YEAR 3 REVIEW 2020-2021

The National American Indian and Alaska Native Mental Health Technology Transfer Center (NAIAN MHTTC) works with organizations and treatment practitioners involved in the delivery of mental health services to American Indian and Alaska Native individuals, families, and tribal and urban Indian communities to strengthen their capacity to deliver effective evidence-based and experience-based practices. This includes the full continuum of services spanning mental illness, prevention, treatment, and recovery support.

MHTTC Highlights

Strategies of Support for Mental Health Providers

Listening session series created to address the needs of mental health providers working in Native communities during COVID-19.

• Apr. 2020 to Sep. 2020
• 21 sessions, averaging 146 people per session
• Created a living resource guide from discussions covering:
  - general resources
  - self-care
  - telemental health
  - resources for children/youth
  - upcoming relevant events

Newsletters

www.mhttcnetwork.org/native • 145 N Riverside Dr, Iowa City, IA 52242 • cph-nativecenter@uiowa.edu
The NAIAN MHTTC also has a K-12 School Mental Health Initiative which is committed to providing culturally informed, evidence-based and experience-based programs and services to support Native students’ spiritual and emotional wellbeing. We provide a forward-thinking approach that gives respect to their identity, culture, and sovereignty.

K-12 Exploratory COVID-19 Needs Assessment for School Professionals

• Covered Nov. 2020 to Feb. 2021
• 235 participants from 21 states provided info about:
  - the behavioral health services in their schools
  - barriers to implementation
  - needed resources
  - impact of COVID-19 on themselves and their students
• The information gathered will help the AI/AN MHTTC and other partners best meet the needs of school professionals working in Native communities.

Over 96% of participants have been either satisfied or very satisfied with our events.

Quotes from participants:

“[The presentation] incorporated and accounted for cultural factors. It seems to be that Western modalities are emphasized when it comes to behavioral and mental health. Communities and leaders do not realize that grass-root, culturally-based practices are just [as], if not more impactful.”

“I enjoyed that it was universal, strength based, culturally relevant, and had initiated reflection on our stories, our medicines and healing.”

“...Having the Indigenous perspective is greatly needed. These events are a treasure.”

Participant Demographics

In the past year, we have had participants from 48 states, D.C. and Puerto Rico.

43% Native American/Alaska Native
35% White
11% Hispanic/Latino
11% Other