

Technical Assistance: RTCR Quarter 3 Peer Call Resources (July 2021)

Building Capacity to Support Wellbeing & Mental Health + Data to Strengthen Health Department Efforts*

Call Focus

These calls focused on steps and strategies other grantee organizations have taken to support staff during COVID-19.

The discussion questions included:

- What does well-being and mental health support look like?
- What kind of opportunities are available?
 - What have you done?
- Success and challenges
- Exercises to practice

Resources

- <https://www.cdc.gov/healthytribes/tribalpractices.htm>
- <https://www.nativenews.net/health-wellness-indigenous-way/>
- <https://nau.edu/cher/we-are-resilient-project/>
- <https://mindfulnessexercises.com/breathing-into-tension-stress-detox/>

Substance Use Disorder (SUD)*

Call Focus

This peer call was to feature other tribal sites that have implemented strength-based interventions with cultural practices. In addition, solutions and strategies will be discussed for access to care and disparities in care.

The discussion questions included:

- What current prevention and treatment is happening in your community?
- Indigenous Centered Praxis
- Relationships
- Capacity Development
- Lessons learned
- Staying connected

Resources

No Resources were shared

Youth Mental Health - Talking with Youth about Resources*

Call Focus

Call focused on how communities are supporting youth during the pandemic, through partnership development, and implementing strength-based strategies.

Discussion topics:

- Challenges observed with youth mental health
- Opportunities and successes with youth mental health

Resources

- [Native Youth Are Medicine](#) - youth wellness event, session recordings & resources available, from the [Center for Native American Youth](#).
- [Native Wellness](#) - opportunities for people of all ages to learn about wellness.
- [We Are Native](#) - online community & wellness resources.
- [Mental health specific resource and tactics](#)
- [SAMHSA training and technical assistance](#)
- [National Association of Mental Illness](#)
- [Mental Health America](#) - information for mental health, well-being support.

Stress Reduction and Staying Well

Call Focus

Peers shared strategies to monitor staff well-being without adding additional work. In addition, they discussed practice stress/anxiety reduction strategies that everyone can participate in and take back to their tribes and communities. A safe and healthy team is an excellent role model for our tribal communities.

Discussion topics:

- Favorite distressing activity
- Challenges in workplaces or communities in dealing with stress
- Establishing Workplace Wellness Policies
- Morale boosting activities

Resources

- [How to talk about mental health](#)
- [Managing Anxiety & Panic Attacks](#)
- [Mental Health Echos](#)
- [Echos for Providers](#)
- [Native Youth Are Medicine](#) - youth wellness event, session recordings & resources available, from the [Center for Native American Youth](#).
- [Native Wellness](#) - opportunities for people of all ages to learn about wellness.
- [We Are Native](#) - online community & wellness resources.
- [Mental health specific resource and tactics](#)

**These calls took place twice in one day*