

FYI FRIDAYS

DBH Updates, Notices, and Policy Guidance **April 26, 2024**

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

1. **New Post Critical Incident Seminar (PCIS)** – DMH and the Missouri State Highway Patrol (MSHP) participated in the 11th Post Critical Incident Seminar (PCIS) held in Branson April 22-24, 2024. The PCIS assists first responders (along with their spouses/significant others) in dealing with exposure to line-of-duty traumatic events. Twenty-six first responders and nine spouses/significant others participated in the seminar. Major Corey Schoeneberg of the MSHP and DMH Division Director Nora Bock welcomed the attendees. Dr. Jeanette Simmons served as the Clinical Director assisting MSHP PCIS Director Lt. Les Thurston. Angie Plunkett served as a spouse peer support person, Dr. William Enochs (Burrell) offered education on trauma and medications utilized in the treatment of trauma, and Dr. Cynthia Hackathorn provided couples therapy. There were twelve clinicians that provided behavioral health support, and the Missouri Behavioral Health Council provided planning and on-site logistical support for the seminar.

2. **New YBHLs Featured at NatCon2024** – DBH Deputy Director of Community Operations, Jenn Johnson, partnered with Missouri Behavioral Health Council and Family Guidance Center staff to present at NatCon2024, a national behavioral health conference held this year in St. Louis. The presentation educated those in the behavioral health field on the Youth Behavioral Health Liaison (YBHL) initiative. YBHLs formally began in July 2022, using mental health professionals in Certified Community Behavioral Health Clinics (CCBHC) to form community partnerships with various youth-serving organizations and address the behavioral health needs of Missouri’s vulnerable children and youth. A goal of establishing YBHLs is to form better community partnerships between CCBHCs and other behavioral health treatment providers, developmental disability providers, juvenile justice and family courts, child welfare, schools, and hospitals to improve outcomes for youth with behavioral health issues.



3. **New BH/IDD Featured at NatCon2024** – During NatCon2024 Jessica Bounds, from DBH and Rhiannon Evans from Missouri Behavioral Health Council presented on the systemic hurdles to integrating services for individuals with behavioral health and intellectual developmental disabilities and the steps Missouri is taking to address them with providers by facilitating the implementation of innovative ideas that meet individual needs across the continuum of care.



4. **New 2024 Mental Health Awareness Month Toolkit** – Check out what SAMHSA is doing and share our materials, and remember that we all play active roles in caring for our mental health! [Learn More](#)
5. **New Adaptive Strategies Video Series** – These are DBT modules that have been adapted for individuals with IDD. These videos were created by our very own BHIDD Roundtable and MOADD members: Dr. Sharon Robbins, Dr. Lucas Evans, Dr. Jessica Sergio, and Dr. Brandy Baczwaski. [View Videos](#)

6. **New Behavioral Health Integration Services** – Effective April 15, 2024, MO HealthNet Division (MHD) is implementing coverage of additional BHI services, including: Psychiatric CoCM; General behavioral health integration; and interprofessional consultation for behavioral practitioners. [Read More](#)
7. **New Crisis Services Update** – 988 call volume continues to increase in Missouri. March 2024 data indicates a 53.1% increase for in-state calls answered compared to March 2023.
 - March 2024 988 data
 - 6,444 in-state calls answered
 - 93% in-state call answer rate
 - 14 second call average speed to answer
 - Missouri had the 4th highest (tied with Indiana) in-state answer rate
 - Missouri is 1 of 16 states/territories meeting the 90% minimum required answer rate. The remainder of the 56 states/territories fell below the 90% in-state answer rate requirement.

The third volume of the Missouri Crisis Services Newsletter was recently released. The quarterly newsletter is a great resource to access the most up-to-date information and to stay informed regarding crisis services in Missouri. Topics covered include:

- 988 Spotlight
- 988 Promotion/Awareness
- Crisis Services Data
- Crisis Services Resources/Training

To view the most recent Missouri Crisis Services Newsletter, please click on the following link: [Crisis Services Newsletter - March 2024 | dmh.mo.gov](#)

8. **New May is Mental Health Awareness Month!** Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness and to celebrate recovery from mental illness. This year the Substance Abuse and Mental Health Services Administration (SAMHSA) created a toolkit with information and messaging for all populations. Key messages are provided along with social media content, best practices for engaging in healthy discussions about mental health, and promotional materials. Access the toolkit here: [2024 Mental Health Awareness Month Toolkit | SAMHSA](#)
9. **Behavioral Health & Intellectual/Developmental Disability (BHIDD) Virtual Learning Collaborative** – The BHIDD Virtual Learning Collaborative is an introductory training for any clinical and/or administrative staff interested in better supporting people with BHIDD needs. This training aims to introduce the participants to essential topics important to recognizing various needs and how to reduce behavioral risk over time. Continuing education (CE) credits are included.

Learning Objectives:

 - Understand what dual diagnosis means for people with BHIDD
 - Have an understanding of how to assess mental illness in people with IDD
 - Understand how to support physical health, wellness, and aging and prevent risk over time
 - Learn how to adapt therapy for IDD clients

Virtual Session Details:

 - **Wednesday, July 17, 2024:** Crisis Prevention and Intervention: Reducing Risk
 - **Wednesday, July 31, 2024:** Wellness and Aging
 - **Tuesday, October 8, 2024:** Substance Use Disorder and IDD
 - **Wednesday, October 23, 2024:** Adapting Therapy with IDD Clients (including alternative therapies)

[Click to register for the collaborative](#)

10. **Update on Administrative Rules** – A proposed amendment to **Core Rule 9 CSR 10-7.030, Service Delivery Requirements**, is published in the [April 15, 2024, Missouri Register](#) for a 30-day public comment period. The Final Order of Rulemaking for **9 CSR 30-4.046 PSR in Community Psychiatric Rehabilitation Program** is also published in the April 15, 2024, *MO Register*. When final in the *Code of State Regulations* on May 30, 2024, the

staffing ratios for children and youth PSR will be one staff to eight participants for children aged 11 and younger, and one staff to ten participants for individuals aged 12-17. The previous ratios were 1:4 and 1:6 respectively.

11. **April is Alcohol Awareness Month** - April is Alcohol Awareness Month. Alcohol Awareness Month is dedicated to acknowledging the adverse effects of alcohol use and misuse on health and wellness, especially among youth. This year, the Substance Abuse and Mental Health Services Administration (SAMHSA) developed a [social media toolkit in recognition of Alcohol Awareness Month](#) that highlights various resources regarding alcohol use, including links to treatment and support. Specifically, the toolkit promotes a number of strategies and resources available to address the health and social impacts related to alcohol misuse. Ongoing SAMHSA initiatives aimed at addressing alcohol misuse in the toolkit include:
 - [Sober Truth on Preventing Underage Drinking \(STOP\) Act Grant](#)
 - [Provider's Clinical Support System – Universities](#)
 - [Building Communities of Recovery](#)
 - [SAMHSA's "Talk. They Hear You."® campaign](#)
12. **2024 Mental Health Champions Banquet** – Each year three remarkable Missourians, who have overcome many challenges to make life better for themselves, others, and their communities, are selected to receive the Missouri Mental Health Champions' award. This year's champions are: Audrey Whittenberg, Clifford Atterberry, and Lilly Eikermann. This year's banquet is **Tuesday, May 7, 2024** at the Capitol Plaza Hotel and Convention Center in Jefferson City. Registration just opened! [Register](#)

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

Behavioral Health Program Specialist

The Behavioral Health Program Specialist will be responsible for participating in the implementation, development, coordination, and maintenance regarding: the Comprehensive Psychiatric Rehabilitation (CPR) Program, Comprehensive Substance Treatment and Rehabilitation (CSTAR) Program, the Community Mental Health Services (MHBG) and Substance Abuse Prevention and Treatment (SABG) Block Grant; and other initiatives deemed valuable for the integration of mental illness and substance use. **Must apply by Wednesday, May 1, 2024** [Learn More and Apply!](#)

Senior Research Data Analyst – DBH

The Department of Mental Health is seeking to hire a Senior Research Data Analyst to be domiciled at Central Office in Jefferson City. This position report directly to the Research Manager. **Must apply by Wednesday, May 1, 2024** [Learn More and Apply!](#)

Accountant Manager – DBH

The Department of Mental Health is seeking to hire an Accountant Manager for Central Office. This position reports to the Director of Fiscal Operations. **Must apply by Friday, May 3, 2024** [Learn More and Apply!](#)

1. **New HRSA Funding Opportunity: Supporting Fetal Alcohol Spectrum Disorders Screening and Intervention** – This program aims to both reduce alcohol use during pregnancy and improve outcomes for children with fetal alcohol spectrum disorders (FASD). The program focuses on communities with higher rates of binge drinking during pregnancy, including rural areas and medically underserved communities. Specifically, the program provides

education to primary care providers on the use of screening, intervention, and referral processes for high-risk pregnancies. The program's goals include:

- "Increase primary care providers' knowledge of the risks of drinking alcohol during pregnancy
- Promote recommended screening, interventions, and referral approaches; and
- Develop skills to identify and manage FASD, with an emphasis on fostering effective communication with families"

HRSA will provide one award of up to \$950,000 for a one year project. **Applications are due June 21, 2024.** [Related documents](#)

2. **SAMHSA Grants Dashboard – [Learn More](#)**

3. **HRSA Funding Opportunity: RCORP – Impact** - The Health Resources and Services Administration (HRSA) recently announced a new funding opportunity for the [Rural Communities Opioid Response Program \(RCORP\) – Impact](#). RCORP – Impact is a new rural opioid treatment and recovery initiative intended to supplement the work of [RCORP](#) by improving access to integrated and coordinated treatment and recovery services for substance use disorder (SUD), particularly opioid use disorder (OUD), in [HRSA-designated rural areas](#). The program's goals include:
- "Goal 1: Service Delivery: Establish and/or expand coordinated and comprehensive SUD treatment and recovery services.
 - Goal 2: Workforce: Develop a responsive SUD workforce, which includes both peers and clinical providers with diverse scopes of practice.
 - Goal 3: Supportive Services: Establish and/or enhance coordination with supportive social services to ensure that rural individuals and families affected by SUD have the greatest opportunity possible for sustained, long-term recovery.
 - Goal 4: Sustainability: Develop innovative, multi-sectoral approaches to ensure the continued availability of services supported by RCORP – Impact in the target rural service area."

Awardees are required to provide medication for opioid use disorder (MOUD). Funds can only be used to support activities in HRSA-designated rural areas. Additional details on program requirements can be found in the program's Notice of Funding Opportunity (NOFO) under "Related Documents," [here](#). HRSA will offer up to 16 awards of up to \$750,000 per award per year for up to 4 years for total program funding of \$12,000,000. Applications are due **Monday, May 6, 2024**. Additional information on eligibility and how to apply can be found [here](#).

4. **HRSA Funding Opportunity: Opioid-Impacted Family Support Program** - The Health Resources and Services Administration's (HRSA) Bureau of Health Workforce announced a new funding opportunity for the [Opioid-Impacted Family Support Program](#). This program provides grants to support training programs to enhance the expertise and number of peer support specialists and other mental health and substance use disorder (SUD) paraprofessionals who provide services to families impacted by opioid use disorder (OUD). The program emphasizes supporting children and adolescents within high-need, high-demand areas who have or are at risk for developing mental health and SUD issues. Awardees are required to develop a Level I pre-service and Level II in-service training curriculum as part of their certificate training program for OUD paraprofessionals. Additional details on program requirements can be found in the program's Notice of Funding Opportunity (NOFO) under "Related Documents," [here](#). HRSA will offer up to 28 awards of up to \$600,000 per award per year for up to 4 years for total program funding of \$16,800,000. Applications are due **Monday, May 6, 2024**. Additional information on eligibility and how to apply can be found [here](#).

5. **New National Center for Mental Health: Dissemination, Implementation, and Sustainment** – The purpose of this program is to build the expertise of Center for Mental Health Services (CMHS) service, capacity building, and technical assistance recipients and organizations that oversee or directly provide mental health services to use science-based methods to implement, disseminate, and sustain services. The MHDIS recipient will be expected to

provide: 1) training and technical assistance (TTA) on the planning implementation, adaptation, and sustainment of a new/existing service and 2) localized, targeted, and intensive technical assistance (TA) to CMHS recipients and other mental health providers to improve the process of implementation, dissemination, and sustainment of services. **Application due date: Monday, June 10, 2024** [Learn More](#)

INFO & RESOURCES

1. **New Mental Health: Risks and Protective Factors for LGBTQ Youth** – The United States is facing a youth mental health crisis. On December 7, 2021, U.S. Surgeon General Dr. Vivek Murthy issued an advisory to address it. While the youth mental health crisis preexisted Covid, the pandemic exacerbated the adverse effects on young people and their families. [Read More](#)
2. **New Behavioral Health Parity – Pervasive Disparities in Access to In-Network Care Continue** – The Mental Health Parity and Addictions Equity Act (MHPAEA) of 2008 aimed to eliminate discriminatory health plan coverage that prevents individuals from receiving effective mental health and substance use disorder treatment. MHPAEA requires that health plans not design or apply financial requirements and treatment limitations that impose a greater burden on access (that is, are more restrictive) to in-network mental health and substance use disorder benefits than plans and issuers impose on access to comparable medical/surgical benefits. [Read More](#)
3. **New Police-Mental Health Collaborations: Implementing Effective Law Enforcement Responses for People Who Have Mental Health Needs** – In many jurisdictions, the challenge of responding to people in mental health crises often falls on local law enforcement. Because of this, law enforcement agencies are creating partnerships, known as police-mental health collaborations (PMHCs), with mental health agencies to improve their responses and connect people to needed services. These partnerships also typically include substance use treatment providers since more than 18 percent of adults who have a mental illness also have a co-occurring substance use disorder. [Read More](#)
4. **New The Link Center** – The Link Center works to improve supports available to children and adults with intellectual and developmental disabilities (I/DD), brain injuries, and other cognitive disabilities with co-occurring mental health conditions. The Link Center provides training and technical assistance and advances systems change that will increase access to effective services and supports for people with co-occurring conditions. [Read More](#)
5. **New Study Shows that Few Hospitals Follow Recommended Practices for Evidence-Based Suicide Care** – A recent study found that only 8% of U.S. hospitals follow all four evidence-based, best-practice interventions for patients who are identified as at risk for suicide following their discharge-and more than one in four follow none. [Read More](#)
6. **New HUD Resource: Housing-Related Services for People Experiencing Homelessness** – Many people experiencing homelessness benefit from interventions that package housing (rental) assistance with case management and other wraparound supportive services. Programs with a particular focus on serving people experiencing homelessness that could fund such wraparound services include:
 - The U.S. Department of Housing and Urban Development’s Continuum of Care (CoC)
 - Substance Abuse and Mental Health Services Administration (SAMHSA) programs, including Projects for Assistance in Transition from Homelessness (PATH), Treatment for Individuals Experiencing Homelessness (TIEH), and Grants for the Benefit of Homeless Individuals (GBHI)
 - The Health Resources and Services Administration (HRSA)’s Federally Qualified Health Centers (FQHCs)and Healthcare for the Homeless program

There are, however, many additional federal programs that can serve people experiencing homelessness, even if they are not specifically targeted to this population. This [HUD resource](#) provides an overview of federal health programs and resources that communities and housing providers can leverage to provide supportive services to help people experiencing homelessness transition to and sustain their housing.

7. **New Consensus Statement on Healthcare for Youth with Neurodevelopmental disabilities – DBPNet** is pleased to announce the publication of the first peer-reviewed, interprofessional and community-engaged consensus statement establishing healthcare standards for youth with neurodevelopmental disabilities.
 - [Consensus Statement publication in Pediatrics](#)
 - [AUCD press release](#)
 - [Executive Summary](#) for administrative and professional audiences
 - [Plan Language Summary](#) for community audiencesVisit <https://safedbp.org/> for more information about the initiative, and to register for updates.
8. **New Adaptive Strategies Video Series** – These are DBT modules that have been adapted for individuals with IDD. These videos were created by our very own BHIDD Roundtable and MOADD members: Dr. Sharon Robbins, Dr. Lucas Evans, Dr. Jessica Sergio, and Dr. Brandy Baczwaski. [View Videos](#)
9. **New HHS Announces New Framework to Support and Accelerate Smoking Cessation** – This new framework intends to accelerate the cessation of combusted tobacco products – namely, cigarettes, cigars, little cigars, and cigarillos, and reduce smoking and cessation-related disparities. The framework contains a vision and set of goals to support and promote smoking cessation, especially in populations with smoking and cessation-related disparities, that will guide future HHS actions. The framework’s six goals are:
 1. “Reduce smoking – and cessation-related disparities.
 2. Increase awareness and knowledge related to smoking and cessation.
 3. Strengthen, expand, and sustain cessation services and supports.
 4. Increase access to and coverage of comprehensive, evidence-based cessation treatment.
 5. Advance, expand, and sustain surveillance and strengthen performance measurement and evaluation.
 6. Promote ongoing and innovative research to support and accelerate smoking cessation.”[Read More](#)
10. **New A Conversation About Trauma-Informed, Resilience-Oriented, Equity-Focused (TIROES) Systems and Approaches** – Organizations that work with older adults can become trauma-informed, resilience-oriented, and equity-focused to best meet the needs of the people they serve. This session will explore the prevalence and impact of trauma; the key principles of TIROES; what being Trauma-informed looks like in daily practice; and the connection to self-care and compassion resilience. [Register](#)

TRAINING OPPORTUNITIES

1. **Missouri Rural Health Association (MRHA) upcoming events** – MRHA is committed to bringing high-quality, accessible and affordable continuing education and training events to the rural health community. Below you will find a sampling of our upcoming training events.
 - [Reproductive & Sexual Health Equity and Access in Missouri](#) **Wednesday, May 1, 2024, 12-1pm CT**
2. **New Science of Addiction and Recovery** – This training provides individuals with a better understanding of the science behind addiction and recovery. While experience changes beliefs, the facts about how substances dramatically affect the brain are key components in helping the public understand the recovery process. **Wednesday, May 1, 2024 1-2pm CT** [Register](#)
3. **Racism and Other Macrosocial Determinants of Health: Moving from Explanation to Action** – Racism is a social and moral crisis, as well as a public health threat. In addition to causing direct physical damage, racism is embodied covertly through social, behavioral, and psychobiological mechanisms. This webinar will discuss Dr. David Chae’s research on multiple levels of racism and the channels through which it compromises health, as well as next steps in anti-racism research. **Wednesday, May 1, 2024, 1pm CT** [Register](#)

4. **Mental Wellbeing Upcoming Webinars, News and Resources –**
 - **Wednesday, May 1, 2024, 2-3pm CT:** [PCSS-MOUD: Treatment While Unhoused: Providing MOUD to Populations Experiencing Homelessness](#)
 - **Thursday, May 2, 2024, 1-2:30pm CT:** [Implicit Bias: Using Brain Science to Understand, Recognize and Counter It](#)
 - **Wednesday, May 22, 2024, 11am-3pm CT:** [Intermediate Motivational Interviewing Training](#)
5. **New Peer Support: Path to Hope and Family Recovery –** Join this webinar to learn how peer support specialists instill hope and illuminate a pathway to recovery for families affected by substance use and involved with child welfare services. Peer support specialists will offer details on what makes these powerful programs work and what you can do to start one in your community. **Thursday, May 2, 2024, 12pm CT** [Register](#)
6. **Implementing Best Practices with an Eye on Ethics –** This webinar provides an understanding and overview of common ethical principles. It will define Vicarious Liability and discuss the variety of ways that professionals and clinicians can be held accountable for Vicarious Liability or “imputed negligence,” as well as discussing ethical dilemmas regarding practice and options for managing the dilemmas. **Friday, May 3, 2024, 9am-12pm CT** [Register](#)
11. **New When Substance Use Disorders Collide with Mental Disorders: Principles and Assessment for Effective Clinical Practice –** This webinar will discuss the growing nature of Dual Diagnosis and focus on principles and techniques of assessing clients that present with co-morbidity conditions. Clients with substance use disorders often present with accompanying mental disorders and clinicians have often been caught up in the ‘chicken and the egg’ dilemma of what condition to treat first. This presentation will cover the treatment tasks and approaches when working with substance use disorder populations and provide an integrated model for treatment. The clinician will be equipped with effective and practical guidelines and principles in treating the dual diagnosis client. **Friday, May 3, 2024 1-4pm CT** [Register](#)
7. **When Substance Use Disorders Collide with Mental Disorders: Principles and Assessment for Effective Clinical Practice –** This webinar will discuss the growing nature of this condition and focus on principles and techniques of assessing clients that present with co-morbidity conditions. **Friday, May 3, 2024, 1-4pm CT** [Register](#)
8. **Tobacco Treatment Specialist (TTS) Certification Training -** The program consists of both online learning and a 3-day live virtual training (see times below) focusing on the skills needed to effectively treat tobacco dependence. The training will prepare professionals to provide individuals with effective, evidence-based interventions for tobacco dependence. Professionals who work in the field of health academics, policy, and education will benefit from the up-to-date research/information presented. **Register by May 6, 2024** [Learn More](#)
9. **Suicide Prevention Training for Those Working with Youth –** Do you work with adolescents who could be at risk for suicide? There will be five trainings across the state during the month of May Suicide Prevention Training for Those Working With Youth is designed especially for individuals working with adolescents. Participants will learn about risk factors, protective factors, warning signs of suicide, and ways to help someone considering suicide. The training will also cover the relationship between substance use and suicide. **May 6-28, 2024, 8am-4:30pm CT** [Register](#)
10. **Hardwired for Fear and Connection: The Intersection of Brain Science and Equity –** Our brains are designed to keep us safe, constantly monitoring our surroundings and putting up “fight or flight” barriers when we experience things that are new or different. Yet, we are also social beings, craving connection and belonging. What happens in our brains and in our bodies when we experience diversity, bias, and racism? And how do we apply brain-based strategies to ensure we don’t let fear and discomfort hinder our ability to build relationships? Three-part virtual learning opportunity. **Tuesday, May 7, 2024, 12pm-3pm CT** [Register](#)

11. **Behavioral Health Services: Impact of School-Based Mental Health Care** – In this Mental Health Awareness Month webinar, experts will discuss the latest data and trends regarding youth mental health, the importance of school-based health services, best practices for working with partners and stakeholders to build effective school-based programs, and tools to help connect children to care during outreach and enrollment efforts. **Wednesday, May 8, 2024, 2-3pm CT** [Register](#)
12. **New Preventing and Addressing Xylazine Use in a Behavioral Health or Clinical Setting** – The Office of the Chief Medical Officer in collaboration with the Center for Substance Abuse Treatment (CSAT) will conduct a virtual webinar on strategies for preventing and treating xylazine in a behavioral health or clinical setting. The webinar will provide an overview of xylazine including what it is and its intended use, emerging trends of misuse, and how substance use prevention and treatment teams can combat trends in their communities. **Wednesday, May 8, 2024, 2-3pm CT** [Register](#)
13. **Advanced Peer Supervision Virtual Training** – The Missouri Credentialing Board (MCB) will be providing this training in partnership with the Addition Technology Transfer Center (ATTC) Network. The 2-day experience begins the process of raising or enhancing your awareness and understanding of your role when supervising a peer. The sessions will cover: How to integrate peers into a multidisciplinary team, person centered recovery planning, effective supervision of peers, supporting effective documentation of peer services, ethics and boundaries, self-care and wellness for supervisors...and more. Current Training Dates: **Thursday-Friday, May 9-10, 2024 (VIRTUAL) and Thursday-Friday, August 29-30, 2024 (Virtual)**. [Register](#)
14. **New An Introduction to EMDR: The Art and Science of EMDR-IFS** – Designed for mental health professionals seeking to deepen their understanding perhaps pursue in depth training in this transformative approach. This session covers the fundamental principles, history, and applications of EMDR. Participants will explore the Adaptive Information Processing (AIP) model and its relevance EMDR. The EMDR Certified therapist and also Consultant in Training will delve into the eight phases of EMDR therapy. **Friday, May 10, 2024, 1-4pm CT** [Register](#)
15. **MBC Clinical Supervision Training** – This training is a comprehensive 30-hour national training model for clinical supervision. The first 14 hours are completed online followed by a 2-day, 12-hour Zoom training and videos to reinforce the online training and introduce additional supervision topics. Please note: This training is required for new supervisors to become a MCB Qualified Supervisor. **Monday/Tuesday, May 13-14, 2024, 8am-2pm CT** [Register](#)
16. **Harm Reduction Specialist (HRS) Training – Missouri Credentialing Board** – Objectives of this training include increasing knowledge around Harm Reduction and how it can be used in recovery processes; applying skills within a harm reduction framework to current practice; identifying obstacles in applying harm reduction and developing strategies to overcome these obstacles; and more. Total Number of Continuing Education Hours: 21 Hours, 3 of which are Ethics training hours. **May 13, 14, 15, 2024, 9am-5pm CT** [Register](#)
17. **H.E.R. for Youth|Girls** – Habilitation Empowerment Recovery for Girls or H4G is a therapeutic intervention created to address the specific needs of Black girls who are high risk, have mild to moderate substance use disorders, and have current or past involvement with the juvenile justice system, with an emphasis on Black girls. H4G utilizes a strength-based, holistic model for treatment that is both culturally relevant and responsive, with an emphasis on providing a positive and engaging approach to treatment. **Holts Summit, MO, Monday-Wednesday, May 13-15, 2024, 8am-5pm CT** [Register](#)
18. **New Annual National Summit to Increase Social Connections** – This year, speakers and attendees will explore how to leverage technology to advance social connections for older adults and people with disabilities. **May 14-15, 2024, 12-3pm CT** [Register](#)

19. **H.E.A.T for Youth | Boys** – H.E.A.T. for Youth is a therapy program designed for Black males aged 13 to 17 involved in the Juvenile justice system. H.E.A.T. — which stands for Habilitation, Empowerment, and Accountability Therapy — applies a holistic, culturally relevant, responsive, strength-based model that emphasizes a positive and engaging approach to treatment. If implemented as designed, it takes six months to complete the entire curriculum. Though H4Y was developed for black males, other ethnic groups could benefit from this intervention. The principles of intervention are universally applicable to all races and ethnicities. **Holts Summit, MO, Wednesday-Friday, May 15-17, 2024, 8am-5pm CT** [Register](#)
20. **Social Justice Leadership Academy (SJLA) Learning Series** – This is a free, monthly virtual learning opportunity combining informational presentations, workshops and Q&Q panels. Topics include structural and systemic inequities in mental wellbeing, advancing social justice within organizations and how social determinants of health impact marginalized communities. The SJLA Learning Series is for professionals of all levels who are dedicated to embracing social justice principles to bring equity to communities and systems of care. Register today for any or all of this year’s sessions taking place April through September 2024. All registrants receive a copy of the recording(s) in case they are unable to attend the live event(s).
 - [Bridging the Gap: Engaging Community Organizations and Peer Recovery Specialists in Your Work](#) **Wednesday, May 15, 2024, 11am-12pm CT**
 - [Supporting LGBTQ+ Communities With an Intersectional Lens](#) **Thursday, June 20, 2024, 11am-12pm CT**
 - [Promoting Social Equity for Underrepresented Individuals in the Workforce](#) **Thursday, July 18, 2024, 11am-12pm CT**
 - [Barriers to Care: Solutions for Mental Health and Substance Use Treatment Provision in Rural Communities](#) **Wednesday, August 21, 2024, 11am-12pm CT**
 - [Increasing Accessibility of Mental Health Services for Unhoused Populations in Rural and Urban Communities](#) **Wednesday, September 18, 2024, 11am-12pm CT**
21. **Workforce Development Learning Community** – You can choose to attend one or more of the following sessions. [Register](#)
 - **Thursday, May 16, 2024, 2pm CT**
 - **Thursday, June 20, 2024, 2pm CT**
 - **Thursday, July 18, 2024, 2pm CT**
 - **Thursday, August 15, 2024, 2pm CT**
22. **Spring Training Institute** – The Institute brings over 1,000 behavioral health professionals together to learn about the latest research in the field regarding medications, evidence-based treatment, and other issues related to the populations served. **Thursday/Friday, May 16-17, 2024** [Register](#)
23. **Center for Evidence-Based Youth Mental Health Psychological Services Clinic will be hosting some spring workshops.** [Register](#)
 - Exposure Plus Response Prevention for Pediatric Obsessive-Compulsive Disorder – **Friday, May 17, 2024, 1-4pm CT**
 - Cognitive-Behavioral Therapy for Substance Use Disorders – **Friday, May 24, 2024, 1-4pm CT**
24. **Providing Recovery Support Services for Pregnant and Parenting Families (PPF) Training and Credential** – The overall goal of this training is to better prepare Behavioral Health professionals to meet the diverse needs of pregnant and parenting families in early recovery. Recovery and parenting both occur in the context of relationships and this training is designed to help participants build skills to support/strengthen families as they grow and develop in their roles as nurturing parents. **May 20-22, 2024, 9am-5pm CT** [Register](#)
25. **New CoE-PHI Webinar: 42 CFR Part 2 Final Rule: What You Need to Know** – This no-cost webinar will outline recent changes to 42 CFR Part 2, the role of 42 CFT Part 2 in protecting confidentiality of substance use disorder (SUD) treatment records, and related technical assistance and resources from CoE-PHI. **May 21, 2024, at 2pm CT.** [Registration](#) is required.

Learning objectives include:

- “Describe the recent changes to 42 CFR Part 2
- Apply recent changes to practical scenarios within case studies
- Identify how to access resources and technical assistance provided by the CoE-PHI.”

26. **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. This is a smaller group format to allow for multiple guided practice opportunities. Curriculum pace and flow is intentionally designed to maximize engagement and interaction in a virtual environment. **Wednesday, May 22, 2024, 11am-3pm CT** [Register](#)
27. **Upcoming Mental Health First Aid Webinars** –
- **May 28-29** (9:30a.m.-5:30p.m. CT): [WHAM Individual Facilitator Training](#)
 - **June 13** (12-1 p.m. CT): [Introduction to Psychedelics for the Treatment of Substance Use Disorder](#)
28. **New Fundamentals of Community Inclusion and Participation and Implications for Coordinated Specialty Care** – This 3-part webinar will provide attendees with knowledge needed to promote community inclusion and participation among this young adult population. [Register](#)
- **Tuesday, May 28, 2024, 11am**
 - **Tuesday, June 4, 2024, 11am**
 - **Tuesday, June 11, 2024, 11am**
29. **New Advancing Harm Reduction Approaches** – Participants will be introduced to the principles of harm reduction and given the basic skills to help individuals understand the spectrum of positive and negative effects of drugs, process addictions, compulsive behaviors, and their impacts. **Wednesday, May 29, 2024, 1-2pm CT** [Register](#)
30. **Middle America School Mental Health Conference** – The Mid-America Mental Health Technology Transfer Center will be sponsoring and serving on the planning committee for the first ever Middle America School Mental Health Conference. This event will bring together school mental health professionals from across the Midwest to share their experiences and expertise with one another. This year's theme is "*Cultivating Hope & Healing: Building cultures of hope & healing for families, schools, and communities.*" **Omaha, NE, Wednesday/Thursday, May 29-30, 2024.** [Learn More and Register](#)
31. **2024 Missouri Crisis Conference** - The Missouri Department of Mental Health and Missouri Behavioral Health Council have partnered to bring together crisis providers and advocates to learn, network, and grow Missouri's crisis care continuum of services! Registration is free! **June 24-25, 2024** [Register](#)
32. **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. You can choose to attend one or more of the following sessions: [Register](#)
- **Thursday, May 30, 2024, 2pm CT**
 - **Thursday, July 25, 2024, 2pm CT**
 - **Thursday, September 26, 2024, 2pm CT**
 - **Thursday, November 28, 2024, 2pm CT**
33. **2024 NASADAD National Prevention Network Conference Registration Now Open** – The NASADAD National Prevention Network (NPN) Conference highlights the latest research in the substance use prevention field. It provides a forum for prevention professionals, coalition leaders, researchers, and federal partners to share research, best practices and promising evaluation results for the purpose of integrating research into prevention practice. **August 13-15 in Phoenix, AZ** [Register](#)

34. **Zero Suicide Academy** – Over two days, teams will learn best practices, common challenges, and strategic guidance. **August 14-15, 2024, 8:30am-4:30pm** [Learn More](#)

RECURRING TRAINING OPPORTUNITIES

1. **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
2. **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. [Learn more and register here](#)
3. **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.** [Register](#)
4. **Harm Reduction Trainings** – 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. **Registration is open for training dates in April**, including some evening and weekend options, and organizations looking for additional opportunities can request training via our new training request form. [Learn more and register here for any of the trainings offered.](#)
Training offerings include:
 - **Foundations of Harm Reduction**
 - **Harm Reduction In Practice**
 - **Overdose Education and Naloxone Distribution (OEND)**
 - **Intramuscular (IM) Naloxone Use**
 - **Stimulant Education: Harm Reduction & Overamping**
 - **Fentanyl Test Strips 101**
 - **Specialty Peer Integration Training (online, self-paced)**
 - **Wound Care for Non-Clinicians (online, self-paced)**
5. **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](#)
 - **May 2-3, 2024** – New MBHC temporary location, 2401 East McCarty, Jefferson City, MO 65109
6. **2024 Missouri Recovery Support Specialist Training** – The purpose of the Recovery Support Specialist Training is to train and credential qualified participants to work as staff and/or volunteers with people with a behavioral health disorder. Recovery Support Specialists enter into ongoing mentoring relationships that help individuals who are in recovery or who are considering recovery from a behavioral health disorder to produce extraordinary results in their lives, careers, businesses, organizations, etc. Trainers: Mark McDonald and Jane Pfeifferkorn. [Register for any of these trainings](#)
 - **May 21-23, 2024 8am-5pm** - Location: Landmark Church 204 Metro Dr, Jefferson City, MO

- **June 19-21, 2024 8am-5pm** - Location: Mission Missouri 509 Ruth St, Sikeston, MO
 - **July 22-24, 2024 8am-5pm** - Location: PreventEd. Address: PreventEd, 9355 Olive Blvd, St. Louis, MO
 - **August 12-14, 2024 8am-5pm** - Location: Healing House 4505 St John Ave, Kansas City, MO
 - **August 27-29, 2024 8am-5pm** - Location: Springfield Recovery Community Center, 1925 E Bennett St J, Springfield, MO
 - **September 17-19, 2024 8am-5pm** - Location: Mission Missouri 509 Ruth St, Sikeston, MO
7. **Rooting Young Adult Mental Health Services in Culturally Sustaining Values and Practices** – This program is centered on services and supports for youth and young adults of transition age. This four-part series offers a forum for dialogue to deepen practitioner’s ability to provide healing care to transitional-aged young people who access mental health and community-based services in Region 9 and beyond. **Note—times listed are Pacific Time.**
 - **Wednesday, May 22, 2024, 3pm-4:30pm PT** – Honoring and Supporting Peer Support in Healing-Centered Approaches [Register Session 4](#)
 8. **Behavioral Health and Intellectual/Developmental Disability (BHIDD) Virtual Learning Collaborative** – The Behavioral Health and Intellectual/Developmental Disability (BHIDD) Virtual Learning Collaborative is an introductory training for any clinical and/or administrative staff interested in better supporting people with BHIDD needs. This training aims to introduce the participants to essential topics important to recognizing various needs and how to reduce behavioral risk over time. CEs are included. [Register](#)
 - **July 17, 2024:** Crisis Prevention and Intervention: Reducing Risk
 - **July 31, 2024:** Wellness and Aging
 - **October 8, 2024:** SUD and IDD
 - **October 23, 2024:** Adapting Therapy with IDD Clients (including alternative therapies)
 9. **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. [Register](#)
 - **July 25, 2024, 2pm CT**
 - **September 26, 2024, 2pm CT**
 - **November 28, 2024, 2pm CT**
 10. **Windows of Wisdom: Shape Your Own Journey with Insights from Experienced Peers** – Watch this new series of videos to find firsthand advice that is ideal for new peer specialists as they start their careers. These videos are ideal for new peer specialists who are early in their careers, and any clinicians, teams and organizations that provide care to individuals who have SMI. [Watch the Video Series Now](#)
 11. **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](#)
 12. **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](#)
 13. **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](#)

14. **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. [Register](#)
15. **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](#)
16. **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](#)
17. **2024 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](#)
18. **2024 Ethics and MRSS Trainings** – Please see the trainings provided by the MCB below.
 - Missouri Recovery Support Specialist Trainings – [Register](#)
 - Ethics Trainings – [Register](#)