Cpl. Leann Robertson – **2020 CIT International First Responder of the Year**

Cpl. Robertson is with the Rolla Police Department and is recognized as an officer who demonstrates exemplary CIT knowledge and skills. She does a great job of sharing her knowledge of community resources and can successfully de-escalate tense situations. Cpl. Robertson has good relationships with her mental health community and shows true compassion to individuals and families who struggle with mental illness and substance use disorders.

The Missouri CIT program is a partnership that includes law enforcement, behavioral health providers, hospitals, the court system, individuals with lived experience and community partners who are dedicated to implementing the Missouri Model of CIT.

The goals of CIT are:

- Promote more effective interactions between law enforcement and individuals in crisis through a 40 hour training centered on behavioral health education and de-escalation skills;
- Help individuals in crisis by connecting them with appropriate community resources in an effort to divert involvement with the criminal justice system;
- Improve the safety of the officer and individuals in crisis;
- Reduce stigma; and
- Expand CIT across the state.

For more information about Missouri CIT go to **https://www.missouricit.org/ (https://www.missouricit.org/)** or contact Det. Jason Klaus at 573-768-6179 or e-mail **JKlaus@mocoalition.org (mailto:JKlaus@mocoalition.org)**.

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Missouri receives Show Me Hope Crisis Counseling Program grant to help citizens cope with the effects of COVID-19

Behavioral health outreach begins immediately

June 26 2020 - Jefferson City, MO — In response to the COVID-19 pandemic, the Department of Mental Health was awarded a $2.27 million Crisis Counseling Program (CCP) grant by the Federal Emergency Management Agency (FEMA). The *Show Me Hope* CCP funding will provide behavioral health services to Missourians who are emotionally troubled by the pandemic. Crisis counselors statewide will deliver stress management and resource referral to citizens feeling the stress and emotional strain caused by COVID-19. The *Show Me Hope* team will assistance Missourians in building hope and resiliency for the future.

Counties and contact information for the 24 Community Mental Health Centers (CMHCs) participating in the CCP are listed at the end of this release.

A Crisis Counseling Program traditionally helps people recover and rebuild their lives after a disaster. Counselors offer short-term interventions including:

- Helping disaster survivors understand their current situation and reactions
- Reducing stress and providing emotional support
- Assisting survivors in reviewing their disaster recovery options
- Promoting the use or development of coping strategies
- Connecting survivors with other people and agencies who can help them in their recovery process

Show Me Hope follows these key principles that are different from other survivor support programs:

- **Strengths-based**: CCP services promote resilience, empowerment, and recovery.
- **Anonymous**: Crisis counselors do not classify, label, or diagnose people. No records or case files are kept.
- **Outreach-oriented**: Crisis counselors deliver services in the communities rather than wait for survivors to seek their assistance.
- **Conducted in nontraditional settings**: Crisis counselors usually make contact in homes and communities, not in clinical or office settings. During COVID-19, services and outreach will be done using virtual technology.
- **Designed to strengthen existing community support systems**: The CCP supplements, but does not end or replace, existing community systems.

Show Me Hope crisis counselors are available to **any Missourian experiencing stress or emotional strain due to COVID-19. Citizens may also contact the Disaster Distress Helpline 24 hours a day, seven days a week at 1-800-985-5990 or send a text message "TalkWithUs" to 66746**.

The following is the list of CMHCs, phone numbers and the counties in their coverage area.

ALM Hopewell: 314-531-1770

St. Louis City, St. Louis County.

Arthur Center: 573-582-1234

Audrain, Callaway, Monroe, Montgomery, Pike, Ralls.

BJC Behavioral Health: 314-206-3700

Iron, St. Francois, St. Louis City, St. Louis County, Washington.

Bootheel Counseling Center: 573-471-0800

Mississippi, New Madrid, Scott, Stoddard.

Burrell Behavioral Health: 417-761-5000

Boone, Carroll, Chariton, Christian, Cooper, Dallas, Greene, Howard, Moniteau, Morgan, Pettis, Polk, Randolph, Saline, Stone, Taney, Webster.

Clark Community Center: 417-476-1000

Barry, Dade, Lawrence.

Community Counseling Center: 573-334-1100

Bollinger, Cape Girardeau, Madison, Perry, Ste. Genevieve.

Compass Health Network: 660-885-8131

Bates, Benton, Camden, Cass, Cedar, Cole, Crawford, Dent, Franklin, Gasconade, Henry, Hickory, Johnson, Laclede, Lafayette, Lincoln, Maries, Miller, Osage, Phelps, Pulaski, St. Charles, St. Clair, Vernon, Warren.

Comprehensive Mental Health Services: 816-254-3652

Jackson

COMTREA: 636-296-6206

Jefferson.

Family Counseling Center: 573-888-5925

Butler, Carter, Dunklin, Pemiscot, Reynolds, Ripley, Wayne.

Family Guidance Center: 816-364-1501

Andrew, Atchison, Buchanan, Clinton, DeKalb, Gentry, Holt, Nodaway, Worth.

Gibson Recovery Center: 573-332-0416

Bollinger, Cape Girardeau, Madison, Mississippi, Perry, Ste. Genevieve, Scott.

Mark Twain Behavioral Health: 573-221-2120

Adair, Clark, Knox, Lewis, Macon, Marion, Schuyler, Scotland, Shelby.

North Central MO Mental Health Center: 660-359-4487

Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Mercer, Putnam, Sullivan.

Ozark Center: 417-347-7600

Barton, Jasper, McDonald, Newton.

Phoenix Programs: 573-875-8880

Boone, Carroll, Chariton, Cooper, Howard, Moniteau, Morgan, Pettis, Randolph, Saline.

Places for People: 314-535-5600

St. Louis City, St. Louis County.

Preferred Family Healthcare: 660-665-1962

Adair, Caldwell, Clark, Daviess, Grundy, Harrison, Knox, Lewis, Linn, Livingston, Macon, Marion, Mercer, Monroe, Pike, Putnam, Ralls, Schuyler, Scotland, Shelby, Sullivan.

ReDiscover: 816-966-0900

Jackson.

Southeast MO Behavioral Health: 573-756-5749

Butler, Carter, Crawford, Dent, Douglas, Gasconade, Howell, Iron, Oregon, Ozark, Phelps, Pulaski, Reynolds, Ripley, Shannon, St. Francois, Stoddard, Texas, Washington, Wayne Wright.

Swope Health Services: 816-923-5800

Jackson.

Tri-County Mental Health Services: 816-468-0400

Clay, Platte, Ray.

Truman Medical Center Behavioral Health: 816-404-5700

Jackson.

For more information on the *Show Me Hope* Crisis Counseling Program contact Debra Walker at **debra.walker@dmh.mo.gov (mailto:debra.walker@dmh.mo.gov)** or 573-751-1647.

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Division of Developmental Disabilities Secures TeleHealth Partner for Medicaid Waiver Recipients