



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Welcome to Oral Health and the Peer-Supported Recovery Journey

Presented by
Janie Gullickson, MPA: HA
July 13, 2021

We will begin soon!

- This **webinar is being recorded** and will be posted with slides to our website within a few weeks. You will receive notification by email.
- **Participants are muted** with video off.
- Take note of the Zoom **toolbox** at the bottom of your screen.
 - Use *Chat* for tech issues
 - Use Q&A feature to ask questions, which are answered at the end of the presentation.
- **Certificates of attendance** will be available for those who attend.
- We are **not able to offer CEUs** for this webinar.



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Substance Abuse and Mental Health
Services Administration



LAND ACKNOWLEDGMENT

The Northwest MHTTC honors the many cultures and lands across our region spanning Alaska, Idaho, Oregon, and Washington.

We want to acknowledge that the Northwest MHTTC, based in Seattle, sits on the traditional land of the Duwamish and Coast Salish peoples, past and present.

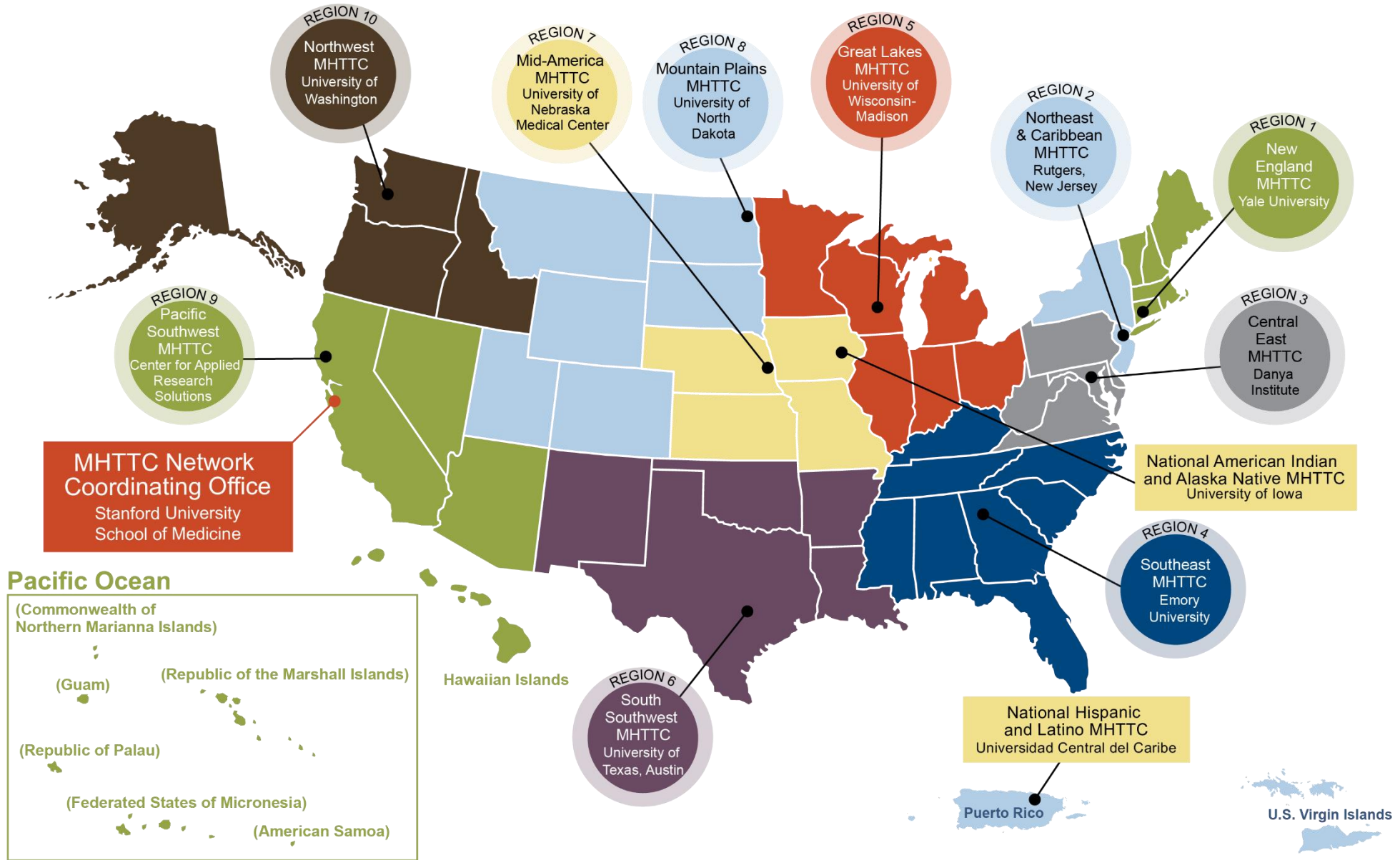
We honor with gratitude the land itself and the people who have stewarded this land throughout the generations.



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Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network





ABOUT THE NORTHWEST MHTTC

PROUDLY SERVING ALASKA, IDAHO, OREGON & WASHINGTON



mhttcnetwork.org/northwest

EVIDENCE-BASED PRACTICES

OUR WORKFORCE

TRAINING,
ONLINE COURSES &
RESOURCES



UNIVERSITY of WASHINGTON
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We use affirming, respectful, and recovery-oriented language.

THAT LANGUAGE IS:

STRENGTHS-BASED
& HOPEFUL.

HEALING-CENTERED/
TRAUMA-RESPONSIVE.

INVITING TO
INDIVIDUALS
PARTICIPATING IN
THEIR OWN
JOURNEYS.

INCLUSIVE &
ACCEPTING OF
DIVERSE
CULTURES,
GENDERS,
PERSPECTIVES, &
EXPERIENCES.

PERSON-FIRST &
FREE OF LABELS.

RESPECTFUL,
CLEAR &
UNDERSTANDABLE.

NON-JUDGMENTAL
& AVOIDING
ASSUMPTIONS.

CONSISTENT WITH
OUR ACTIONS,
POLICIES, &
PRODUCTS.

HOUSEKEEPING



MUTED



VIDEO
OFF



RECORDING



SLIDES



CERTIFICATE

USING CHAT



ASKING QUESTIONS



Q&A BOX

Audio Settings ^



Chat



Raise Hand



Q&A

Leave Meeting

EVALUATION



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- At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.
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Oral Health and the Peer-Supported Recovery Journey

Presented by Janie Gullickson
with guest panelists Reina
Bower and Kevin Fitts





TODAY'S PRESENTER

Janie Gullickson, MPA: HA,
Executive Director, Mental Health
and Addiction Association of
Oregon



Guest Panelists Reina Bower and Kevin Fitts



MHAAO Evolve Peer Services Director



OMHCA Executive Director

What is Oral Health?



Oral health means much more than healthy teeth!



Oral Health & Well-Being in the United States

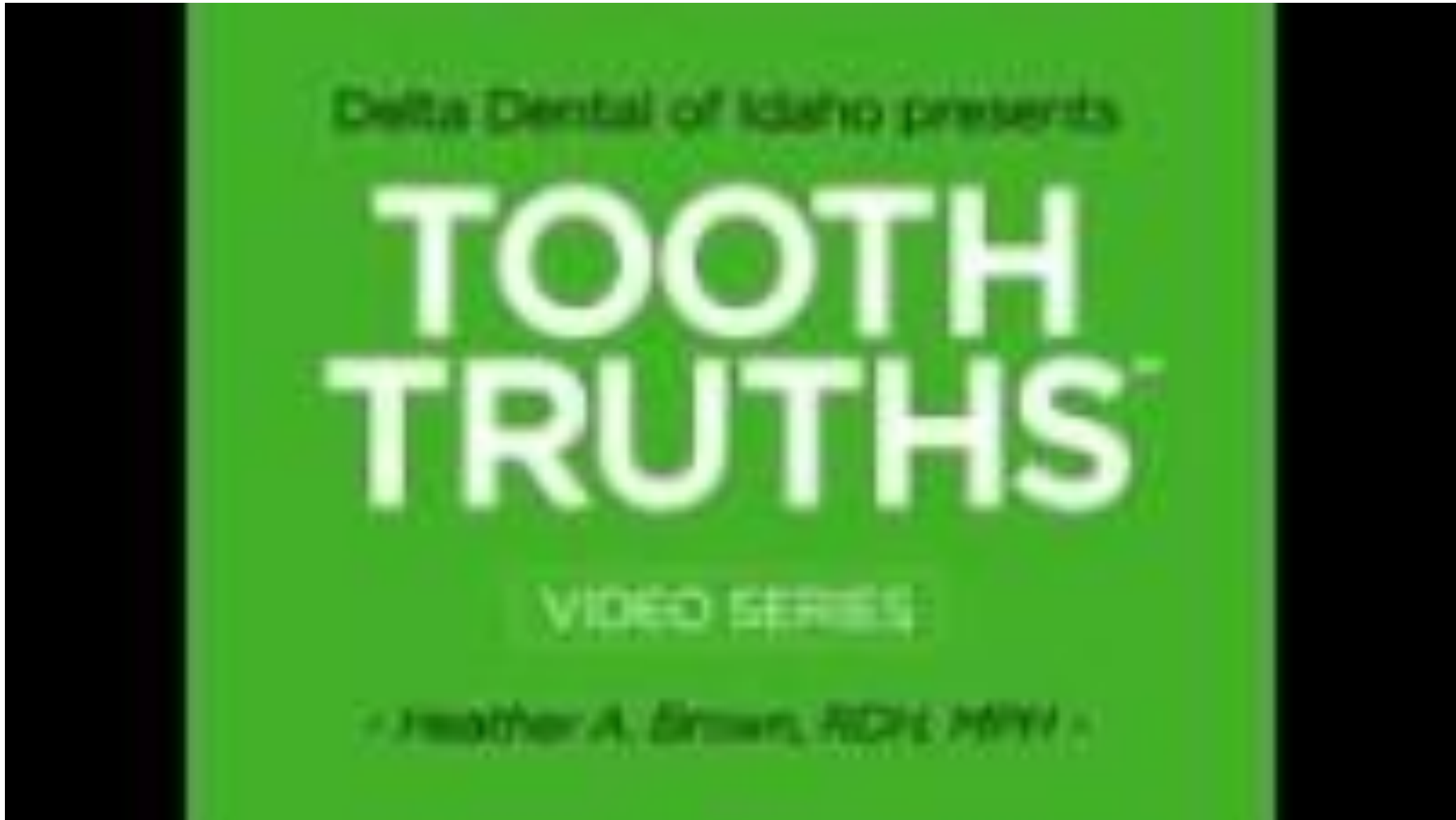
The Health Policy Institute and the American Dental Association conducted household surveys in every state in the US.

- Attitudes are generally consistent across income levels and age groups.
- 97% of people surveyed value oral health
- Cost, fear and inconvenient location are the top 3 reasons for not going to the dentist regularly

<https://www.ada.org/en/science-research/health-policy-institute/oral-health-and-well-being>



The Mouth-Body Connection



Oral Health & Mental Health

The link between oral health and psychological well-being is clearly established, the researchers said, but oral health remains a significant area of inequity for those with psychiatric disabilities, especially those who obtain services from community mental health and who are insured by Medicaid.



Oral Health and Substance Use Disorder

Recreational drug use is showing an impact on the oral health of users, according to a March 2017 review published in *Addiction*, the scientific journal of the Society for the Study of Addiction. Study findings show that dental patients using recreational drugs have increased rates of tooth decay and gum disease compared to peers who do not use drugs.



Kevin's Journey



Oral Health and Recovery

"There is a powerful synergism between oral health care and substance use disorder," said Glen Hanson, D.D.S., Ph.D., professor of Pharmacology and Toxicology and School of Dentistry at U of U Health and first author on the paper. "Those who received comprehensive dental care had a better quality of life as measured by substantial improvements in employment and drug abstinence as well as a dramatic decrease in homelessness."

<https://www.sciencedaily.com/releases/2019/05/190520081926.htm>

Oral Health and Recovery



The Important Role Peer Support Can Play

Peer support specialists can often be the one to bring the topic up.

Sometimes friends, family and people working in the clinical system of care are too afraid to bring the topic up. We as peer supporters can talk about it as part of a recovery exploration especially tied to person-directed planning.

Reina's Story: Peer support in action



Oral Health Resources

- Give Back a Smile <https://www.givebackasmile.com/>
- Cosmetic Dentistry Grants <https://cosmeticdentistrygrants.org/about/cdg-grant-program/>
- The Mouth-Body Connection Book <https://www.smilegeneration.com/education/the-mouth-body-connection-book/>
- American Dental Association <https://www.ada.org/en>
- 2000 Surgeon General's Report on Oral Health <https://www.hhs.gov/surgeongeneral/priorities/oral-health/index.html>

QUESTIONS & DISCUSSION



YOUR FEEDBACK IS IMPORTANT

Post-event surveys are **critical** to our work!

Your feedback helps us to improve and develop future programming.



LET'S CONNECT!



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THANKS FOR JOINING US!

See you next time.