SAMHSA
Substance Abuse and Mental Health
Services Administration

Training and Technical Assistance Related to COVID-19

MHTTC Resources

Responding to COVID-19: highlight products and resources that can be useful when coping with the effects of widespread public health crises such as:

- Psychosocial Impacts of Disasters: Assisting Community Leaders
- Supportive Practices for Mental Health Professionals During Pandemic-Related Social Distancing

MHTTC Pandemic Response Resources including recorded webinars: https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19

Upcoming webinars:

- **Leadership in Times of Chaos**
  Pacific Southwest MHTTC - May 18, 3-4pm PT / 6-7pm ET

- **Self-Compassion Webcast Series:** Whether you are a counselor, teacher, or social worker, serving children is hard. At any given moment, there are numerous tasks required of you, and you often feel like your plate is overflowing. In addition to the pressures of work, stress in your personal life – taking care of a family, health concerns, or financial burdens - take their toll. You are taking care of everyone, and often feel exhausted. This series of 12 self-compassion sessions teach you how to care for yourself in the moment that you most need it. REGISTRATION at https://selfcompassionsswmhttc.eventbrite.com

  Upcoming sessions: **May 26** at 3 p.m. (CST); **June 2** at 3 p.m. (CST); **June 9** at 3 p.m. (CST)

- **Mental Health Mutual Support Calls for Thriving at Work During COVID-19**
  Northeast & Caribbean MHTTC:
  - For mental health providers, meetings held every other Thursday from 9-10am PT / 12-1pm ET until 5/28
  - For mental health supervisors, meetings held every Thursday from 11am-12pm PT / 2-3pm ET until 5/21

- **Ambiguous Loss: Grieving in the Time of COVID-19, Followed by Live Q&A Session** - **Northwest MHTTC - May 27, 2pm PT / 5pm ET**

- **Educator Wellness Webinar**- the Educator Wellness Webinar Series is part of The Well-Being Series - Connections During COVID-19: Mental Wellness Webinars for Families and Educators. - https://mhttcnetwork.org/centers/northwest-mhttc/product/educator-wellness-webinar-2-supporting-educator-wellbeing-wellness

ATTC Resources

The Addiction Technology Transfer Centers (ATTC) have produced several resources to help providers to improve services capability in response to COVID-19:

ATTC Pandemic Response Resources - https://attcnetwork.org/centers/global-attc/pandemic-response-resources

- **Fundamentals of Telemental Health** – The 6 weeks series will feature weekly 2-hour webinars (5-7pm PT every Tuesday). Register once, and then attend any of the sessions that interest you! - **Register for the 6-week series here!** – upcoming sessions:

    - May 19: Preparing Your Office for Telemental Health
    - May 26: Client Selection, Intake, and Assessment in Telemental Health
    - June 2: Clinical Engagement in Telemental Health
    - June 9: Emergencies, Disruptions, and Pitfalls in Telemental Health
    - June 16: Risk Management in Telemental Health

- Advancing Clinicians' Videoconferencing Skills: An Audio-Consultation Series
  The Mountain Plains ATTC introduces a new product based on a series of consultation groups developed to train behavioral health professionals on the use of videoconferencing to deliver clinical services.

- Listening Session and Strategic Discussion Series
  The Addiction Technology Transfer Center (ATTC) Network, and the Prevention Technology Transfer Center (PTTC) Network are facilitating a FREE, national online discussion and resource sharing opportunity for the substance use (SU) prevention, treatment, and recovery workforces focused on emerging issues around social determinants of health (SDH) and COVID-19. Download series overview.

- Substance Use Disorder Services in the Days of a Pandemic: You Need A Bigger Boat!
  Providing SUD services during a pandemic requires a mix of disaster preparedness, safety precautions, telehealth, and ethics. During her tenure as a leader in SUD treatment, Sheila Weix has been involved with emergencies related to the HIV epidemic, 9/11, and the 2008 economic collapse. She is currently applying this experience in an outpatient treatment service that includes medication-assisted treatment in rural Wisconsin during the COVID19 pandemic. This webinar is from the Great Lakes ATTC.

- Telehealth Learning Series for SUD Tx and Recovery Support Providers
  This Telehealth Learning Series is a facilitated, FREE, national online discussion and resource sharing opportunity for substance use disorder (SUD) treatment providers and peer support specialists faced with transitioning their services to the use of telephone and videoconferencing - LEARN MORE

- Online Telephone and Support Groups
  Treatment providers and peer support specialists looking for online and telephone support groups for their patients/peers should review the list compiled by the Mountain Plains ATTC. Both 12 Step and none 12 Step-based online support groups are identified. This is not an exhaustive list but the links are active. After an initial review NONE of these sites are associated with specific treatment/recovery centers and do not require individuals to register first to access online group support services. Download List (Accessible)

- Healing the Healer: Employing Principles of Neuroscience, CBT, and MI to Understand and Treat Compassion Fatigue Among Human Services Professionals
  This webinar, presented by Troy Montserrat-Gonzales, LPC, LMHC, re-examines compassion fatigue and self-care in light of neuroscience research and offers practical tools for professionals to use to mitigate their own compassion fatigue and strengthen their resilience. This webinar was produced by the Northwest ATTC.

- A Guide to Using Text Messages to Improve Substance Use Treatment Outcomes
  Helping individuals remain in treatment or continue to participate in recovery support services can be difficult. However, with advances in both technology and science, text messages can be used to increase engagement, enhance education about the individual's condition, and help patients manage craving and other negative thoughts/moods. This step-by-step guide contains information for treatment and recovery support providers on

how to use text messages to expand the reach of their services. The guide can be used in conjunction with the webinar or as a stand-alone resource.

- **Building Recovery Capital through Digital Health Technologies**

  This 4-part recorded video series showcases digital health technologies related to recovery support services for individuals with substance use disorders, thereby helping behavioral health peer recovery, clinical and administrative staff become familiar with and develop/increase their digital health technology skills.

- **Mid America (Region 7) SUD Pandemic Resources**
  Resources and Updates to Support the SUD Workforce During the Pandemic. A curated list of federal and TTC resources for pandemic response, as well as state resources for HHS Region 7: Iowa, Kansas, Missouri, Nebraska.

- **Great Lakes ATTC and Mid-America ATTC: SUD Treatment Webinar**
  COVID-19 has necessitated operational changes for Substance Use Disorder (SUD) residential treatment providers (community based social/medical detox, sobering beds, intermediate, reintegration, housed IOP levels of care, etc.). The purpose of this webinar was to share ideas around this topic. The discussion was lead by Mr. Scott Munson, CEO of the Sundown, a residential treatment center in Yakima, Washington. Listen to the Recording Here.

PTTC Resources

The Prevention Technology Transfer Centers (PTTC) have produced several resources to help providers to improve services capability in response to COVID-19:

PTTC Pandemic Response Resources - https://pttcnetwork.org/centers/global-pttc/pandemic-response-resources

- **The Role of Stigma in Substance Misuse Prevention: What Prevention Practitioners Can Do To Reduce Stigma**
  The Pacific Southwest PTTC developed a slide deck for practitioners to use in the field to engage in conversations about the role prevention practitioners can play in reducing stigma. - https://pttcnetwork.org/centers/pacific-southwest-pttc/product/role-stigma-substance-misuse-prevention-what-prevention

- The National Hispanic and Latino Prevention Technology Transfer Center is pleased to provide new fact sheets on **Prevention Tools for Latino Families During COVID-19** to download and distribute. This fact sheet was published in English, Spanish and Portuguese. Please click on the links to access the new fact sheets:

  - https://pttcnetwork.org/sites/default/files/2020-05/PTTCPrevention-covid-English.pdf
  - https://pttcnetwork.org/sites/default/files/2020-05/PTTCPrevention-covid-Spanish.pdf
  - https://pttcnetwork.org/sites/default/files/2020-05/PTTCPrevention-covid-Portuguese.pdf

- **Listening Sessions Summary: COVID-19's Impact on Prevention Practitioners** - In response to new challenges experienced by the prevention workforce resulting from the COVID-19 pandemic, the Pacific Southwest Prevention Technology Transfer Center (PTTC) facilitated four listening sessions over video conference with 111 prevention practitioners joining. This report provides an overall summary of the conversations across the four sessions. - https://pttcnetwork.org/centers/pacific-southwest-pttc/product/listening-sessions-summary-covid-19s-impact-prevention

- **Self-Care in a Selfless Field Webinar** Hosted by the Mountain Plains PTTC, this webinar touches on possible signs of burnout, how to implement self-care practices to your daily life, and receive available

resources to combat the effects of work-related stress. This
webinar. https://pttcnetwork.org/centers/mountain-plains-pttc/event/self-care-selfless-field-webinar

- **Prevention Practitioner's Role in Disaster Response**
  The purpose of this checklist is to prepare the preventionist for their role before and after disasters. They have
  unique skills that can assist and align with disaster response efforts.

- **Social Development Strategy Slide Deck for You by the Northwest PTTC**
  This is a 10-slide downloadable deck highlight the Social Development Strategy. It includes notes for prevention
  practitioners to incorporate into presentations.

- **Connecting Prevention Specialists to Native Communities During Times of Crisis: Listening Sessions**
  The National American Indian & Alaska Native PTTC will be holding virtual sessions to support our Native
  communities in these challenging times - https://pttcnetwork.org/centers/national-american-indian-alaska-
  native-pttc/event/connecting-prevention-specialists-1

SMI Adviser Resources

Resources on COVID-19 and Serious Mental Illness

SMI Adviser compiled a list of resources for clinicians who serve individuals with serious mental illness (SMI). During this
crisis, refer to the evidence-based resources below for specific guidance around COVID-19. If you have specific questions
on recent changes in telepsychiatry, prescribing clozapine, or any other topic, you may request a consultation from one
of our national experts.

SMI Adviser Coronavirus Resources: https://smiadviser.org/covid

- Resources on COVID-19 and Serious Mental Illness
- Education Activities about COVID-19
- COVID-19 Resources

Recorded Webinars:
- Managing the Mental Health Effects of COVID-19
  https://education.psychiatry.org/Users/ProductDetails.aspx?ActivityID=7256&utm_source=SMI_Adviser_COVID
  19_Email&utm_medium=March2020

- Telepsychiatry in the Era of COVID-19
  https://education.smiadviser.org/Users/ProductDetails.aspx?ActivityID=7257&utm_source=Email&utm_mediu
  m=WebinarEmail

- Serious Mental Illness and COVID-19: Tailoring ACT Teams, Group Homes, and Supportive Housing
  https://education.smiadviser.org/Users/ProductDetails.aspx?ActivityID=7289

Center of Excellence for Protected Health Information – Focus-PHI

While the CoE-PHI develops tools and resources to increase healthcare organization and provider awareness about OCR
and SAMHSA COVID-19 Guidance and Resources (and what they can do to protect patient privacy while providing SUD
and MH telehealth services), we suggest reviewing SAMHSA's COVID-19 Guidance and Resources as well as the HHS
Office of Civil Rights' Notification of Enforcement Discretion for Telehealth Remote Communications During the COVID-
19 Nationwide Public Health Emergency.

Tips to keep your telehealth visit private - https://coephi.org/sites/default/files/tips-individuals.pdf

Upcoming Live webinar: Understanding SAMHSA and OCR Guidance for Telehealth SUD & MH Services, and Update on the CARES Act - Wednesday, May 20, 2:00 PM (EST) – **Register Today** (registration will be capped at 500)

Recorded Webinars at http://coephi.org/
- Understanding New SAMHSA/OCR Guidance for Telehealth SUD and MH Services;
- Maintaining Patients Confidentiality When Providing Medication for Opioid Use Disorder in Community Health Centers.

PCSS Resources
Resources and presentations can be found at https://pcssnow.org/?s=COVID

Tip Sheet

- Telehealth Tip Sheet - https://custom.cvent.com/10D3BAE39269457884C1D96DE1DF8D8D/files/c0f35116b188481b80df828b226e90c1.docx

Upcoming Webinars:

- Treatment and Engagement Strategies for Youth and Young Adults with Opioid Use Disorder (OUD) - May 28, 2020 - https://pcssnow.org/event/treatment-and-engagement-strategies-for-youth-and-young-adults-with-opioid-use-disorder-oud/

Recorded Webinars

- Telepsychiatry's Role in Medication Assisted Treatment: https://pcssnow.org/event/telepsychiatrys-role-in-medication-assisted-treatment/

- Use of Buprenorphine in the Management of Opioid Dependence in Underserved Communities: https://pcssnow.org/event/use-of-buprenorphine-in-the-management-of-opioid-dependence-in-underserved-communities/

- Telemedicine-Delivered Buprenorphine Treatment in the Age of COVID-19 - https://pcssnow.org/event/tele-buprenorphine-in-the-age-of-covid-19/

- Optimal MOUD prescribing practices for the Future: During the COVID-19 Pandemic and Beyond - https://pcssnow.org/event/optimal-moud-prescribing-practices-for-the-future-during-the-covid-19-pandemic-and-beyond/

- How COVID-19 Impacts Clinical Practice - https://pcssnow.org/event/how-covid-19-impacts-clinical-practice-3/

Online Trainings

- Treating the Homeless During COVID-19

- Supporting Providers After Overdose Death: https://learning.pcssnow.org/p/SupportingProviders
- Grief and Managing an Overdose Death: https://pcssnow.org/event/grief-and-managing-an-overdose-death/
    - Related resource document: https://pcssnow.org/resource/grief-and-overdose-death-2/

- Young adult seeking treatment after overdosing: https://pcssnow.org/education-training/training-courses/teenager-seeking-treatment-after-overdosing-part-1/
- Partnering with Pharmacists: Naloxone Prescribing and Dispensing to Prevent Overdose Deaths: https://pcssnow.org/event/partnering-with-pharmacists-naloxone-prescribing-and-dispensing-to-prevent-overdose-deaths-aoaam/
- Stress, Relaxation, and Mindful Breathing: A Primer: https://pcssnow.org/education-training/training-courses/9-stress-relaxation-mindful-breathing-primer/

Checklist

- Initial Patient Contact about Buprenorphine Checklist - https://opioidresponsenetwork.org/ResourceMaterials/Sample-Initial-Patient-Contact-about-Buprenorphine.pdf

ORN Resources

Recorded Webinars

- Telemedicine: Getting Started, Regulations and Privacy Issues. https://education.aoaam.org/products/telemedicine-getting-started-regulations-and-privacy-issues-3272020#tab-product_tab_overview

- The Opioid Epidemic and COVID-19: How Social Determinants of Health Create Differential Impacts - https://opioidresponsenetwork.org/COVID19.aspx

- American Osteopathic Academy of Addiction Medicine webinar titled Telemedicine: Getting Started, Regulations and Privacy Issues. https://education.aoaam.org/products/telemedicine-getting-started-regulations-and-privacy-issues-3272020#tab-product_tab_overview (recorded)

- Compassionate Fatigue and Self Care: For Helping Professionals Working with Opioid Related Disorders https://opioidresponsenetwork.org/admin/ResourceDetails.aspx?resourceID=9338

Manual

- Adapting Your Practice: Recommendations for the Care of Homeless Patients with Opioid Use Disorders - https://opioidresponsenetwork.org/admin/ResourceDetails.aspx?resourceID=4162

Updated May 15, 2020