

South Southwest MHTTC Regional Advisory Board Meeting Agenda

DAY 1: Wednesday, March 24, 2021

9:00 AM – 3:00 PM CST

9:00 Welcome

9:15 SAMSHA Update: CAPT Karen Hearod

9:30 National MHTTCs
 American Indian and Alaskan Native TTC (NAIAN)
 Hispanic and Latino MHTTC (NHL)

9:50 Region 6 South Southwest TTCs
 Prevention TTC (PTTC)
 Addiction TTC (ATTC)

10:00 Region 6 State Reports:
 AR, LA, NM, OK, TX

BREAK

11:05 Peer Support Advisory Committee

11:30 South Southwest MHTTC Report
 • Highlights from the Year
 • Region 6 Needs Assessment Survey Results

12:00 LUNCH

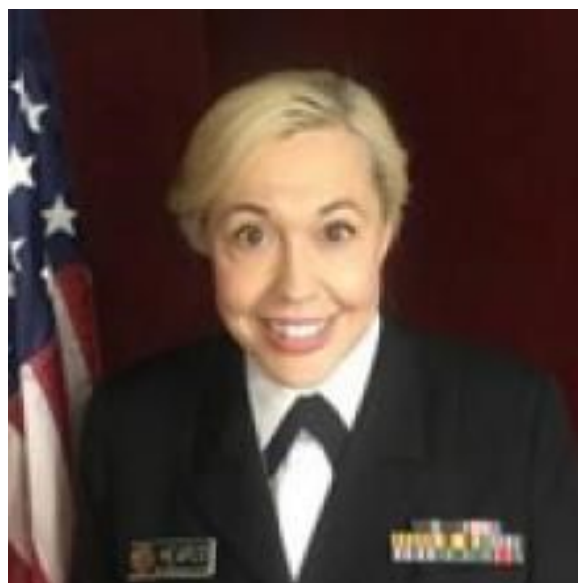
1:00 Breakout Discussions
 • Preparing the workforce to address post-pandemic needs: grief & loss, crisis, co-occurring disorders, provider wellness
 • Addressing structural inequities in behavioral health

BREAK

2:05 Breakout Discussions
 • Preparing the workforce to address post-pandemic needs: grief & loss, crisis, co-occurring disorders, provider wellness
 • Addressing structural inequities in behavioral health

2:50 Wrap-up of Day 1

Featured Speakers



CAPT Karen Hearod, SAMSHA Regional Administrator
 CAPT Hearod is a Licensed Clinical Social Worker and a member of the Choctaw Nation of Oklahoma. Prior to her role as Regional Administrator, she served as the Indian Health Service Oklahoma City Area Acting Behavioral Health Consultant. In this role, CAPT Hearod had oversight over behavioral health and substance use programs across Oklahoma, Texas, and Kansas providing services impacting 410,00 Native Americans. She was Chair for the IHS National Zero Suicide Advisory Committee and served as a member of the National Suicide Crisis Policy Committee working to establish the first IHS national suicide care policy.



Sarri Gilman, LMFT
 While facing the challenges of these times, leaders may notice that almost everyone is either overwhelmed or on the edge of overwhelm. You may not be sure of what to offer an over-taxed team. Self-care and resiliency training will help, but it is not enough to reduce and prevent the current state of overwhelm we are experiencing. In this session, Ms. Gilman will dive deeply into understanding overwhelm, set in the context of these times, and explore the proactive strategies leaders can use to help themselves and their teams recover from overwhelm.



Ruth Shim, M.D., M.P.H., University of California, Davis, Department of Psychiatry and Behavioral Sciences, Director of Cultural Psychiatry
 Structural racism is the main driver of mental health inequities and poor mental health outcomes, and yet, few understand the outsized role that structural racism places in the identification, diagnosis, and management of mental illnesses and substance use disorders. Dr. Shim's presentation will examine key concepts associated with structural racism, provide clear examples of how structural racism manifests in our mental health care system, and discuss strategies for dismantling structural racism in our communities and institutions.

DAY 2: Thursday, March 25, 2021

9:00 AM – 12:00 Noon CST

9:00 Welcome

9:10 Keynote: Sarri Gilman, LMFT
Leading Your Team Through Overwhelm Prevention and Recovery

BREAK

10:40 Keynote: Ruth Shim, MD, MPH
Structural Racism in Mental Health: Challenges and Opportunities

11:55 Wrap-up of Day 2

