



September Awareness Events

September is National Suicide Prevention Month

September is dedicated to raising awareness about Suicide Prevention. Suicide is a problem that touches the lives of many Americans. Over the past twenty years, suicide rates have steadily risen in the United States. In 2020, the U.S. had one death by suicide every 11 minutes. Talking about suicide can be difficult. The need to minimize stigma and increase access to treatment for those having suicidal thoughts remains great. The [988 Suicide and Crisis Lifeline](#), implemented over a year ago, is making it easier for people to access mental health crisis services. Mental health professionals play an important role in offering hope and ensuring that individuals have access to the help they need. Below are some useful resources for gaining more information about crisis care services and best practices.

- [Southeast MHTTC's Crisis Care Resources page](#)
- [SAMHSA's Suicide Prevention Resource Center \(SPRC\)](#)

September is National Recovery Month

[National Recovery Month](#), held every September, has promoted and supported recovery practices and the vibrant recovery community since 1989. In an effort to increase public awareness around mental health and addiction recovery, SAMHSA will host events, announce recovery-focused initiatives and grant funding, and celebrate individuals in recovery. [Click here](#) to learn about SAMHSA's activities this month.

- Join us for "[Peer Support for Dual Recovery in Treatment Settings](#)" on Thursday, September 29 | 12:00 - 1:00 PM (ET) [Click here](#) to learn more!

Upcoming: National Hispanic Heritage Month

National Hispanic Heritage Month, observed annually from September 15 - October 15, celebrates the diverse history, heritage, and contributions of Hispanic and Latino Americans. For more information about mental health promotion resources for Hispanic and Latino populations, please visit SAMHSA's [Behavioral Health Equity Program](#).

This issue:

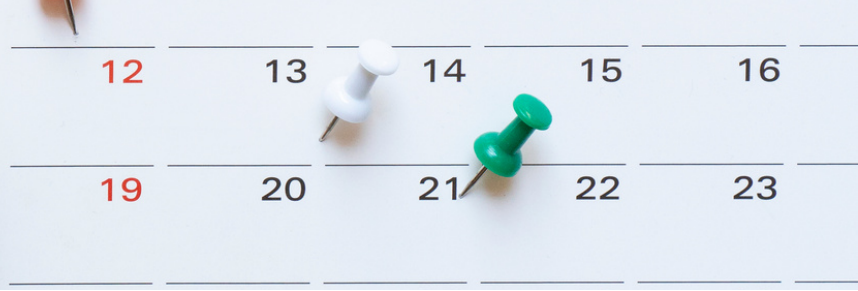
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Upcoming Events



Tuesday, September 26th | 3:00 PM (ET)

Best Practices in Addressing Behavioral Health Outcomes: Measuring Care for Success - Behavioral health is undergoing a major change with a focus on measurement-based care that treats to defined targets like medical conditions. Specialty behavioral health practices can lead this change by moving beyond simply screening and follow up plans to identify targets

and then using validated measurement tools to assess treatment response and adjust treatment according to outcomes. Examples include the PHQ9 for depression, GAD7 for anxiety, and Vanderbilt for ADHD. These tools will be applied systematically according to guidelines and not just at the time of the initial clinical encounter. Data is entered into the registry for tracking and treatment adjustment in a stepped-care fashion to determine when a patient requires treatment adjustment or transfer to a higher level of care. Advancing this approach for the treatment of behavioral health conditions is a central tool for enhancing and informing population health and providing better metrics on behavioral health need and improvement.

[Click here](#) to register!

[Register Here](#)

Thursday, September 28th | 12:00 PM (ET)

Peer Support for Dual Recovery in Treatment Settings -

Two-track programs focusing their energy on either substance use or other mental health challenges have continued to be the norm in many treatment settings despite the evidence showing improved outcomes for people who are dually diagnosed that receive specialized treatment. In this webinar we will explore why we should work to change this standard and how peer support can be deployed to better support individuals in dual recovery. [Click here](#) to register!



[Register Here](#)



Recent Products

Interactive Data Visualization:

- [Public Sector Health Resources](#) - Region IV is the largest HHS region, comprised of eight states and 26% of the U.S. population. These states have large rural populations, high poverty rates, and face racial and cultural disparities in care. In addition, the Southeast states have considerable clinical, geographic, workforce, and health system differences. While these factors are important considerations when planning mental health care and support services, understanding these influences separately can be challenging. Similarly, determining the location of additional resources, such as Federally Qualified Health Centers (FQHCs), and the possibility of building or expanding upon mental health - public health partnerships may also be an important consideration. This map details the location of FQHCs and mental health facilities as well as distances between the two.

On-Demand Recordings:

- [Respite Around the Country](#) - In Part 3 of our 4-part series on Peer Perspective and Respite Care this on-demand recording features leaders of respite centers across the country sharing their lived experience operating their centers. Speakers discuss how respite standards have emerged and how different elements impact the ability of respite to open or remain open, including politics, NIMBYism, economic fluctuations, state and national leadership changes, and even the weather.
- [What is Next for Respite Care](#) - In the final session of our Peer Perspective and Respite Care series, leaders in behavioral health and respite discuss and answer questions about the future of peer-led peer-run alternatives to the traditional clinical hierarchical model as well as discuss how "peer-washing" traditional services to give them a recovery sheen is impacting peer support and respite models. Presenters also forecast what they believe will come next for the mental health recovery community.

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



Having trouble finding resources in our Catalog? Try searching [resources by topic area](#).

- Crisis Care Services
- Evidence-Based Practices
- Mental Health Equity





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Region IV Corner

Three Winners of SAMHSA's Behavioral Health Equity Challenge are from the Southeast!

[Winners of the challenge](#) presented exciting approaches to effective outreach and engage with racial and ethnic underserved individuals in order to foster behavioral health equity throughout the country.

- **Coastal Horizons** (Wilmington, North Carolina)
Coastal Horizons Center, Inc., winner in the Substance Use Treatment category, is a private, non-profit service delivery corporation serving Eastern North Carolina. Their mission is to provide a continuum of professional services to promote healthier lives, stronger families, and safer communities. They offer a wide range of comprehensive, evidence-based prevention, outpatient treatment and support services for individuals and their families.

- **North Carolina Youth Violence Prevention Center** (Lumberton, North Carolina)
The North Carolina Youth Violence Prevention Center (NC-YVPC), winner in the Mental Health category, supports the needs of youth and families by providing a seamless continuum of services to prevent future violence, support victims, and promote resiliency in coping with life stressors.

- **Ser Familia, Inc** (Kennesaw, Georgia)
Ser Familia, winner in the Mental Health Category, offers preventive family services and equips Latinos with the tools, resources, and skills they need to move from crisis to thriving. For more than 20 years they have made an effort to meet the needs in those areas where Latinos live and play with programs aimed at serving the entire family.

MHTTC & SAMHSA Updates

- **Upcoming Webinar: Best Practices for Successful Reentry From Criminal Justice Settings for People Living With Mental Health Conditions and/or Substance Use Disorders**
Thursday, September 7 | 2:00 - 3:00 PM - This webinar will highlight findings from SAMHSA's guide titled, Best Practices for Successful Reentry From Criminal Justice Settings for People Living With Mental Health Conditions and/or Substance Use Disorders which explores evidence-based strategies and promising practices to address community reentry from jail or prison. Expert panelists will provide an overview of the goals of SAMHSA's Evidence-Based Resource Guide Series, discuss this guide's development, and describe factors impacting reentry and relevant evidence-based strategies for successful reentry. [Click here](#) to learn more.
- **Survey Opportunity** - The Northeast & Caribbean MHTTC is conducting a research study to increase our collective understanding of the experience, knowledge, attitudes, and perceived needs of mental health providers in delivering services and supports to individuals who are blind or visually impaired. With the information gained from this survey, we hope to better support clinicians and increase access to quality care. Participation in the study involves the completion of a short 15 to 20-minute survey and qualifies you for a chance (via raffle) to win a \$25.00 Amazon gift card. [Click here](#) to participate in the survey!



Grief Sensitivity Virtual Learning Institute (GSVLI) November 1st & November 2nd

Join the MHTTC Network for a two-day, no-cost, training experience for the mental health and school mental health workforce as. Leading grief experts across the country will discuss ways to strengthen grief sensitivity skills, techniques, and interventions. [Learn more here!](#)

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

