MHTTC
Welcome to our
RACE
for Mental Health
Raising Awareness Commemoration Event
We will begin in a few moments

Housekeeping Items

- We have made every attempt to make today's presentation secure. If you have any tech issues, please type "tech help" into the chat box.
- **This session is being recorded, and all attendees have been muted upon entry**.
- At the end of today's session, please complete a **brief** survey to let us know how we are doing.
- You will receive a follow up email on how to access a certificate of attendance; must attend at least 30 minutes. You will also receive the link to the session slides and recording.
- This event is closed captioned!
- Follow us on social media:

@MHTTCNetwork

Please Note:
This session is recorded and all materials will be posted to our website within 1 week.

Disclaimer

This presentation was prepared for the MHTTC Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the MHTTC Network Coordinating Office. This presentation will be recorded and posted on our website.

At the time of this presentation, Dr. Miriam E. Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services (DHHS) and the Administrator of SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of DHHS or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

SAMHSA
Substance Abuse and Mental Health Services Administration

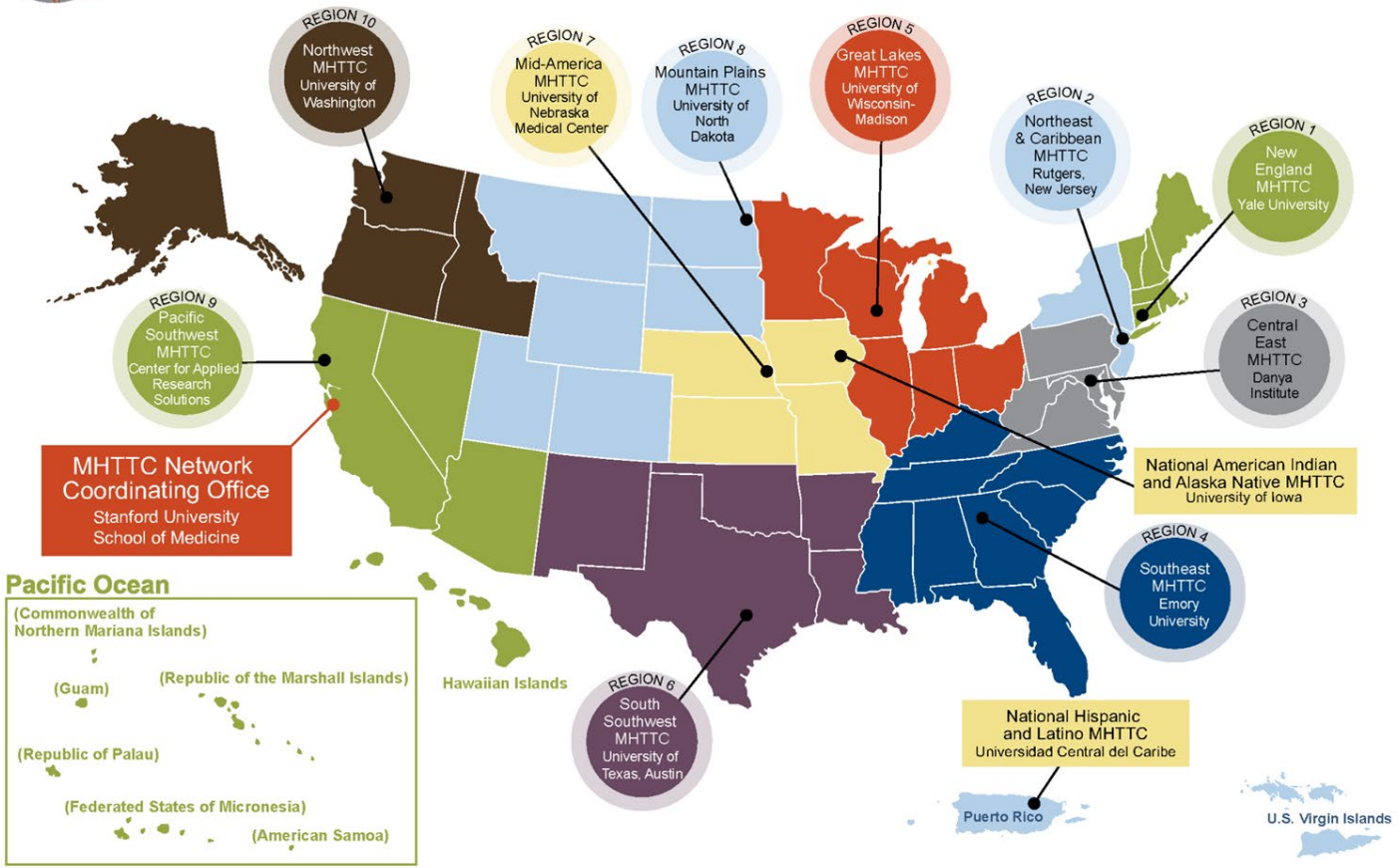
The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

- Strengths-based and hopeful
- Inclusive and accepting of diverse cultures, genders, perspectives, and experiences
- Healing-centered and trauma-responsive
- Inviting to individuals participating in their own journeys
- Person-first and free of labels
- Non-judgmental and avoiding assumptions
- Respectful, clear and understandable
- Consistent with our actions, policies, and products

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

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

MHTTC Network



Our Purpose

The purpose of the MHTTC Network is to accelerate the dissemination and implementation of mental health related evidence-based practices across the nation.

Our Goals

- Accelerate the **adoption** and **implementation** of mental health related **evidence-based practices** across the nation.
- Heighten the **awareness**, **knowledge**, and **skills** of the workforce that addresses the needs of individuals living with mental illness.
- Foster **regional** and **national alliances** among culturally diverse practitioners, researchers, policy makers, family members, and consumers of mental health services.
- Ensure the availability and delivery of **publicly available**, **free of charge**, **training and technical assistance** to the mental health field.

What We Do

- Provide **training and technical assistance**, develop and disseminate **resources**
- Provide **regional or population-tailored services** to states and treatment provider systems across mental health prevention, treatment, and recovery
    - Special school mental health supplement
- Work closely with SAMHSA Regional Directors, state behavioral health commissioners, and local stakeholders to **understand pressing needs in the region/population**
- Harness the power of the Network to **collaborate on projects of national importance**

Quick Tutorial

Breakout Room Speakers

- Welcome to breakout room #1 for MHTTC resources related to mental health awareness and literacy!
- There will be 2 presentations in addition to a 10-minute Q&A at the end.
- Feel free to send questions to the speakers at any time via the chat box.
- We will all return to the main room after the Q&A.

Mid-America (HHS Region 7)

MHTTC

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Introduction to New Employee Modules

Marla Smith, MS, LMHP, LMHC
Mid-America MHTTC
May 2023

This Photo by Unknown Author is licensed under CC BY-SA-NC

How It Started

- Inconsistent training across the state
- High turnover rates
- Changing legislature

HealtheKnowledge Modules

Trauma Informed Service Delivery

Shared Decision Making

Recovery Oriented Care

Self-Care

Motivational Interviewing

Crisis Prevention and De-escalation

Cultural Humility and Competence

SAMHSA
Substance Abuse and Mental Health Services Administration

Supplemental Materials

Outline:

1. Education: Provide staff with information about cognitive bias. (Approx. 15 minutes)
2. Discussion points: Discuss situations in which bias could occur and discuss how to recognize it in the moment and what to do to mitigate it. (Approx. 45 minutes)
3. Activity: Read a sample case study to apply the discussed skills.
4. Resources: A list of different resources in your community.

Trainings completed
437
318
519
351
312
599
313
Crisis Intervention
Cultural Humility
Mot. Interviewing
Self Care
Shared decision making
Trauma Informed Care
Recovery Oriented Care

Module access

- Home: All courses (healtheknowledge.org)

- Create an account as a new user
- Click on site home on navigation bar
- Under Mental Health Services

  New Employees in Mental Health Services- A Training Series

Mid-America (HHS Region 7)
MHTTC Mental Health Technology Transfer Center Network
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Connect With Us

JOIN OUR MAILING LIST:

SCAN ME

FOLLOW US ON SOCIAL MEDIA:

/MidAmericaMHTTC

@MidAmericaMHTTC

/company/MidAmericaMHTTC

EMAIL: midamerica@mhttcnetwork.org

WEBSITE: mhttcnetwork.org/midamerica

UNMC MUNROE-MEYER INSTITUTE

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Central East (HHS Region 3)

MHTTC

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Anti-Stigma Toolkit: A Guide to Reducing Behavioral Health Disorder Stigma

Oscar Morgan, MHA

Central East MHTTC

May 2023

Root Causes of Stigma and Discrimination

- Lack of knowledge
- Social norms and beliefs
- Media portrayal
- Race, ethnicity, language and cultural disparities

Types of Stigma and Discrimination

- **Public stigma** is the negative or discriminatory attitudes that others have about mental illness
- **Self-stigma** is the negative attitudes, including internalized shame, that people with mental illness have about their own condition
- **Institutional stigma** is systemic and involves policies of government and private organizations that intentionally or unintentionally

Effects of Stigma and Discrimination

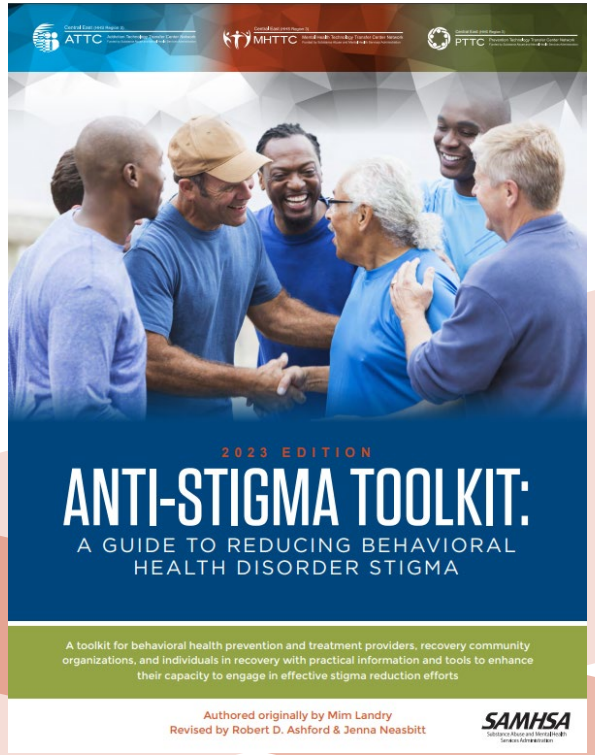
Leads to negative effects on recovery with mental illness

- Fear and shame
- Isolation
- Avoidance of treatment and inadequate healthcare
- Lower self-esteem
- Increased psychiatric symptoms
- Difficulties with social relationships
- Reduced likelihood of staying with treatment
- Ostracism and denial of rights
- Reduced hope

Stigma Reduction Strategies

- Learn more about behavioral health
- Be conscious of language
- Encourage equality
- Show compassion
- Work with the media
- Choose empowerment over shame
- Keep hope alive

Central East TTC Toolkit



Contact Us

Central East (HHS Region 3)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

a program managed by

THE DANYA INSTITUTE

Central East MHTTC website
Oscar Morgan, Project Director

Danya Institute website
Email
240-645-1145

Let's connect:

Q
A

- Welcome to breakout room #2 for MHTTC resources related to culturally responsive and equitable practices!
- There will be 2 presentations in addition to a 10-minute Q&A at the end.
- Feel free to send questions to the speakers at any time via the chat box.
- We will all return to the main room after the Q&A.

Building Health Equity and Cultural Responsiveness Working Group

Shelbie Johnson, MEd | Mid-America MHTTC

Erick Senior-Roges, MA, PhD | National Hispanic & Latino MHTTC

May 2023

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May 2023

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Building Health Equity and Cultural Responsiveness Working Group Overview

OUR MISSION

OUR MEMBERSHIP

OUR EXPECTATIONS

SAMHSA
Substance Abuse and Mental Health Services Administration

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Our Year 5 Goals

- Advocacy Brief
- Show Internal Impact
- Promote Resources

SAMHSA
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Our Products

Racial Equity and Cultural Diversity

This webpage includes a compilation of products and resources on cultural responsiveness, racial equity and cultural diversity for the mental health workforce, curated by the MHTTC Cultural Responsiveness Working Group (CRWG). The CRWG provides guidance and identifies, adapts and develops resources to support all MHTTCs in enhancing their awareness, knowledge, and expertise to address cultural and linguistic capacity to achieve equity.

This is an ever-evolving webpage that is updated periodically. If you are aware of a resource that you'd like us to consider highlighting on this webpage, please feel free to contact Jessica Gonzalez, MHTTC CRWG Logistics Coordinator at jegonzalez@stanford.edu.

MHTTC Resources and Products

Products such as briefs and other resources from the 10 regional MHTTCs as well as the National American Indian and Alaska Native and National Hispanic and Latino MHTTCs.

Toolkits

Toolkits produced by a variety of organizations in order to give minority groups and their allies tools to deal with various problems they may face.

General Resources

A listing of non-MHTTC resources and other organizations that are doing work related to racial equity and cultural diversity.

Webinars and Videos

A collection of videos designed for both providers and the general public that contains a wide range of presenters and topics.

SAMHSA Resources

Links to resources from the Substance Abuse and Mental Health Services Administration.

Reports, publications, articles

Print resources that deal with the topics of race, culture, diversity, and inequality.

SAMHSA
Substance Abuse and Mental Health Services Administration

Culture shapes the way we …

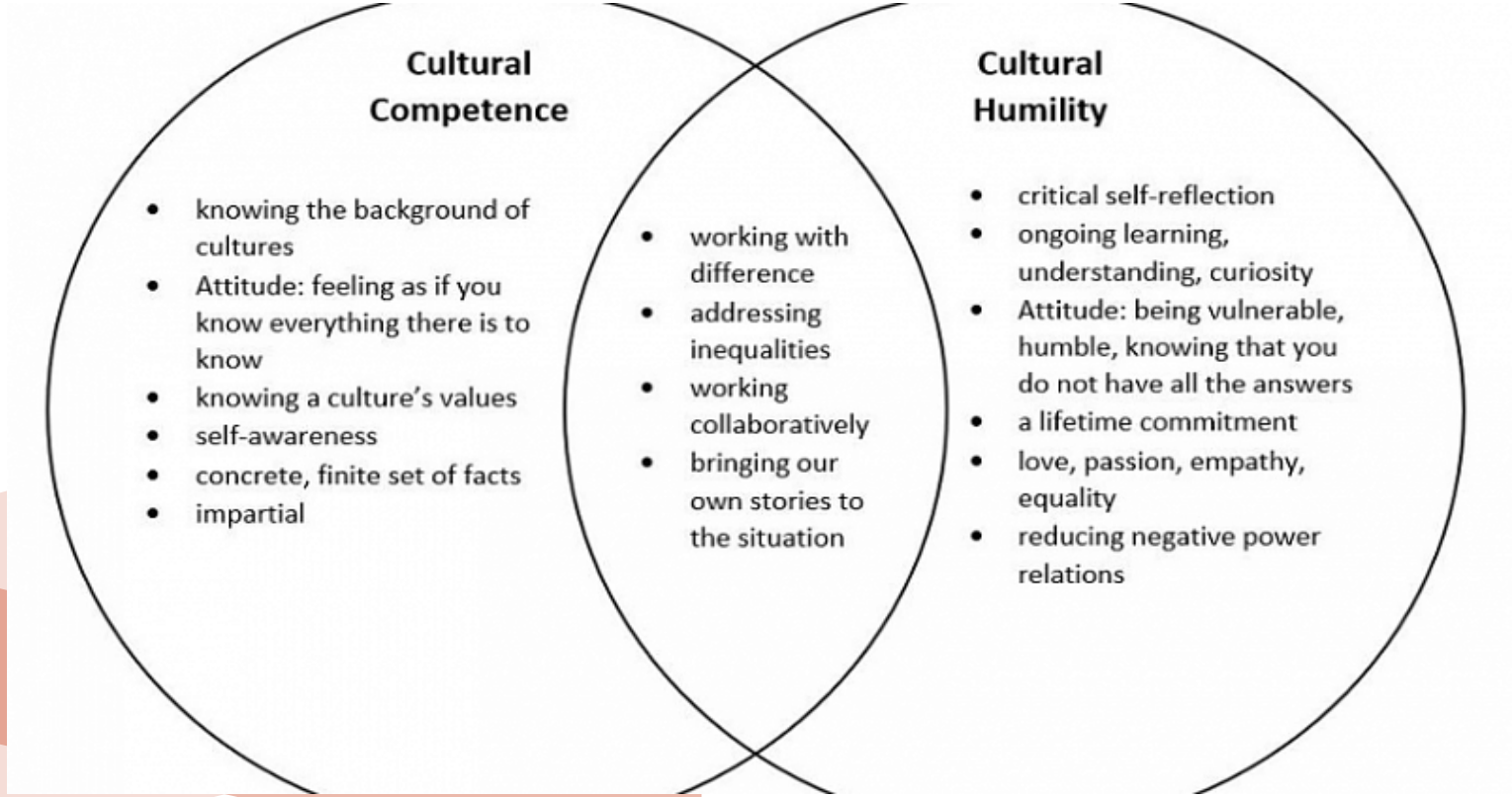
Give meaning to our experiences of psychological distress, health and healing

Express, explain and communicate our distress

Seek help and participate in care

Perceive and prioritize our symptoms

Cultural Responsiveness



Q
A

- Welcome to breakout room #3 for School Mental Health resources from our Network!
- There will be 2 presentations in addition to a 10-minute Q&A at the end.
- Feel free to send questions to the speakers at any time via the chat box.
- We will all return to the main room after the Q&A.

MHTTC

Mental Health Technology Transfer Center Network

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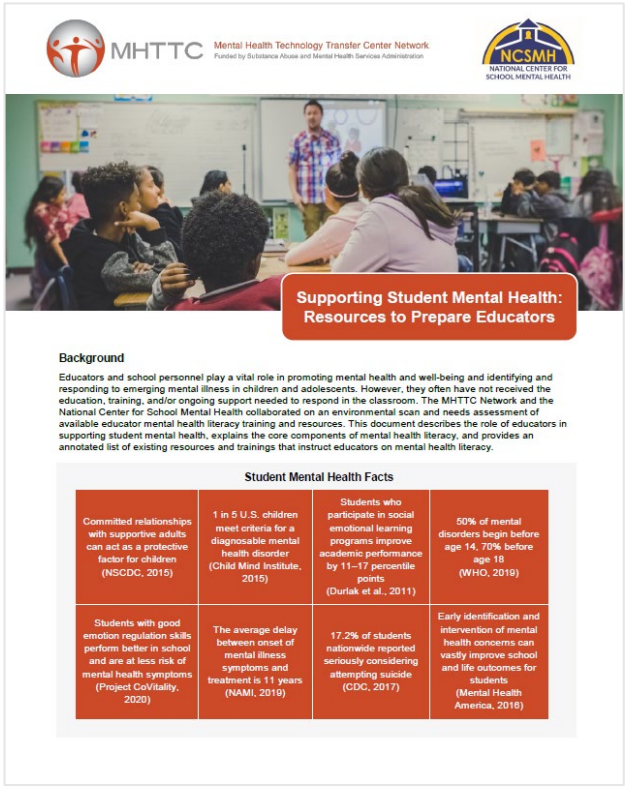
Overview of Classroom WISE

Ricardo Canelo, MPH
MHTTC Network Coordinating Office
May 2023

Why is mental health literacy for educators so important?

Supporting Student Mental Health: Resources to Prepare Educators

- Collaboration with the National Center for School Mental Health
- Describes the role of educators in supporting student mental health
- Explains the core components of mental health literacy
- Provides an annotated list of existing resources and trainings that instruct educators on mental health literacy



Available on the MHTTC Website!

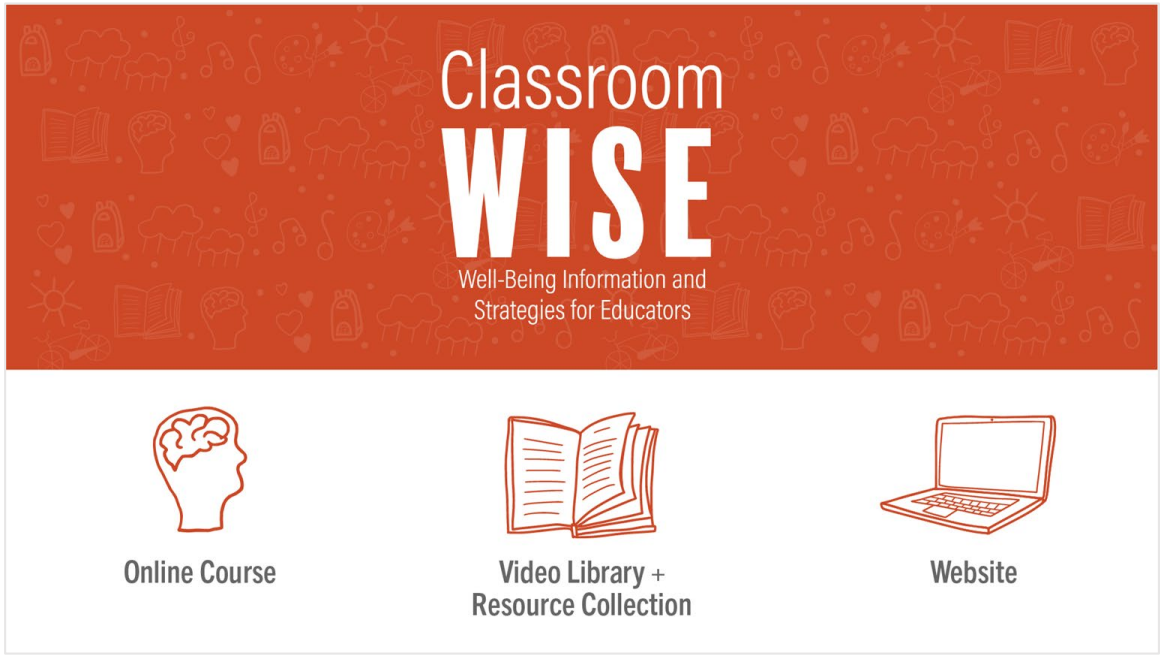
http://bit.ly/supporting-student-mh

“Nothing about us without us!”

- Obtained input via focus groups with educators across the US and one-on-one interviews with leaders in the field of education and mental health

Classroom WISE: Well-being Information and Strategies for Educators

A FREE 3-part training package for K-12 educators and school personnel on mental health literacy



Available at www.classroomwise.org

Classroom WISE Online Course

- Self-paced online course with a 5 contact hour certificate of completion
- Includes evidence-based strategies
- To date, over 16,000 people have enrolled in the course
- MHTTCs provide Classroom WISE implementation support to schools and districts across the country
- Several states have incorporated this training into required professional development for school staff

MHTTC

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NATIONAL CENTER FOR SCHOOL MENTAL HEALTH

Classroom WISE Video Library

How Teachers Can Show Interest

Teachers can help keep students engaged by showing interest. In this video, students of various ages describe ways that teachers have shown interest in them and their lives.

1min 10sec

Promoting Self-Regulation

Self-regulation incorporates stress management, impulse control, and goal setting to positively impact motivation and moderate one's emotions, thoughts, and behaviors. In this video, teachers discuss strategies for promoting self-regulation in the classroom.

2min 30sec

Available at https://www.classroomwise.org/video-library

Classroom WISE Resource Collection

Module 1: Creating Safe and Supportive Classrooms

Module 2: Teaching Mental Health Literacy and Reducing Stigma

Module 3: Fostering Social Emotional Competencies and Well-Being

Module 4: Understanding and Supporting Students Experiencing Adversity and Distress

Module 5: The Impact of Trauma and Adversity on Learning and Behavior

Module 6: Classroom Strategies to Support Students Experiencing Distress

Available at https://www.classroomwise.org/resource-collection

Classroom WISE Website

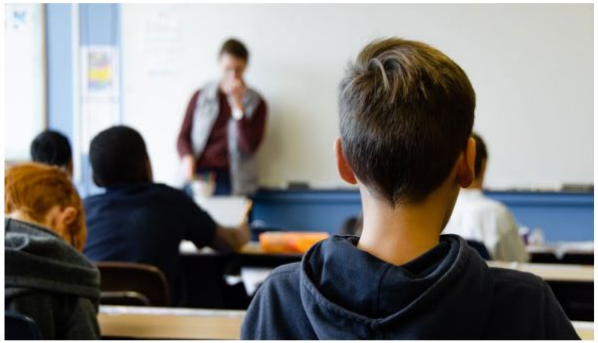
www.classroomwise.org

Now for a quick demo…

Cultural Inclusiveness and Equity WISE

- A companion training to Classroom WISE
- Educators learn:
  - How inequities in education impact student mental health
  - How implicit bias influences our perceptions and responses
  - Culturally inclusive classroom strategies to support student mental health

Module 1: Understanding How Social Injustices Impact Student Mental Health



Module 2: Understanding How Educator Bias Impacts Student Mental Health

Module 3: Engaging in Culturally Inclusive Classroom Actions to Promote Student Mental Health

Module 4: The Impact of Trauma and Adversity on Learning and Behavior

Visit www.classroomwise.org/companion-course to learn more!

Access the FREE 3-part training package now!

Classroom
WISE
Well-Being Information and Strategies for Educators

MHTTC

Visit www.classroomwise.org to learn more!

NCSMH
NATIONAL CENTER FOR SCHOOL MENTAL HEALTH

Northwest (HHS Region 10)

MHTTC Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Region 10: Classroom WISE Dissemination Strategy

Jennifer A. Cohen, MNPL

Rayann Silva, MEd

States
Regions
Professional Organizations
Districts

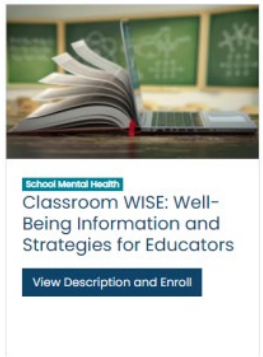
OREGON
DEPARTMENT OF
EDUCATION

Classroom WISE Course GUIDE

To get started:

1. Link to activate Classroom Wise
2. **Next Launch course see picture below:**

3. **Then Select this course shown below:**



4. **Select View Description a**nd enroll- then **Create an account**

CONNECT WITH US | Northwest MHTTC

VIA OUR WEBSITE, EMAIL OR SOCIAL

https://bit.ly/NWSMH

nwsmh@uw.edu

https://bit.ly/NWSMHsignup

@Northwestmhttc

@NorthwestMHTTC

Q
A

Additional Resources

- Mental Health Awareness Resource Webpage
- www.mhttcnetwork.org
- Products and Resources Catalog
- Training and Events Calendar
- Stay Connected!

Find your Center

and learn more at

MHTTCnetwork.org

@MHTTCNetwork

MHTTC Network

Email us at
networkoffice@mhttcnetwork.org

Next Steps

The MHTTC Network is funded through SAMHSA to provide this event. As part of receiving this funding we are required to submit data related to the quality of this event.

Please take a moment to complete a **brief** survey about today's session.

Survey: ttc-gpra.org/GPRAOnline/PCS?e=0088230159&n=M

Within a week:

- The recording of today's session will be available on mhttcnetwork.org.
- Attendees will receive a follow-up email with instructions for downloading a certificate of completion.

MHTTC
Thank You
for
Joining our RACE!