



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 **May issue** we highlight Mental Health Awareness Month and Asian American & Pacific Islander Heritage Month as well as link to relevant resources. On **page 2** you will find information about our upcoming May events: Foundational Skills of Motivational Interviewing (May 4), Part 1 of our 4-part Peer Perspective on Respite series (May 16), and Understanding and Addressing Race-Related Stress & Trauma for Black Americans (May 30). Be sure to check out **page 3** for some of the resources we recently published. Our **Region IV Corner, on page 4**, highlights the great work being done in Mississippi and South Carolina. Finally, stay up to date with the latest events and resources from the MHTTC Network and SAMHSA on **page 5**.

May Awareness Events

May is Mental Health Awareness Month: DYK? 1 in 5 people will be affected by mental illness in their lifetime. Mental health is essential to everyone's overall health and well-being; it is important that we recognize how vital it is to care for our mental health. Take the time to learn more about mental health and ways to support yourself and others around you. Click here to [learn more and view Southeast MHTTC resources](#).

- **[National Children's Mental Health Awareness Day \(May 10th\):](#)** SAMHSA created National Children's Mental Health Awareness Day more than a decade ago to shine a national spotlight on the importance of caring for every child's mental health and to reinforce the message that positive mental health is essential to a child's healthy development.
- **[Older Adult Mental Health Awareness Day \(May 11th\):](#)** The National Council on Aging is proud to host the 6th annual Older Adult Mental Health Awareness Day Symposium with the U.S. Administration for Community Living, the Health Resources and Services Administration, and the Substance Abuse and Mental Health Services Administration. Registration is free and includes a full day of sessions on how to best meet the mental health needs of older adults.

May is Asian American and Pacific Islander Heritage Month: In 1992, Congress established May as [Asian American and Pacific Islander Heritage Month](#), expanding on the commemoration of Asian/Pacific American Heritage Week first celebrated in 1978. This celebration recognizes the contribution and influences of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the U.S. To access MHTTC resources for this community, please [click here](#).

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Upcoming Events

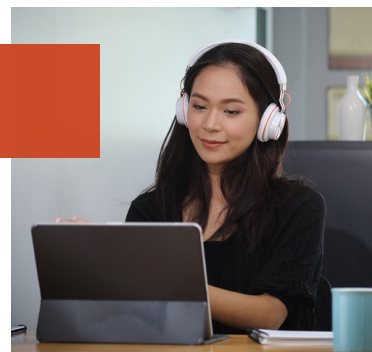
Thursday, May 4 | 12:00 PM (ET)

Foundational Skills of Motivational Interviewing - Join us for a live presentation by Sherin Khan, LCSW, on Motivational Interviewing, a brief person-centered evidence-based practice for strengthening an individual's motivation for and commitment to change. It can be applied to a variety of behavioral change outcomes, and it is a helpful counseling strategy for people with serious mental illness or those who can only attend brief therapy encounters. Clinicians will learn the foundation of motivational interviewing, what the four processes are, how to recognize and respond to change talk and how to apply motivational interviewing skills to practice with clients. [Register here today!](#)

Tuesday, May 16 | 12:00 PM (ET)

Alternatives: The Peer Perspective on Respite (4-Part Series) -

Join us for this 4-part series as we take a look at mental health respite care from the peer perspective, including discussions on its history and future direction, when and how it is being used (both in the Southeast and nationally), and the ways it can benefit one's recovery journey. *From Then to Now - History of Peer Movement and the Call for Alternatives* (Part 1) includes an introduction to the Consumer/Survivor/Ex-Patient Movement, with a case study example from Georgia (i.e., the Department of Justice Settlement Agreement). Presenters will explain historical perspectives on peer-run alternatives and discuss what makes a service recovery-oriented. [Register here today!](#)



Tuesday, May 30 | 12:00 PM (ET)

Understanding and Addressing Race-Related Stress & Trauma for Black Americans - Join us for a live presentation by Sierra Carter, Ph.D., as she discusses racial health disparities and

how psychosocial and contextual stressors affect mental health outcomes for African American populations. She examines how racial discrimination effects development and exacerbation of chronic illnesses and stress-related disorders across the life course. She also explores what may buffer the psychological and physical health impacts of racial discrimination and trauma experiences. [Register here today!](#)



Print Media: **Recent Products**

- [Stigma and Identity in Severe Mental Illness \(Infographic\)](#) - Public mental health stigma is pervasive with many negative impacts. One consequence is that it can lead to self-stigma among mental health service users, including individuals with severe mental illness. This infographic discusses how stigma can impact identity development of service users and shares ways that mental health staff can help combat stigma.
- [Structural Competency for Peer Specialists \(Training Guide\)](#) - Structural competency refers to the ability of health care providers to appreciate how symptoms, clinical problems, diseases and their own attitudes toward their patients are influenced by the social determinants of health. This guide is meant to provide a framework for incorporating structural competency into provider interactions with certified peer specialists and into their interactions with the populations they serve.

On-Demand Recordings:

- [Community Resiliency Model 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. The primary focus is to learn to reset the natural balance of the nervous system, using the body itself. CRM skills help people understand their nervous system, learn to track sensations connected to their wellbeing, and manage difficult emotions brought on by stressful personal or professional situations.
- [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. In this on-demand recording, Dr. Monty Burks discusses ways peers can engage and connect faith-based organizations and other community resources to reduce stigma and expand behavioral health support services.
- [Tele-education & Tele-mentoring in Rural Settings](#) - This webinar recording focuses on telehealth approaches to providing educational resources for treating behavioral health conditions in rural settings. Technology approaches such as Project ECHO, e-Consult, and the use of self-management technology are discussed. Strategies to assist administrators in helping staff in remote settings continue to learn, find mentoring support and thrive professionally are also presented.

**Resources
are added
each
week. Be
sure to
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for the
latest
product.**





Region IV Corner

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- **Mississippi:** The Mississippi Department of Mental Health (DMH) received a \$1 million Certified Community Behavioral Health Clinic (CCBHC) planning grant that aims to transform mental health and substance use treatment by providing sustainable funding for robust community treatment services. CCBHCs provide people with care coordination and support in behavioral health care, physical health care, social services, and more. Mississippi's goal for this planning grant is to transition its statewide network of Community Mental Health Centers (CMHCs) to the CCBHC model of integrated care. DMH has selected two CMHCs to participate in the planning period of transitioning its current CMHC certification criteria to align with the CCBHC certification criteria and payment structure. The CCBHC model will help address several issues identified as creating gaps or barriers to care in Mississippi, particularly those around the cost of care and workforce availability. To learn more, [click here](#).
- **South Carolina:** The South Carolina Department of Mental Health (SCDMH) recently received \$3 million funding opportunity from the Substance Abuse and Mental Health Services Administration (SAMHSA) to help strengthen its mobile crisis units in 10 high-need counties. The funds will be used to hire peer support specialists to co-respond with master-level clinicians and provide follow up. Funds will also be used to expand telehealth accessibility. Specifically, at least one law enforcement agency in each of the 10 counties will receive tablets and data service plans which will allow for increased options to involve mental health professionals as law enforcement personnel respond to calls with a mental health component. To learn more, [click here](#).



MHTTC & SAMHSA Updates

MHTTC Network's RACE for Mental Health May 10 | 12:00 - 1:00 PM (ET)

In recognition of Mental Health Awareness Month, hundreds of organizations across the country are raising awareness about mental health. The SAMHSA-funded MHTTC Network provides free resources and technical assistance on mental health prevention, treatment, and recovery.



Join the MHTTC Network's [RACE](#) to learn about:

- How to access free training and technical assistance (TTA), and readily available products and resources
- Prime examples of TTA and resources that promote mental health awareness and literacy

Presenters will provide case examples of specific training and resources developed by our Network in addition to a 10-minute Q&A segment for attendees to engage with speakers and to take part in sharing information.

[Learn more or register here!](#)

National Prevention Week | May 7th - May 13th

[National Prevention Week](#) is a national public education platform showcasing the work of communities and organizations across the country dedicated to raising awareness about the importance of substance misuse prevention and positive mental health. We recognize that the important work of prevention happens every day. We created National Prevention Week to celebrate these year-round initiatives and the possibilities prevention brings. Check out [SAMHSA events to celebrate here](#).

Behavioral Health Equity Challenge

SAMHSA announces a [Behavioral Health Equity Challenge](#): SAMHSA's Office of Behavioral Health Equity (OBHE) intends to learn more about outreach and engagements strategies that foster behavioral health equity throughout the country. Community-based organizations that use innovative engagement strategies aimed at increasing access to mental health and substance use prevention and treatment services for racial and ethnic underserved communities are eligible to participate. The Challenge fund has \$500,000 available for up to 10 awards for the winning strategies. [Learn more about the Challenge here](#).

Access
resources
from
across
the
MHTTC
Network
and from
SAMHSA



SAMHSA

Substance Abuse and Mental Health
Services Administration

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