



Pacific Southwest (HHS Region 9)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Creating Safe Spaces for Peer Support Providers and Incorporating Anti-racist Practices in Peer Support Delivery

February 22, 2023

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SESSION SECURITY

In the case of any security issues that may occur, this session will immediately end and will not resume using the same join link. A separate email will be sent to all participants with further instructions.

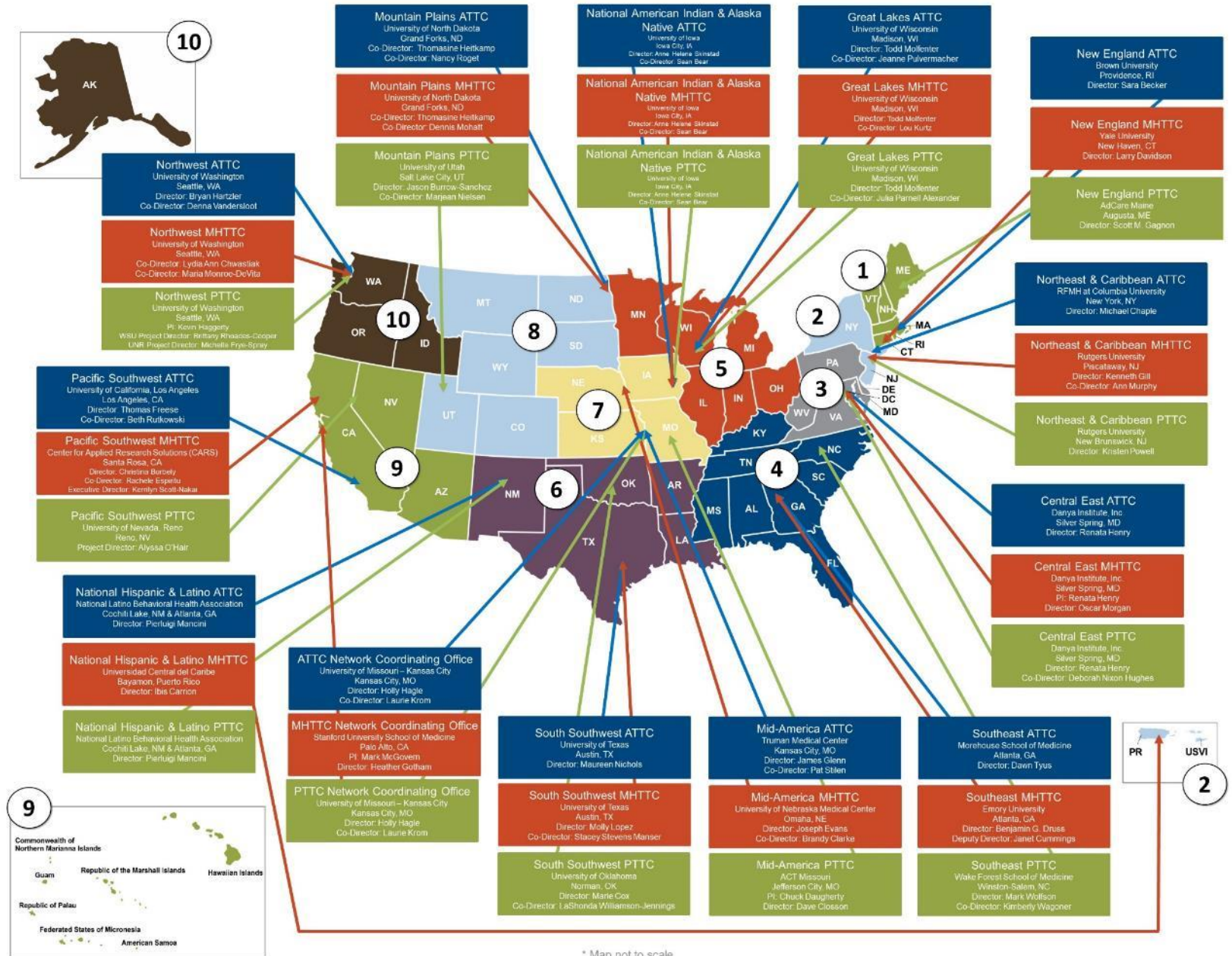
Thank you.

About the Pacific Southwest MHTTC

Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration (SAMHSA)

We are Region 9!



* Map not to scale.

Mental Health Technology Transfer Center

Funded by SAMHSA

Pacific Southwest Mental Health Technology Transfer Center (PS MHTTC) Region 9

**General Mental
Health Workforce**

**Youth & Young
Adult Services
and Supports**

**School Mental
Health Workforce**



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MHTTC

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Our Role

We offer a collaborative MHTTC model in order to provide training, technical assistance (TTA), and resource dissemination that supports the mental health workforce to adopt and effectively implement evidence-based practices (EBPs) across the mental health continuum of care.

Our Goal

To promote evidence-based, culturally appropriate mental health prevention, treatment, and recovery strategies so that providers and practitioners can start, strengthen, and sustain them effectively.

Services Available

No-cost training, technical assistance, and resources





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Products and Resources Catalog

Access the wide array of existing products and resources available in our Products and Resources Catalog on our website, such as printed materials, recorded webinars, research articles, and more. [Access Now!](#)

Technical Assistance

Consideration for Intensive TA (If the TA information request cannot be answered by existing resources on the website) can be requested with PS MHTTC staff who will conduct a meeting to assess if the request is within our scope, available time frame, and budget. [Request TA Now!](#)

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

La Red de los Centros de
Transferencia de Tecnología sobre
Salud Mental (MHTTC, por sus
siglas en inglés) utiliza un lenguaje
afirmativo, respetuoso y orientado
a la recuperación de las personas,
en todas sus actividades.

Este lenguaje es:

BASADO EN LAS
FORTALEZAS Y EN LA
ESPERANZA

INCLUSIVO Y DE
ACEPTACIÓN A
DIVERSAS CULTURAS,
GÉNEROS,
PERSPECTIVAS Y
EXPERIENCIAS

CENTRADO EN LA
SANACIÓN Y SENSIBLE
AL TRAUMA

MOTIVA A QUE LAS
PERSONAS DECIDAN
SU CAMINO

CENTRADO EN LA
PERSONA Y LIBRE DE
ETIQUETAS

LIBRE DE
SUPOSICIONES Y
JUICIOS

RESPECTUOSO, CLARO
Y COMPRENSIBLE

CONSISTENTE CON
NUESTRAS ACCIONES,
POLÍTICAS Y
PRODUCTOS

Agenda

01

Welcome and Land Acknowledgment

02

Community Builder

03

The Why

04

Guests of Honor on Creating Safe Spaces for BIPOC Peers

05

Q&A

Learning Goals

01

Create specific avenues for peers who identify as BIPOC.

02

Implement ant-racist strategies within peer support delivery.

03

Identify career paths for peer specialists.



Meet Today's Facilitator

Evelyn Clark, CPC

MHTTC TA Center & Change Matrix

Technical Assistance Specialist
and Racial Equity Consultant

Meet Today's Guests of Honor



Alexander Ferguson
*Pathways Vermont
Team Lead*



**puyuyix^w, Bend in the River,
Danny Leonard**
*Puyallup Tribe's Re-Entry Program
Peer Specialist*



Shaun Worthy
*IAMWORTHY
& Associates, LLC
CEO*

Group Agreements

Be Present. Resist the urge to shift between tabs and try not to engage in other tasks around you. If you need to check in with a roommate, partner, or child during our time together, we understand, but please try to “mute” yourself when you do, so this doesn’t distract others.

We are each our own best expert. Stick with “I” statements and avoid advice-giving. Your experience is yours and please honor and respect that others’ experiences are theirs. If you’d like to hear specific advice or insight about other’s strategies and practices during this time, just ask.

Share the air. Be patient and respectful with speaking turns and speaking times. It’s not unusual for people to talk over each other on virtual calls. Notice that you’re talking more than others? Step back and give others a chance to be heard, and know that silence and pauses are welcome. Silence can feel longer on a virtual call, but now more than ever, it’s our friend.

Group Agreements

Keep it contextually confidential. What's said here stays here. Don't share quotes or identifying details without permission. What's learned here can leave here ;)

Forgiveness. Maybe you've noticed? Virtual spaces are by definition imperfect spaces: Technology fails. We can't make eye contact, so we're less able to read each other and respond naturally. We're all Zoomed out. And we're dealing with all of it with less fuel in our tanks. Let's be compassionate to ourselves and each other.

Safety and self-preservation first. You know yourself best. If you need to shake it out, find something green in the room, hydrate - please do. And, you can ALWAYS private chat one of us (who isn't speaking) if you want to move into a 1:1 breakout for support.

What would you add?



**Today I will
show my
gratitude by ...**

The Why

MENTAL HEALTH ADVOCACY SHOULD UPLIFT BIPOC VOICES OF LIVED EXPERIENCE





Guest Of Honor

puyuyix^w
“Bend In The River”
also known as
Danny Leonard



- Before we begin our meetings, the reentry staff and peers will prepare a meal for the participants who will be attending.
- Mostly natural ingredients and traditional foods
- When everything is finished, we circle up and say a prayer and elders eat first.

- After we all eat the meeting will begin and we light some smudge to help cleanse the space we will be using and to remove any bad energy from ourselves.
- The circle is sacred. We are putting this energy into the universe for healing.





- The meetings are offered in-person and through Zoom.
- Our numbers have been increasing with every meeting.
- We are interconnected through every race.
- When the meeting is finished, we like to end with a song that involves everyone in the meeting.



- Culture is the foundation of our program.
- We make all of our instruments.
- There is a consistent collaboration with other departments in our tribe.



Guest Of Honor

Alex Ferguson

- Pathways Vermont's mission is to **end homelessness** and offer **innovative** mental health **alternatives**
- The mission of the Pathways Vermont Support Line is to provide non judgmental, unbiased, safe and confidential support to Vermonters who reach out.
- BIPOC spaces



Vermont's

PEER WORKFORCE presents:
Development Initiative

Vermont BIPOC Co-Reflections

As our society is working towards racial and social justice; We must commit to working toward further access and inclusion. We acknowledge the importance of holding a space that is not dominated by white culture. While adhering to the values of Intentional Peer Support; we seek to hold a co-reflection which highlights the experiences of BIPOC community members.

Wednesdays
at 3:00pm
EST.

To register and
receive call-in
information please
email
[training@pathways
vermont.org](mailto:training@pathwaysvermont.org).



Guest Of Honor

Shaun Worthy and
the **IAMWORTHY** team
provides powerful and
impactful interventions,
coaching, and
presentations aimed to
empower and uplift youth.

A dark blue background with the text "BIPOC PEER SUPPORT" in large, white, bold, sans-serif capital letters. Surrounding the text are five hands of different skin tones (brown, tan, light brown, pink, and light skin) holding megaphones in various colors (orange, yellow, blue, green, and pink). Small white 'x' marks are scattered across the background.

BIPOC PEER SUPPORT

What is next?

April 19, 2023

Anti-racist Practices in Peer Support

June 28, 2023

Career Paths for Peer Support Specialists

August 30, 2023

Connection Building

QUESTIONS
COMMENTS
DISCUSSION



**Thank You &
Upcoming Distance
Learning Opportunities**

Upcoming
Distance
Learning
Opportunities

Join us for our other upcoming events!

Session 3 of Aging Out or Growing Together

March 29 | 10:00am – 11:15am PT | [Register Now](#)

Two events held by our affiliate project:

School Crisis Recovery & Renewal

Love Made Visible: Cultivating Awareness, Protection, and Radical Healing for B/IPOC Educators

March 9 | 11:00am – 12:30pm PT | [Register Now](#)

Self-Attuning to Our Emotional Activation Tending to our own Wounds While Supporting the Healing of Others

March 1, 8, 15 and 22 | 3:00pm – 4:30pm PT | [Register Now](#)

Webinars Recordings

**Did you miss a previous webinar
or just want to watch one again?**

Access all of our recorded webinars!

The recording of this webinar will be made available in the Pacific Southwest Products & Resources Catalog on our website. To view this and all previously recorded webinars that are currently available go to the link below. Check back often as new additions are always being added.

<https://mhttcnetwork.org/centers/global-mhttc/products-resources-catalog?center=35>

**Please allow 14 business days for all recordings to be made available.*

Certificate of Completion

A Certificate of Completion will automatically be emailed to all online participants in the follow-up email sent after the webinar. If you joined through the phone only, please email Ingrid Severson at iseverson@cars-rp.org to report your participation.

Thank you for attending!

**We need to hear from you to keep
bringing you these FREE resources!**

The feedback form will appear on your screen when the webinar ends, and is also included in the follow-up email sent immediately following the webinar.

Your completion of the survey is very important part of our quality control and to our future funding for this project as it allows us to continue to provide you with resources and training, such as this webinar, at no-cost.

If you could please take a few minutes to let us know your thoughts it would be greatly appreciated.

Contact Info

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@psmhttc



Join the PS MHTTC Newsletter!

<https://bit.ly/ps-mhttc-signup>

SAMHSA's mission is to reduce
the impact of substance abuse and
mental illness on America's communities.

www.samhsa.gov

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