



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Southeast MHTTC Newsletter

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Greetings!

In this month's newsletter we are excited to feature our **March 2** (12:00 PM ET) webinar on [Certified Community Behavioral Health Clinics \(CCBHCs\)](#). This webinar will provide a snapshot of CCBHCs across the country, describe the changes and investments that clinics made to become CCBHCs for the national demonstration program, and discuss the various funding avenues available to states and clinics to support the CCBHC model. We hope you will join us! Can't make it? Don't worry - a recording will be made available on our website. Be sure to check our [Events Calendar](#) for other upcoming training opportunities.

We've launched several products recently, most notably our [interactive data mapping tools](#) that allow users to explore mental health access and services available at county-level detail for each Region IV State. Other resources, including on-demand recordings, presentation slide-decks, and accompanying infographics, are added to our [Products Catalog](#) weekly. Scroll through to view the latest Southeast Resources or search for a particular topic of interest.

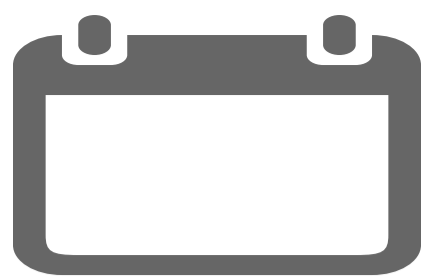
In addition to acknowledging the efforts of our Region IV States in expanding mental health resources for individuals, families, and communities, we are pleased to introduce "Southeast School Mental Health Spotlight" in which we highlight the important work being done to promote mental health and well-being in children and adolescents across the Southeast.

We continue to focus on providing self-care best practices and resources for the mental health workforce. In an effort to learn more about the ways provider well-being is supported throughout the Southeast, we've created a [brief survey](#) and appreciate your anonymous input. We've also launched a [Provider Well-Being webpage](#) to make it easier to find events and resources on this important topic. We encourage you to visit our webpage for a compilation of resources from the Southeast, MHTTC Network, and SAMHSA.

As always, thank you for your support,

-The Southeast MHTTC Team

 info@southeastmhttc.org



Upcoming Events



Webinar: What it Means to Become a Certified Community Behavioral Health Clinic (CCBHC)

Tuesday, March 2, 2021 | 12 PM ET



Webinar: Recovery-Oriented Cognitive Therapy

Tuesday, April 13, 2021 | 12 PM ET

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



Products & Resources

Effective Tele-Supervision

- This infographic summarizes 8 factors associated with effective tele-supervision.

Focus on the Family: Person and Family Centered Care

- This webinar recording highlights the importance of engaging and involving family members in an individual's mental health care.

Provider Burnout and Clinical Supervision

- This infographic explores the signs of provider burnout as well as discusses the role of supervision in minimizing its impact.

Updates in First Episode Psychosis Care

- This webinar recording provides an update on the phenomenology, services, and treatments available for people with first episode psychosis, as well as clinical pearls from the perspective of someone who has worked on a CSC team.



Southeast Mental Health Data: Tele-Health Impact

- This interactive map presents data on the availability of mental health professionals and household access to broadband across the Southeast region.



Southeast Mental Health Data: Hispanic and Latinx Communities

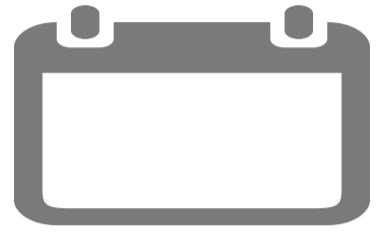
- This interactive map presents data on countries of origin, cultural elements, and mental health facilities providing services in Spanish throughout the Southeast region.

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



Region IV School Mental Health Spotlight

The [Southeast MHTTC School Mental Health](#) team **supports** the development of regional, state, and local leadership capacity to advance comprehensive school mental health systems, **provides** training to state- and district-level leaders on the importance of mental health service provision in schools, and **disseminates** information related to comprehensive school mental health systems throughout the region. Check out their upcoming events and recently developed resources!



Upcoming Events

Webinar series: Supporting LGBTQ+ Youth in Schools

[Part 1: Understanding the school experiences](#)

Thursday, March 11, 2021 | 12 PM ET

[Part 2: Promoting positive school transformation](#)

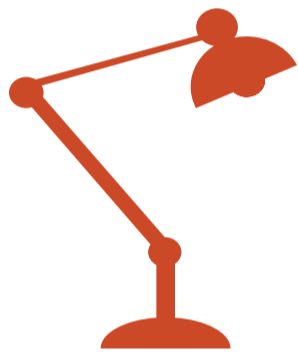
Thursday, March 18, 2021 | 12 PM ET



Resources

School Health Policies & Practices:

- [Service-Related Policy Adoption](#): This infographic describes health and prevention services for students and mental health screening policies.
- [Workforce-Related Policy Adoption](#): This infographic describes the mental health staffing characteristics of schools in the Southeast.



Region IV State Spotlight

HHS Region IV States are doing great work!

Check out the ways **Kentucky** and **North Carolina** are working to improve the mental health and well-being of their communities, families, and residents.

KENTUCKY

The Kentucky Cabinet for Health and Family Services (CHFS) recognizes the importance of providing support to those in crisis and recently added another accredited agency to provide National Suicide Prevention Lifeline call-center services to Kentucky residents. Call-centers saw a 3% rise in 2020 as individuals continued to experience stress related to the COVID-19 pandemic. The 2022 launch of the new national 988 number will further expand ease of access to mental health support and crisis services.

Visit [Kentucky CHFS](#) to learn more.

NORTH CAROLINA

The North Carolina Department of Health and Human Services' Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMHDDSAS) has been awarded the National Suicide Prevention Lifeline's 988 State Planning Grant to support efforts to implement the Lifeline's new 988 number. DMHDDSAS is working with a variety of partners to prepare for the rollout and support the operational and clinical aspects enabling access to care.

Visit [North Carolina DMHDDSAS](#) to learn more.




Do you have a Region IV State success you'd like to share? Let us know. We could feature it in our next issue! Email us: 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

 **Take steps to stay mentally healthy:** We are best able to maintain our mental health through difficult times if we stay aware of the effects of stress and maintain connections with others. View our [Building Psychological Resilience webinar](#) to learn more about coping with stressful emotions, changing work demands and strained family relationships.

 **Take steps to minimize burnout factors:** Organizations can support the well-being of their workforce by recognizing the signs of provider burnout and using effective supervision to minimize the impact. View our [Provider Burnout infographic](#) to learn more about this major issue facing mental health providers.

 **Take steps to establish your well-being routine:** Need a reminder to set your well-being goals for the week? Follow our [#MindfulMondays](#) campaign on twitter for tips and resources to keep your well-being in focus for the week.

 **We want to learn from you!** Please complete our [brief survey](#) to let us know strategies being used across the region to promote and maintain provider well-being.

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

 Fact sheet:
[Coping Tips for Traumatic Events and Disasters](#)

 Toolkit:
[Disaster Responder Stress Management](#)

 Tip sheet:
[Coping with Stress and Compassion Fatigue](#)

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 Center 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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