



# Southeast MHTTC Newsletter

Volume II, Issue III - April 2020

## SOUTHEAST STORIES

We invite Region IV peers, clinicians, agencies, and hospitals to share how COVID-19 has impacted your professional lives as well as the strategies being used to provide mental health services and treatment during this challenging time. Through these shared stories, we hope we can support and learn from each other, gain knowledge about best practices, and identify training or service needs.

Here are a few shared stories we've received:

- "We are also developing a telephone line to run 8am-8pm for staff to call with concerns or to talk about what they are experiencing on the front lines. It will be an employee-led support system."
- "For some time we have all experienced a shortage in the Behavioral Health Workforce. In Tennessee, we are calling on retired clinicians & Behavioral Health workers to participate in our response to COVID."

If you and your team have a story from the frontlines of the mental health response to COVID-19, please share [here](#).

## Upcoming Events

Be sure to visit [our website](#) for event topics and dates scheduled in 2020.

## Past Events

Did you miss a recent Southeast MHTTC Event? Click on the links below to access our webinar recordings and download slide deck presentations.

- From Cultural Competence to Structural Competence - Strategies for Achieving Mental Health Equity
- Mental Health Systems' Responses to Public Health Emergencies
- COVID-19: Mental Health Challenges and Resilience

# COVID-19 Pandemic

The Southeast MHTTC recognizes that mental health providers and administrators face challenging times as the COVID-19 pandemic continues to unfold. We are dedicated to providing resources that may be useful in addressing the needs of individuals with serious mental illness, the mental health workforce, and the mental health systems during this time. Below we list several resources developed and/or compiled by the MHTTC focused on responding to COVID-19.

## Southeast MHTTC

### COVID-19 Related Products

- **Mental Health Systems' Response to Public Health Emergencies Webinar**

Jeannette David, Georgia's Disaster Mental Health Coordinator, presents what steps providers and administrators can take to prepare for public health emergencies including creating a continuity of operations plan.

- **Mental Health Systems' Response to Public Health Emergencies Fact Sheet**

Don't have time to watch the full webinar? Check out this accompanying fact sheet which summarizes why and how mental health facilities can prepare for public health emergencies.

- **COVID-19: Mental Health Challenges and Resilience Webinar**

Presented by Dr. Nadine Kaslow, this webinar reviews the common psychological reactions to the pandemic (e.g., anxiety, frustration, disruptions in sleep/appetite) and shares ways to take care of yourself, how to stay connected, and navigate existential concerns during the pandemic.





# MHTTC Network



- **Keeping and Building Peer Connections through Online Peer Support Webinar**

Staying connected during this time is important. Rosalind Hayes and Chris Johnson from Georgia Mental Health Consumer Network discuss how to provide meaningful support during this time by identifying what activities can be moved online and how to adapt even when it's not possible or feasible.



- **Telepsychiatry during the COVID-19 Pandemic**

Want to know the recent telepsych regulation changes that occurred in response to COVID-19? Check out this infographic for a summary and information on equipment, platform, and licensing.



Centers across the MHTTC network have developed and compiled a variety of resources that can be useful when coping with the effects of a widespread public health crisis. These resources include upcoming webinars, articles, support calls, and fact sheets. Access more information specifically related to mental health, school mental health, and telehealth resources by clicking on the links below.

- Mental Health
- School Mental Health
- Telehealth

Thank you for reading the Southeast MHTTC Newsletter!

The Southeast MHTTC Newsletter is published quarterly bringing you updates on our center and information and resources related to public mental health.

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## STAY IN TOUCH



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