

Tribal TANF Virtual Meeting

Re-Orient, Reset, and Rise

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Office of Tribal Affairs and Policy

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

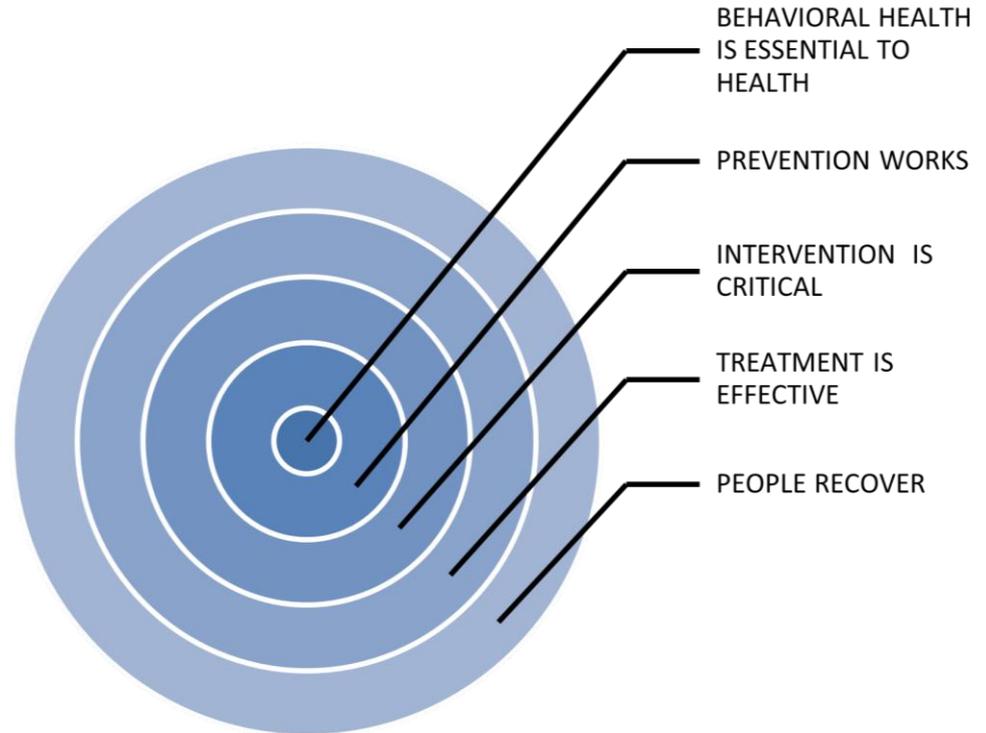
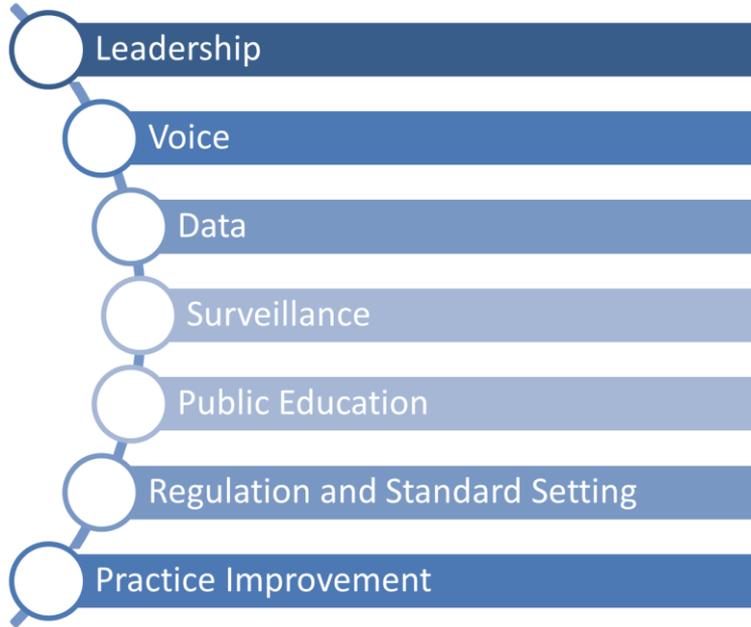
August 24, 2022



SAMHSA
Substance Abuse and Mental Health
Services Administration

Behavioral Health – A National Priority

Our mission is to reduce the impact of substance use and mental illness on America's communities



Purpose of OTAP

- Serves as the primary point of contact within SAMHSA for Tribes, Tribal Organizations, Urban Indian Organizations, and other stakeholders on Tribal behavioral health
- Leads and supports SAMHSA-wide actions to improve behavioral health of Tribal communities
- Leads SAMHSA Tribal Consultation, outreach, education, and engagement efforts

American Indian and Alaskan Native Technology Transfer Centers

The National American Indian and Alaska Native MHTTC works with organizations and treatment practitioners involved in the delivery of mental health services to American Indian and Alaska Native individuals, families, and tribal and urban Indian communities to strengthen their capacity to deliver effective evidence-based and experience-based practices. This includes the full continuum of services spanning mental illness, prevention, treatment, and recovery support.



Tips for Managing Stress During the COVID-19 Pandemic:



- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the early warning signs of stress, and take time to renew your spirit through meditation, prayer, or helping others in need.

ADDITIONAL RESOURCES

Disaster Distress Helpline:

1-800-985-5990

National Suicide Prevention Lifeline:

1-800-273-TALK (1-800-273-8255)

SAMHSA

Substance Abuse and Mental Health
Services Administration

Toll-free: 1-877-SAMHSA-7 (1-877-726-4727) |
info@samhsa.hhs.gov | <https://store.samhsa.gov>

PEP20-01-01-013

Are you working to help people affected by the COVID-19 pandemic?

Use these principles of Psychological First Aid (PFA) when working with survivors:

 Respond to requests and initiate contacts in a nonintrusive, compassionate, and helpful way.

 Help people meet their basic needs.

 Calm emotionally overwhelmed or disoriented individuals.

 Identify immediate needs and concerns.

 Empower people to take steps to meet their needs.

 Encourage people to reach out to family and friends via phone, text, or other virtual methods.

 Provide information about common stress reactions.



Talking With Children:

TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

What You Should Know

When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious—as much as adults. This is true even if they live far from where the outbreak is taking place and are at little to no actual risk of getting sick. Young people react to anxiety and stress differently than adults. Some may react right away; others may show signs that they are having a difficult time much later. As such, adults do not always know when a child needs help.

PRESCHOOL CHILDREN, 0-5 YEARS OLD

Very young children may express anxiety and stress by going back to thumb sucking or wetting the bed at night. They may fear sickness, strangers, darkness, or monsters. It is fairly common for preschool children to become clingy with a parent, caregiver, or teacher or to want to stay in a place where they feel safe. They may express their understanding of the outbreak repeatedly in their play or tell exaggerated stories about it. Some children's eating and sleeping habits may change. They also may have aches and pains that cannot be explained. Other symptoms to watch for are changes in behavior, hyperactivity,

SAMHSA COVID-19 Resource Page

<https://www.samhsa.gov/coronavirus>

National Network to Eliminate Disparities (NNED)



[News & Events](#) | [Opportunities](#) | [Connect](#) | [Resources](#) | [Join the NNED](#)

It's Okay Not To Be Okay During a Pandemic: COVID Coping Strategies for Children in Tribal Communities



SAMHSA Funded Resources

SAMHSA's practitioner training offers tools, training, and technical assistance to practitioners in the fields of mental health and substance use disorders.



Technology Transfer Centers (TTC) Program

The purpose of the Technology Transfer Centers (TTC) is to develop and strengthen the specialized behavioral healthcare...



State Targeted Response Technical Assistance (STR-TA)

The State Targeted Response Technical Assistance (STR-TA), known as the Opioid Response Network, was created to support...



Providers
Clinical Support
System

Providers Clinical Support System (PCSS)

Providers Clinical Support System (PCSS) is a national training and clinical mentoring project developed in response to...



Clinical Support System for Serious Mental Illness (CSS-SMI)

This initiative supports the use and implementation of evidence-based screening and treatment for serious mental...



Suicide Prevention Resource Center

Suicide Prevention Resource Center (SPRC)

The Suicide Prevention Resource Center (SPRC) provides a virtual learning lab designed to help state- and community-...



Rural Opioid Technical Assistance (ROTA)

The purpose of this program is to develop and disseminate training and technical assistance for rural communities on...

Evidence-Based Resource Center

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.

SUD Prevention:

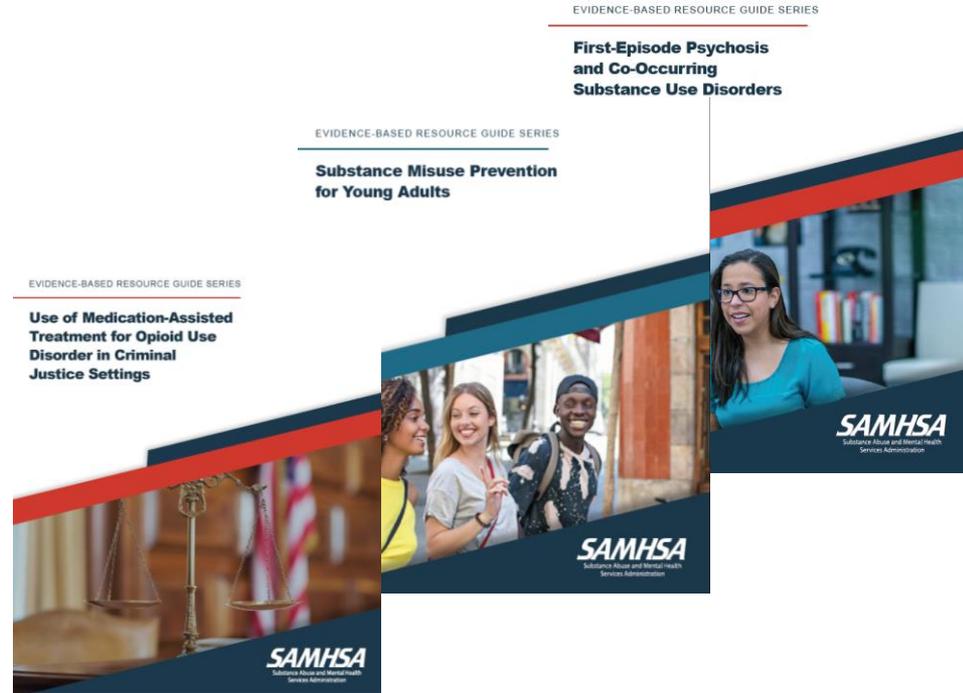
- Preventing the Use of Marijuana: Focus on Women and Pregnancy
- Substance Misuse Prevention among Young Adults

SUD Treatment

- Medication for Opioid Use Disorder in Criminal Justice Settings
- Stimulant Use Disorder
- Recovery with a focus on Employment Supports

Mental Health:

- First Episode Psychosis and Co-Occurring Substance Use Disorders
- Suicide Prevention and Treatment



Thank you

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1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)