



## Year Five At-A-Glance Summary: August 15, 2022 – September 29, 2023

### Recovery-Oriented Practices, Supports, and Systems of Care in the New England Region



The New England MHTTC is one of 10 regional Centers funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). Our mission is to support the dissemination of evidence-based mental health practices across Health and Human Services (HHS) Region 1, which includes the states of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

Our team is led by the [Yale Program for Recovery and Community Health](#), in partnership with the [Harvard Department of Psychiatry](#), and [C4 Innovations](#). Our activities are guided by a robust advisory team consisting of people with lived experience, direct care practitioners, family advocates, and organizational and state leaders. Collectively, these partnerships support our efforts to address mental health priorities across the lifespan in a manner that is responsive to the needs of all stakeholders.

The New England MHTTC offers training and technical assistance and develops and disseminate tools to promote the adoption of recovery-oriented practices across the behavioral health workforce. We also curate resources to meet the needs of a broader audience of critical partners including educators and school leaders, individuals and families, people with lived experience, community-based organizations, nonprofits, governmental agencies, and faith-based institutions.

The content and process of our work is grounded in our [Guiding Principles on Resilience and Recovery](#). Consistent with these principles, we take an equity-minded approach to recovery-oriented care which recognizes that even the most progressive treatment systems exist within a social context where people of color and other historically marginalized groups often experience—both individually and collectively—an additional layer of trauma that has devastating consequences on their health and well-being.

Read our *Year Five At-A-Glance Summary* to learn more about the collaborations, products, resources, and services developed this year as a part of our efforts to respond to offer training and technical assistance opportunities and disseminate related evidence-based and promising practices that support recovery from mental illness.

### SERVICE DELIVERY OUTCOMES





## Year 5: Events and Products

### Area of Focus: Recovery

We provide training and technical assistance and develop and disseminate tools to promote the adoption of recovery-oriented practices across the behavioral health workforce.

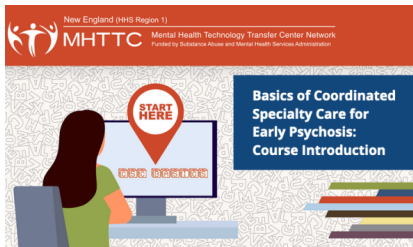
Equity-Focused,  
Recovery-Oriented Care

Provider Well-Being

School Mental Health



Embracing Authenticity:  
A Guide to Authenticity &  
Cultural Awareness at Work



New England MHTTC products included webinars, podcasts, resource guides, toolkits, and e-newsletters. In Year 5, we continued to support and enhance the region’s capacity to provide recovery-oriented practices. We engaged leaders with lived experience and brought together experts in crisis services, individual and organizational well-being, peer support, trauma-informed care, school mental health, and tribal behavioral health to share evidence-based and promising practices.

## Year 5: Collaborations

Following are notable examples of collaborations integral to our Year 5 work:



#### Regional Partners:

SAMHSA, Region 1 Office

HRSA, Region 1 Office

U.S. Department of Housing and Urban  
Development, Region 1 Office

New England Advisory Team

New England Addiction Technology  
Transfer Center

New England Prevention Technology  
Transfer Center



United South and Eastern Tribes, Inc.

#### New England MHTTC representation on MHTTC-wide and TTC-wide workgroups

Building Health Equity and Cultural Responsiveness: *Members*

Evaluation Special Interest Group: *Members*

Dissemination and Implementation: *Members*

Early Psychosis: *Chair and Members*

Strategic Marketing and Dissemination: *Members*

Website Advisory: *Members*

Workforce Development: *Members*

**Notable Presentations:** 54<sup>th</sup> New England School of  
Addiction and Prevention Studies; Annual  
Conference on Advancing School Mental Health

## Year 5: Additional Activities/Information

### Better Together: Engaging Diverse Communities Across New England

The New England MHTTC continued to prioritize outreach to diverse communities in Year 5. We extended our “Better Together” strategy to improve our planning, implementation, and dissemination efforts to better support historically marginalized populations and those facing all forms of identity-based oppression, including, but not limited to, sexism, ageism, ableism, and linguistic and religious-based oppression. We also developed specific training and technical assistance activities and products to improve provider awareness and build skills across the behavioral health workforce in the New England region around the unique challenges, needs, and concerns of the disability community.

During this reporting period, the New England MHTTC partnered with USET (United South and Eastern Tribes, Inc.)—a non-profit, inter-Tribal organization serving 33 federally recognized Tribal Nations from the Northeastern Woodlands to the Everglades and across the Gulf of Mexico—to continue the Tribal Behavioral Health ECHO Project. Through this extended partnership, we offered 11 training and technical assistance sessions to provide opportunities for participants to:

- Gain skills in strength-based approaches in partnership with Native People to enhance Native behavioral health.
- Discuss ways that Native brilliance is proven and supports behavioral health.
- Learn Native brilliance examples to share with behavioral health and other healthcare staff, and also with local Tribal Nation citizens.
- Enhance awareness of Native music and spoken word performances—because better outcomes in various aspects of life foster creativity, innovation, empathy, and social cohesion. It also helps create a more just and inclusive society, where everyone has an opportunity to succeed.