



Southeast (HHS Region 4)

MHTTC

May 2022 | Volume IV, Issue V

May Awareness Events

May is Mental Health Awareness Month:

Approximately 50 million Americans experienced a mental illness in 2020 with about half reporting they did not receive treatment (NSDUH, 2020). You can find more information and resources to raise awareness and support for individuals with a mental illness and their families at [SAMHSA](#), [National Alliance on Mental Illness \(NAMI\)](#), [Mental Health America \(MHA\)](#), and the [National Council for Mental Wellbeing](#).

May is Asian American & Pacific Islander Heritage Month: Be sure to check out the [Office of Minority Health's](#) website for important resources and information to help Asian American and Pacific Islander communities stay physically and emotionally healthy.

Wednesdays in May | 1:00 - 2:00 PM (ET)

The U.S. Department of Housing and Urban Development's (**HUD**) and **SAMHSA** are teaming up to present a series of **FREE** webinars in May to celebrate **National Mental Health Awareness Month!** The webinars will feature leading mental health and housing professionals and community practitioners discussing mental health issues facing our nation. [Click here for the entire lineup of events.](#)

- **5/4: Mental Health 101-Overview of Mental Health Issues in the Modern World**
- **5/11: 988 is Not a Joke – National Suicide Prevention Hotline Launch**

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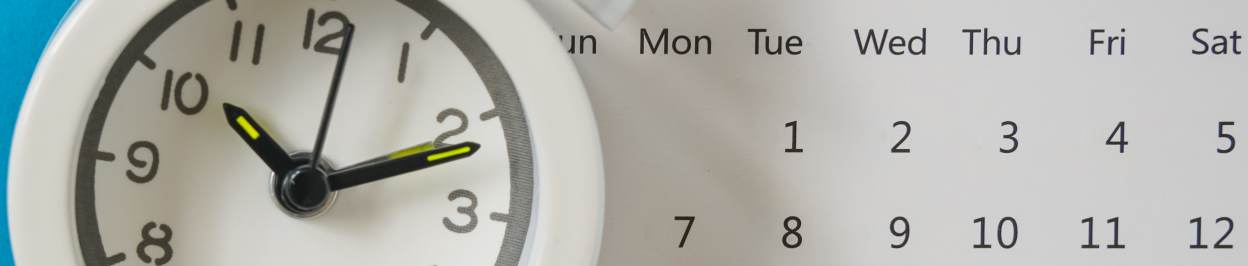
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Connect with Us:





Upcoming Events

Perspectives in Mental Health Crisis Series

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. Join us at 10:00 AM - 11:30 AM (ET) for Part 3 and Part 4 on the 3rd Thursday in May and June!

>Thursday, May 19 | Decriminalizing Mental Health Crisis

Register here to join us on Thursday, May 19th at 10:00 AM (ET)

>Thursday, June 16 | Alternatives for Preventing and Responding to a Crisis

Register here to join us on Thursday, June 16th at 10:00 AM (ET)



ICYMI: Click here to access the on-demand recordings from previous 'Perspectives in Mental Health Crisis' sessions, including **Defining a Mental Health Crisis** (Part 1) and **Peer Experiences in Mental Health Crisis** (Part 2).

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





Recent Products

On-Demand Recordings:

- **Keeping it Practical 6-Part Series: Core Skills from Evidence-Based Practices** - Evidence-based practices are often the gold standard for supporting recovery for people with severe mental illness but we are often not working in environments with the staffing and/or financial capacity to achieve full fidelity to these models. Leading experts review the core aspects of several evidence-based practices (**Illness Management & Recovery, Collaborative Decision Making, Integrated Dual Disorders Treatment and more!**) and focus on practical skills that participants can do now to make a difference. [Click here](#) to access the on-demand recordings.

Print Media:

- **A Guide to 988: America's Suicide Prevention and Mental Health Crisis Lifeline** -The main purpose of the 988 number is to simplify access to suicide prevention services and mental health crisis counselors. To achieve this legislation was introduced in 2020 to create a nation-wide three-digit number (988) that will be routed through the existing National Suicide Prevention Lifeline. 988 will be available across the country by July 16, 2022. This guide highlights benefits of 988, reviews key pieces of the federal legislation, and describes state-level efforts. [Click here](#) to access the 988 Guide.



Did You Know...SAMHSA announced nearly **\$105 million in grant funding** to 54 states and territories in advance of the transition of the National Suicide Prevention Lifeline 988 three-digit dialing code in July. Strengthening our crisis care infrastructure is a top priority; improving 988 readiness and responsiveness is a critical step to realizing this goal. [Click here](#) to learn more about this investment in crisis care.

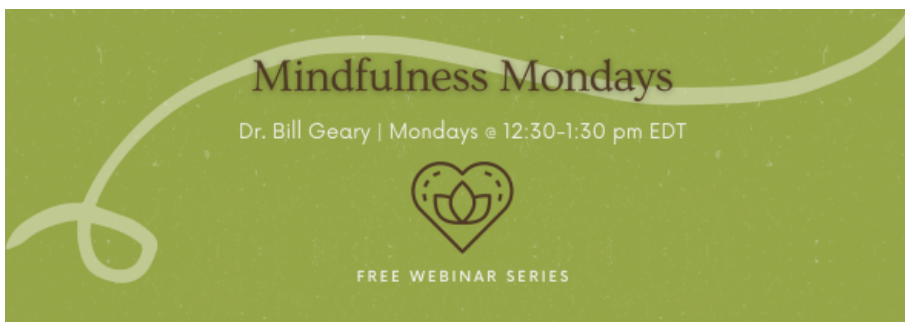
**Resources
are added
each week.
Be sure to
visit our
[website](#) for
the latest
product.**





Region IV Corner

- **Southeast TTC Network - Mindfulness Mondays in May:** The Southeast TTC Network (ATTC, MHTTC, and PTTC) invites you to attend a 4-part series focused on self-care for the workforce every Monday (12:30 - 1:30 PM ET) throughout May. In the world of prevention, treatment and recovery, tensions often exists between feeling inspired by our work and feeling frustrated about the things outside of one's control. To provide the best care and services, providers must also take care of themselves. This series provides an overview of mindful meditation techniques and practices. Click here to learn more and register for each session.
 - **May 2nd | Introduction to Mindfulness**
 - **May 9th | Working with Emotions**
 - **May 16th | The Wise Heart**
 - **May 23rd | Bringing the Practice into Your World**

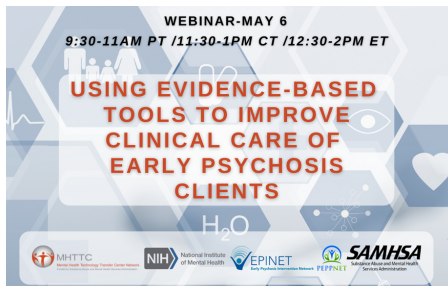


- **Alabama Celebrates the Power of Art and Mental Health:** In recognition of Mental Health Awareness Month, the Alabama Department of Mental Health (ADMH) will host the 17th Annual Capitol Showcase, a consumer art show at the Alabama's State Capitol. The art show features the work of individuals with mental illnesses, developmental disabilities, substance use disorders and co-occurring disorders, who receive services from ADMH and local providers. Click here to learn more.

**Tell us
about an
initiative
or success
at your
agency.
Email us:
*info@south
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org***



MHTTC & SAMHSA Updates



Using Evidence-Based Tools to Improve Clinical Care of Early Psychosis Clients

Friday, May 6 | 12:30 - 2:00 PM ET

[Click here](#) to learn more or register!

Hosted by the **MHTTC Network**, the National Institute of Mental Health (**NIMH**), the Early Psychosis Intervention Network (**EPINET**), PEPPNET, and the Substance Abuse and Mental Health Services Administration (**SAMHSA**), this webinar, presented on **Friday, May 6 (12:30 - 2:00 PM ET)**, is for providers who support individuals in coordinated specialty care clinics. Clinicians will be introduced to the CAB and WebCAB and discuss how these measures can help enhance clinical interactions with clients and foster shared decision making. Staff from early psychosis programs will share their experience with collecting CAB measures, incorporating evidence-based measures into routine clinical practice, and using these measures as a part of quality improvement initiatives. [Click here](#) to learn more or register!

- **National Children's Mental Health Awareness Day 2022: Peer Support for Youth & Families**

Thursday, May 5 | 1:00 - 2:00 PM (ET)

An event commemorating child mental health and honoring youth and family peer support. [Click here](#) to register!

- **National Prevention Week (NPW)**

May 8 - 14, 2022

[Click here](#) to learn more or register!



National Prevention Week (NPW), May 8 - 14th, is a national public education platform bringing together organizations to raise awareness about the importance of substance use prevention and positive mental health. The 2022 SAMHSA Prevention Day (SPD) event on Monday, May 9th will kick off National Prevention Week virtual activities. [Click here](#) to learn more or register!

Be sure to check out MHTTC and SAMHSA events during Mental Health Awareness Month

