



MOUNTAIN PLAINS RURAL OPIOID TECHNICAL ASSISTANCE CENTER

NEWSLETTER

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NEEDS ASSESSMENT

WEBINAR: STIGMA 101

Join the Mountain Plains Rural Opioid Technical Assistance Center (MP ROTAC) for a webinar that covers the basics of stigma as it pertains to opioid and stimulant use disorders. During this event, there will be a question and answer opportunity, as well as an opportunity to provide input on upcoming stigma training topics. We hope you will join us for this one-hour training event! Upon registration, don't forget to add the event to your calendar through the Zoom confirmation page!

[REGISTER HERE](#)

PRESS RELEASE: SAMHSA Announces Funding Opportunities for Grants Addressing Substance Misuse, Substance Use Disorder Treatment on Multiple Fronts

The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), is announcing Notices of Funding Opportunities (NOFOs) for five grant programs aimed at preventing substance

use disorder (SUD) throughout the nation. The grant opportunities total about \$73.4 million and align with the Biden-Harris Administration's efforts to address the nation's addiction and overdose crises.

[READ MORE](#)





PARNTER SPOTLIGHT USU HEART INITIATIVE

The Health Extension: Advocacy, Research, and Teaching Initiative, also known as HEART, was formed in 2018 through the Utah State University (USU) Extension. This cutting-edge program aligns with the National Cooperative Extension's essential focus area in health and wellness. HEART serves as a model of how Extension can join community partners to better address the health and wellness needs in Utah. HEART brings unique academic resources into the community, partnering locally and nationally to address the opioid epidemic and other pressing public health issues.

Meet Gabriela "Gabi" Murza



**Professional Practice Extension
Assistant Professor of Health
and Wellness**

Gabi, what is the most inspiring part of your work?

One of the most inspiring things about my work is the opportunity to see just how helpful our efforts can be to individuals and families. For example, when someone shares with me that they are able to speak with and understand their doctor's recommendations, feel empowered and less anxious about their health, or they express gratitude for showing them techniques for preventing injuries, those are things that I hold on to.



HEART'S OBJECTIVES

Prevention and Education

- Supporting evidence-based youth mentorship in partnership with 4-H.
- Supporting education in schools in partnership with evidence-based programming.
- Collaborating on suicide prevention and education.

Stigma Reduction and Harm Reduction

- Collecting storytelling and narratives from persons in recovery, individuals actively using substances, and family members to share and spread awareness in hopes it can teach the public.
- Providing education to individuals, groups, public, and key stakeholders.
- Establishing mental health parity.
- Supporting suicide prevention, education, and coping related to opioid and substance use.
- Providing evidence-based programming in collaboration with other Extension professionals and key stakeholders.
- Providing education, information, and harm reduction skills to communities (e.g., supporting naloxone use and awareness, etc.).

Strengthening Community Ties

- Connecting, establishing, and supporting coalition partnerships.
- Employing service mapping to address gaps in service provision and fostering community accessibility.
- Engaging key stakeholders and community collaborators to ensure the community voice guides all HEART outputs and projects.

Resilience Building

- Partnering to build emotional and physical resilience through strength-based programming, engendering a greater capacity to deal with struggles.
- Promoting and strengthening resilience through evidence-based practice.

Excerpt taken from the HEART 2020-2021 Annual Report. Check it out [here](#).

FOLLOW HEART ON SOCIAL MEDIA!



Sign up for HEART Beat



Extension
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RESOURCE REVIEW

USDA'S RURAL COMMUNITY TOOLBOX

The U.S. Department of Agriculture's Rural Community Toolbox has information on Federal Funding to help build strong healthy rural communities. It also houses the updated Community Assessment tool with data on broadband access, location information for mental health and substance use facilities, a prosperity index and much more.

[ACCESS THE TOOLBOX](#)

PROVIDERS CLINICAL SUPPORT SYSTEM (PCSS)

PCSS provides no-cost training and resources to healthcare providers surrounding evidence-based prevention and treatment of opioid use disorders and chronic pain. PCSS is comprised of a coalition of major healthcare organizations dedicated to addressing the opioid use disorder healthcare crisis. The PCSS website hosts a wide array of online training, over 800 resources, mentoring, clinical round tables and discussion forums.

[LEARN MORE](#)

GUIDE: EXPANDING ACCESS TO AND USE OF BEHAVIORAL HEALTH SERVICES FOR PEOPLE AT RISK FOR OR EXPERIENCING HOMELESSNESS

SAMHSA released a new guide that highlights strategies for behavioral health and housing providers to conduct outreach and engage with individuals experiencing homelessness. This includes initiating the use of behavioral health treatment while waiting to receive stable housing and retain recovery once housed.

[ACCESS THE GUIDE](#)

FEATURED

Recovery Chronicles Podcast

The Recovery Chronicles Podcast is a 30-minute interview program out of North Dakota that celebrates recovery from drug and alcohol disorders.




[Join the MHTTC Network, SAMHSA, and Abt Associates for a webinar highlighting findings from the new guide on February 2, 2023, from 2-3 p.m. ET.](#)

[REGISTER HERE](#)



CALL TO ACTION: YOUR VOICE MATTERS!

2023 Needs Assessment



MP ROTAC is conducting an assessment to gauge community needs for training and technical assistance pertaining to opioid and stimulant use. Our Regional Advisory Workgroup plays a pivotal role in crafting a training and technical assistance plan that is tailored to the needs identified in this assessment. The goal is to reach those that serve audiences that are not usually targeted for training efforts. You can access a list of audiences we hope to reach through [this link](#).

Your input would be invaluable for the assessment. We would also be grateful if you share this assessment with your partner networks. Thank you in advance for your time and input!

TAKE THE ASSESSMENT

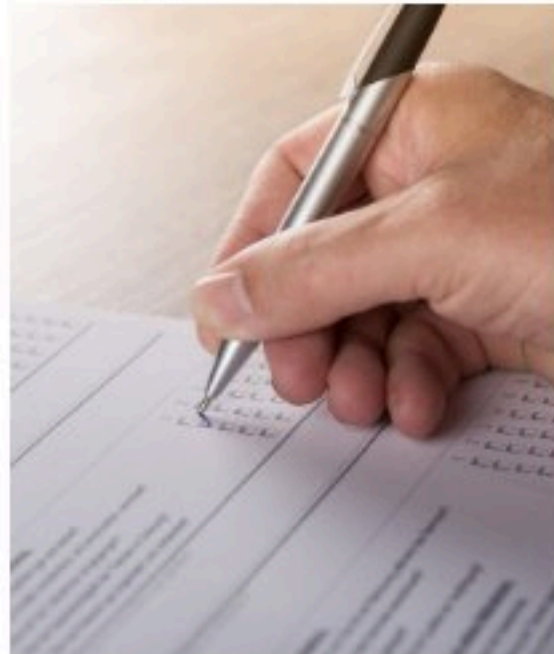
IN THE NEWS



CDC Releases UPDATED Clinical Practice Guideline for Prescribing Opioids for Pain

Pain affects the lives of millions of Americans every day and improving pain care and the lives of patients with pain is a public health imperative. The Centers for Disease Control and Prevention (CDC) is releasing updated and expanded recommendations for clinicians providing pain care for adult outpatients with short- and long-term pain. These clinical recommendations, published in the CDC Clinical Practice Guideline for Prescribing Opioids for Pain, will help clinicians work with their patients to ensure the safest and most effective pain care is provided. The publication updates and replaces the CDC Guideline for Prescribing Opioids for Chronic Pain released in 2016.

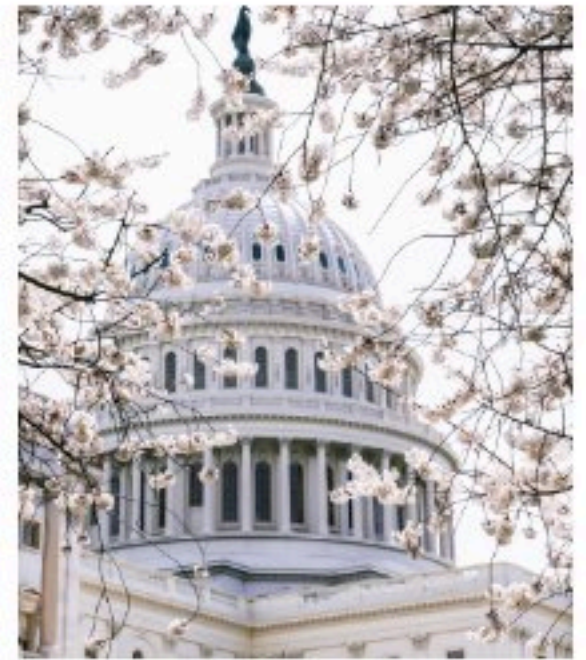
[READ MORE](#)



SAMHSA Announces National Survey on Drug Use and Health (NSDUH) Results Detailing Mental Illness and Substance Use Levels in 2021

[T]he U.S. Department of Health and Human Services' (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) released the results of its annual National Survey on Drug Use and Health (NSDUH), which shows how people living in America reported about their experience with mental health conditions, substance use, and pursuit of treatment in 2021. The 2021 NSDUH national report includes selected estimates by race, ethnicity, and age group. It is the most comprehensive report on substance use and mental health indicators that SAMHSA has released to date.

[READ MORE](#)



SAMHSA Applauds Expansion of Access to Medication for Opioid Use Disorder (MOUD)

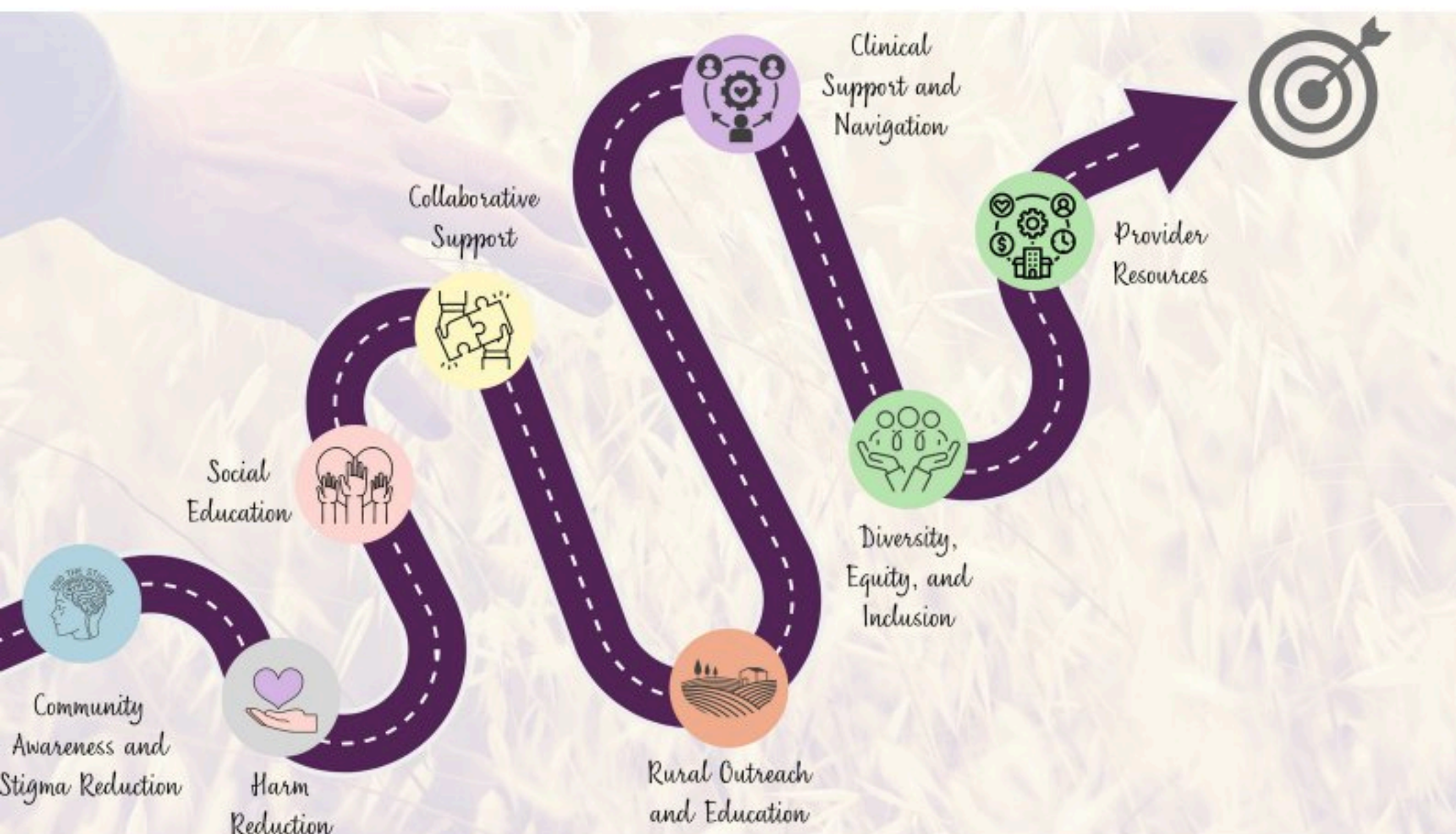
The Substance Abuse and Mental Health Services Administration (SAMHSA) applauds provisions included in the 2023 Consolidated Appropriations Act (P.L. 117-328) that will significantly expand access to medication for opioid use disorder (MOUD). The act, signed into law by President Biden on Dec. 29, 2022, amended the Controlled Substances Act to eliminate the requirement for qualified practitioners to first obtain a special waiver to prescribe medications such as buprenorphine for the treatment of opioid use disorder (OUD). This ends a decades-long requirement, originally put in place through the Drug Abuse Treatment Act (DATA) of 2000. With the new law, the patient limits associated with this special waiver also no longer apply.

[READ MORE](#)

MP ROTAC VISIONING

Members of MP ROTAC's Regional Advisory Workgroup convened for a kickoff event in early December to discuss the program's path over the two-year grant period. During the session, the group participated in an interactive session to create a vision statement for the program. We are incredibly grateful to our workgroup members for their engagement and brainstorming!

Integrating behavioral health and community systems to enhance the access, provision, and quality of substance use disorder, opioid use disorder, and mental health services



WATCH US GROW!

We would appreciate you sharing our newsletter, and encouraging your contacts to join our mailing list!

Sign Up





ABOUT US

The Western Interstate Commission for Higher Education (WICHE) has been strengthening higher education, workforce development, and behavioral health throughout the region since 1953. As an interstate compact, WICHE partners with states, territories, freely associated states, and postsecondary institutions in the West to share knowledge, create resources, and develop innovative solutions that address some of society's most pressing needs.

In 2022, WICHE was awarded a two-year grant from SAMHSA to establish the Mountain Plains Rural Opioid Technical Assistance Center (MP ROTAC). MP ROTAC is dedicated to supporting opioid and stimulant prevention, treatment, and recovery in HHS Region 8, comprised of Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. MP ROTAC develops and disseminates resources, training, and technical assistance to rural communities across the continuum of care. In partnership with our Regional Advisory Workgroup, MP ROTAC's efforts aim to meet the needs of a wide variety of audiences that are not traditionally targeted by other training efforts. We look forward to serving you and making a difference in Region 8's rural communities!

Visit mprotac.org to learn more.

CONTACT US:
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Help us name our
newsletter! Submit
your idea **here!**