



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Southeast MHTTC Newsletter

Volume III, Issue V

July 2021

Greetings!

July is National Minority Mental Health Awareness Month. Each year millions of Americans face the reality of living with a mental illness regardless of their race, color, gender or identity. Data from SAMHSA's National Survey on Drug Use and Health (2020) reveals that racial and ethnic minority groups are less likely to receive a diagnosis and subsequent treatment for their mental health condition. In addition, they often have less access to mental health services in their communities and may receive a poorer quality of care. We, in conjunction with the larger MHTTC Network, SAMHSA, and other organizations, are making an effort to eliminate mental health disparities by providing training, resources, and support to the mental health workforce and the communities they serve. This month's issue features regional and national events, resources, and organizations with this shared goal in mind. Join us in raising awareness and promoting recovery.

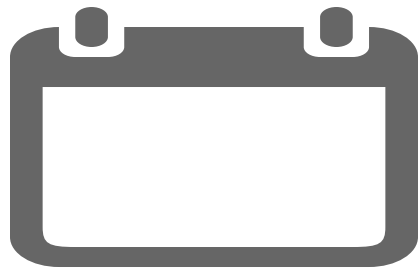
We are pleased to feature our upcoming events and recently launched products in this month's issue. Be sure to register for our [Peer Workforce Well-Being](#) event on July 27th and save the date for our [Building a Resilient Workplace Together](#) event in August. Don't forget to view our latest [mapping tool](#) that allows users to explore Asian American communities and the availability of mental health services throughout the Southeast region. In addition, our Southeast School Mental Health Team is excited to share about their upcoming July events and the recent release of their report highlighting organizational and policy strategies to improve recruitment and retention of school mental health providers. Our [Events Calendar](#) is updated frequently; Southeast MHTTC-developed resources, including on-demand recordings, presentation slide-decks, and infographics, are added to our [Products Catalog](#) weekly.

Provider well-being remains an important focus for us as good mental health is important for everyone! We're planning future well-being events and developing self-care resources to support the mental health workforce in our region. Be sure to visit our [Provider Well-Being](#) webpage for updated information.

As always, thank you for your support,

-The Southeast MHTTC Team

 info@southeastmhttc.org



Our Upcoming Events

- **Peer Workforce Well-Being in the Southeast**

Tuesday, July 27, 2021 | 12:00 PM (ET)

[Register Here!](#)

Self-care is an important part of life for many peer specialists. What that looks like will vary from peer specialist to peer specialist (just as it differs from person to person). Learning from a peer specialist what self-care looks like for them is important in establishing and managing expectations for the peer specialist, their supervisor, and their organization. Join Georgia Mental Health Consumer Network as they discuss challenges to and strategies for supporting and enhancing peer workforce well-being.

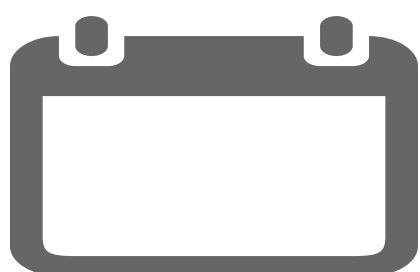
- **Building a Resilient Workplace Together**

Thursday, August 5, 2021 | 12:00 PM (ET)

[Register Here!](#)



Join us for this 3-hour interactive virtual workshop! Dr. Michelle Salyers and Dr. Angela Rollins will co-facilitate the event with a mix of didactic material, reflection, and small group discussion. Participants will identify factors that can help support resilience at work as well as identify specific steps to take to feel empowered and enhance one's wellbeing in the workplace. Review of our [BREATHE 3-module series](#) is recommended but not required.



MHTTC Network Events

Join the Conversation:

Culturally Responsive Evidence-Based and Community-Defined Practices for Mental Health

A six-part series taking place every other Thursday at
11am PT / 1pm CT / 2pm ET

May 20	June 24	July 22
June 10	July 8	August 5

<http://bit.ly/join-the-convo>



Culturally Responsive Evidence-Based & Community-Defined Practices for Mental Health (six-part series every other Thursday)

[Register Here!](#)

Thursday, July 08, 2021 | 2:00 PM (ET)

Thursday, July 22, 2021 | 2:00 PM (ET)

Thursday, Aug. 05, 2021 | 2:00 PM (ET)

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



Our Products & Resources

Here are a few of our recently posted resources. We also list several past products focusing on mental health equity in recognition of National Minority Mental Health Month.

Southeast Mental Health Data Mapping Tool: Asian American Communities and Access to Mental Health Services (Interactive Map)

- HHS Region IV, comprised of eight states and 26% of the U.S. population, is one of the largest and most diverse. Approximately 20 million Asian Americans trace their origins to over 20 countries throughout Southeast Asia and the Indian subcontinent. Influences such as country of origin and access to linguistically and culturally competent care are important considerations when planning mental health care and support services for this population group and can be challenging to visualize in a large and diverse region. Our interactive map provides information on regional priorities in an easy to understand graphical format. Be sure to check out our other maps on Hispanic/Latino communities, tele-health accessibility, and availability of EBPs in rural areas. [Access resource here!](#)

Recovery-Oriented Cognitive Therapy (Infographic)

- Building on our [Recovery-Oriented Cognitive Therapy \(CT-R\) on-demand recording](#), this infographic further examines the strengths-based treatment approach, highlights key elements, and offers strategies to enhance its adoption. [Access resource here!](#)

Cultural & Structural Competency: Mental Health Equity (Fact Sheet)

- This fact sheet explains the differences between mental health disparities and mental health inequities, and explores how structural racism and inequality contribute to mental health inequities. [Access resource here!](#)

Post-Traumatic Stress Disorder (PTSD) (Infographic)

- This post-traumatic stress disorder (PTSD) infographic reviews symptoms and treatment approaches, provides prevalence statistics, and lists individual and provider resources. [Access resource here!](#)

ICYMI!
Webinar recordings are available for on demand viewing.

Pediatric Mental Health in the Wake of a Pandemic

- COVID-19 created a confluence of uncertainty, social isolation, This on-demand presentation identifies risks and protective factors and explores effective strategies for promoting recovery from pandemic related distress using a developmental lens and social-ecological framework. [Access on-demand recording here!](#)

The Second Pandemic: Mental Health Impacts of COVID-19

- This on-demand presentation examines two ramifications of the COVID-19 pandemic. The first centers on individuals who contracted the virus and how it affects their mental health. The second centers on the indirect impact of the pandemic on mental health care workers as they serve patients in a safe way while managing personal lifestyle upheaval. [Access on-demand recording here!](#)

From Cultural Competence to Structural Competence

- Disparities in mental healthcare have been a persistent and unrelenting issue despite concerted efforts on multiple fronts to address the problem. The enduring nature of these problematic differences compels us to evaluate factors that led to our present state, and consider new evidence and new strategies to reduce and eliminate mental health disparities. This on-demand recording reframes the issue from cultural competence to structural competence, addresses new trends in field research, and offers innovative solutions that providers and policymakers can adopt to more effectively address mental health disparities and inequities going forward. [Access on-demand recording here!](#)

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

Southeast School Mental Health Spotlight



Upcoming Event

Creating Cultures of Staff Wellness for our Schools and Community Partners (Series)

Wednesday, July 14 | 12:00 PM (ET)

Part 1: In This Moment: Nudging Ourselves Towards Inner Calm and Connection

Feel like you've been running nonstop since you can't remember when? Is your tank on empty? This is the introduction to a series intended to help you reset and restore your own sense of wellness, and to help inform the way districts and schools promote cultures of care that benefit staff and partners. [Register today!](#)



Featured Resource

Recruitment and Retention of School Mental Health Providers: Strategies and Key Resources (Workforce Report)

This report describes organizational and policy strategies to improve recruitment and retention of school mental health providers as well as identifies resources to facilitate implementation of these strategies. The report aims to provide useful guidance on developing and maintaining the school mental health workforce for organizations and policy makers involved in school mental health efforts.

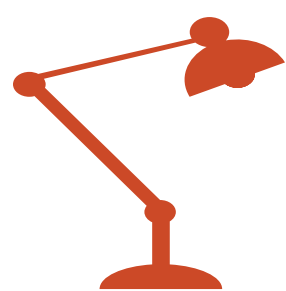
[Download this resource!](#)

Free Online Course & Office Hours Support!



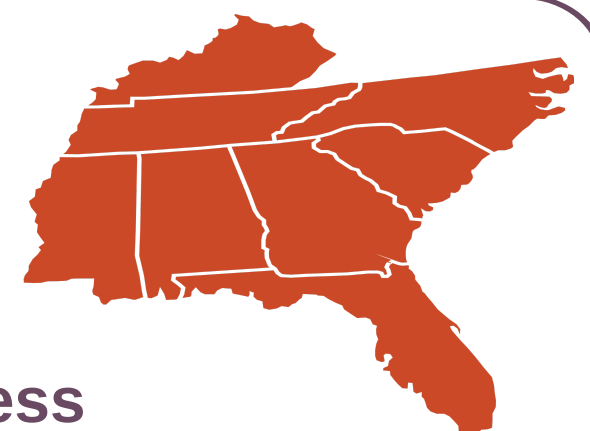
Classroom WISE
Well-Being Information and
Strategies for Educators

Mental health literacy for teachers and school staff will be a key component of all school reopening plans in the 2021-22 school year. A free, 6-hour course, Classroom WISE, was just released from the MHTTC Network Coordinating Office. The Southeast MHTTC will host "Office Hours" this summer to support Classroom WISE adoption and implementation at local and state levels. Join us to preview Classroom WISE modules and develop your back-to-school Classroom WISE implementation plan. [Learn more!](#)



Southeast State Spotlight

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

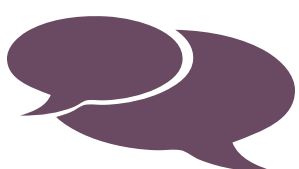


Georgia: Georgia Highlights Youth Mental Health Care Efforts and Progress

Although the Covid-19 pandemic disrupted typical youth experiences, the Georgia Department of Behavioral Health & Developmental Disabilities (DBHDD) remains focused on promoting the mental health and well-being of Georgia's children and youth and improving their access to mental health care. Georgia's Apex program provides school-based mental health services across the state and over 6 years has expanded to over 700 schools across 111 Georgia counties, a majority of which are located in rural school districts. They continue efforts to increase and sustain mental health awareness and support within the school system's culture. In addition, DBHDD is addressing youth suicide through the hire of a Youth Suicide Prevention Specialist who will analyze State suicide data, examine risk and protective factors, and explore funding mechanisms for suicide prevention training within schools. For more information on DBHDD's efforts to improve youth mental health care, [click here](#).

Tennessee: Tennessee Launches Peer Recovery Training Program for Young Adults

Acknowledging the idea that different age groups may experience life in different ways, the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) is expanding its Peer Certification Program for young adults. The Certified Young Adult Peer Support Specialist (CYAPSS) program is geared towards individuals with lived experiences, aged 18 to 30, and with at least one year in recovery. Individuals who complete the certification program will have the opportunity to provide peer support services to others under 30 years of age. The new training program is a welcomed expansion of their peer offerings, as TDMHSAS recognizes the contribution this program will have on improved service delivery and workforce development. For more information on TDMHSAS's Peer Recovery training program for young adults, [click here](#).





Have a State highlight or success story you'd like to share? Let us know. We could feature it in our upcoming newsletter. Email us: info@southeastmhttc.org

Provider Well-Being

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 maintaining self-care and enhancing their personal and professional resilience.

Southeast MHTTC Resources


 **Take steps to manage compassion fatigue:** Many mental health providers were pushed to the limit over the last year resulting in a personally and professionally exhausted workforce. View our on-demand presentation to learn more about [Compassion Fatigue](#), including signs, symptoms, and prevention tips. Our [accompanying infographic](#) discusses healthy self-care activities while developing boundaries and a balance between work and home life.

 **Take a few minutes to incorporate wellness strategies into your life:** Our [BREATHE 3-module on-demand series](#) is a great resource for learning more about different wellness strategies. We know it can be difficult to fit an hour's presentation (or a 3-hour series!) into an already busy day. Check out our Southeast 60 videos for a quick 1 minute recap of important concepts covered in the series:

- [Southeast 60 Burnout Overview](#) or
- [Southeast 60 Managing Workloads](#)

July is National Minority Mental Health Month

MHTTC Network Resources

 **Curated by the MHTTC's Culturally Responsiveness Working Group,** the [Racial Equity and Cultural Diversity page](#) includes a compilation of products and resources for the mental health workforce to enhance awareness, knowledge, and expertise to achieve equity through increased cultural and linguistic capacity.

National Resources

Visit these organizations to learn more about ways to support and strengthen under-represented communities and reduce mental health treatment disparities.

 **Strength in Communities:**
[Mental Health America \(MHA\)](#)

 **You are not alone:**
[National Alliance on Mental Illness \(NAMI\)](#)

 **Improving the health of racial and ethnic minority populations:**
[US Department of HHS Office of Minority Health \(OMH\)](#)

 **Advancing behavioral health equity through access to prevention, treatment, and recovery:**
[Substance Abuse and Mental Health Administration \(SAMHSA\)](#)

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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SAMHSA
Substance Abuse and Mental Health
Services Administration

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