



Southeast MHTTC

Newsletter

Volume III, Issue I - October 2020

Upcoming Events

- **October Series: Clinical Applications of Cultural Elements in Treating Hispanics and Latinos with Mental Health Disorders**
Wednesday, October 7, 14, 21, & 28 | 1 PM ET
- **Webinar: Race & Recovery in the Peer Support Workforce**
Tuesday, October 20 | 1 PM ET

Visit [our website](#) to stay updated on our Events Calendar!

Products & Resources

Did you miss a recent Southeast MHTTC Event? Click below to access our webinar recordings and download the slide deck presentations.

- The COVID-19 Patchwork Pandemic and Mental Health
- Tele-Mental Health During Turbulent Times: Practical Tools to Enhance Your Practice
- Behavioral Health Care and COVID-19: The Next Phase
- Psychiatric Advance Directives: A Promising Tool to Enhance Crisis Care and Recovery

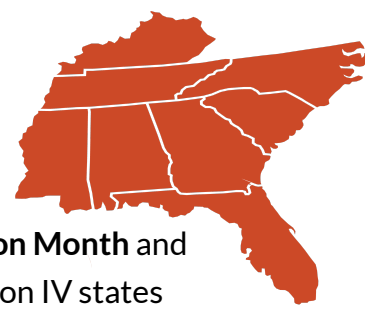
We've posted a few accompanying infographics - be sure to visit [our website](#) to view all of our products and resources!

Practice Coaching Opportunity

Looking for help to think through organizational challenges resulting from COVID-19? The Southeast MHTTC Practice Coaching recognizes the need for behavioral health organizations to adapt and innovate as well as the value a Practice Coach can provide in helping a team solve problems. We invite mental health agencies in the eight Region IV states to apply to our Practice Coaching Program. Selected teams will have the opportunity to work with a Practice Coach to set goals and develop action steps to address the challenges currently faced.

Interested organizations should visit our [website](#) to learn more and apply.

Region 4 Spotlight



Thank you to everyone who took part in recognizing **Suicide Prevention Month** and **National Recovery Month** in September. We highlight two of our Region IV states hosting events during the month.



Mississippi - In recognition of National Suicide Prevention Month, the Mississippi Department of Mental Health hosted its 4th Annual Suicide Prevention Symposium. The event focused on the topic of "Fitting Suicide Prevention into Our Changing Times" and was held virtually on September 29. The Mississippi Department of Mental Health continues to promote their "Shatter the Silence" campaign. The campaign encourages youth to talk about their feeling with a supportive person, reinforcing reaching out for help is OK.

Visit [Mississippi DMH](#) to learn more.



Alabama - National Recovery Month, held every September, promotes the message that recovery is possible for those with mental and substance use disorders. For 31 years, this national observance has educated others about the benefits of prevention, treatment, and recovery as well as celebrated the gains of those living in recovery. The Alabama Department of Mental Health promoted the event with a dedicated webpage featuring virtual events, shared success stories and creative works by those in recovery. Additional resources were highlighted on their website.

Visit [Alabama DMH](#) to learn more.

MHTTC Network Resources



Hispanic Heritage Month, held from September 15 to October 15, is a nationwide celebration that honors the cultural contributions, achievements, and identities of Hispanic and Latino people in the United States. During this month, we shed light on the multitude of mental health experiences within the Hispanic and Latino communities.

- Join the collaborative effort of the National Hispanic and Latino MHTTC and the Southeast MHTTC every Wednesday in October for the **Clinical Applications of Cultural Elements in Treating Hispanics and Latinos with Mental Disorders** Series.
- Visit the MHTTC Network to raise awareness and share support and resources for the **mental health of minority communities**.
- Access **Racial Equity and Cultural Diversity Resources** compiled by the MHTTC Cultural Responsiveness Working Group



Grief Sensitivity Virtual Learning Session November 12 and 13, 2020

Join the MHTTC for a 2-day virtual learning institutes in November 2020 with leading grief experts across the country. The series is geared towards providing front-line workers with tools and strategies that can be used when addressing the needs of individuals experiencing grief and loss during COVID-19 and beyond.



Interested in Free Online Learning and Low-Cost Continuing Education?

Healthknowledge.org offers a wide variety of courses in the areas of improving health and healthcare services. Each course offers a free Certificate of Completion to keep once the course requirements are met. Continuing Education credit is available for most courses for \$5 per credit hour.

SAMHSA Resources



SAMHSA announces the launch of a new mobile app, **My Mental Health Crisis Plan**, which allows individuals who have serious mental illness (SMI) to create a plan to guide their treatment during a mental health crisis. The app, developed through SMI Adviser, provides a step-by-step process for individuals to create and share a psychiatric advance directive (PAD). Not sure what a PAD is or how it can be useful? Watch a recording of our most recent [presentation by Dr. Marvin Swartz](#) on the topic!

Thank you for reading the Southeast MHTTC Newsletter!

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