



People with serious mental illnesses (SMI) struggle with more than their symptoms. Compared with the general population, they are more likely to be unemployed, live in sub-standard housing, be disconnected from friends and family and have co-occurring physical illness and substance use disorders.

Many evidence-based practices exist to help this group of people live meaningful, inclusive lives in the community. With appropriate assistance individuals can learn to better manage their illness, live independently and establish meaningful social roles.

Training and Technical Assistance

The Mid-America Mental Health Technology Transfer Center provides free training and technical assistance to implement, improve and sustain evidence-based mental health practices in Iowa, Kansas, Missouri and Nebraska. When fully implemented, these practices advance treatment for persons with serious mental illness so they can live meaningful, inclusive lives. All practices are evidence-based and are congruent with the values that shape mental health services today. Training materials are well-defined and easy to implement, have demonstrated effectiveness and durable outcomes, and support client autonomy.

Evidence-Based Mental Health Practices




The Mid-America MHTTC provides support for implementation and sustainment of a wide range of evidence-based mental health practices, particularly those endorsed by SAMHSA. Additional training topics and resources can be found on our website.

Contact Us

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Mid-America MHTTC Resources

We offer the following technical assistance to identify appropriate evidence-based mental health practices through:

- Referral to training and implementation resources
- Support for implementation and sustainment of evidence-based mental health practices
- Training of direct care staff to develop competencies related to specific evidence-based mental health practices
- Training on fidelity assessment of SAMHSA's evidence-based mental health practices

Follow us for programming in these areas:

Permanent Supportive Housing

Having a place to call home is of great value for all persons. Training is available on well-researched Permanent Supportive Housing programs that provide housing stability to participants who have SMI.

Family Support Services

Families and friends are important for all persons with and without SMI. In order to have a satisfying family life, training is available through a well-documented Family Support Program that prepares family members to provide stability and support for their loved ones and that assists families in adjustments to having a member with SMI as part of the family unit.

Motivational Interviewing

Lifestyles and behaviors are predictive of our physical health, mental health and well-being. Motivational Interviewing is a practice that helps people with serious mental illness address alcohol and drug use, smoking, unhealthy diets, physical inactivity, low adherence to taking medications and irregular sleep patterns.

nearly **80%**
of participants with SMI
in **Supportive Housing**
programs maintain
independent living.

(Culhane et al, *Housing Policy Debate*, 2002)

The Mid-America MHTTC can also provide training in the implementation of evidence-based practices for clinically assessing and treating persons with SMI including:

- Supported Employment
- Integrated Treatment for Co-Occurring Disorders
- Assertive Community Treatment
- Illness Management and Recovery

For more information, reach out to us using the contact information on the reverse side of this flyer.