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.

**Spirit of Communication: 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.
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.

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

<table>
<thead>
<tr>
<th>Main MHTTC</th>
<th>School Mental Health Supplement</th>
<th>mhttcnetwork.org/native</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trainings/presentations</td>
<td>233</td>
<td>83</td>
</tr>
<tr>
<td>Participants</td>
<td>11,068</td>
<td>4,015</td>
</tr>
<tr>
<td>AI/AN</td>
<td>43%</td>
<td>49%</td>
</tr>
<tr>
<td>Non-Native</td>
<td>57%</td>
<td>51%</td>
</tr>
<tr>
<td>Satisfied/Very Satisfied</td>
<td>93%</td>
<td>96%</td>
</tr>
<tr>
<td>Would recommend to colleague</td>
<td>94%</td>
<td>98%</td>
</tr>
<tr>
<td>Will change my practice</td>
<td>89%</td>
<td>85%</td>
</tr>
</tbody>
</table>

Questions?
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319-384-1476
mhttcnetwork.org/native

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.

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.

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

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