



# Assessment of Region IV Mental Health Priorities

## Region IV Training & Technical Assistance

Since 2018, the Southeast Mental Health Technology Transfer Center (MHTTC) has offered training and technical assistance (TTA) to mental health providers in Region IV, including Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee. This region is diverse in terms of population and geography; similarly, the training needs and mental health priorities vary across the area. In an effort to inform and provide future TTA opportunities tailored to the region, the Southeast MHTTC conducted a regional assessment of the mental health priorities.

The [full assessment report](#) can be accessed using the QR code here:



## Guiding Questions

The following questions guided the assessment:

- What are the mental health priorities of the Region IV states?
  - What are the types of TTA that would be helpful in supporting the states' priorities?
- How can the Southeast MHTTC continue, expand, and/or shape our TTA offerings to align with the priorities and needs of the Region IV states?

## Overview of Methods

A mixed-methods approach was used to answer the guiding questions, including the following:

- Key Informant Interviews
- Document review and quantitative analysis
- Triangulation to find patterns across sources

## Five Main Mental Health Priority Areas

Health equity

Skill Enhancement

Systems-level factors

Workforce capacity

Youth mental health

## Health Equity

Infusing health equity into the behavioral health system is a key priority. This includes:

- provision of culturally-sensitive and **culturally-relevant care** tailored to diverse communities and
- including individuals from diverse racial/ethnic & cultural backgrounds, diverse gender identities & sexual orientation, people in rural areas, and individuals whose first language is not English.

## Systems-Level Factors

Priorities for effective behavioral health services delivery include enhancing **measurement-based care**, data-driven decision making, and fidelity monitoring of programs. Other key initiatives include:

- integrated care,
- intensive community outreach,
- **crisis services**, and
- supporting individuals involved in the **criminal-legal system**.

## Youth Mental Health

Youth mental health is a main focus for Region IV states. This includes:

- implementing EPBs in schools for **school-based mental health providers** & other school staff,
- engage in programs to reduce mental health stigma in schools, and
- supporting foster and transitional-aged youth.

## Skill Enhancement

Region IV states recognize the importance of continued training on specific **evidence-based practices (EBPs)** and developing core skills that providers can apply in their work with diverse communities. Examples include:

- trauma-informed care for youth and adults,
- telehealth skills, and
- developing partnerships and collaborations.

## Workforce Capacity

Region IV states engage in multiple efforts to build and retain their behavioral health workforce. Topics for TTA include:

- sharing creative strategies for **workforce recruitment & retention**
- workforce development for specific populations, and
- **self-care** for providers.

## TTA Implications

The Southeast MHTTC will use the findings of this regional assessment:

- continue building upon our TTA offerings,
- expand the reach of our work, and
- prioritize the development of intensive trainings that build community and peer learning across the region.