



MHTTCs provide technical assistance across mental health prevention, treatment, and recovery supports. In addition, each Center has an Area of Focus for which they serve as experts, develop national products, and host a webpage. This summary highlights our Area of Focus throughout this grant cycle.

The National American Indian and Alaska Native 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.

In any given month, American Indian and Alaska Native people report experiencing serious psychological distress 2.5 times more often than the general population. AI/AN children and adolescents have the highest rates of both lifetime major depressive episodes and self-reported depression of any ethnic/racial group. In addition, mental health service rates among Indigenous people are low; contributing factors include a lack of access to mental health services, lack of culturally trained providers, and stigmatization of mental health issues. Research shows that Native people who meet Western-based criteria for depression, anxiety, and/or substance use disorders are more likely to look to traditional/spiritual healers for help than to seek out other sources.

Our area of focus is to help ensure that American Indians and Alaska Natives have ready access to high-quality evidence- and experience-based, culturally appropriate, and self-directed behavioral health services and recovery supports - provided through a collaborative and integrative network of care - that effectively improve health and well-being. We draw upon the diverse and unique cultures, ceremonies, customs, and teachings of American Indians and Alaska Natives for strength, wisdom, and guidance. We uphold traditional and integrative approaches to health and self-care and strive to achieve a balance in mental, spiritual, emotional, and physical wellness.

WHAT WE'VE DONE:

We offer many free trainings, resources, and TA opportunities for Native and non-Native behavioral health providers, urban Indian organizations, and tribal communities. We collaborate with several regional MHTTC centers to provide appropriate, culturally informed content across the country. Here are just a few of the programs we have offered and continue to support each year.



Healing the Returning Warrior/Native Warrior Wellness

Developed in collaboration with Native veterans, this curriculum is designed for Native and non-Native professionals who provide services for Native veterans. The curriculum covers historical Native military service; historical trauma; PTSD and suicide prevention; approaches to assessing and treating Native veterans; traditional beliefs and healing practices; and Native teachings and integration into Western-based practices.



Strategies of Support for Mental Health Providers: Empowering One Another During Times of Crisis (30+ sessions)

This weekly series began in April 2020, shortly after the COVID-19 pandemic hit. It was an open forum to listen and share suggestions and resources, with a focus on resiliency, strength, overcoming challenges of social distancing, and supporting mental health professionals in their efforts to adapt their delivery of services. For privacy reasons, these sessions were not recorded.



Motivational Interviewing within Cultural Practices

The goals of this training were to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI), an evidenced-based, culturally sensitive behavior change practice. The course has been delivered virtually and in person to multiple Native communities; the pocket guide pictured above is available for download and has been distributed at conferences and other events.

WHAT WE'VE DONE: (CONTINUED)



Mental Health Evidence-Based Practices for American Indian and Alaska Native Schools and Communities

This environmental scan is a repository of evidence-based mental health programs and practices found to be effective with American Indian and Alaska Native (AI/AN) school-aged children and youth who experience adverse childhood experiences, including violence and trauma, that contribute to mental health problems. It was created in an effort to provide a repository that could be used by communities who serve Native school-age children, as well as to avoid the duplication of efforts.



American Indian & Alaska Native Leadership Academy

A collaboration of the National AI/AN MHTTC, ATTC, and PTTC, the Leadership Academy is a year-long program offering a unique opportunity for mental health, behavioral health, substance use providers, or helping professionals to explore their unique skills and leadership potential through trainings, an individual project, and mentor support.



Special Weekly Series for the Entire School Community:

Helping Schools Serving Native American and Alaska Native Students Re-open Amidst COVID-19

School Mental Health series

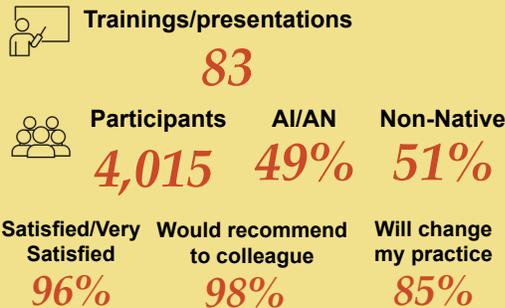
The AI/AN MHTTC School Mental Health Program provided dozens of trainings and resources to help tribal and community schools deal with the fallout from the COVID-19 pandemic. These series included a 21-session Special Weekly Series for Tribal Schools as They Reopen Amidst COVID-19; Overcoming the Storm: Special Bi-Monthly Training for AI/AN School Communities in the COVID-19 Pandemic; From Longhouse to Schoolhouse: AI/AN School Communities Coming Together; and Mindful Movement, a 30-minute meditation space for individuals to ground themselves.

OUTCOMES

Main MHTTC



School Mental Health Supplement



mhttcnetwork.org/native



VOICES FROM THE FIELD

“ This program has a huge impact on my life...Wonderful people and networking.

[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 have learned that it is important to be open-minded, have patience, and realize that people learn things differently. You need to always be flexible and communicate in different ways.

I have opened myself up. It has impacted my life in many positive ways; with my work, family, and home life. I have become more vocal and confident.

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

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

The group interaction was helpful. Everyone felt safe and valued. This brought about mutual respect and sharing of experiences.

Questions?
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