



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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September is Suicide Prevention Awareness Month

Anyone, regardless of age, gender, or background, can have suicidal thoughts. *Did you know...*

- Suicide is the 2nd leading cause of death for 10–34 y.o; the 10th leading cause of death overall in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999.
- 46% of people who die by suicide had a diagnosed mental health condition.

Talking about suicide can be difficult. The need to minimize associated stigma and increase access to treatment for those having suicidal thoughts remains great. These challenges are similar for individuals experiencing mental health issues, which is why we also recognize **National Recovery Month** in September. We focus our efforts this month on encouraging conversations about suicide, mental health and recovery as well as provide resources to readily support those in need. We strive to raise awareness and promote recovery throughout September and year-round.

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Upcoming Webinar Events

Tuesday, September 7 | 12:00 PM (ET)

In **Part I: An Introduction to Acceptance & Commitment Therapy (ACT)**, Dr. Waford provides an overview of ACT, including the main tenets of the practice and the strategies to use with clients. [Register here!](#)

Tuesday, September 14 | 12:00 PM (ET)

In **Part II: A Case Study in ACT for Individuals Living with Psychosis**, Dr. Waford discusses how to apply ACT to the symptoms and experiences associated with psychosis and psychotic-spectrum disorders. [Register here!](#)

CCBHC Learning Community Opportunity

Community mental health centers, behavioral health associations, and policymakers from the Southeast are invited to participate in a 12-week **Southeast CCBHC Learning Community** focusing on orienting organizations to the CCBHC model, highlighting the impact of the program to date, and identifying considerations for implementation and sustainability. [Learn more or apply here by 9/15.](#)

Join us as we
explore
**Acceptance
and
Commitment
Therapy (ACT)**
in a 2-part
series on
Sept 7th & 14th





Recent Products

On-Demand Recordings:

- Peer Workforce Well-being - Certified Peer Specialists discuss challenges to and strategies for supporting and enhancing peer workforce well-being.
- Mental Health & Equity - The needs of and equity barriers experienced by underserved and underrepresented populations are explored along with strategies to promote resilience and access to healing.

Print Media:

- Return to Work Toolkit - This toolkit offers tips, strategies, and action planning templates to help clinicians prepare for their return to in-person service work.
- Provider Well-being BREATHE Series Infographic - This infographic reviews the concept of burnout and well-being at work as well as offers practices to enhance well-being.
- Peer Workforce Well-being Infographic - Serving as an accompaniment to the on-demand recording, this infographic reviews challenges to and strategies for supporting and enhancing peer workforce well-being.

Resources
are added
each week.
Be sure to
visit our
website for
the latest
product.





Region IV Corner

- **Provide your feedback!** We are asking for less than ten minutes of your time to complete a short needs assessment identifying mental health training and technical assistance needs for our region. Your response is greatly appreciated and will help guide our future training and technical assistance activities. Take part here!
- **Mississippi:** In addition to receiving funding to implement the new national three-digit dialing code 988, the Mississippi Department of Mental Health (DMH) joined 7 other states this year in the Governor's Challenge to Prevention Suicide Among Service Members, Veterans, and their Families. This initiative is a partnership between SAMHSA and the VA to develop and implement statewide suicide prevention best practices through a public health approach. Read more about DMH's suicide prevention efforts.
- **Alabama:** The Alabama Department of Mental Health (DMH), community providers, and the Montgomery Biscuits hosted the annual Strike Out Stigma Night to offer essential information and resources on mental illness and substance use disorders. Read more about the role DMH and other community partners are playing to reduce barriers to treatment for mental illness and substance use disorders.

**Help shape
upcoming
training &
technical
assistance
activities by
taking part
in our
survey.**





Resources

- **Southeast MHTTC:** Be sure to check out [Part 1](#) and [Part 2](#) of our Suicide Risk Assessment on-demand recording or download our [Suicide Risk Assessment & Crisis Response Planning Infographic](#).
- **National Alliance on Mental Illness (NAMI):** Visit [NAMI](#) to find resources on recognizing the signs and risk factors, being prepared for a crisis, and navigating a mental health crisis.
- **Suicide Prevention Resource Center (SPRC):** Learn more about [SPRC's Effective Suicide Prevention model](#) and ways to engage individuals with lived experiences in your prevention efforts.
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** Find [support resources](#) for yourself or for someone you know having thoughts of suicide. In recognition of [September's National Recovery Month](#), find ways to celebrate the gains made by those in recovery and learn more about the evidence-based treatment and recovery practices that make recovery possible.

**Join us in
supporting
Suicide
Prevention
Awareness
and
National
Recovery
Month!**



SAMHSA

Substance Abuse and Mental Health
Services Administration

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