



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network
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Happy New Year!

Welcome 2023! We hope you had a happy, healthy holiday season. We know the holiday season can be a time of joy *and* stress. Throughout this month and the coming year, we encourage you to take time to enhance your personal and professional resilience. Visit our [Provider Well-Being page](#) for resources to renew your focus on wellness.

We are kicking off the year with a great line-up of virtual trainings. Our first event of 2023 focuses on strengthening career and income pathways for individuals with psychiatric disabilities. In February we will host a Southeast Regional Learning Community for providers who want to incorporate core EBP skills into their daily work. Be sure to check out [page 2](#) for more info.

In this issue Peer Support Services play a prominent role. We highlight several of our collaborative efforts with Georgia Mental Health Consumer Network in our 'Recent Products' section on [page 3](#) as well as showcase some of the amazing peer support work being done in the Southeast Region on [page 4](#).

January Awareness Events

January is Human Trafficking Awareness Month: Every year millions of men, women, and children are trafficked in countries around the world, including in the United States. Traffickers often use force, fraud, or coercion to lure victims and force them into labor or commercial sexual exploitation. Visit the [Office on Trafficking in Persons](#) to learn more or locate resources.

January is National Poverty in America Awareness Month:

According to the US Census Bureau, approximately 37.9 million people experience poverty in America. Socio-economic conditions and other factors can negatively impact mental health outcomes. To learn more about social determinants of health and ways to moderate the effects, please [click here](#).

- **Monday, January 16th: Martin Luther King Jr. Day**
- **Friday, January 27th: International Holocaust Remembrance Day**

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Upcoming Events



Thursday, January 19 |
12:00 PM (ET)

Strengthening Career & Income Pathways for Individuals with Significant Psychiatric Disabilities: Education, Employment & Disability Benefits - The majority of individuals diagnosed with a serious mental illness' face significant

socioeconomic challenges and high rates of employment. In place of discrete "one size fits all" evidence-based practices, this presentation will consider the broader landscape of strategies for improving outcomes across the spectrum of individuals who are currently seeking education or work or have applied for or are already receiving SSI/SSDI. Specific topics covered will include career development and career mobility supports, SSI/SSDI decision making, and financial empowerment strategies for individuals currently unable to work or attend school. [Register here today!](#)

Southeast Regional 6-Week Learning Community Opportunity

Thursdays, February 2 - March 9 |
12:00 PM (ET)



Core Skills From Evidence-Based Practices: Are you a Southeast regional provider working in a place that doesn't have supports for evidence-based practice? Are you looking for ways to more effectively advance recovery goals with your clients? Join us and leaders in the field who have been working with evidence-based practices to better **incorporate core skills into your daily work**. Learn with other **Southeast providers in a 6-week, on-line regional learning community** focused on doing more with less. Each week we will present information on a core skill that transcends different areas of practice, including small group discussion and support on how to incorporate that skill in your particular setting. [Learn more or register here](#) for this 6-week series! **Open to Southeast providers; space is limited.*



Recent Products

Southeast MHTTC Publications:

- Southeast team members, along with the Georgia Mental Health Consumer Network (GMHCN):
 - **co-authored a column** titled 'Hearing Their Voices: Engaging Certified Peer Specialists (CPS) in Dialogues About Racism and Recovery' appearing in Psychiatric Services.
 - **published a brief report** in Psychiatric Services detailing a qualitative study of CPS as they provided telehealth services during the COVID-19 Pandemic.
- **Year 4 Review:** Check out a summary of our activities this past year

Print Media:

- **Providing Peer Support to Individuals in Dual Recovery (Infographic)** - This infographic reviews highlights from our panel discussion featuring CPS providing Peer Support Services to individuals in dual recovery. Panelists shared the challenges and opportunities CPS often face in providing dual recovery peer support, the resources needed to build and maintain a successful community-based dual recovery program, and how communities can benefit from such programs.

On-Demand Recordings:

- **Trauma and the Peer Perspective: Mental Health & the Holidays (Part 3)** - "It's the most wonderful time of the year" a popular holiday carol proclaims, but for many the holidays bring stress, family discord, anxiety, and depression. This recording features CPS exploring the challenges that come with the holiday season and discuss connections and resources they use to support themselves and others. Did you miss Part 1 and 2 from this series? Access the recordings from our 3-part series here!



ICYMI: Recordings from our recent webinars on reducing stigma are now available. Check out our Mental Health Equity page to view these resources and more.

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





Region IV Corner

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The Southeast MHTTC is conducting a survey to learn more about our region's knowledge of the Social Determinants of Mental Health! To help us learn more, please consider completing this **brief questionnaire**.

- **Alabama:** The Alabama Fire College (AFC), through a partnership with the Alabama Department of Mental Health (ADMH), will expand a peer support program to strengthen emergency responder mental wellness while on and off the job. With the creation of the peer support program, Alabama will be one of the first states in the nation to implement the Recruit School curriculum and allow the AFC to enact full deployment of the Alabama First Responder Peer Support Program. The main objective is to train a group of emergency responders in awareness and operational peer assistance. The efficacy and health of first responders are influenced by their mental health. By lessening the stigma of mental illness and by offering peer support, the program can also help sustain a more healthy and productive work environment. To learn more, [click here](#).
- **Tennessee:** The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) passed a milestone in the journey of peer support with more than 1,000 people with lived experience of mental health and/or substance use challenges who are trained and currently certified to use their past to help others on the road to recovery. Tennessee's Certified Peer Recovery Specialist program began in 2007 and has grown over the last decade to unique programs for family members of children with behavioral health needs and for young adults. To learn more, [click here](#).



MHTTC & SAMHSA Updates



Best and Promising Practices (BPP) Fact Sheet Library

One of the first steps in implementing new mental health services is to explore best and promising practices that may help resolve gaps in care. Recognizing the need for succinct summaries, the MHTTC Network has built a library of Best and Promising Practices Fact Sheets.

- **SAMHSA's 19th Prevention Day:** Prevention Day is happening Monday, January 30, 2023, in conjunction with CADCA National Leadership Forum. The event will take place at the Gaylord National Resort & Convention Center in Oxon Hill, Maryland. Whether you are a prevention practitioner, community leader, researcher, scientist, consumer, or an advocate, this interactive forum has something for everyone. Learn more or access related resources here!
- **SAMHSA** recently awarded more than \$130 million in 988 Suicide & Crisis Lifeline grants to address the nation's ongoing mental health and substance use crises. In total, the Biden Administration has invested nearly \$500 million to get the 988 Lifeline up and running through the Bipartisan Safer Communities Act and other funding streams. Learn more about SAMHSA's investments in strengthening behavioral care for individuals and communities.

Access resources from across the MHTTC Network and from SAMHSA

