapy: Peeking into the Brain of a TF-CBT Therapist** – Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is the most empirically supported intervention for children exposed to trauma. In this advanced presentation, Dr. Kliethermes will use a case study to help participants to step through this well-established, evidenced-based practice for childhood trauma. This program will be interactive for participants including discussion and polls. **Thursday, December 7, 2023, 1pm-4pm CT.** [Register](#)
9. **New 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 LGBTQI+ 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](#)
10. **New 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](#)
11. **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](#)

12. **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](#)
13. **New 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](#)
14. **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](#)
15. **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.](#)
16. **New 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](#)
17. **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](#)
18. **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](#)

RECURRING TRAINING OPPORTUNITIES

1. **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**
 - **Harm Reduction In Practice**

- **Overdose Education and Naloxone Distribution (OEND)**
 - **Stimulant Education: Harm Reduction & Overamping**
 - **Fentanyl Test Strips 101**
 - Wound Care for Non-Clinicians
2. **Housing Trainings** – DMH Housing Training Program with Corporation for Supportive Housing
 - **Wednesday, December 6, 2023**, MO DMH Training - Partnering with Landlords registration link: <https://csh-org.zoom.us/meeting/register/tZ0udOugqjMqHdCDqfLVPPhnaKfdnZUJHzDsc>
 3. **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.**
 4. **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.**
 5. **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](#)
 6. **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

7. **St. Louis DEI Training Series** – [Register](#)
 - Introduction (Theory of Change)-**December 14-15, 2023, Harrison Education Center | 3140 Cass Ave.**
8. **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
9. **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](#)
10. **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](#)
11. **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](#)
12. **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](#)
13. **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](#)
14. **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](#)
15. **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](#)

16. **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](#)

17. **2023 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.

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