



July Awareness Events

July is Minority Mental Health Awareness Month:

The month of July is dedicated to raising awareness about the unique mental health challenges minority communities encounter and working to improve their access to quality mental health services. Data from SAMHSA's National Survey on Drug Use and Health (2020) reveals that racial and ethnic minority groups are less likely to receive a diagnosis and subsequent treatment for their mental health condition, often have less access to mental health services in their communities, and may receive a poorer quality of care. This month's newsletter features resources to raise awareness about mental health disparities and promote mental health equity. Click on the links below to learn more.

- [Southeast MHTTC Mental Health Equity](#) - Collection of resources developed by the Southeast MHTTC
- [MHTTC Network](#) - Collection of upcoming events and recently published resources from the MHTTC Network
- [Office of Behavioral Health Equity](#) - Learn more about SAMHSA's efforts to reduce disparities
- [Office of Minority Health](#) - Access resources addressing mental health stigma among minority populations
- [National Alliance on Mental Illness \(NAMI\)](#) - Learn more about this month and ways to support advocacy
- [Mental Health America \(MHA\)](#) - Find information on support systems and actionable ways to move forward toward a mentally healthy future

July 16 marked the **one-year anniversary** of the **launch of 988**. [Click here](#) to learn more about the progress being made, find answers to frequently asked questions, and download social media shareables.

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Upcoming Events



Monday, July 24 | 12:00 PM (ET)

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. In **Respite around the Country (Part 3 of this series)**, leaders of respite centers across the country share their lived experience operating their centers. Speakers will discuss how respite standards have emerged and how different elements can impact the ability of respite to open or remain open, including politics, NIMBYism, economic fluctuations, state and national leadership changes, and even the weather.

[Register Here](#)



ICYMI: Weren't able to watch the live presentations of **Part 1 and Part 2 of our Peer Perspective on Respite series**? You can watch the on-demand recordings and register for Part 4 [here](#).



SAVE THE DATE

Join us on **Wednesdays at 12:00 PM (ET) during the month of September** as we explore core skills across evidence-based practices that clinicians can use in their everyday practice. Each week **Nilaja Green, PhD, Licensed Clinical & Community Psychologist**, will facilitate an hour-long interactive session drawing on interpersonal techniques and evidence-based practices from a culturally responsive perspective. Be sure to check our [Events Calendar](#) for more information in the coming weeks! Or watch this [on-demand recording from Dr. Green](#) on using Introspection to create a more impactful and meaningful therapeutic encounter.



Recent Products

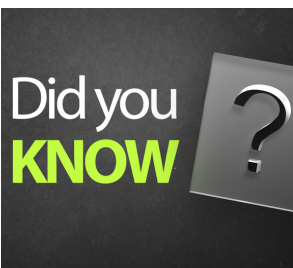
Print Media:

- [Faith, Spirituality, & Peer Support \(Infographic\)](#) - Given their shared lived experiences, Certified Peer Specialists (CPS) are crucial in offering mutually beneficial support to peers who are recovering from psychiatric and/or substance use disorders. This infographic accompanies the on-demand recording by Dr. Monty Burks on faith, spirituality, and peer support. It discusses stigma as a barrier to treatment and care, the relevance of faith and spirituality in recovery, and the crucial role of peer support in promoting lifelong recovery.

On-Demand Recordings:

- [Foundational Skills of Motivational Interviewing](#) - In this on-demand recording, clinicians 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.
- [Remembering the Person of the Therapist in the Therapy Encounter](#) - Radical introspection draws upon the traditions of mindfulness, self-inquiry and reflective writing to bring the clinician into a deeper awareness of themselves so they can create more impactful and meaningful therapeutic work.
- [Understanding and Addressing Race-Related Stress and Trauma for Black Americans](#) - In this on-demand recording Dr. Sierra Carter provides an overview of the field of racism-related stress and trauma among Black Americans. Developmental considerations are discussed as well as challenges and clinical issues that arise with identifying racism-related stress or racial trauma symptoms. Methods to identify, process, and heal from racism-related stress and trauma are also explored.

Resources
are added
each
week. Be
sure to
visit our
[website](#)
for the
latest
products.



July 24: Did you know 7/24 is Self-Care Day? Be sure to check out our [Provider Well-being resources](#) to find strategies to help enhance your personal and professional resilience.

July 26: Did you know this is the 33rd anniversary of the Americans with Disabilities Act (ADA)? Check out our [Career and Income Pathways Infographic](#) to learn

more about the ADA and other resources to help improve employment opportunities and financial outcomes for individuals with psychiatric disabilities.

Region IV Corner

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- **Tennessee marks 10 years as an Employment First state:** Multiple state agencies, disability service providers, and advocates are celebrating a decade of focused collaboration and success in expanding high-quality employment opportunities for individuals with disabilities in Tennessee. The establishment of Tennessee as an Employment First state in 2013 marked a milestone in the push for greater opportunities, and the collaboration among state agencies and community partners paved the way for substantial gains in the years that followed. The Department of Mental Health and Substance Abuse Services (TDMHSAS) estimates that over the last 10 years more than 8,000 Tennesseans have explored their employment goals through Individual Placement and Support (IPS) Supported Employment. To learn more about Tennessee's continued investment and goals for expanding high-quality employment opportunities, please [click here](#).
- **Georgia Department of Behavioral Health & Developmental Disabilities (DBHDD) announces creation of multi-agency committee for children's behavioral health:** Georgia DBHDD recently announced the formation of the Multi-Agency Treatment for Children Committee (MATCH), which will help state leaders identify gaps in services for youth with complex treatment needs. The MATCH committee, created under Georgia's "Mental Health Parity Act" will facilitate collaboration across state agencies, seek solutions for the complex and unmet behavioral health treatment needs of Georgia's children, and make recommendations to state leaders on gaps in services that could address the needs of these youth in the future. To learn more about this investment in the behavioral health needs of Georgia's children, [please click here](#).

MHTTC & SAMHSA Updates

- **Upcoming Webinar: Identification and Management of Mental Health Symptoms & Conditions Associated with Long COVID (Thursday, July 20 | 2:00 PM ET)** Please join the MHTTC Network, SAMHSA, and Abt Associates for an upcoming learning opportunity highlighting SAMHSA's new Advisory, Identification and Management of Mental Health Symptoms and Conditions Associated with Long COVID. This webinar will provide a high-level overview of Long COVID (as described in the Advisory), followed by a panel discussion among individuals involved in Long COVID research and treatment. [Click here](#) to learn more.
- **SAMHSA Announces \$31.5 Million in Behavioral Health Grants for Children, Youth, and Young Adults** - The [award of \\$31.5 million in behavioral health grants for children, youth and young adults](#) helps address the priority areas of mental health crisis and the overdose epidemic. Approximately \$19 million was awarded to 35 community organizations for the Enhancement and Expansion of Treatment and Recovery Services for Adolescents, Transitional Aged Youth, and their Families, or Youth and Family TREE program. This investment will expand comprehensive treatment, early intervention, and recovery support services for adolescents, ages 12-18, and transitional aged youth, ages 16-25, with substance use disorders and/or co-occurring substance use and mental disorders. Approximately \$10 million in funding was awarded to 13 communities under the Linking Action for Unmet Needs in Children's Health (Project LAUNCH) grant program, which promotes the wellness of young children, from birth to 8, by addressing the social, emotional, cognitive, physical and behavioral aspects of their development.



Mobilize Recovery Day of Service is Saturday, September 30, 2023, marking the culmination of National Recovery Month and coinciding with International Recovery Day. Join the event to harness the power of the substance use and mental health recovery community to create a better world through service. [Click here](#) to learn more!

Be sure to visit the MHTTC Network and SAMHSA sites for additional Resources

