



Southeast (HHS Region 4)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

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## Southeast MHTTC Updates

In our March issue we highlight several awareness events, including Developmental Disabilities Awareness and Women's History Month. Turn to *page 2* to register for our upcoming events that focus on leveraging community members and resources. We hope you'll join us! Be sure to check out *page 3* for some of our resources published in honor of Black History Month. Our *Region IV Corner* features a request from our team for artwork as part of a research project that aims to uplift the voices of peer specialists of color. More information about submitting creative works can be found on *page 4*. Finally, stay up to date with the latest events and resources from the MHTTC Network and SAMHSA on *page 5*.

### March Awareness Events

#### **March is Developmental Disabilities Awareness Month (DDAM):**

Developmental Disabilities Awareness Month ([DDAM](#)), led by the National Association of Councils on Developmental Disabilities (NACDD), raises awareness of the contributions of people with developmental disabilities in all aspects of community life. To learn more about supporting the mental health of students with developmental disabilities, [view these resources](#) by the Southeast MHTTC's School Mental Health Initiative.

**March is Women's History Month:** During [Women's History Month](#) many organizations, including the US Department of Health and Human Services (HHS), join in commemorating and encouraging the observance and celebration of the vital role of women in American history. Click here to [access MHTTC Network resources](#) to support the mental health of women.

**March is Social Work Month:** Social Work Month in March is a time to celebrate the great profession of social work, which can trace its origin over 100 years ago. We appreciate the efforts social workers undertake to advocate for the mental wellbeing of the individuals, families, and communities they serve. To read more about pioneers in social work and the great work currently being done by these professionals please [visit National Association of Social Workers](#).

**Sleep Awareness Week (March 12-18):** This week is the perfect time to emphasize the important connection between sleep and well-being. Be sure to check out our sleep-related resources that support client and provider wellbeing: [Social Cognition & Recovery: The Importance of Sleep](#) and [Workforce Wellness Strategies: Quality Sleep](#).

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## Upcoming Events



**Wednesday, March 8 |  
12:00 PM (ET)**

**Faith, Spirituality, and Peer Support** - Individuals with mental health or substance use concerns often avoid seeking treatment for a variety of reasons and barriers. Faith-based initiatives and peer support services are important partners in increasing outreach, education, and access to behavioral health services for these individuals. Join us for this webinar as Dr. Monty Burks discusses ways to engage and connect faith-based organizations and communities, reduce stigma, and expand behavioral health support services, including peer support. [Register here today!](#)

**Thursday, March 30 |  
12:00 PM (ET)**

**Community Resiliency Model (CRM) for the Behavioral Health Workforce** - The Community Resiliency Model (CRM)® is a skills-based wellness and prevention program that provides a biological, non-stigmatizing perspective on human reactions to stress and trauma. The primary focus of this stabilization program is to learn to reset the natural balance of the nervous system, using the body itself. CRM skills help people understand their nervous system and learn to track sensations connected to their own wellbeing. This low-intensity intervention teaches easy-to-learn skills to manage difficult emotions which can be brought on by stressful personal or professional situations. CRM skills may be shared with others immediately after taking the 1 ½ hour training. [Register here today!](#)







## Recent Products

### Print Media:

- [Dual Diagnosis among LGBTQ+ Communities \(Infographic\)](#) - Dual Diagnosis is when an individual is diagnosed with having a substance use disorder and mental health condition concurrently. There are factors that contribute to an individual's and/or community's likelihood of having a dual diagnosis, including barriers to health care and treatment, minority stress from discrimination and stigma, and lack of awareness about dual diagnosis and symptomology. This report has a specific focus on the LGBTQ+ communities in the US and highlights the context within the Southeast. **Check out this resource in an interactive 'flipbook format'!**
- [Pioneers of Black Mental Health \(Infographic\)](#) - Black History Month commemorates a celebration of leaders past, present, and future who have sought to combat structural oppression of Black communities. Anti-Black racism is a major social determinant of health that contributes to disparities in the field of mental health and substance use. This report highlights the work of several pioneers who were activists for mental health and wellness including mental health providers, artists, writers, and community leaders.
- [Confess Project \(Fact Sheet\)](#) - According to the 2021 National Survey on Drug Use and Health (NSDUH), Black Americans have substantially lower access to mental health and substance-use treatment services despite rates of behavioral health disorders not significantly different from the general population. This brief fact sheet provides an overview of 'The Confess Project of America', which trains community leaders such as barbers and beauticians to offer support and bridge the gap between unmet mental health needs in African American communities.

### On-Demand Recording:

- [Strengthening Career & Income Pathways for Individuals with Psychiatric Disabilities](#) - This webinar is motivated by the reality that individuals diagnosed with 'serious mental illness' often face significant socioeconomic challenges and high rates of employment. In place of discrete "one size fits all" evidence-based practices, Nev Jones, PhD discusses 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/SSI.

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





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## Region IV Corner

### Call for Art & Writing Submissions!

The Southeast MHTTC and Emory's Department of Behavioral, Social, & Health Education Sciences (BSHES) are collecting artwork to be featured in an upcoming informational pamphlet on the experiences and stories of black peer specialists. This is part of a research project that aims to uplift the voices of peer specialists of color and their experiences with recovery and community support. The deadline for submission is March 15, 2023.



#### Submission Criteria:

- Artwork & Writing accepted includes: painting, drawing, short story, poetry
- Must identify as Black/African-American
- Must be a Certified Peer Specialist



- **Florida:** Almost 200 leaders, clinicians, and families from across Florida gathered at the Florida Capitol for the annual Behavioral Health Day on February 8, 2023. Advocates met with legislators and state agencies to bring awareness to mental health and substance use disorder services in Florida. Representatives from the Florida Behavioral Health Association (FBHA), along with the Florida Department of Children and Families (DCF) Assistant Secretary for Substance Abuse and Mental Health, the Agency for Healthcare Administration (AHCA) and NAMI Florida, were in attendance. [Click here](#) to read more about the event.
- **North Carolina:** Each day hundreds of North Carolinians wait inside hospital emergency departments for behavioral health care due to the lack of a real-time list of operational beds, which could make it easier to connect individuals to care in more appropriate settings. To address this growing need, the NC Department of Health and Human Services (NCDHHS) recently launched BH SCAN, a new tool to help hospitals and providers quickly find an open bed where people can get the behavioral health treatment they deserve. [Click here](#) to learn more about this web-based application that allows facilities to search for an [available inpatient behavioral bed](#) based on multiple search criteria and allows for a statewide view of inpatient psychiatric resources.





## MHTTC & SAMHSA Updates

Focus:PHI



Federal Health Privacy Laws:  
Basics for School Professionals

March 14 & 16, 1-2pm EST

Information (CoE-PHI) are hosting a two-part virtual learning series. [Learn more and register here!](#)

### Federal Health Privacy Laws: Basics for School Professionals March 14 & 16 | 1:00 PM (ET)

To assist mental health professionals working in schools in understanding how federal health privacy laws apply to student mental health information, the MHTTC Network and the Center of Excellence for Protected Health

Access  
resources  
from  
across  
the  
MHTTC  
Network  
and from  
SAMHSA

**SAMHSA Report on Optimizing Recovery Funding:** SAMHSA provided the Peer Recovery Center of Excellence (PR CoE) with supplemental funding to identify and recommend best practices to optimize funding for high quality and effective recovery support services (RSS). This project involved an assessment of the opportunities and barriers experienced by organizations in accessing funding and a deep-dive analysis of how states are administering funds to support recovery services. Click here to view the findings and recommendations from the [Optimizing Recovery Funding](#) report:

- Volume 1 reviews the challenges and successes experienced by organizations in securing sustainable funding.
- Volume 2 reviews how states allocate funding to organizations for recovery support services (RSS).

### **SAMHSA Report on Impacts of Long COVID on Behavioral Health:**

This review by SAMHSA discusses the impact of the COVID-19 pandemic on behavioral health, specifically the psychiatric symptoms associated with Long COVID, potential long-term implications, and suggestions for future directions for recovery. This report highlights the challenges of behavioral health care professionals to provide care and support to patients with Long COVID while paying particular attention to health equity and equal access to care for all populations. Click here to access SAMHSA's review on the [behavioral health implications of Long COVID](#).



**SAMHSA**

Substance Abuse and Mental Health  
Services Administration

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