



## Southeast MHTTC Updates

In our **May issue** we highlight Mental Health Awareness Month and Asian American & Pacific Islander Heritage Month as well as link to relevant resources. On **page 2** you will find information about our upcoming events. Be sure to check out **page 3** for a list of our recently published products. Our **Region IV Corner, on page 4**, highlights the great work being done in Alabama and Georgia. Finally, stay up to date with the latest events and resources from the MHTTC Network and SAMHSA on **page 5**.

### May Awareness Events

**May is Mental Health Awareness Month:** DYK? 1 in 5 people will be affected by mental illness in their lifetime. Mental health is essential to everyone's overall health and well-being; it is important that we recognize how vital it is to care for our mental health. Take the time to learn more about mental health and ways to support yourself and others around you. [Learn more and view Southeast MHTTC resources here.](#)

- [National Children's Mental Health Awareness Day \(May 9th\):](#) SAMHSA created National Children's Mental Health Awareness Day more than a decade ago to shine a national spotlight on the importance of caring for every child's mental health and to reinforce the message that positive mental health is essential to a child's healthy development.
- [National Prevention Week \(May 12 - 18\):](#) National Prevention Week is a public education platform showcasing the work of communities and organizations across the country that are preventing substance use and promoting positive mental health.

**May is Asian American and Pacific Islander Heritage Month:** In 1992, Congress established May as [Asian American and Pacific Islander Heritage Month](#), expanding on the commemoration of Asian/Pacific American Heritage Week first celebrated in 1978. This celebration recognizes the contribution and influences of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the U.S. Access to additional MHTTC resources [can be found here.](#)

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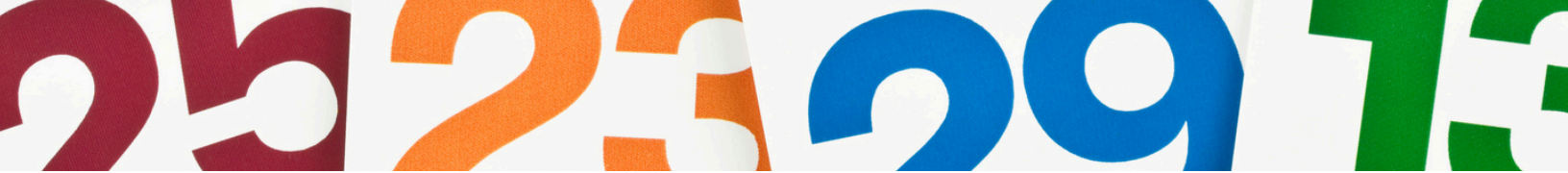
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## Upcoming Events



**Wednesday, May 15 | 12:00 PM (ET)**

### **The Community Resiliency Model (CRM) as a Self-Care Practice to Reduce Burnout & Promote Resiliency in Schools -**

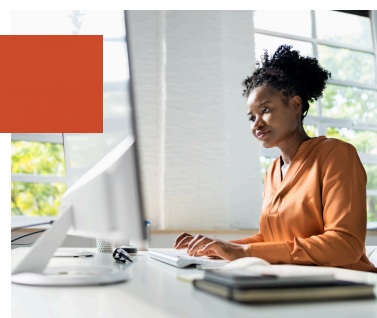
The Community Resiliency Model (CRM) is a skill-based wellness program that provides a biological, non-stigmatizing perspective on normal human reactions to stress and trauma. In this webinar we will apply CRM to schools by teaching skills for educators, administrators, and the school mental health workforce to reduce burnout and promote staff retention. Attendees will gain knowledge of concepts to understand stress responses in themselves and others as well as learn skills to help regain emotional balance. The knowledge gained will help attendees avoid burn-out and promote cultures of resiliency in schools to better support student mental health.

[Register here!](#)

**Wednesday, May 22 | 2:00 PM (ET)**

### **The Skill of Self-Awareness: Putting Introspection into Action -**

Mental Health Awareness Month is not just about community awareness, or being aware of the people around us. For those of us living in mental health recovery, being aware of ourselves—being able to hear, see, and interpret the signals our body and mind send us—is an important part of maintaining our recovery. Waiting for others to observe and comment on perceived changes in us can unnecessarily extend or even increase negative impacts of mental health concerns. In this webinar, presenters will discuss the benefits of having a self-care plan for daily living that is not crisis-focused, but a strengths-based approach that emphasizes nurturing wellness and strengthening resilience in manageable moments throughout the day. [Register here!](#)



**Tuesday, May 28 | 10:00 AM (ET)**

### **Mental Health for the Public Health Professional -** For many public health professionals, the importance of understanding the foundational principles of mental health and acquiring skills to better support ourselves, our staff and our communities is a

pressing need. Public health professionals attending this interactive 2-hour training will gain an understanding of the foundations of public mental health, identify mental health challenges from multiple public health perspectives, and develop a process to strengthen personal and organizational mental wellness. [Register here!](#)





## Print Media:

## Recent Products

- [Southeast Mental Health Priorities for TTA \(Infographic\)](#) - Given the large geographic area and diverse population of the Southeast region, the Southeast MHTTC recognizes that mental health priorities and training needs vary across providers, centers, communities, and states. With this context in mind, we assessed the mental health priorities of our region to inform our future TTA offerings. This infographic briefly outlines key findings from our assessment report that will guide the enhancement of our TTA offerings. The full assessment report can be [found here](#).
- [Forensic Peer Mentoring Program \(Infographic\)](#) - This product accompanies the Southeast MHTTC's [4-Part Series on Forensic Peer Mentoring](#), 'Ready for Re-entry'. It provides an overview of forensic peer mentoring services, describes the role of a forensic peer mentor, and reviews components of the forensic peer mentor training.

## On-Demand Recordings:

- [988 In Every State: The People We Know](#) - In this series, '988 in Every State', presenters will do a deep dive into what 988 is—its purpose, history, goals, and mechanics, taking micro and macro views of the system by speaking with front line Certified Peer Specialists answering calls and administrators behind the scenes who helped envision and build out Georgia's response.
- [The Community Resiliency Model \(CRM\) as a Self-Care Practice](#) - The Community Resiliency Model (CRM)<sup>®</sup> is a skills-based wellness and prevention program that provides a biological, non-stigmatizing perspective on human reactions to stress and trauma. The primary focus of this program is to learn to reset the natural balance of the nervous system. CRM skills help people understand their nervous system and learn to track sensations connected to their own wellbeing. This low-intensity intervention teaches easy-to-learn skills to manage difficult emotions.
- [Foundational Skills from Dialectical Behavior Therapy \(DBT\)](#) - As caring and competent providers, you realize the importance of having readily available tools to share with your clients whether you are meeting for the 1st or the 15th time. Few evidence-based practices offer relevant and accessible skills for decreasing distress, or the vulnerability to distress, like Dialectical Behavioral Therapy (DBT). Although not a comprehensive DBT course, this 4 module seminar provides a snapshot of some of the foundational skills of DBT. Learn how you can integrate DBT-informed skills into your work with clients.

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





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## Region IV Corner

- **Alabama:** The Alabama Department of Mental Health (ADMH) recently received a grant for the Alabama Telehealth Expansion Project (AL-TEP), a strategic initiative to reduce health disparities prevalent in rural areas. With this grant, the department aims to broaden telehealth treatment services for mental health conditions, substance use disorders (SUD) and opioid use disorders (OUD) through collaborative support from certified treatment providers, offering necessary services in the state’s rural communities. Approximately 43 percent of the state’s 4.9 million citizens reside in rural areas and face gaps in behavioral health care. Even in counties where providers are present, the provider-to-population ratio is considerably lower compared to urban areas. The grant is expected to increase access to more than 37,000 Alabamians. Additional information on this expansion of service access [can be found here](#).
- **Georgia:** The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) in collaboration with Georgia's Poison Control Center (GPC) and the Georgia Crisis and Access Line (GCAL), recently announced a novel partnership designed to streamline access to mental health, suicide prevention, and substance use crisis support, in particular for those individuals in distress and considering poison as a method of suicide. This initiative makes Georgia the first state to integrate statewide poison control call centers and the 988 Suicide and Crisis Lifeline. By integrating resources and expertise, this partnership aims to intervene effectively in such crises, redirecting individuals to the care offered by GCAL. This initiative will enhance the ability to help support Georgians in crisis as current statistics show poisoning as the third leading method of suicide in the state. More information about this collaboration [can be found here](#).





## MHTTC Updates

### Building Stronger Foundations: The Intersection of Suicide Prevention Infrastructure & Behavioral Health Services

Wednesday, May 22 | 12:00 - 1:00 PM (ET)

Suicide is a global public health concern, and the need for robust prevention infrastructure is more critical than ever. This learning session will delve into the multi-faceted approach the Suicide Prevention Resource Center (SPRC) has taken to support states and territories in building effective and sustainable suicide prevention infrastructure. This session will explore the intersection of community behavioral health services and suicide prevention infrastructure through shared risk and protective factors, crisis supports, and focus on social determinants of health. Additional information [can be found here](#).

## SAMHSA Updates

- **Art of Recovery Project:** SAMHSA recently announced the launch of the 2024 Art of Recovery project. This initiative highlights the impact of art on mental health and substance use recovery, showcasing how creative expression can serve as a pathway to healing and empowerment. The project solicits submissions, including artwork and a brief description of the artist’s inspiration, from artists with lived or living recovery experience. Submissions are open May 7 to June 28, with categories for youth 13-17 and adults 18+. Artists may submit in two categories: painting, drawing or mixed media, and photography. Additional information about the Art of Recovery Project [can be found here](#).
- **National Strategy for Suicide Prevention:** The U.S. Department of Health and Human Services (HHS) recently released the 2024 National Strategy for Suicide Prevention (National Strategy) and accompanying Federal Action Plan. SAMHSA and CDC, in partnership with the National Action Alliance for Suicide Prevention, led the development of these critical deliverables to address the overdose and mental health crises. Suicide is an urgent and growing public health crisis with approximately one death by suicide every 11 minutes (2022). The National Strategy outlines concrete recommendations for addressing gaps and meeting the needs of at-risk populations. It is accompanied by the Federal Action Plan, which identifies 200 discrete actions to be initiated and evaluated over the next 3 years. Additional information about the national strategy and federal action plan [can be found here](#).

Access resources from across the MHTTC Network and from SAMHSA

