

January 3, 2021



South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Happy New Year! We can't wait to see what's all in store for 2022!

Highlights

Upcoming Events

Support for Students Exposed to Trauma in Schools (SSET)

Support for Students Exposed to Trauma (SSET) is a school-based group intervention for students who have been exposed to traumatic events and are suffering from symptoms of post-traumatic stress disorder (PTSD). Designed specifically for use by teachers and school counselors, SSET is a non-clinical adaptation of the Cognitive Behavioral Intervention for Trauma in Schools (CBITS) Program. The application deadline is January 15th, 2022 and applicants will be notified of their status by January 26th.

February 3-4 at 9 am - 4 pm CST | [Apply Here by January 15](#)

First Episode Psychosis Peer Specialist and Family Partner Monthly Networking Meetings

These virtual meetings offer an opportunity to collaborate with other First Episode Psychosis (FEP) and Coordinated Specialty Care (CSC) team Peer Supports and Family Partners in a supportive, mentoring environment. This is a space for resource sharing, support around ways to be most effective when working with FEP/CSC clients, options for self-care strategies, and more!

January 7 at 9:00 am - 10:00 am CST | [Register Here](#)

Boosting Application of IPS Supported Employment & Education Best-Practice with Young Adults: A Vocational Learning Collaborative

This series of six meetings will promote peer-to-peer learning among Region 6 community mental health setting employment and education providers who want to better engage and support the career development of young adults with serious mental health needs. Each meeting will cover a topic that is critical for engagement and career development, an activity, and discussion facilitated by trainers with real-world vocational and community mental health experience.

January 7 at 1:00 pm - 2:00 pm CST | [Register Here](#)

Building a Peer Advisory Committee to Advise State Entities

This experienced peer support panel of Arkansas peer leaders will share information on identifying and

tapping into peer statewide infrastructure. Participants will hear their journey and lessons learned while developing a Peer Advisory Committee in the state of Arkansas.

January 13 at 1:00 pm - 2:00 pm CST | [Register Here](#)

DC:0-5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5™) Virtual Training Event

The DC:0-5™ was developed to enhance the professional's ability to prevent, diagnose, and treat mental health needs by identifying and describing disorders specific to infants and young children that are not well addressed in other classification systems. This training is designed for advanced practitioners, mental health clinicians, psychiatrists, pediatricians, nurse practitioners, and early interventions whose work with infants, children, and their families includes clinician-level assessment, diagnosis, and case formulation. As a participant, you will gain in-depth knowledge content of DC:0-5™ along with practical applications of this nosology.

January 25-27 at 11:00 am - 2:45 pm CST | [Register Here](#)

Foundation for All Future Development: Celebrating Highlights in Infant and Early Childhood Mental Health

This 3-part series will highlight innovation and success from SAMHSA IECMH, Project LAUNCH, and Indigenous LAUNCH grantees. Grantees from across the nation will showcase examples from their communities and share lessons learned with the broader early childhood field.

February 3 and March 3 at 1:00 - 2:30 pm CST | [Register Here](#)

Active Minds National Conference 2022: Turn it Up: Amplifying Mental Health in Our Culture

The Active Minds National Conference is focused on young adults and mental health. This three-day conference will look closely at how the mental health conversation has changed through the events of 2020, how the issue has come to the forefront of the national dialogue, and how the post-2020 era can bring a better mental health culture, for good.

February 11-12 at 7:00 am - 4:00 pm CST | [Learn More Here](#)

The 2nd MHTTC Grief Sensitive Virtual Learning Institute (GSVLI) is Back!



This two-day institute hosted by the entire MHTTC network is for those supporting individuals (general mental health and school mental health populations) experiencing grief and loss through COVID-19 and beyond. Both days of the institute will run from 11:00 am-4:45 pm CST.

February 23rd: General Mental Health Workforce Sessions | [Register Here](#)

February 24th: School Mental Health Workforce Sessions | [Register Here](#)

Full program with session lineups coming soon! Find out more, access archived sessions from the first GSVLI (2020) and more [here](#).

Products

Creating Supportive Environments for LGBTQIA2+ Students and Staff In Schools Session IV

This webinar series brings professionals from the school mental health field to share knowledge, lived experiences, affirming practices and resources to create supportive spaces for the LGBTQIA2+ community in schools in our region. In this session, we hosted a Q&A panel to answer some important questions about our subject.

[Access the Product](#)

Browning Counseling: Working with Latinx Clients

In this webinar, we discussed an integrative approach to working in a culturally responsive manner with Chicax/Latinx populations and highlight tools related to “Browning” your counseling. An awareness of how traditional/individualistic concepts in mental health can be culturally incongruent for Chicax/Latinx populations was also explored.

[Access the Product](#)

Resources

Bust the Myths on Serious Mental Illness

There are many myths around serious mental illness (SMI) that are not accurate. That is why SMI Adviser developed new resources to set the record straight. This series of infographics provides evidence-based answers to counter myths on topics like treatment, psychopharmacology, and technology. These are ideal for trainees and any clinicians, teams, and organizations that care for individuals who have SMI.

[Access the Resource](#)

New Year Themes for 2022

After living through another year in a pandemic, there is a real need take a compassionate look at self-development and our mental health in 2022. Take a look at this article from Mental Health Foundation on how setting a theme for your year can help.

[Access the Resource](#)

NAMI Homefront Mental Health Resources For Military Service Members, Veterans And Their Families

NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions.

[Access the Resource](#)

The State Of Mental Health In America

Mental Health America (MHA) issues a report each year on the state of mental across the U.S., including state rankings on 15 mental health measures. The goal is to provide a snapshot of mental health status, track changes in prevalence and access to care, understand how data changes reflect the impact of legislation and policy, and increase dialogue and improve outcomes for individuals and families with mental health needs.

[Access the Resource](#)

Making A Difference

We would like to express our gratitude for Jimmy McGill's leadership with our Peer Support Advisory Committee. Jimmy (*left*) has fulfilled a term as the Co-Chair, and most recently the Chair. With this announcement, we would also like to congratulate Tony Stelter (*right*), the Director of Recovery Supports in Oklahoma for moving into the Chair role after a term as our Co-Chair. Moving into the Co-Chair role is Brent Ambacher, who is the State Peer Support Specialist on the Louisiana State Opioid Response (LaSOR) Grant.

This committee provides coordination and information sharing about peer and recovery initiatives from a state perspective within Region 6; including Arkansas, Louisiana, New Mexico, Oklahoma, Texas, and tribal communities within this region. This group acts as an advisory committee on peer and recovery-focused topics to Region 6 members and with the Addiction Technology Transfer Center (ATTC) and mental Health Technology Transfer Center (MHTTC) Regional Advisory Board.



Jimmy McGill, PRPS

Overcoming a lifetime of incarceration and twenty-three years of drug addiction, author and speaker Jimmy McGill has beat all odds and is living his best life! His childhood was marked by trauma, but what should have destroyed him is now being used to transform addiction awareness in the state of Arkansas. His recently published book, "From Prison to Purpose," is a detailed account of his journey to sustained recovery.

Jimmy is the State's Recovery Manager for the Arkansas State Drug Director's office and he holds multiple peer recovery certifications. His lived experience has



Tony Stelter, MHR, C-PRSS, LPC

Tony Stelter, MHR, C-PRSS, LPC resides in Moore, OK and serves as the Director of Recovery Supports for the Oklahoma Department of Mental Health and Substance Abuse Services. Tony identifies as a person in recovery and is responsible for planning, developing, and managing administrative and programmatic aspects of advocacy for the development of recovery support services, programming, and inclusion in the state's mental health system and assists facilities in transitioning toward a recovery oriented, holistic, consumer driven system.

In addition, Tony serves on the Region 6

allowed him the chance to lead the development of the recovery Infrastructure throughout the state of Arkansas. He has assisted in the training of over 330 peer recovery support specialists. Jimmy also designed and developed the Peers Achieving Collaborative Treatment program, also known as the P.A.C.T Project, allowing Arkansas to place peers recovery specialists inside the Division of Youth Services, emergency rooms, drug courts, jails, reentry centers, and community service centers. He spearheaded the development of the Arkansas Model of Peer Recovery which has now gained national attention.

He and his wife are the founders of Next Step Recovery Housing, a non-profit recovery foundation that houses people in recovery. Assisting them with employment and everyday life skills.

Jimmy was the founding member of both the Arkansas Peers Advisory Committee (APAC) and the Arkansas Peers Achieving Recovery Together (A.P.A.R.T) coalition.

Peer Support Advisory Committee, a representative of Oklahoma for the Division of Recovery Support Services for the National Association of State Mental Health Program Directors, a member of an inter-state agency Childhood Obesity Workgroup and a founding member of the Lived Experience Advisory Committee for the Suicide Prevention Resource Center. Tony has over 10 years of experience working in mental health and substance use services in a variety of roles including outpatient, direct care, and advocacy. Tony recently served as the Assistant Director of the Oklahoma County Crisis Intervention Center, prior to his current role.

Tony received his Bachelor's Degree from the University of Central Oklahoma in Psychology and Received his Master's in Human Relations from the University of Oklahoma. Tony is a Certified Peer Recovery Support Specialist and Licensed Professional Counselor in the state of Oklahoma. Tony's most important job is being the father to his 12-year-old son.

We want to showcase the incredible people of Region 6! If you or someone you know is Making a Difference in our region, please send us an email at southsouthwest@mhttcnetwork.org for a chance to be shouted out in our next newsletter!

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