

Setting the Stage for an Equity Focus: 5 Step Leadership Checklist

Michael King, PhD, MSW
Regional Administrator

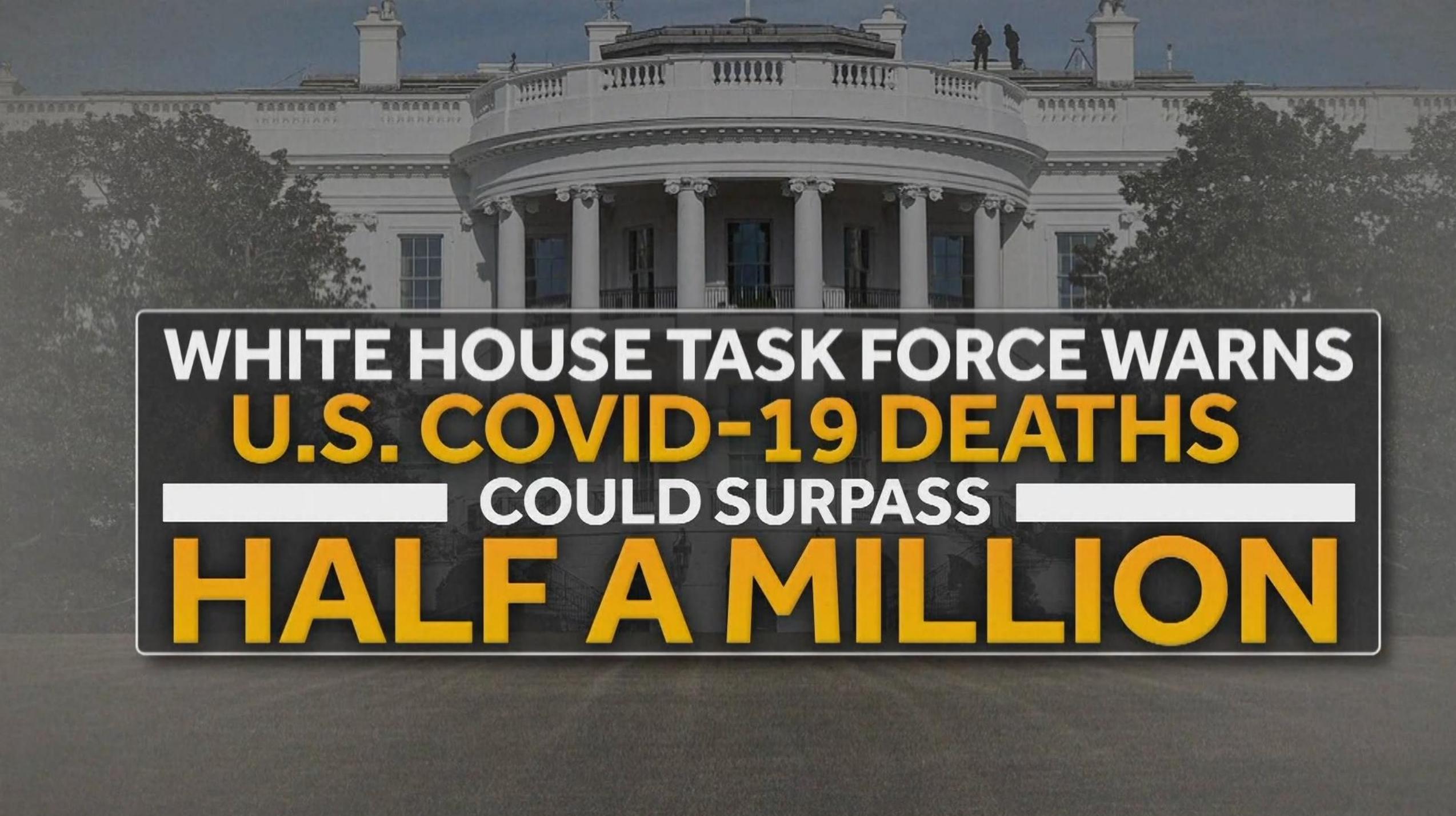
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

Southeast PTTC Regional Summit on Prevention and Equity 2021

March 5, 2021



SAMHSA
Substance Abuse and Mental Health
Services Administration

A grayscale background image of the White House, showing the iconic portico with columns and the balcony. Two figures are visible on the balcony.

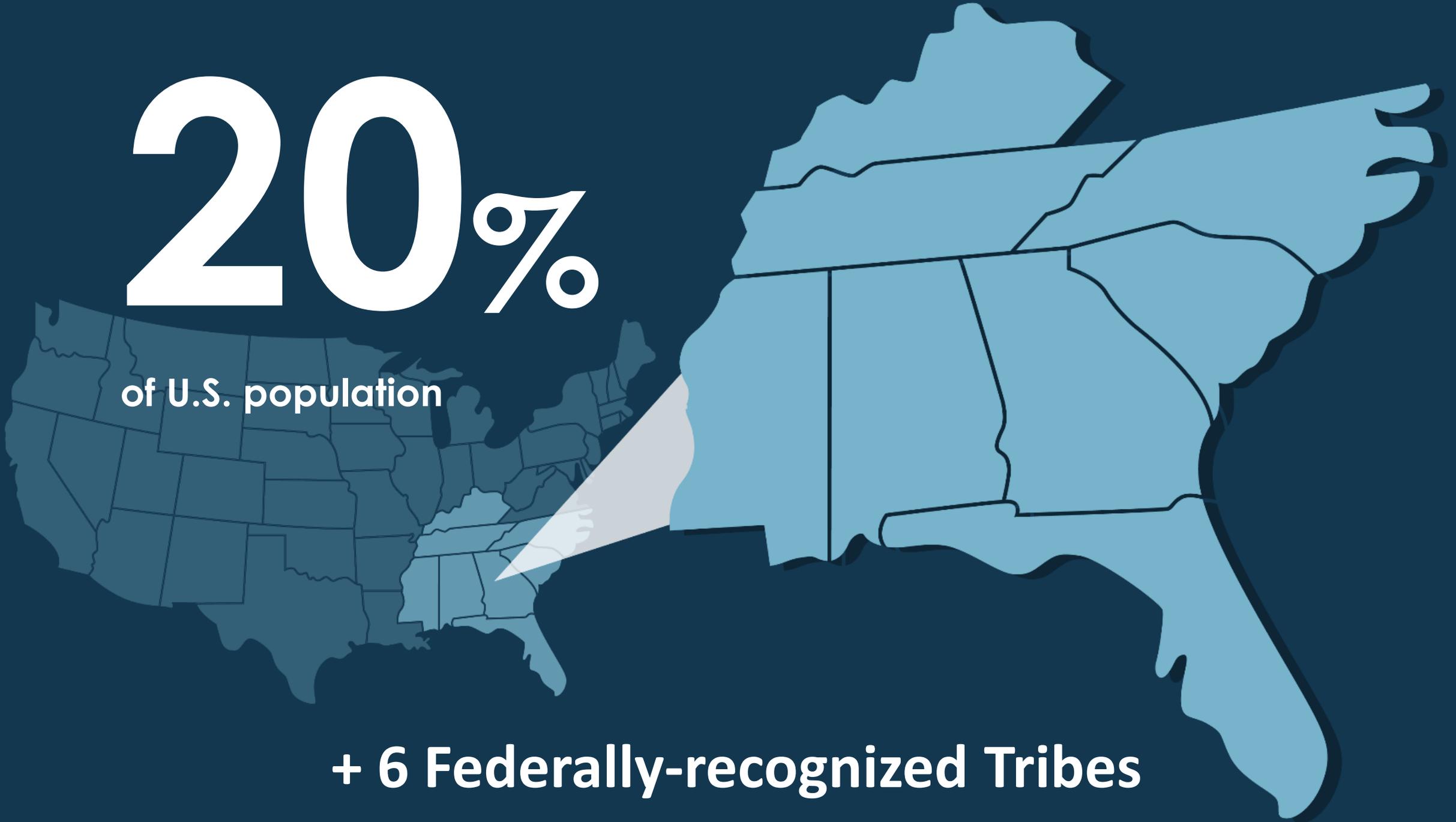
WHITE HOUSE TASK FORCE WARNS
U.S. COVID-19 DEATHS
_____ COULD SURPASS _____
HALF A MILLION



20%

of U.S. population

+ 6 Federally-recognized Tribes



7 of 8 states

African American > U.S.



Hispanic Pop Increased

70%



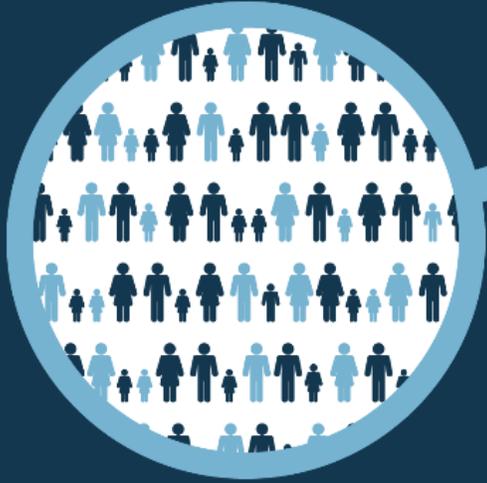
7 of 8 states

More Rural Residents



7 of 8 states

In Appalachian Region



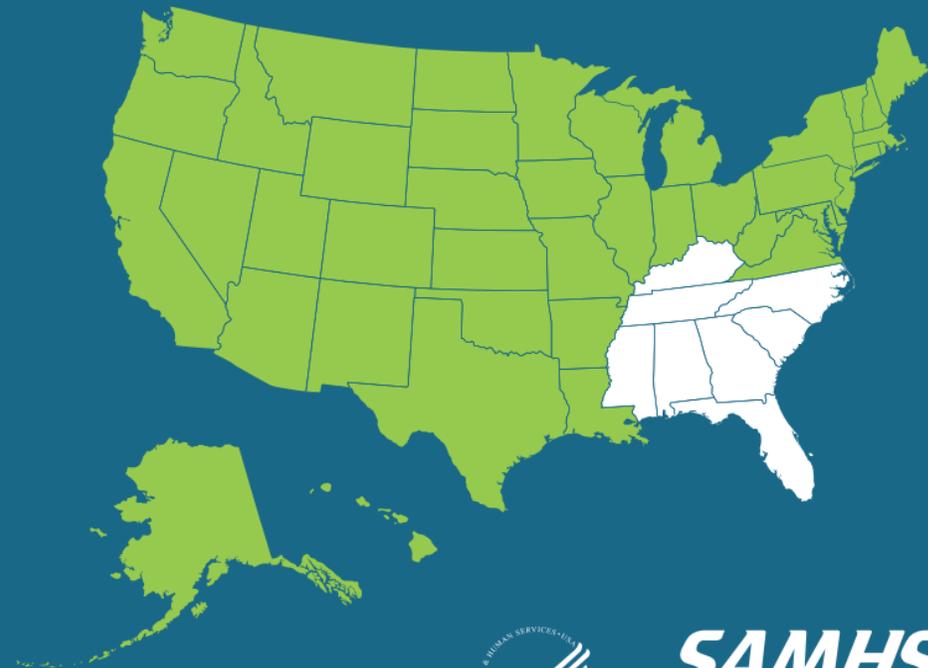




Behavioral Health Barometer

Region 4, Volume 6

Indicators as measured through the 2019 National Survey on Drug Use and Health
and the National Survey of Substance Abuse Treatment Services



SAMHSA
Substance Abuse and Mental Health
Services Administration

5 Steps to “Bounce Forward” Towards Equity



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Substance Abuse and Mental Health
Services Administration

Take a Step



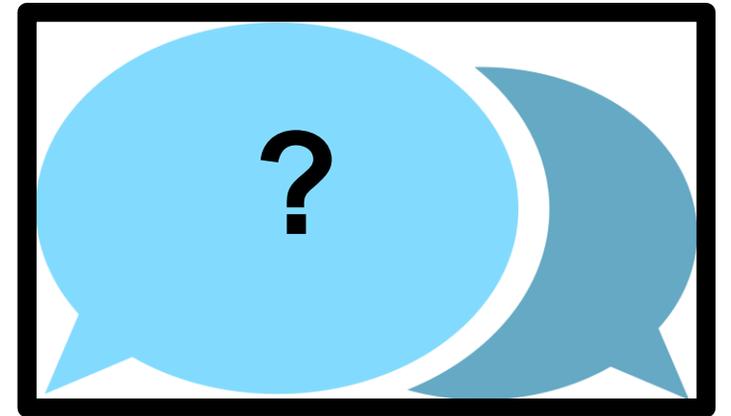
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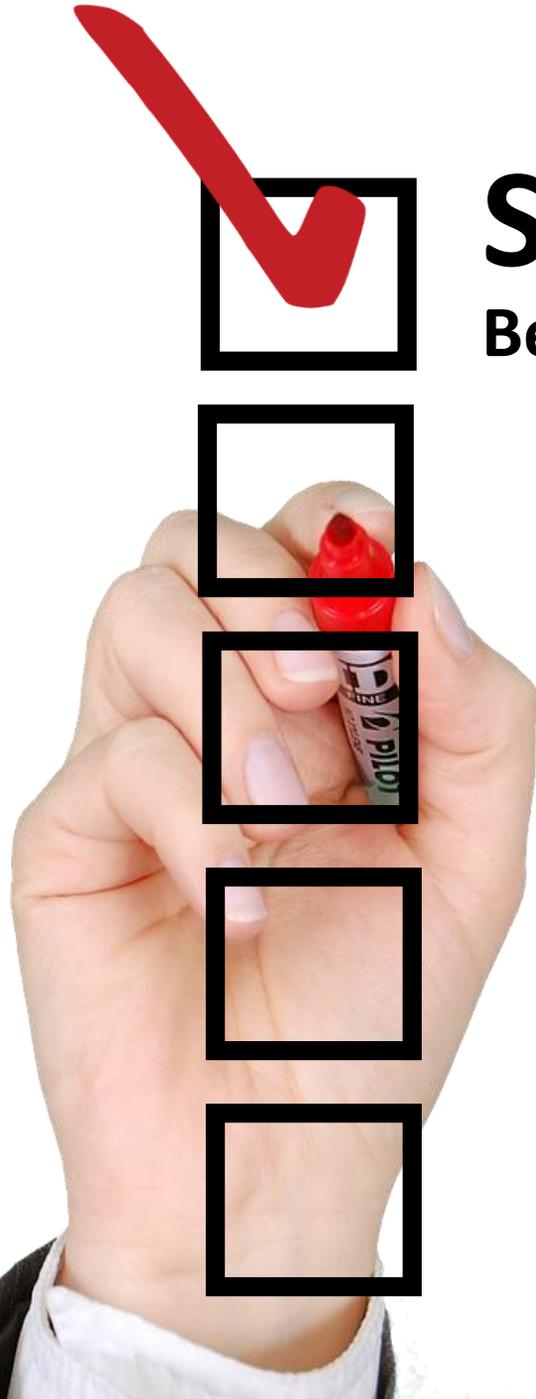
Set the Stage



+

Self Check





Step 1

Be Purpose Driven

New Beginning
Siab Tawv
Renewal
Perseverance
Integrity
Grace
Courage
Unity
Beautiful
Strength
Rewire
Familia
Fulfillment
Transformation
Community
Reawakening
Participate
Peace
Goals
Tsev Neeg
Freedom
Surrender
Compassion
Hope
Health
Shift
Joy
Connection
Relief
Opportunity
Thrive
Family
Incredible
Providencia
Journey
Resiliency
Survivor
Happiness
Genuine
Thankful
Gratitude
Restoration
Esperanza
Determination
Kev Cia Siab

**To reduce the impact of
substance abuse and mental
illness on American
communities.**

S
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**Region X:
Seattle**
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**Region VIII:
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Region V: Chicago
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Region I: Boston
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FSM, MH, PW
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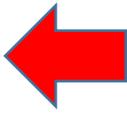
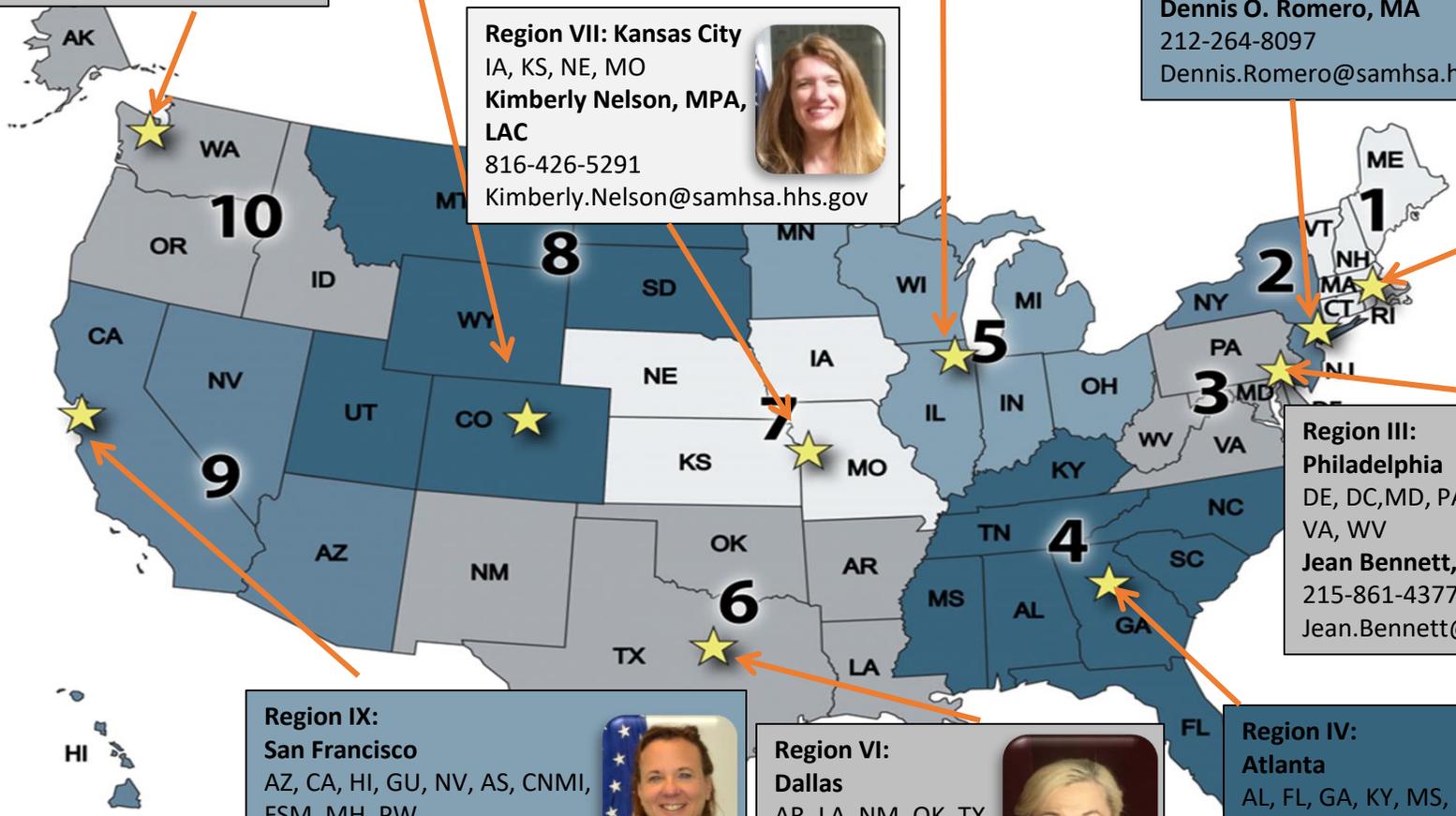
**Region VI:
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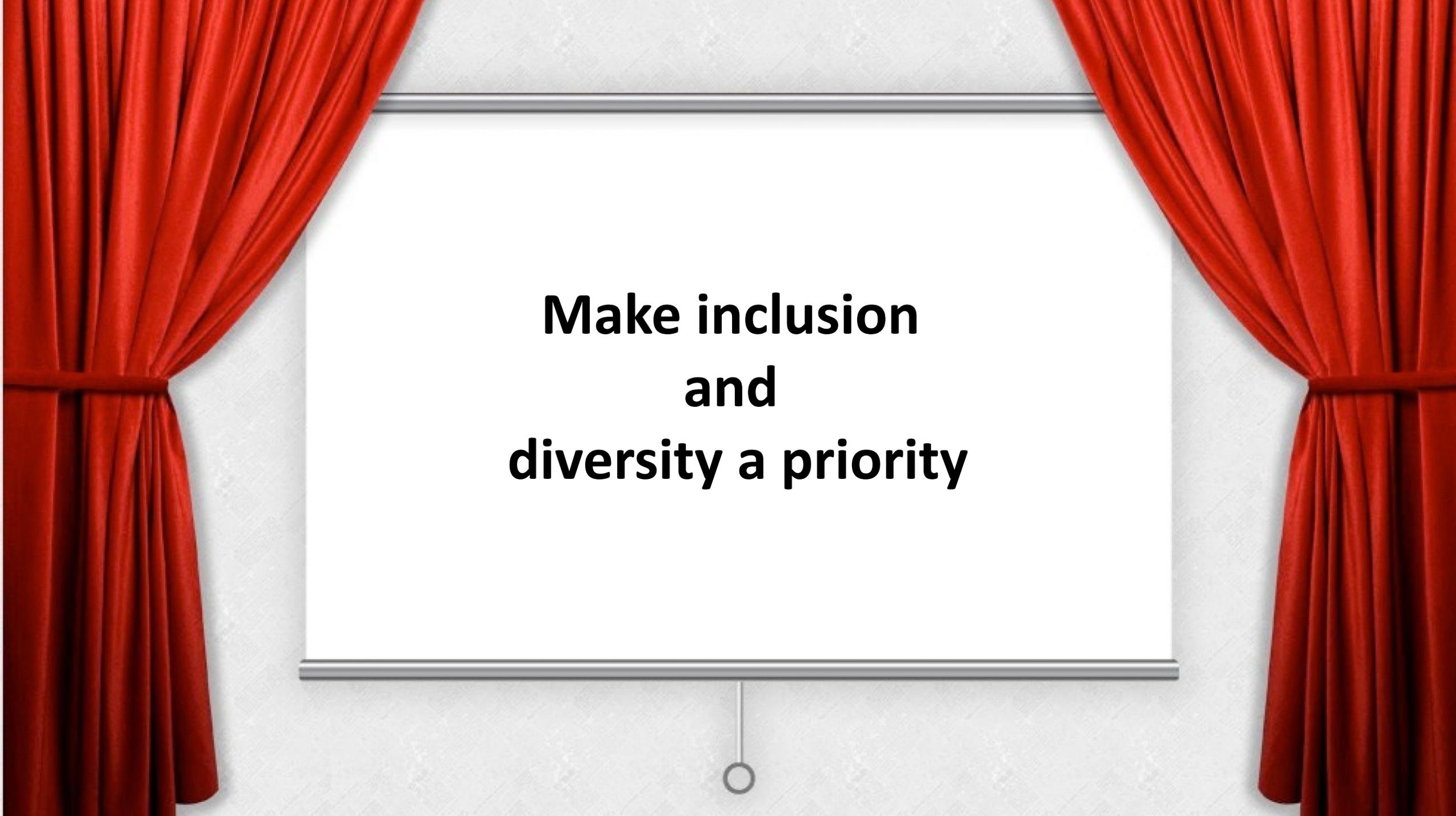
**Region IV:
Atlanta**
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Intergovernmental
and External Affairs
Anne Herron, Director
240-276-2856



Michael.King@SAMHSA.HHS.GOV



**Make inclusion
and
diversity a priority**

Behavioral Health Equity
About OBHE
American Indian/Alaska Native
Asian American, Native Hawaiian, and Pacific Islander
Black/African American
Hispanic/Latino
Lesbian, Gay, Bisexual, and Transgender
Data
Policy
Quality Practice and Workforce Development
Resources

Behavioral Health Equity Resources



Behavioral Health Equity

Find resources including data on health disparities and health care quality among diverse populations, and information about health policy, cultural and linguistic competency, health literacy, and more.

Health and Health Care Disparities Data

- The [SAMHSA National Survey on Drug Use and Health \(NSDUH\)](#) is an annual survey and report that serves as the primary source of information on the use of illegal drugs, alcohol, and tobacco in the civilian, non-institutionalized population of the United States, ages 12 years old or older.
- The [SAMHSA Behavioral Health Barometer, Volume 5](#) is a national report that presents data from the 2017 National Survey on Drug Use and Health and the National Survey of Substance Abuse Treatment Services. Some measures include data presented by race/ethnicity and other demographic variables. State reports provide a snapshot of substance use and mental health in the United States.
- The [SAMHSA Chartbook: Racial/Ethnic Differences in Mental Health Services Among Adults](#) uses data from 2008 to 2012 to present nationally representative estimates of mental health service use among adults within different racial groups.
- The [National Healthcare Quality & Disparities Reports \(Agency for Healthcare Research and Quality \[AHRQ\]\)](#) assesses the performance of the U.S. healthcare system in six priority areas—patient safety,

Featured Resources

[National Network to Eliminate Disparities in Behavioral Health](#) [↗](#)

[NNEDshare](#) [↗](#)

[SAMHSA National Survey on Drug Use and Health \(NSDUH\)](#)

[AHRQ National Healthcare Quality and Disparities Reports](#)

[OMH National Standards on Culturally and Linguistically Appropriate Services in Health and Health Care \(National CLAS Standards\)](#)

[Healthy People](#)

Get Help

[National Suicide Prevention Lifeline](#) [↗](#)

1-800-273-TALK (8255)

Free and confidential support for people in distress, 24/7

[Behavioral Health Treatment Services Locator](#)

Find treatment facilities confidentially and anonymously, 24/7

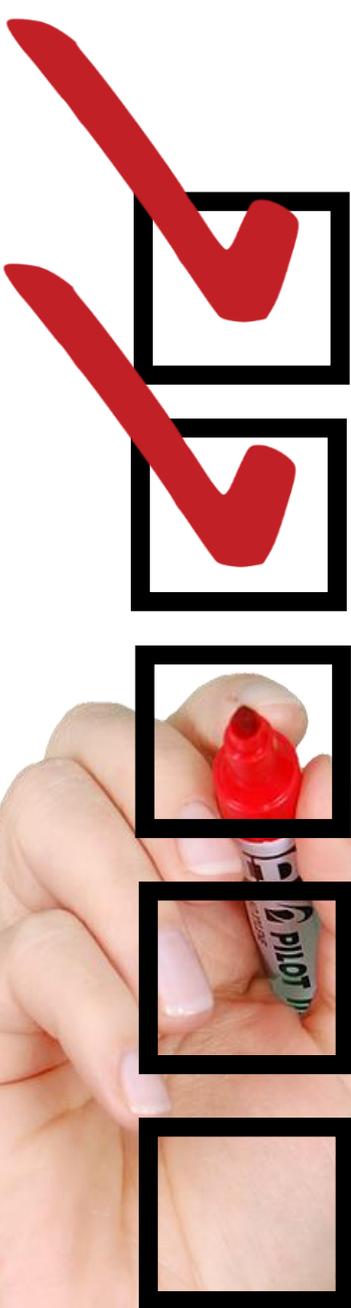
[National Helpline](#)

1-800-662-HELP (4357)

Treatment referral and information, 24/7

1 SELF CHECK:

How can this challenge
provide you a leadership
opportunity?



Step 1

Be Purpose Driven

Step 2

Collaborate

A Guide to SAMHSA's Strategic Prevention Framework



'Whole-of-America' Response

SAMHSA
Substance Abuse and Mental Health
Services Administration

ADMINISTRATION FOR
CHILDREN & FAMILIES



FDA U.S. FOOD & DRUG
ADMINISTRATION



National Institutes
of Health



Agency for Healthcare
Research and Quality



FEMA



CENTERS FOR DISEASE
CONTROL AND PREVENTION



CENTERS FOR MEDICARE & MEDICAID SERVICES

ATSDR

AGENCY FOR TOXIC SUBSTANCES
AND DISEASE REGISTRY



SAMHSA National Action Plan

COMMUNICATION

PUBLIC

WORKFORCE

SMI/SUD

[SAMHSA.GOV/coronavirus](https://www.samhsa.gov/coronavirus)

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



Substance Abuse and Mental Health
Services Administration

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Newsroom

Coronavirus (COVID-19)

[COVID-19 Information for SAMHSA Discretionary Grant Recipients](#)

[Media Guidelines for Bullying Prevention](#)

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[Infographics](#)

Coronavirus (COVID-19)

SAMHSA recognizes the challenges posed by the current COVID-19 situation and is providing the following guidance and resources to assist individuals, providers, communities, and states across the country. SAMHSA stands ready to assist in any manner possible.

SAMHSA Resources and Information

NEW: [COVID-19 Emergency Response for Suicide Prevention Grants](#)

NEW: [Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S. \(PDF | 426 KB\)](#)

NEW: [Guidance for Law Enforcement and First Responders Administering Naloxone \(PDF | 117 KB\)](#)

NEW: [Letter to Treatment Providers on PPE \(PDF | 543 KB\)](#)

[SAMHSA COVID-19 Funded Grants \(PDF | 297 KB\)](#)

[Intimate Partner Violence and Child Abuse Considerations During COVID-19 \(PDF | 328 KB\)](#)

[Emergency Grants to Address Mental and Substance Use Disorders During COVID-19](#) **CLOSED**



**Engage meaningfully
& develop diverse,
inclusive partnerships**

Join the National Network to Eliminate Disparities in Behavioral Health



 <https://nned.net/>

News & Events | Opportunities | Connect | Resources | Join the NNED

Accepting Cultures: Preventing Suicide in the Latinx Community

01/27/20

The word "suicide" is charged with emotion. For those whose life has been touched by the suicide of a loved one, it can be a painful reminder of the life, the hopes and the dreams that ended prematurely. And yet for some Latinx families, suicide continues to be a taboo, something that affects only other families, other communities.

[more >](#)

 The **National Network to Eliminate Disparities in Behavioral Health (NNED)** is a network of community-based organizations focused on the mental health and substance use issues of diverse racial and ethnic communities. The NNED supports information sharing, training, and technical assistance towards the goal of promoting behavioral health equity.

PARTNER  CENTRAL

connect & network



learn & grow

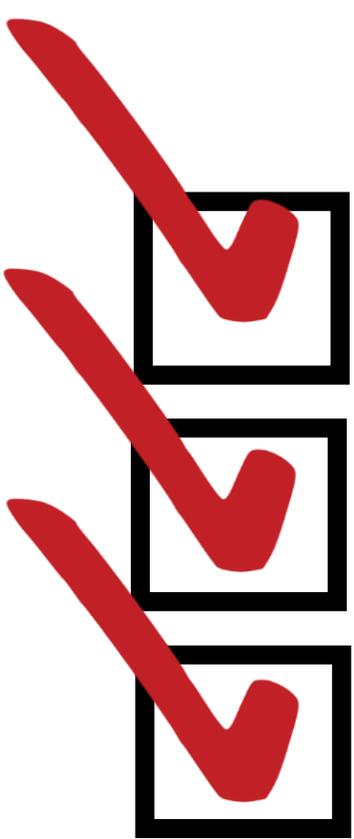


share & innovate

2

SELF CHECK:

**Are you connecting
with your own leaders
and teammates?**



Step 1

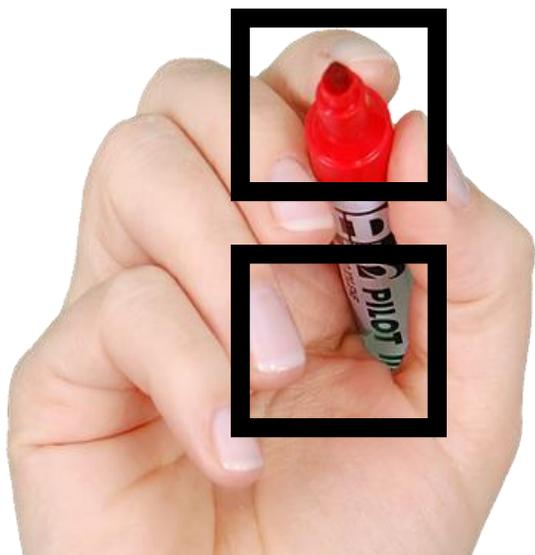
Be Purpose Driven

Step 2

Collaborate

Step 3

Communicate



>>>>>>>

Communicating in a Crisis

**Risk
Communication
Guidelines for
Public Officials**

SAMHSA
Substance Abuse and Mental Health
Services Administration







EXECUTIVE ORDERS

Executive Order on Improving Rural Health and Telehealth Access

HEALTHCARE

Issued on: August 3, 2020



SHARE: [f](#) [t](#) [l](#)

ALL NEWS

By the authority vested in me as President by the Constitution and the laws of the United States of America, it is hereby ordered as follows:

Section 1. Purpose. My Administration is committed to improving the health of all Americans by improving access to better care, including for the approximately 57 million Americans living in rural communities. Americans living in rural communities face unique challenges when seeking healthcare services, such as limited transportation opportunities, shortages of healthcare workers, and an



BRIEFING ROOM

Executive Order On Advancing Racial Equity and Support for Underserved Communities Through the Federal Government

JANUARY 20, 2021 • PRESIDENTIAL ACTIONS

By the authority vested in me as President by the Constitution and the laws of the United States of America, it is hereby ordered:

Section 1. Policy. Equal opportunity is the bedrock of American democracy, and our diversity is one of our country's greatest strengths. But for too many, the American Dream remains out of reach. Entrenched disparities in our laws and public policies, and in our public and private institutions, have often denied that

SAMHSA's BRSS hosts live video recovery meetings & trainings

Using Data to Communicate the Effectiveness of Recovery Supports (January 24, 2019) 23-19.pptx

Zoom meeting grid showing four participants:

- Jennifer Chadukiewicz
- Steven Samra
- Annette Crisanti
- Phil Rutherford

Recovery *LIVE!*

What Does the Data Say? Effective Use of Recovery Supports in Various Treatment and Healthcare Settings

Moderated by Steven Samra
BRSS TACS Deputy Director, Center for Social Innovation

Speakers:

- Jennifer Chadukiewicz**, Emergency Department Recovery Coach Program Manager, Connecticut Community for Addiction Recovery (CCAR)
- Phil Rutherford**, Director of Operations, Faces and Voices of Recovery
- Annette Crisanti**, PhD, Associate Professor, Division of Community Behavioral Health, Department of Psychiatry and Behavioral Sciences, University of New Mexico

January 24, 2019, 2:00–3:00 p.m. ET

What is your role? Select all that apply

Role	Percentage	Count
Person in Recovery	32.1...	(18)
Peer Support Specialist	23.2...	(13)
Recovery Coach	14.2...	(8)
Clinician	23.2...	(13)
Case Manager	3.57%	(2)
Staff Supervisor	12.5...	(7)
Program Manager/CEO	19.6...	(11)
Policy Maker	3.57%	(2)
Evaluator/Researcher	10.7...	(6)
Educator	10.7...	(6)
Student/Intern	3.57%	(2)
Other	19.6...	(11)

Closed Captions

18 pt | White (B) | No Captions

Instructions and Welcome!

Welcome to *Recovery LIVE!* Please use your computer speakers to hear the audio for this event. If computer speakers are not available, please call (888) 407-5039 and enter participant ID: 888-407-5039. Please ask questions in the chat.

January 2019 RL Resources

Name	Size
BRSSTACS_Value-of-Peers_PPT.pptx	2 MB
PPT_BRSSTACS_Data-Effective	9 MB

Questions and Comments (Everyone)

SUBSTANCE ABUSE SERVICES, Nashville, TN, Project Director for 2 MAT-PDOA projects that operate under acronym TECBOT-TN

Helen Kadin: Helen Kadin, Rockland Psychiatric Center in Orangeburg, NY

Seth Forwood: Seth Forwood - Wellington, CO

Seth Forwood: Denver Rescue Mission - Harvest

Well good afternoon everybody and welcome to Recovery LIVE! This event is



SAMHSA FY21 & CARES Act funding

SABG

\$1.85 B

MHBG

\$736

TOR

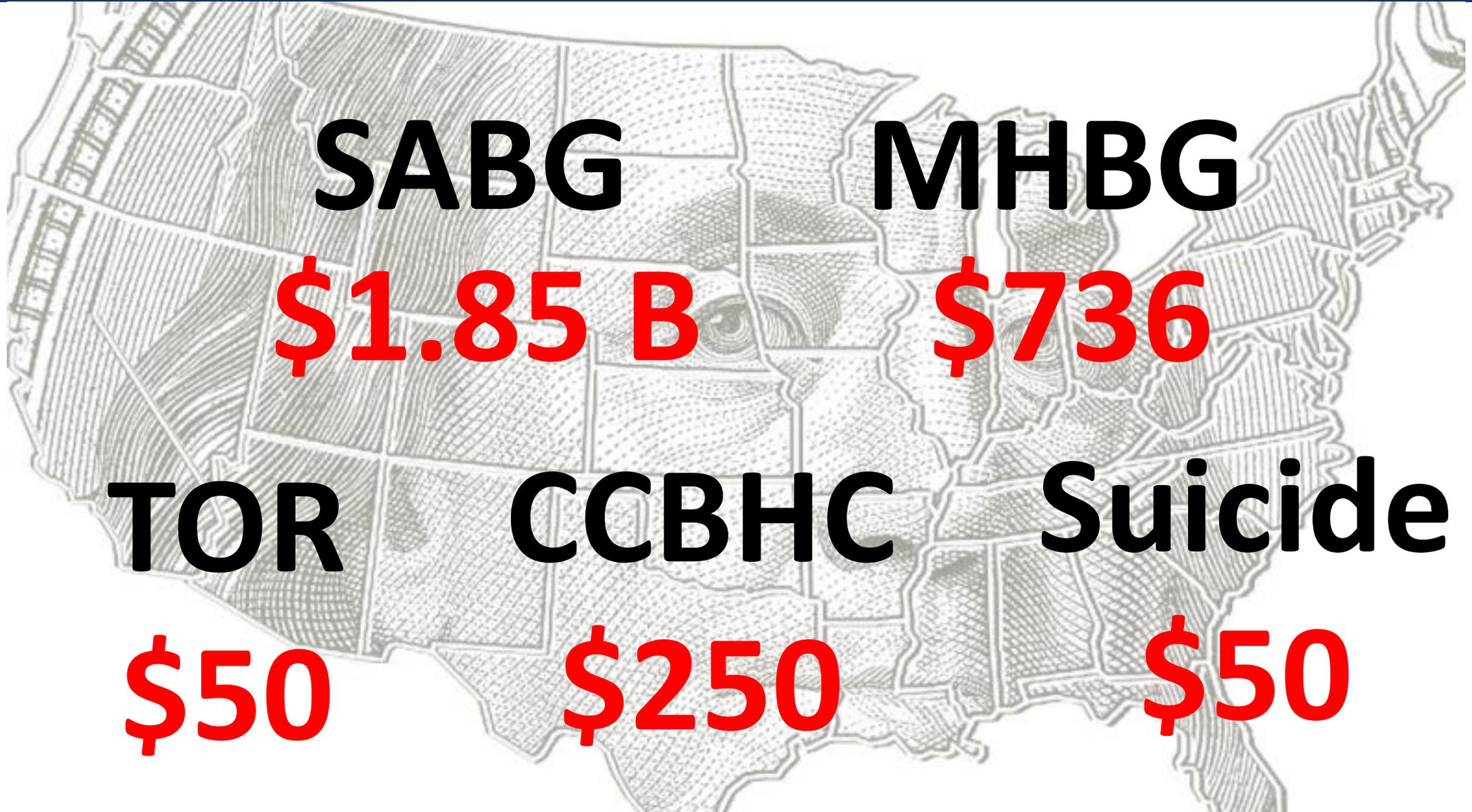
\$50

CCBHC

\$250

Suicide

\$50



A whiteboard is centered in the frame, flanked by two red curtains tied back. The whiteboard has a silver border and a pull cord hanging from the bottom center. The background is a light gray wall with a subtle diamond pattern.

Make the case for equity



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Conversations in Equity Posts

Promoting and Protecting the Health of Women: Saving Lives by Preventing Drug Overdoses



“Here’s your script”, the doctor said to me [Karin], as he handed me a refill for an opioid medication at a post-surgical follow-up visit. This action caught me off guard. I was fortunate that my pain had been short-lived and easily controlled, and I hadn’t finished the initial round of medications I was given. Thankfully, [Read More >](#)

Posted on October 7, 2020 by Karin A. Mack, PhD and Natasha Underwood, PhD

[15 Comments](#)

Categories [Preventive Care](#), [Substance Abuse Prevention](#), [Women’s Health](#)

3

SELF CHECK:

Have you updated
your team recently?

Step 1
Be Purpose Driven

Step 2
Collaborate

Step 3
Communicate

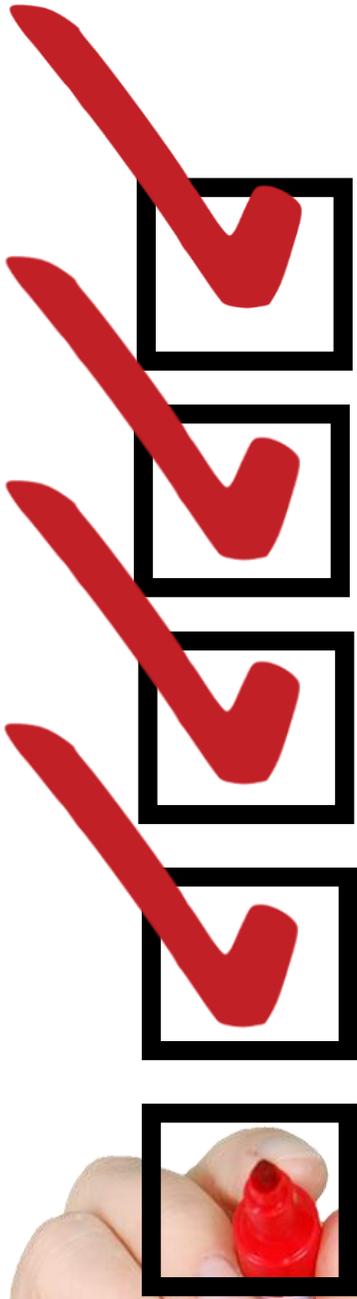
Step 4
Invest in People



TTC News

TTC Training & Events

TTC Products and Resources



Access online + in-person training, webinars, consultation

Addiction TTC

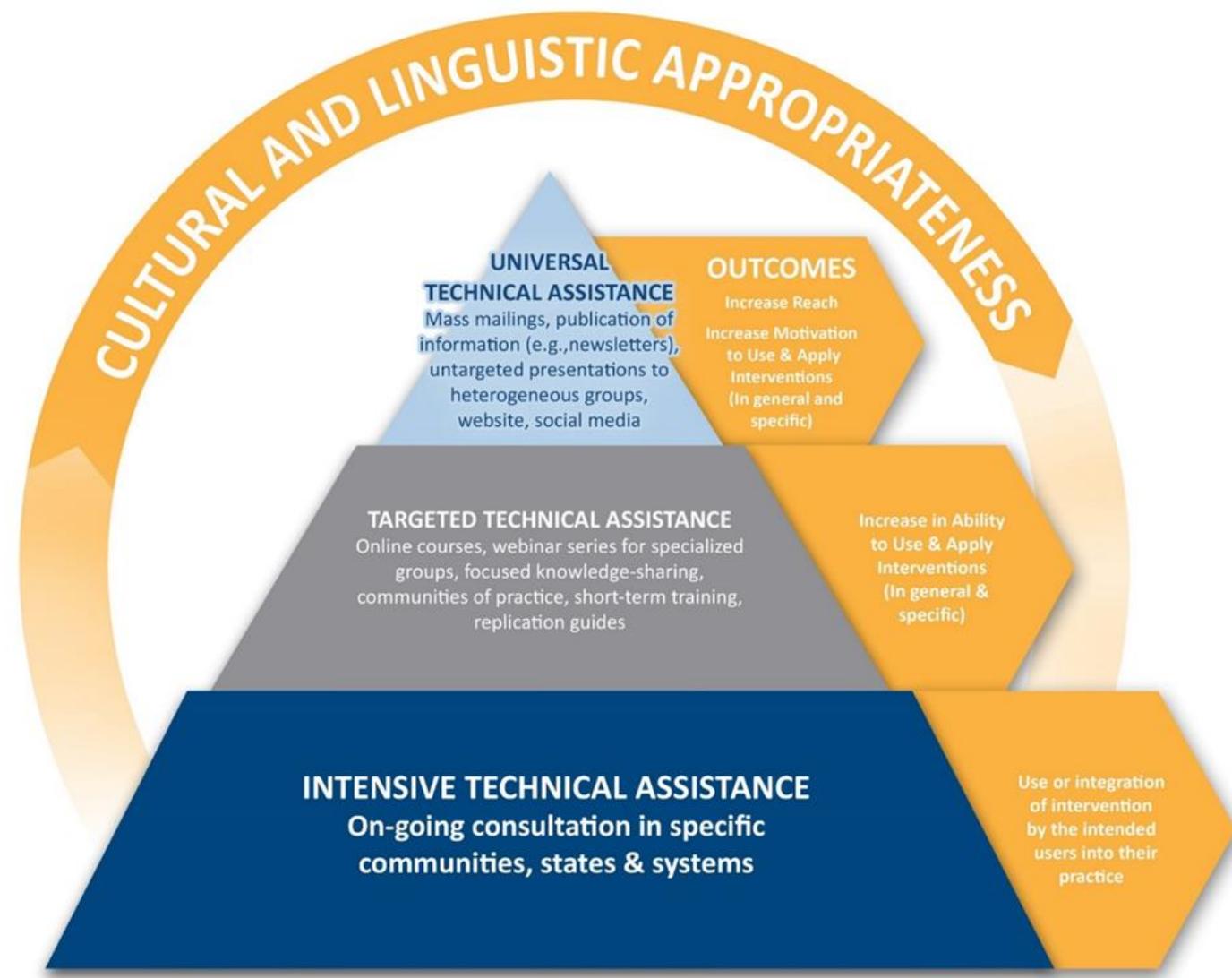
<https://attcnetwork.org>

Mental Health TTC

<https://mhttcnetwork.org>

Prevention TTC

<http://pttcnetwork.org>



<https://techtransfercenters.org/>



Visit our new CoEs for Health Equity...



Southeast (HHS Region 4)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

YOUR ATTC ▾

EDUCATION ▾

TOPICS ▾

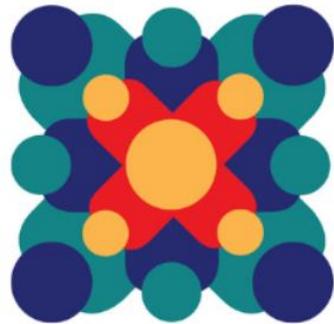
RESOURCES ▾

COMMUNICATION ▾

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☰ SOUTHEAST ATTC NAVIGATION (Select to expand / collapse menu)

Go to Center 



African American
Behavioral Health

CENTER OF
EXCELLENCE

PRESS RELEASE : Promoting Behavioral Health Equity for African Americans

Publication Date: Feb 16, 2021

Share This!



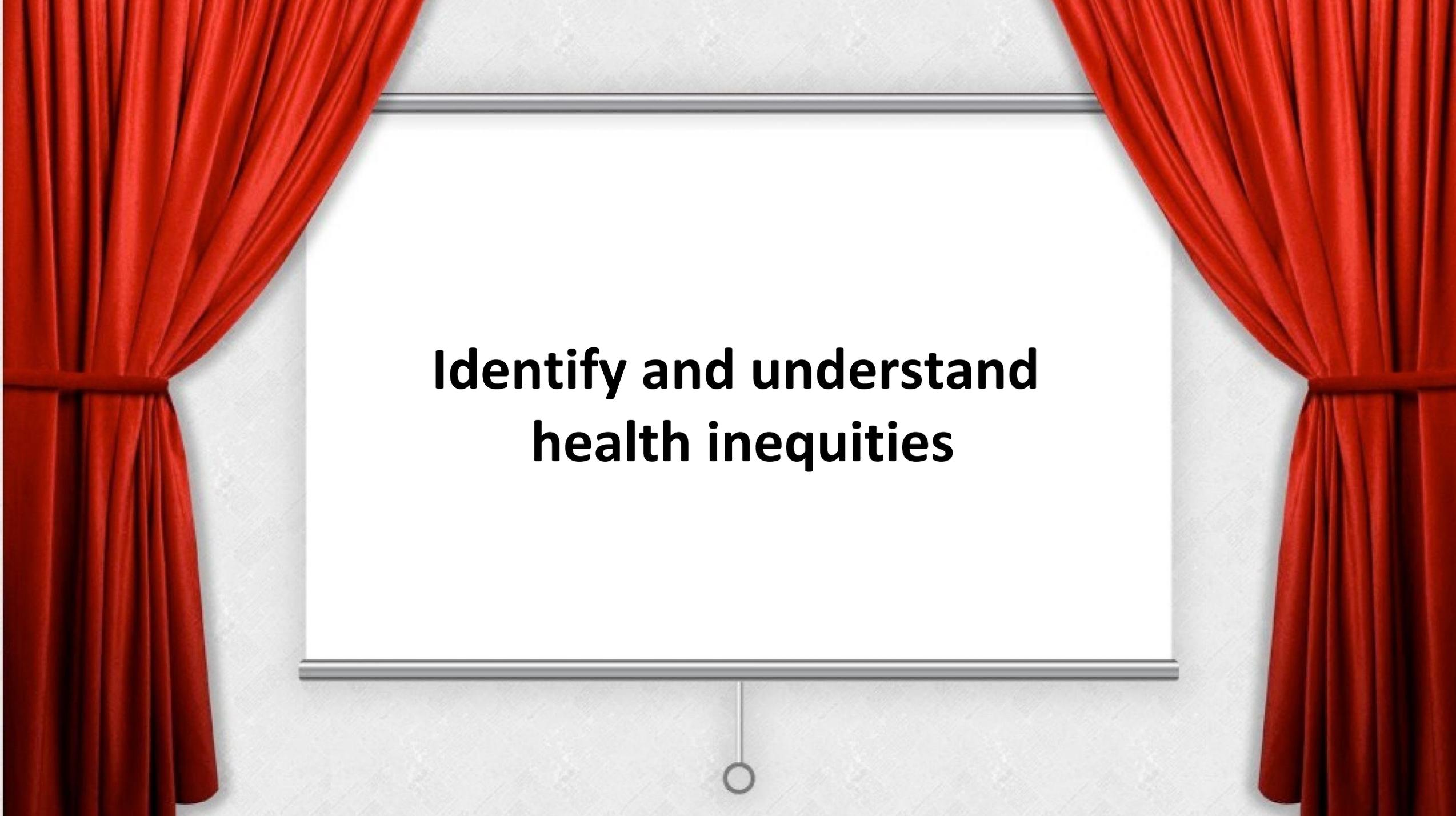
<https://attcnetwork.org/centers/southeast-attc/home>



IMPROVING CARE FOR LGBTQ+ COMMUNITIES

The Center of Excellence on LGBTQ+ Behavioral Health Equity provides behavioral health practitioners with vital information on supporting the population of people identifying as lesbian, gay, bisexual, transgender, queer, questioning, intersex, two-spirit, and other diverse sexual orientations, gender identities and expressions.

Through training, coaching, and technical assistance we are implementing change strategies within mental health and substance use disorder treatment systems to address disparities effecting LGBTQ+ people across all stages of life.

A whiteboard is centered in the frame, flanked by red curtains on both sides. The whiteboard has a silver frame and a pull cord hanging from the bottom center. The background wall is light gray with a subtle diamond pattern.

**Identify and understand
health inequities**

GONA/GOAN Curriculum and Facilitator Guide Toolkit



Gathering of Native Americans

Month, Dates, Year

To strengthen
our Community
You Are The Solution
Gathering Of Native Americans (GONA) is a
safe place to share, heal, and plan for action



Community Name
Street Name, City, State, Zipcode

Free childcare, *
and prizes! **

*Parent must be present | **Must be present to win

Limited Transportation is Available

RSVP Today

555-555-5555

email.address@email.com

Post positive pictures and stories using:
#GONA2015

Hosted by: Someone Very Special

Event Schedule

Day, Month, Date

9:00 a.m. – 4:00 p.m. Welcome blessing followed
by inspiring stories and activities
Noon Midday Break at Noon
5:00 p.m. – 6:00 p.m.

Day, Month, Date

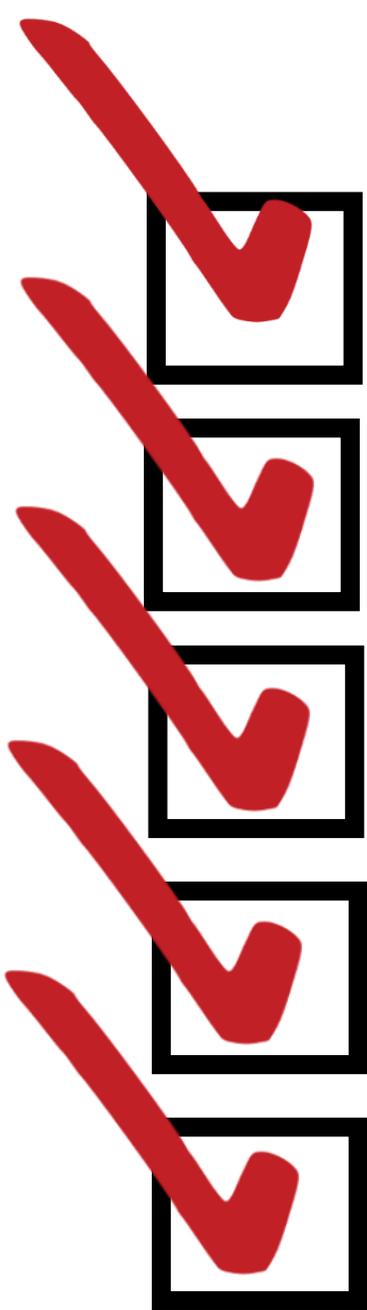
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Day, Month, Date

9:00 a.m. – 4:00 p.m. Welcome blessing followed
by inspiring stories and activities
Noon Midday Break at Noon
5:00 p.m. – 6:00 p.m.

4 SELF CHECK:

**Have you
acknowledged
your own stress level
to someone?**



Step 1

Be Purpose Driven

Step 2

Collaborate

Step 3

Communicate

Step 4

Invest in People

Step 5

Commit & Persist

Feeling stressed or anxious about the COVID-19 pandemic?

Use these tips to reduce your stress and anxiety:



Limit or avoid news coverage if it causes you more stress and anxiety.



Focus on positive things in your life that you can control.



Keep stress under control by exercising, eating healthy, reading, or by trying relaxation techniques such as yoga.



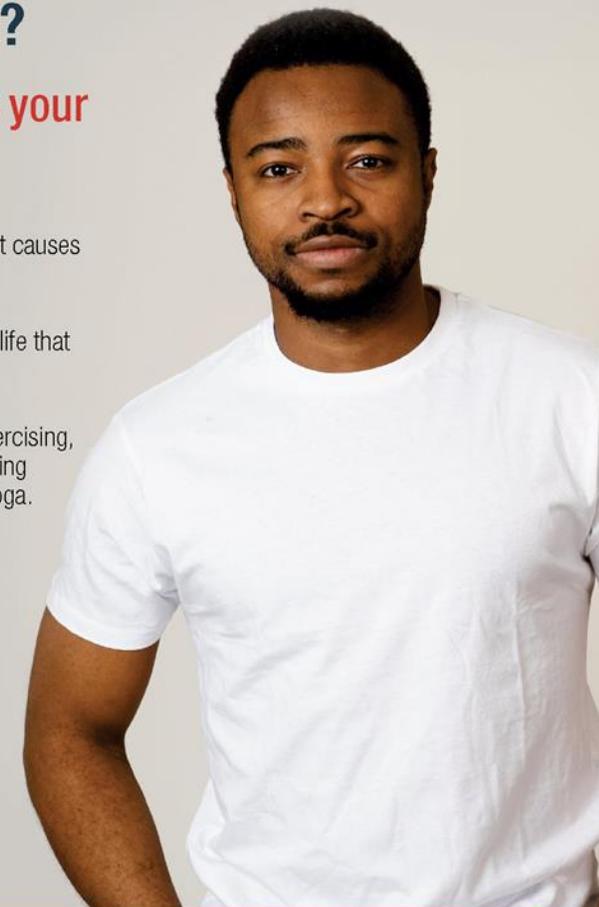
Talk about your experiences and feelings to loved ones and friends, if you find it helpful.



Connect with others who may be experiencing stress about the pandemic.



Take time to renew your spirit through meditation, prayer, or helping others in need.



If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

ADDITIONAL RESOURCES:

The Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline (DDH) provides counseling and support before, during, and after disasters. Contact the DDH at 1-800-985-5990 or text **TalkWithUs** to 66746. SAMHSA's National Helpline: 1-800-662-HELP (1-800-662-4357)

SAMHSA
Substance Abuse and Mental Health
Services Administration



Emergency Responder Self-Care Plan: Behavioral Health PPE



EMERGENCY RESPONDER SELF-CARE PLAN

Behavioral Health PPE

Based on the Anticipate.Plan.Deter™ Personal Resilience Plan and PsySTART Responder Triage System.
Reproduced with permission. © M. Schreiber, 2020.

SOURCES

[CDC Traumatic Incident Stress: Information for Emergency Response Workers](#)

[CDC Coping with a Disaster or Traumatic Event](#)

[CHAMP 5 ways to power your performance with optimism](#)

SAMHSA. (2014). [Tips for Disaster Responders: Preventing and Managing Stress](#). HHS Publication No. SMA-14-4873

Ommeren, M. (2011). [A 1-day Orientation in Psychological First Aid \(PFA\) for First Responders](#). World Health Organization

Schreiber, M. (2014). [Anticipate Plan Deter Responder Resilience System](#).

PREDICT
PROBLEMS

PRESCRIBE
PROTECTION

ENGAGE
YOUR PLAN

STRESS
MANAGEMENT
TIPS

BUDDY
SYSTEM

PFA &
RESOURCES

ASPR TRACIE: Emergency Responder Self-Care Plan: Behavioral Health PPE

<https://howrightnow.org/>



[Latest News](#) / [Blog](#) / [How Right Now: Getting Resources To Manage Stress, Stay Healthy In COVID-19 Pandemic](#)

How Right Now: Getting Resources To Manage Stress, Stay Healthy In COVID-19 Pandemic

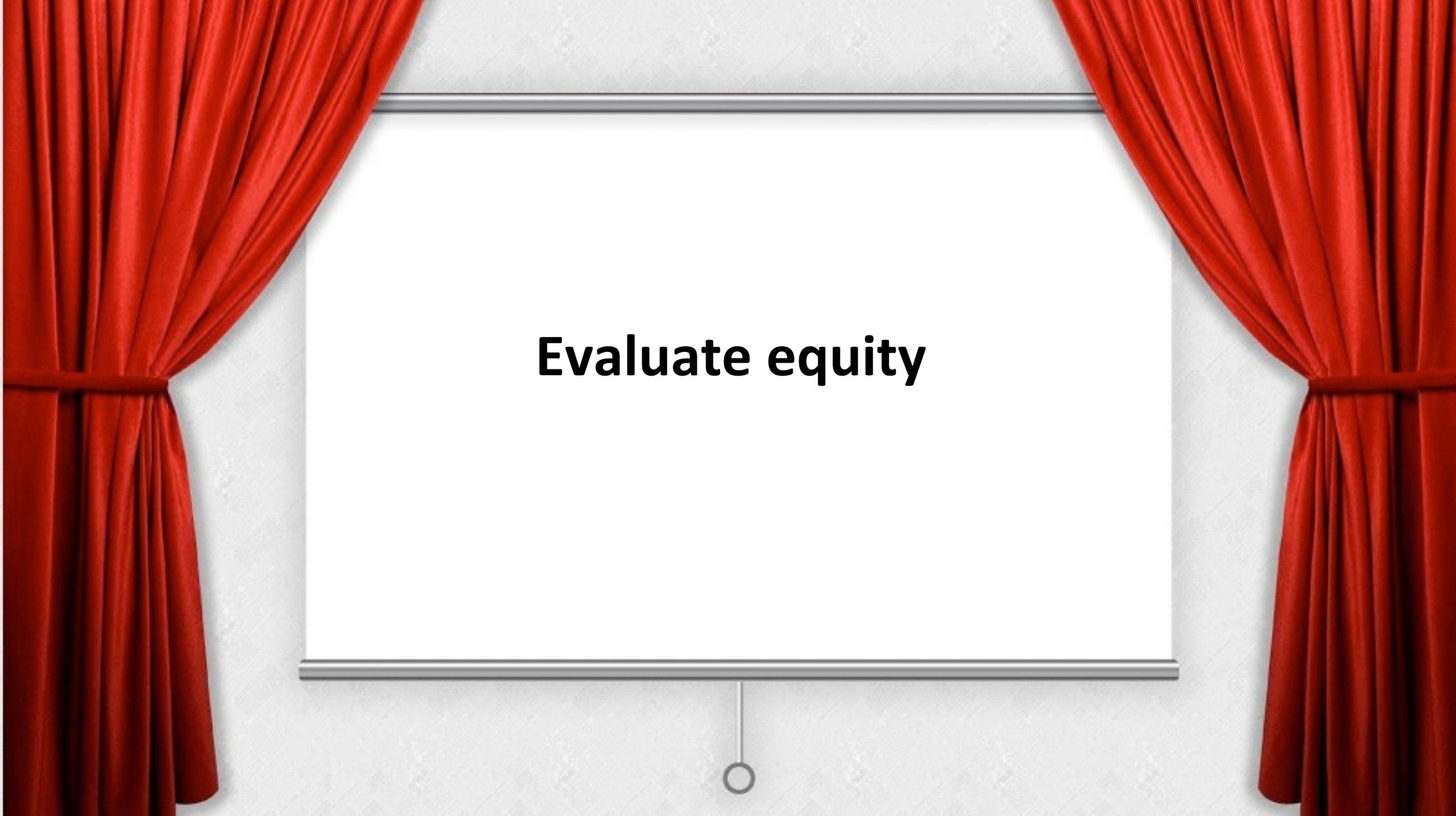
**Change one
thing...
Change
Everything**



Create a Personal Resilience Plan - Activity

Identify 1 **resilience skill** or strategy you would like to develop.

1. Engaging the support of others
2. Make connections and build your social support network
3. Personal or collective goals
4. Engaging in activities that are meaningful to you
5. Realistic sense of control/having choices - Focusing on what you can control
6. Faith/Spirituality
7. Not easily discouraged by failure and views it as a learning opportunity
8. Strong sense of purpose
9. Accept that change is an unavoidable part of life
10. Sense of humor
11. Optimism

A whiteboard is centered in the frame, flanked by two red curtains tied back. The whiteboard has a silver border and a small circle at the bottom center. The text "Evaluate equity" is written in a bold, black, sans-serif font in the center of the whiteboard.

Evaluate equity

<https://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/sdoh-workbook.pdf>

Promoting Health Equity

*A Resource to Help Communities Address
Social Determinants of Health*



5 SELF CHECK:

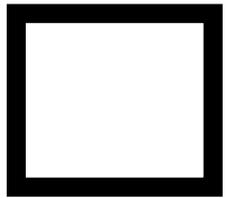
**What is within your
control?**

**What do you have
to accept?**

Now you've got the
power...
Take Action

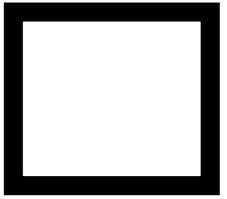


SAMHSA
Substance Abuse and Mental Health
Services Administration



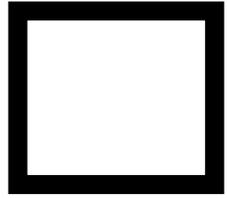
Step 1

Be Purpose Driven



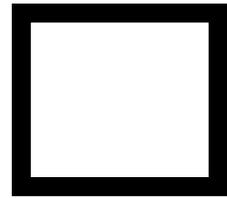
Step 2

Collaborate



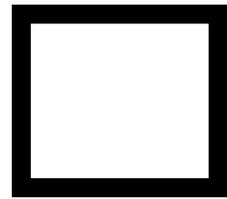
Step 3

Communicate



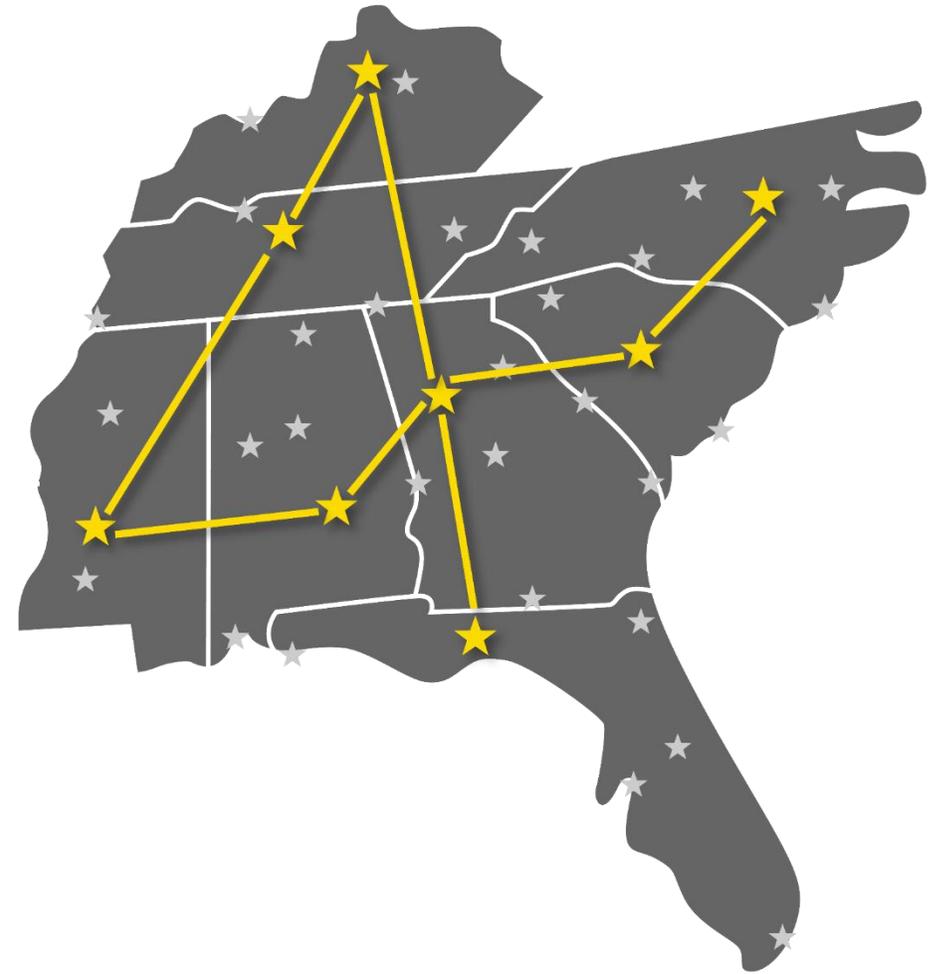
Step 4

Invest in People



Step 5

Commit



Thank you

