



MOUNTAIN PLAINS
RURAL OPIOID TECHNICAL ASSISTANCE CENTER

NEWSLETTER

March and April 2025

A bi-monthly publication featuring information about the latest training and resources for communities addressing opioid and stimulant use disorders.

IN THIS EDITION:

Medicine Without
Walls

Upcoming Trainings
from MP ROTAC

Traumatic Brain
Injury Month

WHEREVER A BEAUTIFUL SOUL HAS
BEEN, THERE IS A TRAIL OF BEAUTIFUL
MEMORIES. YOUR TIME WITH US WAS
SHORT BUT YOU TOUCHED OUR HEARTS.



FROM OCTOBER 29, 2024 – FEBRUARY 4,
2025, MARIAH BROUGHT KINDNESS,
DEDICATION, AND WARMTH TO OUR
TEAM, AND WILL BE GREATLY MISSED.

REST IN PEACE, MARIAH

M A H P I Y A L U T A
O W A Y A W A

Meet Alumni Tierra Baird



“Prioritize your wellness.

**Whether it’s mental,
physical, spiritual, or
emotional—take time to
care for yourself. Set
your boundaries and
learn to spend time alone
with yourself...**

**Learn to love yourself
because that’s the
person you’ll spend the
most time with.”**

The Western Interstate Commission for Higher Education (WICHE) acknowledges that its office in Boulder, Colorado, is located on the unceded territories and ancestral homelands of the Hinóno’éeí (Arapaho), Tsistsistas (Cheyenne), and Nuciu (Ute) nations. Through this land acknowledgment, WICHE aims to raise awareness about the region’s shared and often painful history while honoring the Indigenous histories, perspectives, and experiences that have often been suppressed or forgotten then and now. WICHE respects and thanks the elders and peoples, both past and present, of the Cheyenne, Arapaho, Ute, and many other Native nations, who are the original stewards of this land and custodians of Indigenous knowledge and practice.

CUIDAR AL CUIDADOR:

LA IMPORTANCIA DEL BIENESTAR EMOCIONAL PARA LAS FAMILIAS (EN ESPAÑOL)

Miércoles, Marzo 12, 2025 12 PM MST

Este seminario web de una hora destaca el papel esencial que desempeña el cuidado emocional para los familiares que apoyan a un ser querido que lucha con problemas de salud mental o consumo de sustancias. La sesión comienza con una descripción general del costo emocional que puede tener el cuidado, incluido el estrés, la ansiedad y los sentimientos de impotencia. Analizaremos cómo priorizar el cuidado personal y el bienestar emocional puede conducir a una dinámica familiar más saludable y un apoyo más eficaz para la persona necesitada.

Los temas clave que se tratan incluyen reconocer los signos de agotamiento del cuidador, establecer límites saludables, practicar la atención plena y encontrar redes de apoyo entre pares.

El seminario web también presenta estrategias prácticas de afrontamiento, como técnicas de manejo del estrés y herramientas de comunicación, que empoderan a las familias para enfrentar los desafíos con resiliencia y compasión. Una breve sesión de preguntas y respuestas al final permite a los participantes participar y compartir sus experiencias.



CARING FOR THE CAREGIVER: THE IMPORTANCE OF EMOTIONAL WELLNESS FOR FAMILIES (IN SPANISH)

Wednesday, March 12, 2025 12 PM MST

This one-hour webinar will be presented in Spanish. The webinar highlights the essential role emotional care plays for family members supporting a loved one struggling with mental health challenges or substance use. The session begins with an overview of the emotional toll caregiving can take, including stress, anxiety, and feelings of helplessness. We will discuss how prioritizing self-care and emotional well-being can lead to healthier family dynamics and more effective support for the individual in need.



Key topics covered include recognizing signs of caregiver burnout, setting healthy boundaries, practicing mindfulness, and finding peer support networks.

The webinar also introduces practical coping strategies, such as stress management techniques and communication tools, empowering families to navigate challenges with resilience and compassion.

**Watch the
Recording Here**

MINDFULNESS MONDAYS

PRACTICES TO PROMOTE MENTAL HEALTH WELL-BEING AND RESILIENCE

Mindfulness is an evidenced-based way to effectively decrease stress and increase personal well-being and resilience. Building on the foundation of breath awareness, this next quarter will focus on present-moment awareness. Participants will learn simple yet impactful techniques to stay grounded, reduce reactivity, and build resilience in the face of life's challenges. Each session includes a brief introduction to the concept followed by a guided mindfulness experience designed to be practical and accessible.

○ Register for future Mindfulness sessions:
March 17 | March 31

○ Watch: January Present Moment Session
with Gatha Meditation Poem

○ Watch: February Present Moment Session
with Loving Kindness (Metta) Practice

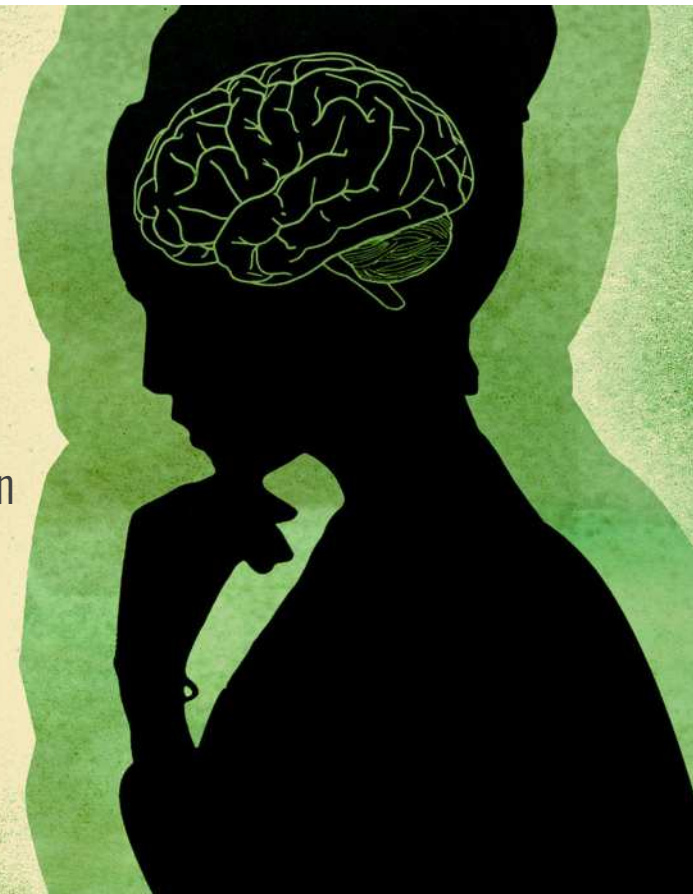


TRAUMA RESPONSIVENESS

Drawing from current theory and practice in Trauma Responsive Care and Addiction Recovery, this micro training series will cover key core concepts, practices, and skills, with a focus on their effectiveness for individuals, families, and communities. Participants will learn how to integrate theoretical knowledge into practical, embodied methods for everyday use.

Each month will focus on a specific audience impacted by stimulant and opioid misuse. Consider joining us for one or all the trainings.

- Register for one or more sessions
- Individuals Part 1 Session Recording
- Using Trauma-Informed Care in Addiction and Recovery Session Recording
- Trauma Informed Care for the Holidays Session Recording



MEDICINE WITHOUT WALLS

AN INNOVATIVE MOUD MODEL DEVELOPED BY THE SISSETON-WAHPETON OYATE (TRIBE)

Wednesday, March 26, 2025 1 - 2 PM MST

Through TOR grants and partial Indian Self-Determination contracting of IHS primary care services, the Sisseton-Wahpeton Oyate started up Asniyapi Field Health Clinic (AFHC) in 2023. Our aim is to provide consistent, evidence-based, and compassionate medication for treatment of opioid use disorder (MOUD) treatment and wrap-around care connection services for our relatives.

Besides primary care and recovery support services, TOR at Asniyapi Clinic provides harm reduction (Narcan® kit) training and supplies. The model is “Medicine without Walls” with emphasis on the health status priorities identified in the SWO Tribal Action Plan (where substance use disorders rank #2). Through our work, we have served 128 MAT patients so far.

We strive to meet patients where they are at so they will have better access to care when there is a window of opportunity to assist them. This includes going to community settings, such as the jail, workplaces, diabetes center, districts, and homes.

In TOR IV we are striving to better integrate mainstream medicine and MOUD/MAT treatment alongside American Society of Addiction Medicine (12-step) psychosocial treatment, indigenous best practices, and help with the underlying/causal factors referred to as social drivers of health.

REGISTER FOR THIS MEETING



Asniyapi Field Health Clinic / Tribal Opioid Response Team. From left to right: Sara DeCoteau, Health Coordinator; Joshua Max, Project Manager/Data Specialist; Heidi Crawford, Registered Nurse; Aaron Erdrich, Registered Nurse; Janine Basset, Family/Psychiatric Mental Health Nurse Practitioner; Josie Reints, Certified Nurse Practitioner; and Kimberly Keeble, Community Health Worker/Care Connector

Presentation Objectives:

1. To share how the Tribe through its TOR Program identified that we had a need to develop our own MOUD clinic to save lives and provide continuity of services without stigma for our relatives.
2. To describe how the Sisseton-Wahpeton Oyate established Asniyapi Clinic as a Tribal Program to provide MOUD through a partial assumption of IHS primary care services.
3. To inform how the Tribe supported a Nurse from our own community to become a Nurse Practitioner and MOUD provider.
4. To explain why we transitioned to a Community Health Worker model to provide care connection services as an evidence-based practice.

MARCH IS TRAUMATIC BRAIN INJURY AWARENESS MONTH

Every March, the Brain Injury Association of America (BIAA) leads the nation in observing Brain Injury Awareness Month. This year, they have exciting new developments for the brain injury community, including new advocacy initiatives, events, fundraising opportunities, and more.



- Traumatic Brain Injury and Substance Use Disorder #1:
Overview of Brain Injury
- TBI and SUD Session 2:
Brain Injury & SUDs
- TBI & SUD Session 3:
Brain Injury and Opioid Fatality Review



VISIT THE BIAA

PARTNER EVENTS

Save The Date!

2025 Elevating Hope Summit

Taking Substance Use Disorder & Suicide Prevention to New Altitudes

Preconference for Law Enforcement and First Responders

March 19th 2025

Learn more:
extension.usu.edu/heart/opioid-summit/

Scan the QR code to get your ticket



Extension
Utah State University



FCCBH

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2025 Elevating Hope Summit

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March 20th & 21st 2025

Preconference for law enforcement and first responders on March 19th

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Extension
Utah State University



FCCBH

MAY IS

MENTAL HEALTH Awareness MONTH



[FindTreatment.gov](https://www.findtreatment.gov)

SAMHSA's National Helpline

1-800-662-HELP (4357)

[FindSupport.gov](https://www.findsupport.gov)

988 Suicide & Crisis Lifeline

988 or 988Lifeline.org

APRIL

ALCOHOL AWARENESS MONTH

HELP IS
AVAILABLE

SAMHSA

[samhsa.gov/find-help](https://www.samhsa.gov/find-help)

CHILDREN'S MENTAL HEALTH AWARENESS DAY



May is
MENTAL HEALTH
AWARENESS MONTH

SAMHSA

NATIONAL PREVENTION *Week*

A CELEBRATION OF POSSIBILITY

SAVE THE DATE
**MAY 11-17
2025**

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). In 2024, SAMHSA awarded additional funding to WICHE to continue MP ROTAC projects for a third year (9/2024 - 9/2025). 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!



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