



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network
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November Awareness Events

- **November is Native American Heritage Month:** In 1990 President George H.W. Bush designated November “National American Indian Heritage Month”. Today the month-long tribute to the ancestry and traditions of Native Americans is also referred to as "American Indian and Alaska Native Heritage Month". According to the US Census Bureau (2020), there are approximately 7.1 million individuals identifying as American Indian/Alaska Native (AI/AN). Please visit the [National American Indian and Alaska Native MHTTC](#) to learn more and find resources to support this community.
- **Veterans Day, 11/11:** In 1954 President Dwight D. Eisenhower proclaimed November 11th as Veterans Day. Today approximately 10% of the 18 million Veterans living in the US receive mental health treatment at a VA facility. [Click here](#) to learn more about mental health resources for Veterans.
- **Transgender Day of Remembrance, 11/20:** This annual observance honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence. View this [on-demand recording](#) and/or [access this toolkit](#) to learn more about supporting and implementing mental health care best practices for transgender communities.

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November Awareness Events - Continued

- **International Survivors of Suicide Loss Day, 11/21:**
Survivors of suicide loss come together to connect and offer hope during this annual observance event. Suicide prevention remains a key mental health priority for our region. [Click here](#) to view suicide prevention resources.

Upcoming Events

- **Trauma and the Peer Perspective Part 2: Trauma and 988/Crisis Services Response**

Thursday, November 10 | 12:00 PM (ET)

Everyone is familiar with 911, 411, and even 211, but what about the 988 Suicide and Crisis Lifeline? Trauma is very often the catalyst for crisis and providing trauma informed support is critical during times of crisis. Join us for part two of our Trauma and the Peer Perspective series as we examine the way trauma is defined, how trauma is often addressed within behavioral health systems, and how valuable trauma informed peer support and services can be. [Register here!](#)



- **Trauma and the Peer Perspective Part 3: Mental Health and the Holidays**

Thursday, December 8 | 12:00 PM (ET)

[Register Here!](#)

- **Social Cognition and Recovery**
Monday, December 12 | 12:00 PM (ET)

Registration Details Coming Soon!

We are planning December events - be sure to check our [Events Page](#) for updates!





Recent Products

On-Demand Recordings:

- Trauma and the Peer Perspective (Part 1): What is Trauma? In Part 1 of this series 'Trauma and the Peer Perspective' CPS panelists examined the ways trauma is defined, how trauma is often addressed within behavioral health systems, and how trauma informed peer support and services helped them in their recovery journey.

Print Media:

- Resource Guide: 'Keeping It Practical' Core Skills from EBPs - This resource guide reviews core aspects of several evidence-based psychiatric rehabilitation practices focusing on practical steps participants can do now to make a difference. This resource guide serves as an accompanying product to our 6-part on-demand webinar recording series Keeping It Practical: Core Skills from Evidence Based Practices.
 - Did you miss our 6-part "Keeping It Practical" Series? Don't worry - you can access the on-demand recording from each session or review the EBP you're interested in learning more about by clicking here.
 - Only have a few minutes to catch up on core features of a particular EBP? We've created short videos highlighting practical tips from each session.

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





Region IV Corner

- **Florida: Department of Children and Families (DCF) and Department of Health (DOH) Announce Free Peer Support for Individuals and Communities Impacted by Hurricane Ian.**

Florida recently launched two resiliency tools to help individuals and communities impacted by Hurricane Ian. First, the Family Support Line connects individuals and families impacted by Hurricane Ian with peers who were impacted and recovered from challenges brought on by Hurricane Michael (in 2018).

Peers will be able to use their personal experiences to provide support, advice and a helping hand to those impacted by Hurricane Ian. They will also help direct Hurricane Ian survivors to resources that are available including loan information, roof repair, and disaster assistance benefits. Second, in partnership with BetterHelp, an online therapy platform, three months of free online therapy will be provided to those impacted by Hurricane Ian. To learn more about these support services, [click here](#).

- **South Carolina: Study Finds South Carolina to be One of the Most Accessible to Deaf and Hard of Hearing for Mental Health Services.** A recently published article compared state-level compliance for mental health facilities in providing access to Communication Services for deaf American Sign Language (ASL) users. **Approximately 40%** of mental health facilities that receive public funds **do not provide services in sign language.** South Carolina, which has a statewide service system for patients who need ASL services, had one of the lowest prevalence of facilities in noncompliance (16%). By providing orientation to deafness for other agencies, providing specialized training for interpreters, and advocating on behalf of patients when they face barriers to service delivery, South Carolina's Department of Mental Health (SCDMH) is working to reduce mental health related disparities in their state. To learn more about SCDMH's efforts and read the article, please [click here](#).

Share
Your
Agency's
Success
Story! We
want to
hear about
the good
work
happening
in Region
IV.



MHTTC & SAMHSA Updates



Stress Management Resources: As the holiday season approaches, it is important for individuals to identify stress in their life so that they can more effectively combat it. Stress significantly impacts both mental and physical health and is becoming more widespread. Visit the [MHTTC for resources](#) to help better manage stress.

- **SAMHSA** announced more than **\$100 million** in funding to states and territories for **mental health emergency preparedness, crisis response, and the expansion of 988 Suicide & Crisis Lifeline services**. [Click here](#) to read more about this investment in mental health services.
 - \$59.4 million to states and territories through the Community Mental Health Services Block Grant (MHBG) program, with the recommendation that the funding be spent to address mental health emergency preparedness and crisis response efforts
 - \$50 million in supplemental grant funding to help states and territories expand and enhance 988 Suicide & Crisis Lifeline services.
- **SAMHSA** announced **\$15 million** in additional funding for **CCBHC planning**. This additional round of planning grants will expand access to all 50 states. Application Due Date for Cooperative Agreements for Certified Community Behavioral Health Clinic Planning Grants is Monday, December 19, 2022. [Learn more here](#).

We want to hear from you! Tell us your thoughts on the future of tele-health with this quick survey.



SAMHSA

Substance Abuse and Mental Health
Services Administration

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