Our Mission
The South Southwest MHTTC serves U.S. Department of Health and Human Services Region 6, including Arkansas, Louisiana, New Mexico, Oklahoma, and Texas. Our population of focus is mental health clinicians, supervisors, and program managers serving individuals with or at risk of serious emotional disturbances (SED) or severe mental illness (SMI); peer support providers; community mental health, health, or peer-run organizations; and single state agency administrators focused on comprehensive state public mental health systems.

SOUTH SOUTHWEST MHTTC IMPACT

**6,288 participants**
**134 events**
**14,268 visitors**
**1,532 downloads**
**2,710 viewers**

PARTICIPANT RESPONSES

- **How satisfied are you with the overall quality of this event?**
  - Very Satisfied: 97.1%
  - Very Dissatisfied: 2.9%

- **I would recommend this training to a colleague.**
  - Strongly agree: 98.4%
  - Strongly disagree: 1.6%

- **The information from this event has benefitted my professional development or practice.**
  - Strongly agree: 95.9%
  - Strongly disagree: 4.1%
PARTICIPANTS AT SOUTH SOUTHWEST EVENTS

Participant Education

- High School or Less
- Some college/Associates
- Bachelor’s degree
- Master’s degree
- Doctorate

Participant Professional Role

- Counselor
- Other
- Social Worker
- Educator
- Peer Spec.
- Psychologist
- Student
- CH Worker

Race and Ethnicity

- N Hawaiian/PI
- Asian
- Am Indian/AN
- Black
- Hispanic
- White

Gender

- Female
- Male
- Transgender
EVENT HIGHLIGHTS - CORE GRANT

CULTURAL FORMULATION INTERVIEW

The South Southwest MHTTC offered a five-part series in a clinical storytelling process between provider and individual that centers cultural humility and understanding of mental health.

Would recommend to colleagues

492
94%
Participants across 4 webinars

FIRST EPISODE PSYCHOSIS REGIONAL CONFERENCE

The South Southwest MHTTC hosted a hybrid conference for providers working with young people experiencing psychosis and their families. The conference offered keynote presenters, panels, and opportunities for networking and visioning.

OTHER HIGHLIGHTED EVENTS

- Ethical Practices in Native Communities: A Native Provider Perspective
- What is Peer Support Series: Five Critical Functions of Supervision in Practice
- Certified Medicine Coaching
- Browning Counseling: Working with Latinx Clients
- Trauma-Informed Resilience Oriented Leadership
- The Trauma and Grief Component Therapy for Adolescents
- Introduction to the Ages and Stages Questionnaire
- Person-Centered Recovery Planning: Using SmartCare EHR

I now have the information and training necessary to start this work.
PROJECT AWARE TEAMS DARE TO LEAD

Project AWARE teams from the five states in Region 6 joined together to learn leadership strategies for tackling challenges and strengthening teams. State and district teams had the opportunity to plan together and share ideas among peers.

100%
Would recommend to a colleague

Learning effective communication with my district leaders.

STRESS MANAGEMENT AND RESILIENCY FOR EDUCATORS

The South Southwest hosted a training in the evidence-based Stress Management and Resiliency Training (SMART) for educators. SMART focuses on key tools to increase focus, positive emotion, and meaning - keys to resiliency.

OTHER HIGHLIGHTED EVENTS

- Creating Supportive Environments for LGBTQ+ Students and Staff in Schools
- Advancing Behavioral Health Collaboration Summit - Schools Can!
- Supporting Educator Wellness and School Mental Health Best Practices
- Texas Suicide Prevention Conference: School and Youth Day
- Cognitive Behavior Intervention in Schools (CBITS)
- School Mental Health Coaching Academy
- Suicide Prevention Best Practices in Schools
- Youth Mental Health First Aid Facilitator Training (TOT)

3,661 Participants