



Southeast (HHS Region 4)

MHTTC

May 2022 | Volume IV, Issue V

July Awareness Events

July is Minority Mental Health Awareness Month:

This month is dedicated to raising awareness about the unique mental health challenges minority communities encounter and working to improve their access to quality mental health services. 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, often have less access to mental health services in their communities, and may receive a poorer quality of care. This month's newsletter features resources to raise awareness about mental health disparities and promote mental health equity. Click on the links below to learn more.

- [Southeast MHTTC Mental Health Equity](#) - Collection of resources developed by the Southeast MHTTC
- [Office of Behavioral Health Equity](#) - Learn more about SAMHSA's efforts to reduce disparities
- [Office of Minority Health](#) - Access resources addressing mental health stigma among minority populations
- [National Alliance on Mental Illness \(NAMI\)](#) - Learn more about this month and ways to support advocacy
- [Mental Health America \(MHA\)](#) - Find information on support systems and actionable ways to move forward toward a mentally healthy future

Changes to Crisis Care: On July 16th, 988 will become the new dialing code to operate through the existing National Suicide Prevention Lifeline network of local call centers. This is an important first step in reimagining crisis support in the U.S. While the initial 988 rollout happens in July, work to build upon and expand this system will continue for years to come and behavioral health providers should stay informed about 988 and emerging crisis services. Click [here to visit our Crisis Services Resource](#) page for more information.

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Connect with Us:





Upcoming Events

- Join us on **Thursday, July 7th at 10:00 AM (ET)** for the **Community Resiliency Model (CRM)®** virtual training, a skills-based wellness and prevention program that provides a biological, non-stigmatizing perspective on normal human reactions to stress and trauma. This low-intensity intervention teaches easy-to-learn skills to manage difficult emotions brought on by stressful personal or professional situations. CRM skills are useful for self-care in any setting: work, home, public safety, and even in crisis situations. CRM is a valuable resource for individuals coping with chronic stressors or the effects of cumulative trauma.

>>**Community Resilience Model (CRM)**
Thursday, July 7 | 10:00 - 11:30 AM (ET)

[Register Here](#)

- Join us on **Wednesday, August 10th at 12:00 PM (ET)** for our **Inpatient Role in Recovery** webinar event. Learn more about supporting and promoting recovery in an inpatient setting. Stay tuned for more details!

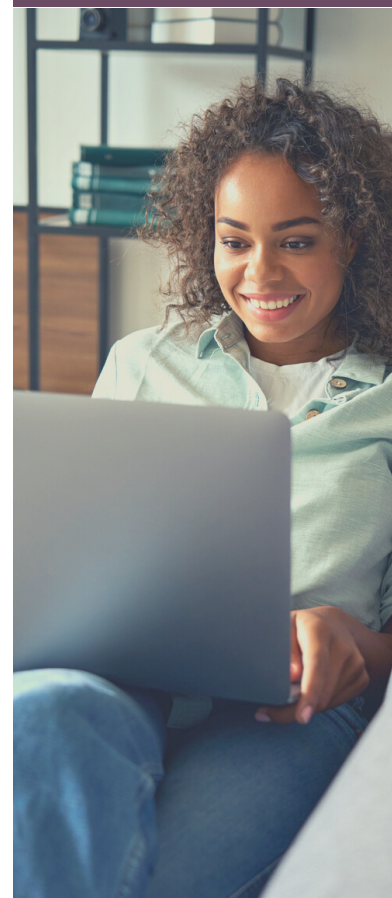
>>**The Inpatient Role in Recovery**
Wednesday, Aug 10 | 12:00 - 1:00 PM (ET)

[Register Here](#)

ICYMI: Why People Stay: Workforce Retention in Community Behavioral Health - Staff turnover has been a problem in the mental health field and can be costly for organizations, providers, and the clients they serve. In this **on-demand recording**, Dr. Salyers shares current research on why individuals stay, discusses how turnover and retention may have different predictors, and identifies factors that support long term retention.



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





Recent Products

Crisis Care Guide:

- **Mental Health Equity in Underserved Populations** - As the future of crisis care in the United States is on the cusp of transformation, it is important to keep under-served and marginalized populations in mind when championing the changes and improvements to those services. This brief guide serves to highlight the unique struggles and barriers that many different marginalized communities experience when trying to access crisis services, and provides a glimpse into the future of crisis care. [Click here](#) to access the guide.

Interactive Data Map:

- **Mental Health Workforce Shortages** - Region IV is the largest HHS region, comprised of eight states and approximately one-quarter of the U.S. population. These states have large rural populations, high poverty rates, and face racial and cultural disparities in care as well considerable clinical, geographic, workforce, and health system differences. Our newest data visualization demonstrates the potential ways workforce shortages impact mental health outcomes as well as areas where measures could be taken to increase availability of mental health professionals. Many counties in Region IV are doubly disadvantaged with a high degree of mental health burden co-existing with mental health provider shortages. These counties should be a high priority in efforts to expand the mental health workforce in the Southeast. [Click here](#) to view the map of workforce shortages in Region IV.

Resources by Topic

We created several resource pages to easily locate information by topic area. Check out these resource pages:

[Crisis Care
& 988](#)

[Mental Health
Equity](#)

[Workforce](#)

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





Region IV Corner

- **Southeast MHTTC School Mental Health Initiative** - Schools play an important role in the recovery of students following community-wide trauma and adversity, but the road from preparedness to recovery begins before a crisis event occurs and the response lasts well after the event is over. This four-part series focuses on the role of schools and school mental health providers throughout crisis planning and response and will offer a framework for planning that is part of a larger trauma-informed and healing-centered approach to education and school mental health. Presenters will highlight crisis planning efforts across the Southeast region and nationally.

- **July 13 | 12:00 - 1:30 PM (ET)** Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity: Part 3 - Response ([Click here to register!](#))
- **July 27 | 12:00 - 1:30 PM (ET)** Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity: Part 4 – Recovery and Maintenance ([Click here to register!](#))



- **ICYMI:** [Click here to access Part 1 and Part 2](#) of the Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity series.

- **North Carolina's Division of Mental Health, Developmental Disabilities and Substance Abuse Services Invests in Its Workforce:** North Carolina announced [funding opportunities](#) for tuition scholarships to improve behavioral health outcomes and substance use disorder treatment in the state. This initiative seeks to expand the integration of substance use disorder (SUD) education into the standard curriculum of relevant health services education programs, which will ultimately increase access to, and improve the quality of, substance use disorder treatment services. Tuition scholarships will be provided to students from ethnic/racial minority groups to pursue degrees that support work in the addiction and recovery fields. By expanding the minority provider workforce, NC hopes to address disparities and increase equity in access to care for all.

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



MHTTC & SAMHSA Updates

988 AND CRISIS SERVICES

Stay Informed About 988 and Emerging Crisis Services

On July 16, 2022, 988 will become the new dialing code to operate through the existing National Suicide Prevention Lifeline (Lifeline) network of local call centers. Funded by SAMHSA and administered by Vibrant Emotional Health, 988 is the result of federal legislation to increase the accessibility and use of life-saving interventions and resources. It is a direct connection to compassionate, accessible support for anyone experiencing mental health related distress. The nationwide transition to 988 as a three-digit call, text, and chat line is just the first important step in reimagining crisis support in the U.S. [Click here](#) to visit the MHTTC Resource page to learn more or stay updated on the 988 roll-out and emerging crisis services. This [resource page](#) outlines key 988 and crisis service updates and resources to watch over the next few months.

- **ICYMI:** [Click here to access recordings](#) from the 2-part panel series **Supporting the Mental Health of Refugee and Asylee Communities**.
- **SAMHSA** announces \$15M funding opportunity to **strengthen behavioral health services in nursing homes** and other long-term care facilities. This program will establish a Center of Excellence for Building Capacity in Nursing Facilities to Care for Residents with Behavioral Health Conditions and focus on improving overall health care in nursing homes and other long-term care facilities by providing direct consultation to staff to increase understanding, improve awareness, reduce stigmatization, and build knowledge and skills for effective resident care. [Click here](#) to learn more.
- **SAMHSA** announces \$3.5M grant opportunity to develop a Center of Excellence for **advancing behavioral health care for Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities** while reducing behavioral health-related disparities. [Click here](#) to learn more.



Be sure to visit the MHTTC Network and SAMHSA sites for additional Crisis Care Resources

