



MOUNTAIN PLAINS
RURAL OPIOID TECHNICAL ASSISTANCE CENTER

NEWSLETTER

SPRING 2024

IN THIS EDITION:

Wheel of Wellness
Micro Trainings

Mountain Plains
Leadership Academy

Headlines and National
Events

WHEEL OF WELLNESS



Foundational Self-Care and Wellness Principles for Communities Dealing with Opioid and Stimulant Misuse

As part of our ongoing commitment to supporting the well-being and resilience of our rural communities as they deal with the impacts of opioid and stimulant misuse, we are proud to present a series of micro-trainings designed to assist interested community members in developing a personal self-care practice based on eight foundational principles of wellness.

The introductory webinar from January, [Wheel of Wellness: Foundation for Peace, Calm, and Well-Being](#) (60m), goes over those eight foundational principles.

Upcoming sessions

All sessions start at 12 PM MST.

Rest: April 9 & 30

Movement: May 7 & 21

Nourishment: June 4 & 11

Energy: July 9 & 23

Spiritual: August 6 & 20

Integration: September 10 & 24

REGISTER FOR ONE OR MORE SESSIONS

Wellness On-Demand

Watch recordings of past sessions to catch up or refresh.

Wheel of Wellness:

[Self-Compassion Session 1](#) (28m).

[Self-Compassion Session 2](#) (31m).

Mind Pivot: Integrating Nutritional Interventions for Healing Body and Mind in Recovery

[Session 1](#) (64m).

[Session 2](#) (60m).

View all MP ROTAC recordings:
mprotac.org/all-events



Rebecca's work centers on an integrative approach of nervous system regulation, holistic rest, and spiritual exploration.

MEET THE TRAINER

Rebecca Shisler Marshall, PhD, CCC-SLP

(she/her/hers) is an expert in integrative wellness, mindfulness, and stress reduction. Drawing upon a rich blend of scientific knowledge and the innate wisdom of the body, mind, emotions, and spirit, she published her first book, *Whole Body Upgrade*. As a former stress magnet who personally experienced burnout and its subsequent recovery, Rebecca's work centers on an integrative approach of nervous system regulation, holistic rest, and spiritual exploration. She understands firsthand the profound impact that well-being can have, not only on individuals but also on entire communities. With her initial training rooted in speech-language pathology and cognitive experimental psychology, Rebecca has spent over two decades researching mindfulness and integrative wellness. In addition to her academic training, she has also completed extensive training as a life and wellness coach, mindfulness and yoga instructor, reiki master, shamanic practitioner, and integrative change worker to further enrich her integrative approach to wellness.



MOUNTAIN PLAINS MHTTC LEADERSHIP ACADEMY



April 22-24, 2024
Boulder, CO
CEUs Available!

Target audience: Directors, supervisors, up and coming supervisors in the behavioral health and substance use disorder fields in Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, or Wyoming.

This year's Academy features a new format. We are offering participants the opportunity to participate in a free six-month leadership intensive training.

This format features two in-person events that focus on the personal and professional aspects of leadership, with a training curriculum that addresses both the soft and hard skills needed to be an effective leader, one-on-one coaching, group mentoring, and ongoing monthly training.

- ★ Forge meaningful mentorship relationships with experienced leaders in the field of rural behavioral health and substance use disorder management.

- ★ Identify your own leadership style.

- ★ Discuss how to nurture high-performing individuals within your team.

- ★ Implement strategies to cultivate a supportive and positive leadership culture within your organization.

Monthly Trainings: (One-Hour)
May through August

Mentoring Sessions: (one to two times a month) May through September

APPLY TO JOIN



Mid-America (HHS Region 7)

MHTTC

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



Mountain Plains
MHTTC

MHTTC

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



Session One: The Heart of Leadership

April 22 – 24, 2024 · Boulder, CO

Some of the topics we will cover include:

- Interpersonal Style
- Leadership Skills and Competencies
- Situational Leadership
- Building Strong Teams



Session Two: The Business of Leadership

September 23 – 25, 2024 · Boulder, CO

Some of the topics we will cover include:

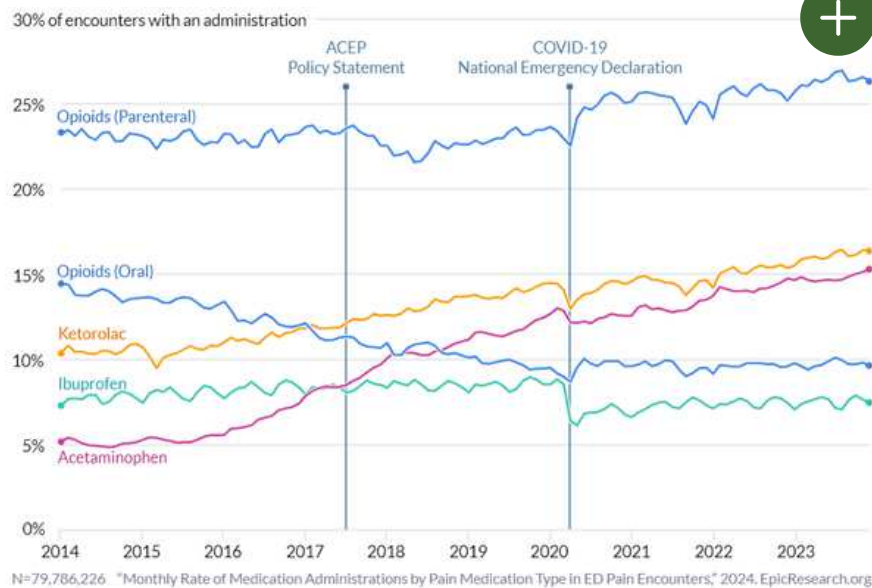
- Leadership and Management Skills
- Cultural Competence
- Ethical and Legal Considerations
- Collaboration and Networking

Travel, lodging, and most meals will be covered
(more details upon acceptance).

IN THE NEWS

Headlines and reports highlighting trends in opioid and opioid-adjacent trends and challenges.

Opioid IV and Injection Administrations Rising in Pain-Related ED Encounters



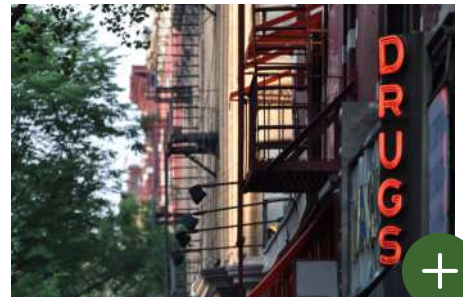
Epic Research

"Key Findings

▲ Despite a small decrease in late 2017, parenteral opioid administrations – those given by IV or injection – have risen from 23.3% of pain-related ED encounters in January 2014 to 26.4% of such encounters in December 2023.

▼ Oral opioid and opioid combination medication administrations steadily decreased from 14.4% of pain-related ED encounters in January 2014 to 9.5% of encounters in January 2020 and have remained at a similar rate since.

▲ The percentage of ED pain encounters with an acetaminophen or ketorolac administration has increased steadily since 2014, while the percentage with an ibuprofen administration dropped to 6.4% in April 2020 and has remained lower than pre-pandemic levels since."



Tianeptine, an Antidepressant with Opioid Agonist Effects: Pharmacology and Abuse Potential, a Narrative Review

National Library of Medicine

"Tianeptine is an atypical tricyclic antidepressant that is approved in some European, Asian, and Latin American countries primarily for the treatment of Major Depressive Disorder (MDD). Additionally, it has been used to treat anxiety and irritable bowel syndrome. Tianeptine was developed to help increase serotonin uptake in the brain; it can also act as a full agonist at the mu-opioid receptor. As a full agonist, it produces a euphoric high and carries a significant risk of overdose. Furthermore, its short half-life can lead to rapid withdrawal, increasing its potential for addiction and misuse. Despite its lack of FDA approval, tianeptine has made its way to the shelves of convenience stores and gas stations, branded as "Zaza" and "Tianna Red." It can also be obtained online from independent vendors without a prescription."

TAKE ACTION



**Take Back Day
is April 27, 2024**

dea.gov/takebackday



The drug overdose epidemic in the United States is a clear and present public health, public safety, and national security threat. DEA's National Prescription Drug Take Back Day reflects DEA's commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.

DEA is committed to making our communities safer and healthier, and we can do this by reducing overdoses and overdose deaths. While the community does its part to turn in unneeded medications and remove them from potential harm, we are doing our part to further reduce drug-related violence.



National Prevention Week is a public education platform showcasing the work of communities and organizations across the country that are preventing substance use and misuse and promoting positive mental health.

We recognize that prevention happens every day, not just during the second week of May. As such, National Prevention Week is shifting to celebrate and promote your year-round prevention initiatives. SAMHSA created a new, ongoing virtual series to showcase, elevate, and celebrate the important prevention ideas, events, news, and activities that impact communities across the country. Throughout the year, the series will focus on spotlighting prevention organizations and cultivating social innovation to address the real needs of our communities and young people.

samhsa.gov/prevention-week



MOUNTAIN PLAINS
RURAL OPIOID TECHNICAL ASSISTANCE CENTER

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, composed 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!

CONTACT US:

MPROTAC@WICHE.EDU

