March Awareness Events

March is Women's History Month: During Women's History Month, we celebrate the diverse, inspirational women across the Southeast region and the nation who have helped to nurture, care, and support others in life and in their mental health recovery. Originally celebrated as National Woman's Day in 1909, it was not until 1987 that the US Congress declared the entire month of March as Women's History Month.

March is Social Work Month: Did you know there are over 700,000 social workers in the US? During Social Work Month, we recognize the social workers providing mental health and behavioral health across Region IV and the nation as they help individuals, families, and communities navigate various life challenges. We greatly appreciate their contributions to interdisciplinary care teams in schools, hospitals, mental health centers, nonprofits, and in government.

In addition to voicing our heartfelt thank you this month (and every month!), we encourage women and social workers to prioritize their own mental health. They often face a variety of challenges in the workplace and are at a high risk for experiencing burnout. Our BREATHE Provider Well-being resources are great tools for individuals who want to review the signs of burnout or incorporate strategies to reduce stress and enhance well-being.

This issue:

Upcoming Events

Keeping It Practical: Core Skills For Evidence-Based Practices

Evidence-based practices are often the gold standard for supporting recovery for people with severe mental illness. But, we are not all working in environments with the staffing and/or financial capacity to achieve full fidelity to these models. This 6-part series, occurring every other Thursday, will feature leading experts as they review the core aspects of several evidence-based practices and focus on practical skills that participants can do now to make a difference.

>**Thursday, March 10 | Tools for Employment: Lessons from Supported Employment**
Register here to join us on Thursday, March 10th at 12:00 PM (ET)

>**Thursday, March 24 | Tools for Reducing Substance use: Lessons from Integrated Dual Diagnosis Treatment**
Register here to join us on Thursday, March 24th at 12:00 PM (ET)

>**Thursday, April 7 | Take-Away Tools: Unifying Themes Across Evidence-Based Practices**
Register here to join us on Thursday, April 7th at 12:00 PM (ET)
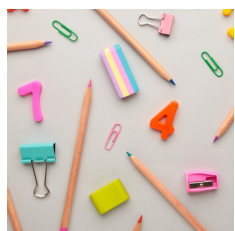
ICYMI: Click here to access the on-demand recordings from previous 'Keeping it Practical' session topics including Illness Management & Recovery, Collaborative Decision Making, and ACT/Supportive Housing.

We're planning more events -- be sure to check our Events Page for updates!

Recent Products

Interactive Data Mapping Tool:

- Suicide and Crisis Services Access - This interactive data mapping tool presents relevant factors such as county-level suicide rates and available crisis resources across our region and the U.S.

On-Demand Recordings:

- Perspectives in Crisis: Defining a Mental Health Crisis - Perspectives in Mental Health Crisis is a four-part series examining the experiences of Certified Peer Specialists (CPS) as they navigate, utilize, and provide crisis services. This session, "Defining a Mental Health Crisis" featured a discussion by Georgia Mental Health Consumer Network and three guest panelists on how different groups of people define and use the words "mental health crisis" and how these different understandings impact outcomes.

Print Media:

- Mental Health and Food Insecurity (Infographic) - Food insecurity, or the reduced ability to find and consume nutritious foods, is a challenge for many individuals and has increased during the pandemic. Current research suggests experiencing food insecurity can effect mental health. This infographic reviews conditions that put individuals at risk, the potential consequences, including poor mental health outcomes, as well as steps mental health providers can take to help address food insecurity experienced by their patients.

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

Region IV Corner

- **North Carolina:** The North Carolina Department of Health and Human Services (NCDHHS), in partnership with North Carolina's Historically Black Colleges and Universities, hosted a <u>mental health summit</u> to assess the mental health needs of minority students on campus and the effects of the impacts from the COVID-19 pandemic. The summit, Peeling Back the Layers on Minority Mental Health, was held on Wednesday, February 23, 2022. The discussion panel featured students and representatives from North Carolina HBCUs and focused on the issues faced on HBCU campuses as well as how administrators address the mental health impacts of the pandemic on both students and faculty.

- **Alabama:** Alabama launched a promising concept to address workforce recruitment and retention challenges by offering the <u>first Master's degree registered apprenticeship with an HBCU</u>. Alabama A&M University is taking education and training to a new level with the development of a Social Work apprenticeship program. At completion of the apprenticeship program, students will have credentials that demonstrate mastery in the field and on-the-job training. The program will benefit students, employers, the behavioral health workforce, and Alabama by providing exceptional educational opportunities and economic benefits to the state as well as provide qualified professionals to help meet the needs of its underserved residents.

Want to showcase your team's success? Email us: *info@southeastmhttc.org*

MHTTC & SAMHSA Updates

Racial Equity and Cultural Diversity Resources
The MHTTC has compiled resources on cultural responsiveness, racial equity, and cultural diversity for the mental health workforce to promote awareness and achieve equity.

- **Report on Child & Youth Mental Health:** A recently published report on children's mental health highlights the continued public health concern of poor mental health among children and adolescents. During 2013–2019, the most common mental health diagnoses for US children included attention-deficit/hyperactivity disorder (ADHD) and anxiety among children of all ages (approximately 9% for both), and symptoms related to depression among adolescents (approximately 20%). There is limited data on positive indicators of mental health and more information is needed to better understand and support children's mental health.

- **SAMHSA** is accepting applications for a $10 million grant program to provide pregnant and postpartum women and their children comprehensive substance use treatment and recovery support services across residential and outpatient settings. For the first time this year, the program will extend services to fathers, partners, and other family members.

2021 MHTTC Needs Assessment Findings: Check out what providers across the nation identified as MH priorities.

SAMHSA
Substance Abuse and Mental Health Services Administration