



November Awareness Events

November is Native American Heritage Month

In 1990 President George H.W. Bush designated November "National American Indian Heritage Month". Today the month-long tribute to the ancestry and traditions of Native Americans is also referred to as "American Indian and Alaska Native Heritage Month". According to the US Census Bureau (2020), there are approximately 7.1 million individuals identifying as American Indian/Alaska Native (AI/AN). While many of the cultural experiences of Indigenous/Native communities are protective factors for mental health, they often face challenges in accessing and receiving culturally, spiritually and traditionally appropriate care.

- Almost 20% of [American Indian/Alaska Native](#) adults reported experiencing a mental illness in the last year.
- Alcohol and other drug use occurs at higher rates for AI/AN than for other ethnic groups.
- Suicide rates for AI/AN youth are almost double the rate of white youth.

As we celebrate the culture, resilience, and history of American Indian and Native Alaskan communities this month, we highlight several MHTTC Network and SAMHSA resources for this community and the providers who support them.

- [National American Indian & Alaska Native MHTTC](#)
- [MHTTC Network](#)
- [SAMHSA Tribal Training and Technical Assistance Center](#)
- **Veterans Day, 11/11:** In 1954 President Dwight D. Eisenhower proclaimed November 11th as Veterans Day. Today approximately 10% of the 18 million Veterans living in the US receive mental health treatment at a VA facility. [Click here](#) to learn more about mental health resources for Veterans.
- **Transgender Day of Remembrance, 11/20:** This annual observance honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence. [View these resources](#) to learn more about supporting and implementing mental health care best practices for the transgender community.

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Upcoming Events

Friday, November 17th | 12:00 PM (ET)



An Introduction to Open Dialogue: Overview, Implementation, and Next Steps

- Open Dialogue (OD) is an integrated approach that encourages the involvement one's social network (i.e., family, friends, care providers) during a mental health crisis. It emphasizes listening to, understanding,

and engaging an individual's social network almost immediately (i.e., within 24 hours of seeking crisis services) through open conversations and shared decisions. In this webinar, the presenters will share about the Open Dialogue approach to care for persons experiencing psychosis. An overview of the key principles and elements of the approach will be provided. The presenters will discuss their implementation of the approach in a safety net hospital system and the lessons learned.

[Register Here](#)

Monday, November 20th | 12:30 PM (ET)

Ready for Reentry: Putting Stakes in the Ground - In part 2 of our 'Ready For Reentry' series, we will discuss how trusting relationships of community partners are essential for the Forensic Peer Mentor program. Community partners typically include officials within the department of corrections, community supervision, district attorney office and local law enforcement.

[Register Here](#)



[Click here to join us for future sessions](#)

in our 4-part series 'Ready for Reentry'.

- **Session 3: Forensic Peer Mentor Training | Monday, December 18, 2023 12:30 - 1:30 PM (ET)**
- **Session 4: Forensic Peer Mentor Services Model in Action | Monday, January 29, 2024 12:30 - 1:30PM (ET)**

**SAVE
THE DATE**

Best Practices to Engaging Consumers in Mental Health Care

Thursday, December 14th | 12:00 PM (ET) - Engaging consumers with mental health disorders to be active participants in their care can be challenging. This seminar will cover engagement both within the context of evidence-based

practices focused on outreach and general skills and engagement strategies outside of those unique programs. We will describe engagement strategies associated with and program components built into assertive community treatment and other similar evidence-based practice. Then, we will discuss general engagement tools that can be used in any mental health treatment setting. We will reserve some time for small groups to identify engagement strategies that have been or might be helpful in their treatment setting.

[Register Here](#)



Recent Products

On-Demand Recordings:

- **[Best Practices in Addressing Behavioral Health Outcomes: Measuring Care for Success](#)** - Behavioral health is undergoing a significant change with a focus on measurement-based care that treats to defined targets like other medical conditions. In this recording, Dr. Lori Raney discusses how primary care and 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 according to outcomes. She reviews examples including the PHQ9 for depression, GAD7 for anxiety, and Vanderbilt for ADHD. She advocates for advancing this approach for the treatment of behavioral health conditions as a central tool for providing better metrics on behavioral health need and improvement.
- **[Housing First Ends Homelessness: Successful City, State, and Federal Programs](#)** - In this on-demand recording, panelists describe how the Pathways Housing First program works to end homelessness for individuals with mental illness, addiction, and other health challenges. National experts provide case studies to illustrate how Housing First is successfully implemented to address homelessness through City (Milwaukee County Housing Services), State (Georgia Housing Voucher Program), and Federal (VA Homeless Programs Office) programs.
- **[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 recording, panelists explore why we should work to change this standard, and how peer support can be deployed to better support people in dual recovery.
- **[La Fe, la Espiritualidad, y los Trabajadores del Apoyo Entre Pares](#)** - This is the Spanish language version of our previously published fact sheet titled "[Faith, Spirituality, and Peer Support](#)." It is meant to accompany a [webinar](#) presented by Dr. Monty Burkes.



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





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Region IV Corner

Check out the great things happening across the Southeast!

- **Alabama Joins Reentry 2030 Initiative with Commitment to Slash Recidivism in Half by Decade’s End**

Alabama Department of Mental Health (ADMH) has joined a Commission on Reentry, along with several other agencies, to work towards a goal of reducing recidivism by half before 2030. Partnering agencies include: Alabama Bureau of Pardons and Paroles, the Alabama Department of Corrections, Alabama Law Enforcement Agency, Alabama Department of Veterans Affairs, and Alabama Department of Labor. Each of the commission’s participating agencies crafted a plan outlining how they will contribute to the state’s reentry strategy, including streamlining the issuance of state identification cards, expanding access to behavioral health care and addiction treatment, and increasing participation in job training and educational services to support people in finding gainful employment. These agencies are ready to continue providing leadership, resources, and assistance to reduce recidivism by 50 percent by 2030. To learn more about Alabama’s Commission on Reentry, [please click here](#).

- **Key Georgia State Leaders Launch Statewide Collaboration to Combat Farmer Mental Health Crisis**

Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD), in partnership with the Georgia Department of Agriculture and Extension at the University of Georgia (UGA), recently launched a statewide collaboration to address farm workers' mental health. State leaders held Georgia’s first “listening forum” with notable members of Georgia’s farm and faith communities. The partnership between DBHDD and UGA Extension will make significant investments in mental health resources and awareness as well as ensure that Georgia farmers have access to quality mental health care. DBHDD has dedicated approximately \$2 million to address the growing mental health crisis in rural Georgia: educating faith leaders who often serve as a primary resource to farmers experiencing a mental health crisis; partnering with faith leaders to address opioid and substance use disorders and overdoses, and educating rural communities, farmers, and faith leaders about the 988 Suicide and Crisis Lifeline. [Click here](#) to learn more about Georgia’s rural mental health investments.



MHTTC & SAMHSA Updates

- **Upcoming Webinar: November 7 | 2:30 PM (ET)**
988 Formative Research: Messaging and Communications about 988 to People at Higher Risk For or Disproportionately Impacted by Suicide - This webinar, co-sponsored by SAMHSA, Crisis Systems Response Training & Technical Assistance Center, the Suicide Prevention Resource Center, and others, will preview findings of the 988 Formative Research. These findings can help form the basis of future culturally sensitive, responsive, effective, and successful 988 communications: First, to make more people aware of 988 across the country, and then to instill trust and confidence in the service so they will contact 988 when struggling with mental health, or in a moment of crisis, or in need of support. The webinar will also preview resources developed by the project that can support behavioral health agencies and service providers' communication efforts to increase awareness and use of 988 in their communities. [Click here](#) to learn more.
- **Upcoming Webinar: Wednesday, November 15 | 2:00 PM (ET)**
Supporting Military-Connected Children in the Education System - While supporting those who currently serve or formerly served in our nation's military, a critical component is support for their families. According to the [Military Child Education Coalition \(MCEC\)](#), there are almost 2 million children of service members in active duty, National Guard, and Reserves. School-aged children of military and Veteran families have unique experiences that can create challenges in educational and social development. This webinar will give an overview of the work being done by MCEC to support the growth and development of military-connected youth and how the organization incorporates best practices in its efforts. Additionally, participants will hear about the National Center for Child Traumatic Stress (NCTSN) and how MCEC and NCTSN are working together to form multi-tiered systems of support (MTSS) to ensure military and Veteran children receive the support that fits their needs. [Click here](#) to register.
- **Resources Available - Webinar and Series of Guides for LGBTQIA2S+** - To help professionals, families, and communities support the mental well-being of LGBTQIA2S+ youth, the SAMHSA-funded [Suicide Prevention Resource Center \(SPRC\)](#) has released a [full series of guides](#) which offers action-oriented strategies for supporting youth and highlights sources of joy and positive elements of being LGBTQIA2S+. [Click here](#) to access the resources.

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

