



# Southeast MHTTC Newsletter

Volume III, Issue II - January 2021

## Happy New Year!

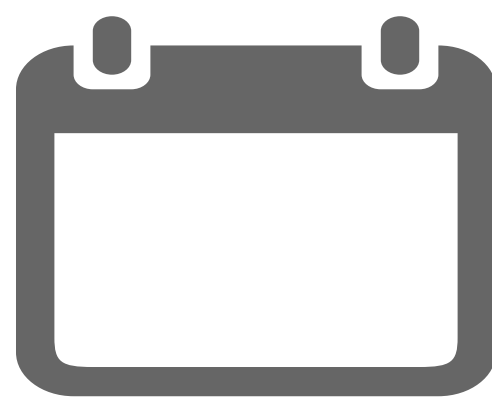
We hope you had a happy, healthy holiday season. We begin this year by reflecting on the last: it was challenging! In spite of the struggles, Region IV States, providers, and communities managed to pivot, innovate, and move forward.

In this month's newsletter, we welcome 2021 and the opportunity for a fresh start. We're kicking off January with a great line-up of virtual events and hope you will join us for one, if not for all. Our Region IV States continue to do great work; we take a moment to highlight successes in two of our States.

Last but not least, we offer a sincere and heartfelt **THANK YOU** for your commitment to and support of mental health, as well as for the care and service you have provided to patients, families, communities and each other during these challenging times. One shared focus this year for the Southeast MHTTC and for the MHTTC Network is to provide resources and information on self-care best practices for the mental health workforce. Our goal is to support providers by featuring ongoing self-care strategies that enhance personal and professional resilience.

Thank you for inspiring us in 2020! We look forward to supporting you in 2021!

Stay safe and well,  
The Southeast MHTTC Team



## Upcoming Events

**Webinar: Focus on the Family: Using Person and Family Centered Care for Mental Health**

Wednesday, January 13, 2021 | 12 PM ET

**Meeting: Continuing Conversations: Race & Recovery in the Peer Support Workforce**

Thursday, January 14, 2021 | 10:30 AM ET

**Webinar: Updates in First Episode Psychosis Care**

Wednesday, January 27, 2021 | 12 PM ET

**Town Hall: Bridging Mental Health & Public Health During COVID-19**

Wednesday, February 24, 2021 | 12 PM ET

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



## Products & Resources

**ACT in Unprecedented Times: How ACT Teams Adapted to COVID-19**

- This webinar recording with accompanying presenter slide-deck discusses how ACT Teams pivoted and discovered new ways to provide services for those who have behavioral health challenges.

**Differential Impact of COVID-19 on Mental Health**

- This fact sheet reviews what is currently known about COVID-19 and mental health, with a focus on populations at elevated risk of developing behavioral health problems.

**Psychiatric Advance Directives Overview**

- This infographic provides an overview of Psychiatric Advance Directives (PADs), including the challenges and benefits of implementing within a clinical setting.

**Race & Recovery in the Peer Support Workforce**

- This webinar recording presents findings from our recent listening session regarding how race impacts recovery supports in the community and behavioral health system.

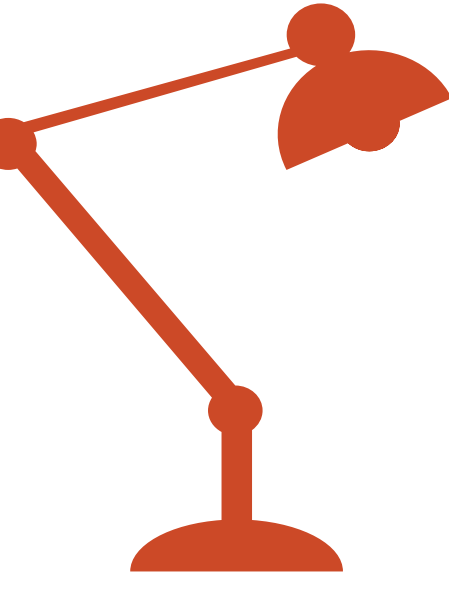
**Southeast MHTTC Year 2 in Review**

- This infographic provides an overview of the Southeast MHTTC Year 2 events, activities, and highlights.

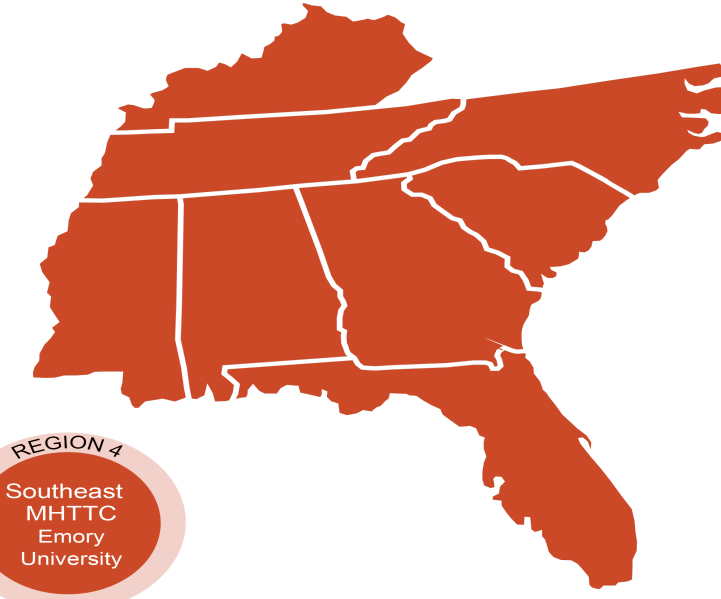
**Suicide Risk Assessment & Crisis Response Planning**

- This infographic reviews components of suicide risk assessment, documentation best practices, and key elements of an effective crisis response plan.

Be sure to visit [our website](#) for a complete listing of our products and resources!



## Region IV State Spotlight



### HHS Region IV states are doing great work!

Check out a few of the ways the States of Georgia and Tennessee are working to improve the mental health and well-being of their communities, families, and residents.

#### GEORGIA

The Georgia Department of Behavioral Health and Developmental Disabilities understands the importance of provider self-care and well-being. Its Office of Behavioral Health Prevention has sponsored twice weekly virtual events to provide self-care tips about managing stress, work/life balance, and wellness. The 30-minute sessions, held on Tuesdays and Thursdays, cover a variety of topic areas including budgeting, grief, mindfulness, and resiliency. [Check out](#) their upcoming sessions or watch previous recordings.

Visit [Georgia DBHDD](#) to learn more.

#### TENNESSEE

Tennessee has made strides in responding to the behavioral health needs of its residents. Tennessee moved up eleven spots in the *2021 State of Mental Health in America Report* published by Mental Health America. This was the fourth largest move by a state in the rankings. Additionally, Tennessee's ranking in adult categories also saw significant improvement. The State, Department of Mental Health & Substance Abuse Services, and community agencies continue to work together to build a responsive behavioral health system that can address the needs of Tennesseans. [Check out](#) Tennessee highlights from the Report.

Visit [Tennessee Department of Mental Health & Substance Abuse Services](#) to learn more.



Do you have a Region IV State success you'd like to share? Let us know. We'd love to feature it in our next issue! Email us: [info@southeastmhttc.org](mailto:info@southeastmhttc.org)

## Provider Well-Being Focus



The COVID-19 pandemic continues to significantly impact mental health. Now more than ever, it is essential to provide the mental health workforce with information on self-care resources and best practices. We highlight several resources focusing on ways behavioral health providers can build strategies for ongoing self-care tactics and enhance their personal and professional resilience.

### Southeast MHTTC Resources

**Foster trust and transparency through open and on-going communication:** Effective tele-supervision may improve communication among colleagues and staff, which may help reduce burnout. View our [Effective Tele-Supervision infographic](#) to learn about 8 factors associated with high-quality supervision.

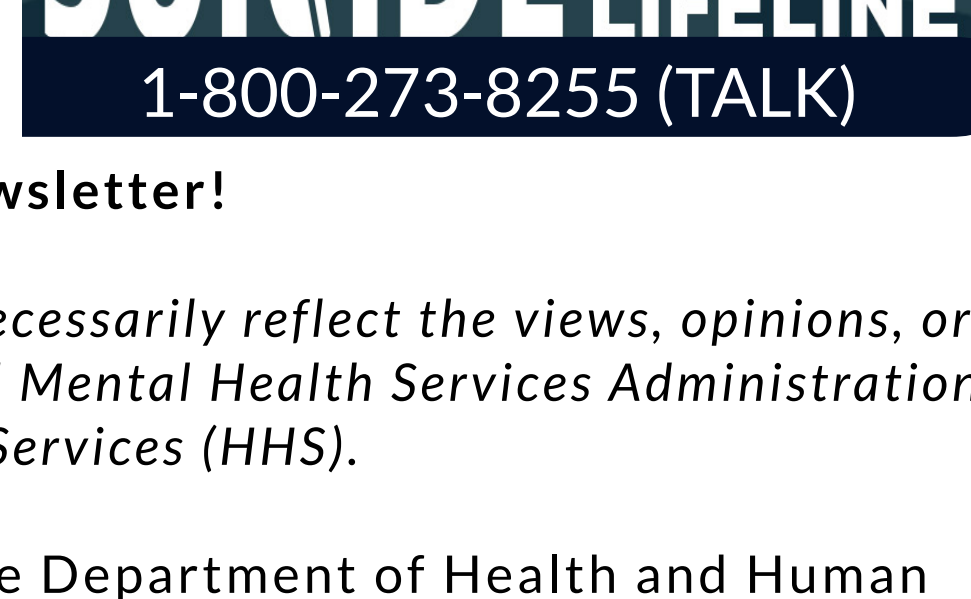
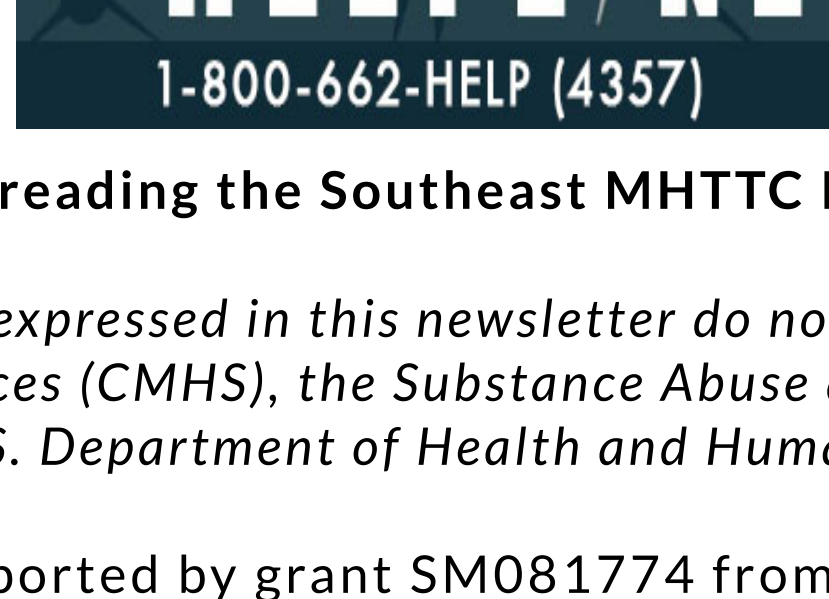
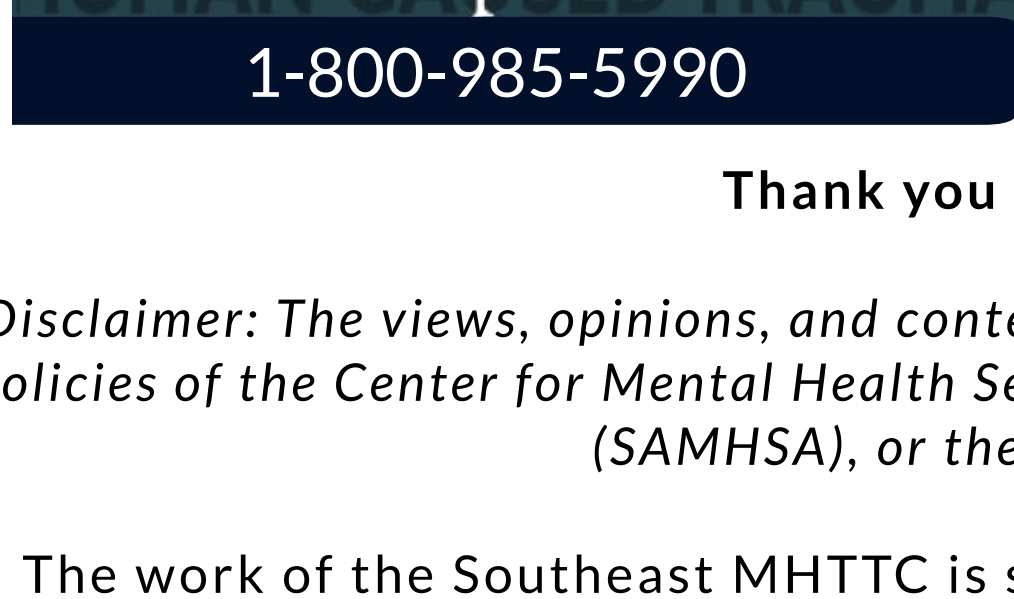
**Recognize and manage the signs and symptoms of compassion fatigue:** Caring for others can be emotionally and physically exhausting. Finding balance between one's personal and professional life is important. View our [Compassion Fatigue](#) and our [Mental Health Challenges](#) infographics for more information on self-care.

**Identify recruitment and retention resources that support the school mental health workforce:** This two-part series on Recruitment and Retention highlights the [essential roles of the workforce](#) in achieving high quality school mental health services and [best practices in retaining](#) and supporting personnel.

### MHTTC Network Resources

Check out the MHTTC Network [Provider Well-Being website](#) for access to a self-care e-learning course on [healthknowledge.org](#), attend a wellness webinar, or download supporting mental health toolkits. Resources and content are updated often!

### SAMHSA Resources



Thank you for reading the Southeast MHTTC Newsletter!

*Disclaimer: The views, opinions, and content expressed in this newsletter do not necessarily reflect the views, opinions, or policies of the Centers for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).*

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### STAY IN TOUCH

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