



HUMANIZING *Mental Health* **IN HOUSING**

TRAINING AND
TECHNICAL ASSISTANCE
SERIES

**EMPOWERING
THE FIELD:
KEYS TO SUCCESS**

Region One Summary Report

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SAMHSA

Substance Abuse and Mental Health
Services Administration

This virtual training and technical assistance series was a collaborative effort of the U.S. Department of Housing and Urban Development, the SAMHSA Region One Office, and the Technology Transfer Center Network partners in the New England region.

Our

STORY



Empowering the Field: Mental health promotion, prevention, and the treatment continuum

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation.

To achieve its mission, SAMHSA identifies priority areas to better meet the behavioral health needs of individuals, communities, and service providers.

**Collaboration is key.
Teamwork makes
the dream work.**

Through its regional network—designed to improve the delivery of behavioral health services in each of the 10 HHS regions—SAMSHA develops collaborations that emphasize equity, trauma-informed approaches, and recovery.

The collaboration between the SAMHSA Region One and Department of Housing and Urban Development (HUD) Region One offices, is an example of an intentional outreach effort developed to empower housing professionals with resources, tools, and practices that help them support and enhance the lives of public housing residents.

OPPORTUNITIES ABOUND

The HUD-SAMHSA collaboration presents impactful opportunities in the New England region to enhance the toolkits of housing professionals looking for practical solutions to support resident success.

SAMHSA’s Practitioner Training platform includes the Technology Transfer Centers (TTC) Program—which develops and strengthens prevention, treatment and recovery support services for substance use disorder and mental illness.

The TTC program is comprised of three networks: the Addiction Technology Transfer Centers (ATTC), the Mental Health Technology Transfer Centers (MHTTC), and the Prevention Technology Transfer Centers (PTTC). Each network is comprised of:

- 1 National Coordinator Center
- 10 Regional Centers
- 1 American Indian & Alaska Native focused Center
- 1 Hispanic & Latino focused Center



Utilize the
breadth and
depth of your
collaborators.

OPPORTUNITIES ABOUND



The U.S. Department of Housing and Urban Development is the federal agency responsible for the enforcement of fair housing laws and national policy and programs that address America's housing needs, that improve and develop the nation's communities.

Investing in mental health literacy helps to reduce stigma, and improves understanding of mental health issues and the treatment, care, and recovery continuum.

As a part of its mission, HUD provides housing support and uplifts communities. Key to these efforts are supportive approaches to addressing the holistic needs of public housing residents. Mental health literacy among housing professionals is a mission-critical aim for HUD. This commitment is integral to the on-the-ground supports all members of the HUD workforce need, including housing providers and funders, to support resident success.

With this foundation, housing professionals can expand their toolkits to include strategies on recovery-oriented practices in mental health that facilitate the natural process of change and honor individual autonomy.

GUIDING PRINCIPLE: EQUITY

The recovery process provides a holistic view of people with mental illness that focuses on the person, not just their symptoms.



Through this lens, there is recognition of the fact that...

“even the most progressive treatment systems exist within a social context where people of color and other historically marginalized groups often experience—both individually and collectively—an additional layer of trauma that has devastating consequences on their health and well-being.”

There is an acute shortage of resources that emphasize the importance of recognizing the impact of trauma on the mental health and well-being of individuals and communities.

Janis Tondora, PsyD
Principal Investigator and
Co-Director
New England Mental Health
Technology Transfer Center

Pairing equity minded approaches with recovery-oriented care grounds a key SAMHSA principle: Recovery from mental health and/or substance use disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Training HIGHLIGHTS



Evidence-based Practices and Tools Supporting the Mental Health and Well-Being of Residents

Our program overview, attended by 230 housing professionals throughout the New England region, introduced the training series and the HUD-SAMHSA collaboration. Through this training and technical assistance initiative, attendees will have access to evidence-based, practical solutions to help support the success of residents moving toward positive change and personal recovery.

Speakers

Juana Matias, Regional Administrator

Boston Regional Office, Department of Housing and Urban Development

Taylor Bryan Turner, Assistant Regional Director

SAMHSA Region One

New England Technology Transfer Center (TTC) Network Regional Directors

- Maria E. Restrepo-Toro, MS, Co-Director, New England Mental Health TTC
- Scott Gagnon, MPP, PS-C, Director, New England Prevention TTC
- Rosemarie Martin, PhD, Director, New England Addiction TTC

Jennifer Throwe, Regional Administrator

Administration for Community Living

Training

HIGHLIGHTS

Recovering From A Mental Health Distress: A Supportive Approach to Crisis

This session, attended by 312 housing professionals in the New England region, offered strategies on recovery-oriented practices in mental health. Presenters focused on supportive approaches to mental health distress and/or crisis, including a featured presentation on a guided style of communication, “motivational interviewing,” designed to help people move toward positive change by drawing out their own capacities, ideas, meaning, and importance around personal recovery.



Speakers

Taylor Bryan Turner, Assistant Regional Director, SAMHSA Region One

Maria E. Restrepo-Toro, MS, Co-Director, New England Mental Health TTC

Megan Melamed, LCSW, Vice President of Innovative Programs, Win

Training HIGHLIGHTS



Reframing the Stigma Around Hoarding: A Strengths-based Approach

In direct response to the challenges housing professionals encounter when residents have difficulties discarding or parting with possessions, this session offered clinical information, in lay terms, and research findings on compulsive hoarding. Presenters also offered strengths-based tactics to re-frame the stigma around severe clutter that threatens the health and safety of those living in or near public housing communities. This highly anticipated session was attended by more than 263 housing professionals in the New England region.

Speakers

Juana Matias, JD, Regional Administrator
Boston Regional Office, Department of Housing and Urban Development

Maria E. Restrepo-Toro, MS, Co-Director
New England Mental Health TTC

Blaise Worden, PhD, Researcher
Institute of Living

Gail Livingston, Senior Deputy Administrator
Boston Housing Authority

KEYS TO SUCCESS



1 Transformative Leadership

Transformative leaders work with staff to identify change and create a vision to guide and execute the change, in tandem with a committed team. Challenge the status quo and encourage your staff to explore new ways of doing things and new opportunities to learn.



2 Staff Buy-in

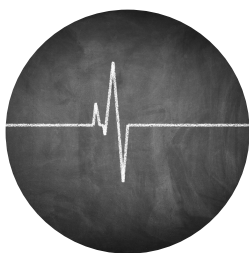
Employee buy-in has positive impacts for an organization's efforts to transform and grow. Buy-in shows that staff understand the value they offer to your organization. Staff awareness of their own important role in their organization's success keeps them laser-focused on achieving goals, in spite of any challenges they might encounter.



3 A Commitment to Data and Evidence

Timely, high-quality data help public health officials, policymakers, community practitioners, and the public understand mental health and substance use trends and how they evolve. Use robust methods to collect, analyze, and report valid, reliable, trustworthy data to inform agency policies and programs.

Ways to REPLICATE OUR MODEL



Take the pulse of your community.

Drive a culture of action by creating an informed and engaged community that thrives on input.



Think forward and be strategic as you consider collaborations.

With increased awareness, feedback from stakeholders/constituents, and staff buy-in, you can implement signature programming that builds and supports healthy, sustainable communities.



Expand your horizons.

SAMHSA offers programs and training to improve the quality and delivery of behavioral health services. Access housing and treatment models, including the Homeless and Housing Resource Center and Supplemental Security Income/Social Security Disability Insurance Outreach, Access, and Recovery—which helps states and communities increase access to Social Security disability benefits.

Access RESOURCES



Evidence-Based Practices Resource Center

SAMHSA is committed to improving prevention, treatment, and recovery support services for mental and substance use disorders. The [Evidence-Based Practices Resource Center](#) provides communities, clinicians, policy-makers and others with the information and tools to incorporate evidence-based practices into their communities or clinical settings.



Learn the Eight Dimensions of Wellness


Through its Wellness Initiative, SAMHSA encourages individuals, organizations, and communities to work toward longer, healthier, and happier lives, particularly among people living with behavioral health conditions. The [Eight Dimensions of Wellness](#) consider not only an individual's physical health, but all the factors that contribute to a person's overall wellness.

[Access](#) related publications and digital products.

Find Help and Treatment



988 Suicide & Crisis Lifeline
24-hour, toll-free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones. Call or text 988.

[988Lifeline.org](https://www.988lifeline.org) 



FindTreatment.gov
Confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

[FindTreatment.gov](https://www.findtreatment.gov)



FindSupport.gov
Online guide that helps people navigate through common questions when they are at the start of their journey to better behavioral health.

[FindSupport.gov](https://www.findsupport.gov)



HUD Office of Public & Indian Housing released a fact sheet to guide public housing authorities on the use of Naloxone (Narcan) to address opioid overdoses in their communities.

[Download](#)

RESOURCES

The Technology Transfer Centers (TTC) develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides prevention, treatment and recovery support services for substance use disorder (SUD) and mental illness.

Learn more about each partner in the Region One (New England) TTC Network. Check out the links below for specialized resources that might enhance the toolkits of housing professionals.



[Culturally and Linguistically Appropriate Services \(CLAS\) Needs Assessment Tool](#)



[Compassion in Action: 9 Principles for Compassionate Conversations](#)



[The Invitation to Change Approach](#)



[Access](#) specialized resources to support older adults and people with disabilities.

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DISCLAIMER

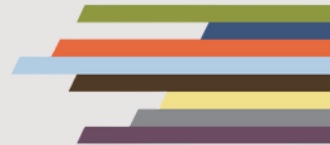
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 **In Crisis? Call or Text 988** 

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. You'll be able to speak with a trained crisis counselor any time of day or night.



Want to talk more more? Contact us.

SAMHSAInfo@samhsa.hhs.gov

SAMHSA

Substance Abuse and Mental Health
Services Administration



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