



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 Central East MHTTC is funded by SAMHSA to support resource development and dissemination, training and technical assistance (TA) to the behavioral health and primary care workforce in HHS Region 3, that provides prevention, treatment and recovery support services to individuals who have and/or at risk of developing serious mental illnesses and/or co-occurring substance use disorders. TA provided is free of charge and based on the needs of HHS Region 3 behavioral health workforce.

AREA OF FOCUS

Suicide prevention within the content of race, ethnicity, age and sexual orientation

- Suicide rates in the United States have increased dramatically over the past decade among racial and ethnic minorities, and Black Americans in particular
- Four of the five Central East states, excluding the District of Columbia, are among the 25 states with the highest youth suicide rates (Source: 2021 Healthcare Quality and Disparities Report)
- Suicide prevention and screening is one of the top 10 needs identified in the MHTTC Network Needs Assessment

Individuals with lived experiences, family members, clergy, researchers, educators and behavioral health professionals throughout HHS Region 3 surveyed to determine the area of focus.

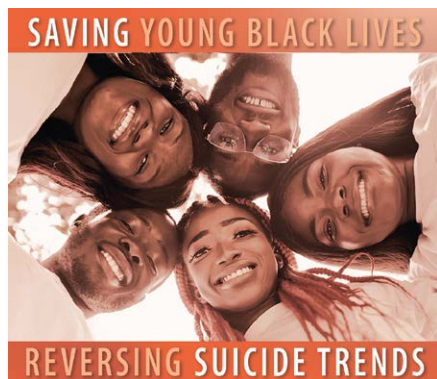
Even One Is Too Many - Preventing Suicide among Black American Boys and Girls



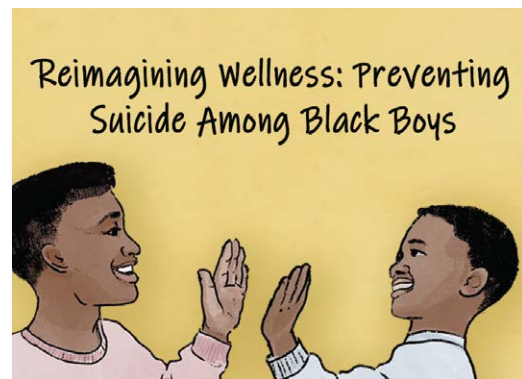
<https://mhttcnetwork.org/centers/central-east-mhttc/even-one-too-many-preventing-suicide-among-black-american-boys-and-girls>

WHAT WE'VE DONE

Let's Talk About It – Podcast and Vignette Series

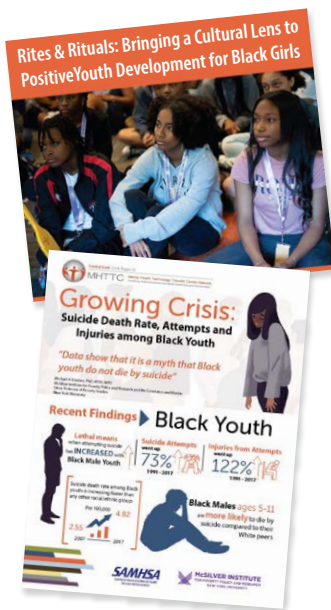


<https://mhttcnetwork.org/centers/central-east-mhttc/saving-young-black-lives>



<https://mhttcnetwork.org/centers/central-east-mhttc/reimagining-wellness-preventing-suicide-among-black-boys-vignette-series>

WHAT WE'VE DONE (continued)



Continuing to Address the Issues: Webinars and Products

- Treating Grief and Loss in Black Children and Youth
- Suicide Risk, Assessment, and Intervention: Skill Building Lab
- Black Youth Suicide Prevention
- LGBT Elders After COVID: Healing, Emerging, Connecting
- Chronic Traumatic Encephalopathy in the Black Community
- Post-traumatic Stress in the African American Community
- Treatment of Mental Illness and Chronic Disease Co-morbidity in the Black Community
- Depression in the Black Community

For more information, visit the [Central East MHTTC website](#)

OUTCOMES/VOICES FROM THE FIELD

patience **INCLUSION** *teaming*
data analysis *evidence-based practices*
INCREASED KNOWLEDGE
People First Skills cultural considerations
communication skills professional development

“So much helpful information was provided”

“I am more patient with clients”

“I listen better”

“Improved the manner in which I make referrals to SUD and mental health services”

“TA lead to improved communication between management and clinical staff”

“My technique in dealing with complicated issues has improved”

“TA lead to improved communication between management and clinical staff”

“Greater understanding and appreciation of cultural considerations”

***10,513**
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