MHFA Governor’s Initiative a Great Success

Over 100 new Mental Health First Aiders were certified during Missouri’s first large-scale Mental Health First Aid training on August 21-22. The event was a part of Governor Nixon’s mental health initiative, and Missourians from a number of counseling and faith-based fields gathered at the University Plaza Convention Center for the 8-hour training. On Wednesday night, training participants were invited to attend a dinner to hear the governor and others, including Missouri Institute of Mental Health Director Dr. Joe Parks, pledge their support to MHFA and express their belief in the importance of improving mental health services. The Missouri Department of Mental Health coordinated the event with help from MIMH and the Missouri Foundation for Health.

MIMH Mental Health Awareness Arts Showcase

October 6-12, 2013 is Mental Illness Awareness Week, an annual nationally-recognized event created to raise awareness of mental illness. In honor of this week, MIMH will host a Mental Health Awareness Arts Showcase on October 12 from 1-5 pm in the Dome Conference Center. The showcase will feature readings by the group Poetry for Personal Power, a Missouri-based organization dedicated to using poetry to overcome adversity and encourage wellness. There will also be a showing of the documentary film Crazy Art, which explores how art can help mental health consumers cope with severe psychiatric symptoms. The film focuses on the lives of three artists in Santa Barbara, California, investigating how their schizophrenia and their art interact. Finally, the theatre troupe Slaying Dragons Productions will present a theatrical performance of Boogieban, a 60-minute production by Donald C. about a young soldier dealing with his inner battle with PTSD after returning from Afghanistan.

For more information regarding the showcase, please contact Andrea Purnell at andrea.purnell@mimh.edu.
Rita Adkins Poster Presentation Accepted to INEBRIA Conference

Rita Adkins’s poster presentation, “Funding Medicaid Codes for Screening and Brief Intervention: Lessons Learned,” was recently accepted to the 10th Annual INEBRIA Conference taking place in Rome, Italy later this month. Her poster presents a rationale for supporting SBI services nationally, along with recommendations for petitioning State’s Budget Offices to fund the Medicaid codes, based on lessons learned from the MOSBIRT project, and includes findings from her recent report, “Missouri Screening, Brief Intervention, Referral and Treatment: An Analysis of National Funding Trends for SBI Services,” co-authored by Joseph Grailer, Mandy Lay, and Barbara Keehn. This report, which examined Medicaid fee schedules of the 50 states and DC, as well as the American Medical Association’s Common Procedural Terminology codes, was presented to the Missouri Governor’s budget office, resulting in rate setting and coverage of SBI services at the Federally Qualified Health Centers and Community Mental Health Centers across the state.

According to their website, www.inebria.net, INEBRIA, or The International Network on Brief Interventions for Alcohol and Other Drugs, is “an international network of researchers, policy makers, practitioners and other stakeholders interested in the potential of brief interventions in health and other settings to reduce the harms produced by alcohol and other drug use. It aims to provide global leadership in the development, evaluation and implementation of evidence-based practice in the area of early identification and brief intervention for hazardous and harmful substance use.” The annual INEBRIA Conference seeks to stimulate international cooperation between member researchers and practitioners. Ms. Adkins’ presentation is one of only 52 accepted worldwide, 14 of which are from the United States.

Despite her being unable to attend the conference, Ms. Adkins’ abstract will be published in an upcoming issue of the journal *ASCP, Addiction Science & Clinical Practice*. In addition, she has been invited by *ASCP* to submit her abstract as a full-length manuscript. She and her co-authors are currently editing their manuscript and expect to submit it shortly.

Let’s Talk About It Flash Mob

Instructional Video Now Available

In anticipation of Mental Illness Awareness Month, MIMH and Provident have produced an instructional video for the Mental Health Flash Mob Dance featuring demonstrations by Larry Harmon and other flash mobbers, as well as information about the origins and purpose of the project.

[www.youtube.com/watch?v=IOAZYrHcfwk](www.youtube.com/watch?v=IOAZYrHcfwk)

UMSL’s Office of Research Administration Creates

Research & Innovation Week Video

Each spring, the University of Missouri St. Louis celebrates Research & Innovation Week. Events include talks presented by local entrepreneurs, free film showings, networking workshops, and an awards ceremony to recognize the accomplishments of student and faculty researchers. This short video summarizes the 2013 celebration and features interviews with MIMH’s Dr. Joe Parks, Dr. Felix Vincenz, and Dr. Matthew Hile.

[www.youtube.com/watch?v=JAEKT4c5MN8](www.youtube.com/watch?v=JAEKT4c5MN8)
Michelle Hill has worked as a Grants and Contracts Specialist at MIMH for 13 years ensuring that researchers are in legal compliance. This summer, Hill completed the Community Research Fellows Training at Washington University, a 15 week course modeled after the Masters of Public Health Curriculum that is intended to help community organizations and researchers work better to identify and rectify health concerns and disparities in underserved communities. The project was organized by Dr. Melody Goodman and Jewel Stafford, MSW, and each session was taught by a different Wash. U. professor specializing in topics including community research, policy, diversity, and cultural competency. Hill was referred to the program by MIMH researchers and was one of only 50 chosen for the fellowship out of hundreds of applicants.

One of the primary goals of the fellowship was to give researchers and community members a chance to work together, learn how to communicate, and understand each other’s perspectives and problem-solving methods. “A community person just knows they need money to fix a problem,” explains Hill. “They don’t realize that they need data, they need statistics. Researchers are already used to automatically asking, ‘Well, how are you going to measure that?’ A community person is like, ‘What do you mean “measure?” Can’t you see the people who are sick?’”

One way the course encouraged understanding was through group problem-solving assignments where participants were strategically assigned roles as a community member or a researcher to make students look at a problem from a new point of view. Having worked closely with researchers for over a decade, Hill already had some idea of where both sides were coming from. “For the first few classes, I was wondering why they’d put these community people with these arrogant researchers,” she says. “That’s how I was feeling, and I know that the researchers were feeling annoyed. But that was the design of the program – for us to value one another.”

The final group project was a Request for Proposal, a chance for participants to apply their knowledge in the real world. Each group consisted of four team members and an advising Washington University professor. Hill’s group focused on HIV and AIDS in the African American church with a goal of discovering the best way to raise awareness and reduce stigma in church communities.

Although Hill has no plans for a career change, she found the course extremely enlightening and useful and recommends it to anyone considering a career in research. “It should be a prerequisite,” she says. “When I first started working at MIMH, I wondered if I’d taken the wrong path, if I should have continued on to get a Ph.D. to become a researcher. But after I took this class, I’m glad I’m not a PI because it’s not what I would have wanted to do.”

Instead, Hill will use her greater understanding of what research entails to expand on her current duties. Before completing the fellowship, she mostly examined grant proposals in terms of legal compliance. “Now I can be more involved in the design and methodology, rather than just the legalities,” says Hill.

Overall, the course gave both community members and researchers a better understanding of and appreciation for the work the other group does and the challenges they face, which will help them to be more effective as they continue to work together to reduce disparities in racial and ethnic minority communities. Community members who completed the course will have the opportunity to apply their research knowledge by serving on institutional review boards and community research advisory boards. “We need the researchers, and we need the community people,” concludes Hill. “We can do a better thing if we work together.”
Communications Corner

Staff

Birthdays

September
9/3: Julie Matthews
9/8: Amanda Anderson
9/18: Andy Homer
9/19: Debra O'Neill
9/20: Shelly Evans
9/22: Linda Thomas
9/24: Martha Lerch
9/27: Jim Topolski
9/30: Kelly Gregory

October
10/6: Susan Depue
10/15: Martha Donovan
10/18: Joel Epstein
10/21: Jayne Callier
10/26: Mary York

November
11/6: Shannon Hicks
11/7: Marcia Dutcher
11/13: Mary Dugan
11/13: Rachel Kryah
11/14: Ginny Weil
11/21: Cindy Fleisher
11/26: Jocelyn Thomas

MIMH Grants Activity
- Jermine Alberty awarded $296,000 for Quality Assurance (MHFA Training) from the Department of Mental Health (DMH).
- Amanda Bequette awarded $127,246 for Trauma Responsiveness Project from DMH.
- Mary Dugan awarded $43,837 for Trauma-Informed System Initiative from DMH.
- Joel Epstein awarded $710,000 for Adult Medicaid Quality from Department of Social Services; $3,150 for MOCABI Training for eLearning, $49,644 for GLC Services, $4,499 for Room and Pat Down Searches, $19,278 for 8th Annual Show Me You Care About Suicide Prevention Conference, $46,557 for Audio-visual Services (Dome Conference Center), and $61,740 for eLearning Activities Course Production from DMH; and two awards of $4,662 for MCCMHC Conference Coordination from the Missouri Coalition of Community Mental Health Centers.
- Carol Evans awarded $132,495 for SPIRIT Program Evaluation FY14 from DMH.
- Rachel Kryah awarded $258,824 for Tobacco Free System Initiative from DMH.
- Ed Riedel awarded $4,378 for 2013 Needs Assessment for the St. Louis Transitional Grant from the St. Louis City Missouri Health Department.

Show Me You Care About Suicide Prevention Conference

The 8th annual Show Me You Care About Suicide Prevention Conference was held at the Stoney Creek Inn in Columbia, MO on July 15-16. The conference was co-sponsored by DMH, MIMH, the MU Wellness Center, and Partners in Prevention. Attendees included approximately 180 people from Missouri campuses, state agencies and local organizations, as well as suicide prevention advocates from surrounding states. Along with workshops and presentations on a variety of suicide and self-injury related topics, the conference featured a presentation by Kevin Hines, author of Cracked, Not Broken: Surviving and Thriving after a Suicide Attempt, who attempted to take his own life by jumping from the Golden Gate Bridge when he was 19 years old. Conference attendees also previewed a clip from the upcoming documentary “Walking Man” filmed earlier this year as Mark Norwine walked across Missouri from Kansas City to St. Louis in an effort to help raise awareness regarding mental health. As part of the 2013 Missouri Suicide Prevention awards, the family of the late MIMH employee Robyn Boustead were presented with a Lifetime Achievement Award recognizing her contributions to the field of children’s mental health.

Community News

Free Mental Health Film Showing & Discussion

Tuesday, October 29, 2013
Emerson Auditorium - St. Luke’s Hospital
232 South Woods Mill Road, Chesterfield, MO
Doors open 6:00pm Event 6:30 - 9:30pm
RSVP appreciated at 314-773-1399

Birdy takes us into the lives of two friends struggling to recover from their deployment in Vietnam. Previously athletic and extroverted, Al (Nicolas Cage) struggles to cope with reconstructive facial surgery. Birdy (Matthew Modine), who had always been fascinated with birds and flight, has retreated into a mute and obsessive world of his own.

Steve Franklin, LCSW, will introduce the movie and offer historical context. At the film’s conclusion, local experts on a range of veterans’ issues and perspectives will discuss the film’s characters as well as challenges currently faced by returning veterans. Chris Clark, Artistic Director of Cinema St. Louis, will explore how cinematic elements enrich the film experience. Q&A session will follow. MIMH will award CEUs for this event for $15.
COMMUNICATIONS CORNER
Upcoming Conferences and Workshops

LIVE CONFERENCES

DSM-5: Friday, September 20, 2013, Four Points by Sheraton Kansas City Sports Complex, Kansas City, MO; Monday, September 30, 2013, Stoney Creek Inn & Conference Center, Columbia, MO; Tuesday, October 29, 2013, MIMH Dome Conference Center, St. Louis, MO; runs 8am-noon
Robert Batterson, MD and James Fleming, MD will present an introduction to the new manual and associated resources, including major changes from DSM IV, new mental disorders and dropped or combined disorders, new approaches to diagnosis and assessment, and more. Registration is $99.

5-Day Mental Health First Aid Instructor Course: September 30 – October 4, 2013, St. Louis, MO at Innovative Technology Enterprises (ITE) at UMSL
There is an increasing need for certified instructors to teach the 12-hour course to members of the general public. The Missouri Institute of Mental Health seeks to train individuals who possess the qualifications, skills, and passion to help us spread Mental Health First Aid across Missouri through its Instructor Certification 5-day Training Course. Tuition for this week-long training is $1,850 per person.

Missouri Coalition of Community Mental Health Centers and Psychiatric Rehab Conference 2013: October 23-25, 2013, St. Charles, MO at Embassy SuitesTwo Convention Center Plaza
The Missouri Coalition of CMHCs presents a series of talks and workshops on information and practices relevant to mental health treatment in Missouri. Registration for the conference is $125. A room block for the hotel is available for Oct. 22-24. Single and double rate is $129 plus tax. The cut-off date for the block is Friday, October 4.

Girls Holla Back! Fall 2013 HIV/AIDS and Substance Abuse Prevention Intervention Orientation & Health Fair for registered participants: Saturday, September 7th from 10:30am - 3pm; Workshops: Wednesdays and Thursdays in September & October from 5:30 - 8:30pm
In an effort to reduce new cases of HIV/AIDS and drug use among African American females in St. Louis, a FREE series of prevention workshops complemented with fun-filled communications and bonding activities for African American girls ages 12-17 and one of their adult female family members will be held at MIMH.  For additional information visit www.girlshollaback.org or call 314-877-6487.

WEB CONFERENCES

Sixteen Sure-Fire Ways to Publish Your Psychotherapy, Mental Health or Self-Help Book, Friday, September 20 at 1:30pm CDT (lasts approximately 1 hour)
If you have ever dreamed of writing a counseling, psychotherapy, mental health or self-improvement book, then this presentation is for you. Best-selling author of the Encyclopedia of Counseling, Dr. Howard Rosenthal, shares carefully guarded insider-secrets to turn your dream into a reality. Little-known information regarding agents, titles, advances, royalties, website sales, and specific submission techniques will be provided. The web conference is free ($15 for CEUs) and no pre-registration is needed.

Brown Bag Lunch Workshops

The Brown Bag Lunch workshop series has returned to MIMH. Once a month, we invite you to join us at noon in the 3rd floor conference room as we explore a variety of topics.

September 5, 2013
Games that Measure Cooperative Performance
Presenter: Ted Wohlfarth

October 3, 2013
Ryan White
Presenter: Ed Riedel, Anna Savu and Rachel Christiansen
MHFA trainees take a break for refreshments and discussion during the Governor’s Initiative MHFA Training in Springfield, MO on August 21.

On August 23, WorkPLAYce Conversational Theatre had its first training performance with Edward Jones associates in St. Louis. WorkPLAYce, produced by the Diversity Awareness Partnership (DAP), was created by MIMH Artistic Director Andrea Purnell to teach diversity and behavioral health in the workplace through improv theatre.
On June 29, MIMH faculty and staff met with Dr. Bonyoung Khu, Head of the Korean Youth Counseling Institute (KYCI) and Changho Lee, Director of the Management-Planning Department, to discuss substance abuse, school violence, intervention and peer-counseling programs for young adults. The visitors were guests of Dr. Dong Cho.

MIMH Staff gather indoors on July 10 for the rain-compromised annual picnic. Attendees played board games and some eventually braved the mud outside for kickball.
About the Institute

VISION STATEMENT

MIMH will be a leading provider of behavioral health research, evaluation, program management, and continuing education and training services.

MISSION STATEMENT

MIMH will help organizations and communities improve delivery of behavioral health services to their clients by applying practices rooted in proven, scientific methods.

VALUES

Leadership: We advance the science of behavioral change that helps communities and organizations improve the services they deliver to their clients.

Service: We provide research and evaluation services, program management, and continuing education training through the application of scientific methods, experience and innovation.

Integrity: We operate with openness and transparency in our interactions with faculty, staff, clients and partners.

Teamwork: We work in a collaborative environment rooted in common purpose, clear roles and responsibilities, and individual accountability.

Diversity: We strive to attract, develop and retain individuals who respect all races, cultures and practices.

Our History: We are proud of our five decades of service to our clients and partners.