

July Awareness Events

July is Minority Mental Health Awareness Month:

The month of July is dedicated to raising awareness about the unique mental health challenges minority communities encounter and working to improve their access to quality mental health services. Data from SAMHSA's National Survey on Drug Use and Health (2022) reveals that racial and ethnic minority groups are less likely to receive a diagnosis and subsequent treatment for their mental health condition, often have less access to mental health services in their communities, and may receive a poorer quality of care. This month's newsletter features resources to raise awareness about mental health disparities and promote mental health equity. Click on the links below to learn more.

- [Southeast MHTTC Mental Health Equity](#) - Collection of resources developed by the Southeast MHTTC
- [MHTTC Network](#) - Collection of upcoming events and recently published resources from the MHTTC Network
- [Office of Behavioral Health Equity](#) - Learn more about SAMHSA's efforts to reduce disparities
- [Office of Minority Health](#) - Access resources addressing mental health stigma among minority populations
- [National Alliance on Mental Illness \(NAMI\)](#) - Learn more about this month and ways to support advocacy
- [Mental Health America \(MHA\)](#) - Find information on support systems and actionable ways to move forward toward a mentally healthy future

July 16, 2024 marks the **second-year anniversary** of the **launch of 988**. [Click here](#) to learn more about the progress being made, find answers to frequently asked questions, and download social media shareables.

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Upcoming Events

Tuesdays in July | 12:00 PM (ET)

Foundational Aspects of Cognitive Behavioral Techniques (4-Part Series)

Cognitive behavioral therapy has shown itself to be an effective technique for a variety of experiences of psychological distress. These experiences include but are not limited to depression, anxiety, trauma, sleep disorders and rumination. In this 4-week series,

Dr. Green takes you through the foundational aspects of cognitive behavioral techniques that can be readily applied to a variety of presenting concerns. We will cover some basic cognitive techniques and address some of the most common presentations for which cognitive behavioral therapy is utilized. We will also explore the cognitive approach of mindfulness. By the end of the four-week series, you will have additional tools to add to your clinical encounters with clients and mental health consumers. Please note, this is an interactive seminar with poll questions and breakout rooms.

- Session 1: Tuesday, July 09, 2024 | 12:00 - 1:00 PM
- Session 2: Tuesday, July 16, 2024 | 12:00 - 1:00 PM
- Session 3: Tuesday, July 23, 2024 | 12:00 - 1:00 PM
- Session 4: Tuesday, July 30, 2024 | 12:00 - 1:00 PM

[Register Here](#)

Monday, July 29 | 1:00 PM (ET)



The Peer Perspective: An overview of "The National Model Standards for Peer Support Certification" 3-part series

The National Model Standards for Peer Support Certification is the first substantive document on peer support published by SAMHSA since the 2015 landmark publication of "SAMHSA's Core Competencies for Peer Workers in Behavioral Health Services." A lot has changed (as evidenced by the depth and breadth of the content areas packed into the 35 pages of the Standards). For those without an extensive formal training in behavioral health or experience reading federal policy, the Standards, while exciting as movement forward, can be nonetheless confusing, intimidating, and challenging. In this 3-part series we plan to make the Standards more understandable to the people and organizations providing peer support on both the macro level (What is a national standard, and does it impact me and my work?) and the micro level (What are the five Pillars of Peer Support Supervision?). Join us on **Monday, July 29 at 1:00 - 2:30 PM (ET) for Part 1, on Monday, August 5 (Part 2) and on August 12 (Part 3).**

[Register Here](#)



Recent Products

On-Demand Recordings:

- [The Community Resiliency Model \(CRM\) as a Self-Care Practice to Reduce Burnout and Promote Resiliency in Schools](#) - The Community Resiliency Model (CRM) is a skill-based wellness and prevention program that provides a biological, non-stigmatizing perspective on normal human reactions to stress and trauma. In this on-demand recording presenters apply CRM to schools by teaching skills for educators, administrators, and the school mental health workforce to reduce burnout and promote staff retention.
- [988 In Every State: The Places We Go](#) - Georgia has had a reputation for being a standard bearer of peer support for many years, and that reputation has been on display over the past 36 months with the launch of the new national 988 and 988lifeline.org. In the third part of this series, '988 in Every State', presenters explore the emerging needs and implementation of peer support services in areas where the traditional medical model remains dominant.
- [Supporting the Mental Health of Autistic Students in the Classroom: A Guided Tour through Available Resources](#) - 1 in 36 school-age children have autism spectrum disorder (ASD). Autistic students are much more likely than non-autistic students to experience mental health challenges, including difficulty with emotion regulation, anxiety, and depression that may be exacerbated by experiences of bullying, victimization, and segregation within schools. In this on-demand recording, the presenter provides an overview of resources the Southeast MHTTC has developed and disseminated on supporting the mental health of autistic students.

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



July 24: Did you know 7/24 is Self-Care Day? Be sure to check out our [Provider Well-being resources](#) to find strategies to help enhance your personal and professional resilience.

July 26: Did you know this is the 34th anniversary of the Americans with Disabilities Act (ADA)? Check out our [Supported Employment on-demand recording](#)

and our [Career and Income Pathways Infographic](#) to learn more about the ADA and other resources to help improve employment opportunities and financial outcomes for individuals with psychiatric disabilities.





Region IV Corner

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- **Kentucky Chosen as One of Six States to Participate in Youth Mental Health Support Project:** State officials recently announced that Kentucky was selected to participate in a yearlong cohort to support student mental health. **Kentucky, Alabama,** Hawaii, New Jersey, Oklahoma, and Virginia were chosen by the National Governors Association Center for Best Practices Children and Families team to participate in the Policy Academy to Drive Thriving Youth Mental Health and Wellbeing. The Policy Academy builds on the National Governors Association 2022-23 Chair's Initiative on Strengthening Youth Mental Health. The goal for participating states is to advance student mental health and wellbeing across a variety of state-led approaches. The Kentucky team will focus on expanding and improving school-based mental health services and support. This project will also support Kentucky in leveraging and incorporating student voices - a crucial part of implementing state goals and policy objectives during the project. More information about Kentucky's role in the Policy Academy can be [found here](#).
- **Tennessee Announces Latest Effort to Expand Comprehensive Mental Health Workforce Development:** The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) recently announced applications are open for the 'Tennessee Behavioral Health Pathways Scholarship' a new, multi-million dollar behavioral health scholarship program designed to support the next generation of mental health professionals as they earn advanced degrees necessary for their career. Eligible students can receive tuition assistance for up to two years as they pursue a master's degree in fields including counseling, psychiatric nursing, social work, psychology, or similar behavioral health professions. In return for the tuition support, students must commit to working for a public behavioral health provider for the same amount of time they received the scholarship. More information about Tennessee's investment in workforce development can be [found here](#).



MHTTC & SAMHSA Updates

- **SAMHSA releases 'Expanding Peer Support and Supporting the Peer Workforce in Mental Health' Issue Brief:** This issue brief offers valuable information to State Mental Health Authorities (SMHA) about the benefits of peer support and inclusion of the peer workforce throughout the behavioral health continuum. The document highlights current standards and best practices for including peer support workers as an essential component of services delivery for mental and co-occurring disorders, like substance use disorder (SUD). Interested individuals can access the report and find other peer-related SAMHSA resources [here](#).
- **SAMHSA posts National Survey Results for Older Adults:** Older adults currently make up about 20 percent of the general population. As they age, they can experience a variety of circumstances contributing to the development of mental health challenges, including heightened sensitivity to substances, social isolation, and the development of age-related health problems. They often have difficulty accessing behavioral health treatment because of cost, transportation, and challenges in navigating the healthcare system. [View this report](#) to learn more about the substance use and mental health indicators among older adults aged 60 or older in the United States.
- **SAMHSA Announces \$31M Investment in Behavioral Health Priorities:** SAMHSA recently announced approximately \$31 million in funding opportunities aimed at improving behavioral health for racial and ethnic minorities, and other underserved populations, providing training and technical assistance to programs serving these populations, and integrating primary and behavioral health care. Funding for a variety of behavioral health efforts include the National Center of Excellence for Integrated Health Solutions, Integrated Behavioral Health and HIV Care for Unsheltered Populations, and a National Peer-Run Training and Technical Assistance Center for Addiction-Recovery Support. More information about this investment in behavioral health can be [found here](#).

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

