



MOUNTAIN PLAINS
RURAL OPIOID TECHNICAL ASSISTANCE CENTER

NEWSLETTER

May and June 2025

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

IN THIS EDITION:

Prevention Week

Upcoming Trainings
from MP ROTAC

Mental Health Month

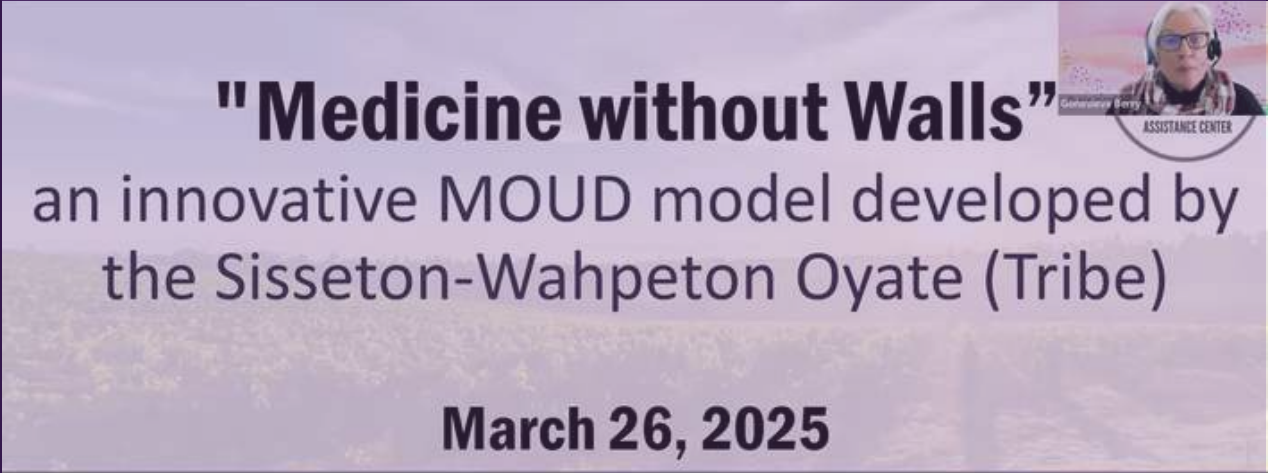
The Western Interstate Commission for Higher Education (WICHE) acknowledges that its office in Boulder, Colorado, is located on the unceded territories and ancestral homelands of the Hinóno'éeí (Arapaho), Tsistsistas (Cheyenne), and Nuciu (Ute) nations. Through this land acknowledgment, WICHE aims to 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.

2025 DRUG EDUCATION SERIES

- **June 4** Neurobiology of Substance Use Disorders and Intersection with Trauma
- **June 25** Implementing Contingency Management (30 minutes with resource)
- **July 9** Understanding and Promoting Recovery Capital as Protective Factors
- **July 23** Effective Community Coordination in Rural Areas Through the Situation Table Model - Presentation and Panel
- **July 30** Developing Patient Agreements and Adherence within MOUD/ AUD Clinic Settings
- **August 06** Evidence Based Care for MOUD and SUD Continuum
- **August 20** Supporting People Affected by a Loved One's Substance Use, Models of Intervention
- **September 10** Overdose Preparedness

IN CASE YOU MISSED IT:

- Click below to watch the recording (67 mins).



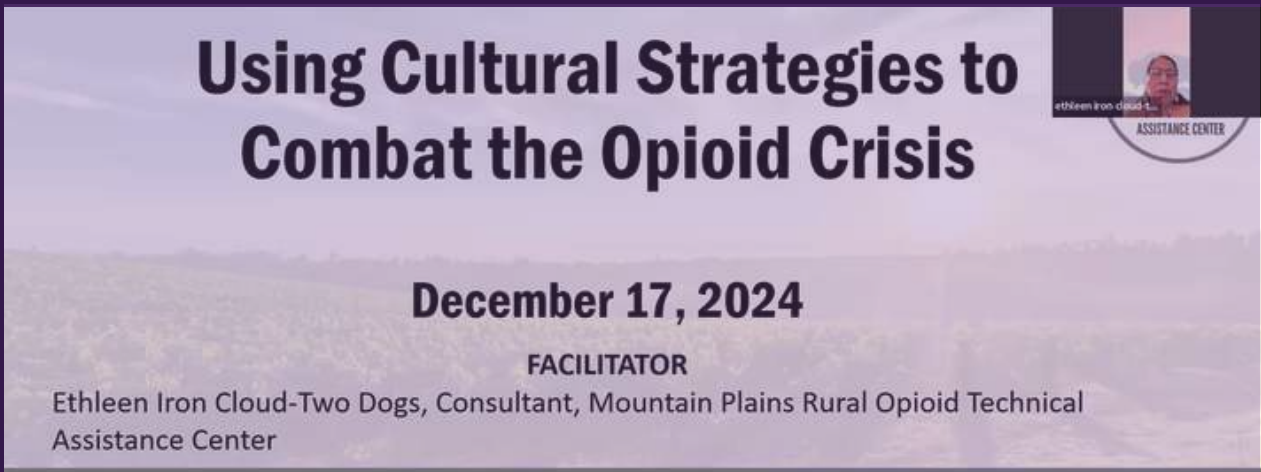
"Medicine without Walls"
an innovative MOUD model developed by
the Sisseton-Wahpeton Oyate (Tribe)

March 26, 2025

Sara DeCoteau, TOR Project Director
Kimberly Keeble, CSW, Care Connector
Joshua Max, Project Manager
Josie Reints, Certified Nurse Practitioner
Arnold Williams BA, THRP

Kimberly Keeble
ASSISTANCE CENTER

- Click below to watch the recording (60 mins).



**Using Cultural Strategies to
Combat the Opioid Crisis**

December 17, 2024

FACILITATOR
Ethleen Iron Cloud-Two Dogs, Consultant, Mountain Plains Rural Opioid Technical
Assistance Center

ethleen iron cloud-2
ASSISTANCE CENTER

Welcome to our Esteemed Presenters!

- Staci Eagle Elk, Program Manager, Tribal Opioid Response Program, Great Plains Tribal Leaders Health Board
- Levonna Graham, Project Coordinator, Tribal Opioid Response Program, Northern Cheyenne Tribe

3


IN CASE YOU MISSED IT:

Click below to watch a clip of the latest Workshop Wednesday (16 mins).

Empathy

The ability to see things from another's perspective and feel their emotions, while being aware that they are not one's own. - *helpguide.org*

The ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation- *Cambridge Dictionary*



Rebecca Shiner Mars

RIPPLES OF RECOVERY

It's not too late to order a printed toolkit.



Request yours today!

MAY AND JUNE TRAININGS FROM MP ROTAC

Mindfulness Mondays

Practices to Promote Mental Well-Being and Resilience

May 12 and 19, 2025

June 2, 16, and 30, 2025

12:00 pm MST – 12:30 pm MST

[Read more and register here.](#)

Workshop Wednesday: Awareness

Ripples of Recovery Anti-Stigma Campaign Strategy

Wednesday, May 21, 2025

12:00 pm MST – 1:00 pm MST

[Read more and register here.](#)

Workshop Wednesday: Community

Ripples of Recovery Anti-Stigma Campaign Strategy

Wednesday, June 18, 2025

12:00 pm MST – 1:00 pm MST

[Read more and register here.](#)

SAVE THE DATES:

2025

Mountain Plains
Leadership
Academy

August 4 - 7,
2025



July Workshop
Wednesday: Peer
Support Curriculum
for Working with
Individuals with
Traumatic Brain
Injury and
Substance Use
Disorder

May is Mental Health Month.

Explore Mental Health America's
2025 Mental Health Month Action
Guide at mhanational.org/may

Millions of Americans live with both mental health conditions and substance use, and it is important for people living with both, also referred to as co-occurrence, to get treated for both. According to the National Survey on Drug Use and Health (NSDUH), "about 2 in 5 adults aged 18 or older with co-occurring [Any Mental Illness] and [Substance Use Disorder] in the past year did not receive treatment for either condition." This is why it's crucial for us to observe May as Mental Health Month. Fortunately, Mental Health America makes it easy to get engaged, spread the word, and take care of ourselves. Click on the button below to find ways to increase awareness beyond being seen wearing green.

Click here to find printable PDFs
that are free to download today.

TURN
AWARENESS»
INTO ACTION

Mental health issues can present differently depending on age and life experiences. Here are some mental health awareness campaigns for specific populations:

Children's Mental Health Action Week May 4 - 10, 2025



1 in 5 people will experience a mental health condition in any given year, and everyone faces challenges that can affect their mental health.

Learn how you can take action for your mental health today:

mhanational.org/may



NATIONAL PREVENTION *we* E

A CELEBRATION OF P

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

Learn more about how you can [get involved](#) throughout the week and register for the events taking place. You can help promote prevention at any point throughout the year by sharing your [#MyPreventionStory](#) on social media, downloading our [planning toolkit](#), promoting National Prevention Week, and [telling us](#) about your own prevention event. (Adapted from SAMHSA's Prevention Week website).

LEARN MORE:

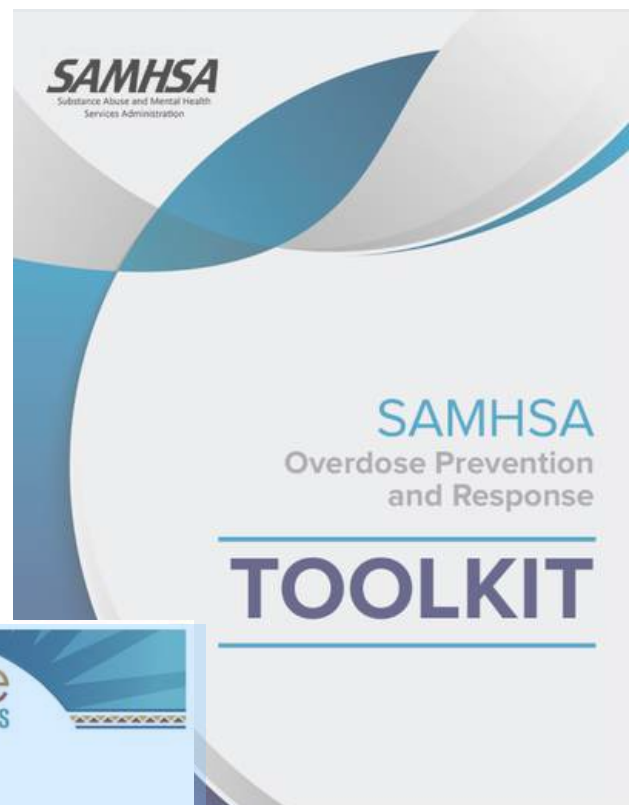
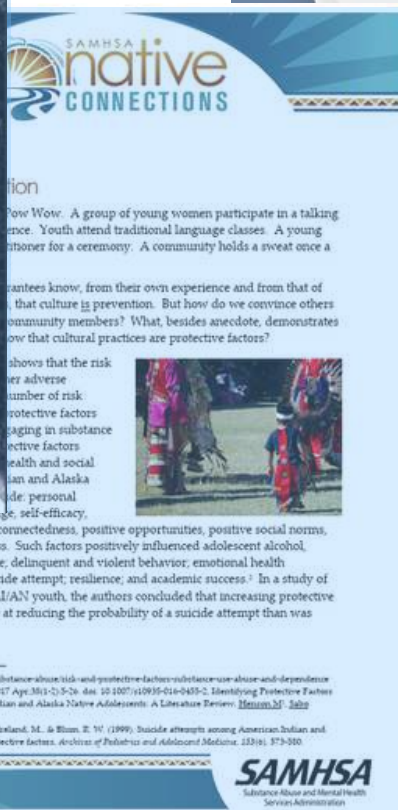
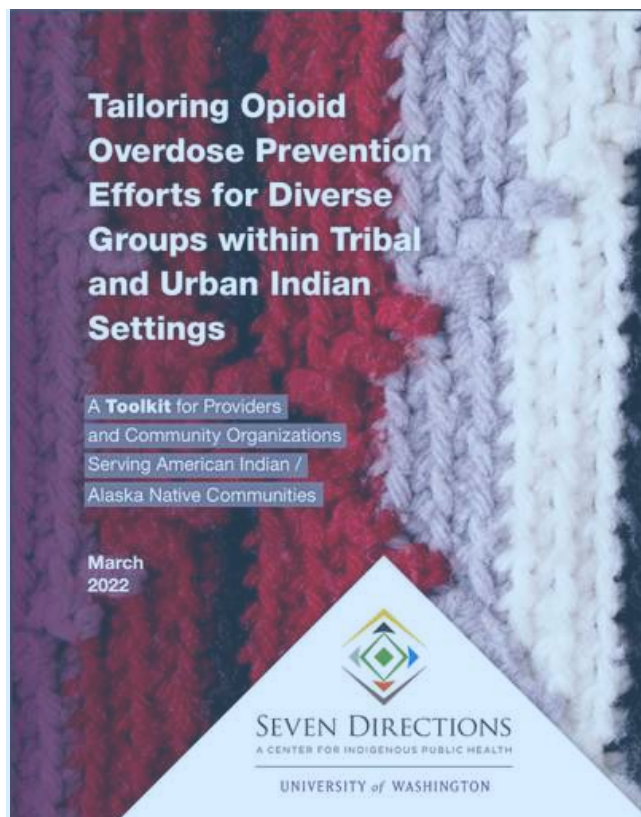
about the importance of

SUBSTANCE
MISUSE
PREVENTION

POSITIVE
MENTAL
HEALTH

SAVE THE DATE
MAY 11-17
2025

Aside from the activities and engagement suggestions provided by SAMHSA, there are other ways you can improve the prevention of substance misuse throughout the year. One facet of prevention is culture as a protective factor. Read more by clicking on the images.



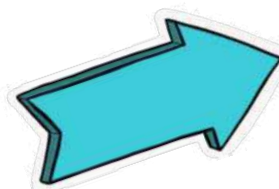


JUNE IS PTSD AWARENESS MONTH



www.ptsd.va.gov

According to the U.S. Department of Veteran Affairs (VA), problems with substance use often go hand in hand with Post-traumatic Stress Disorder (PTSD), and about 4 out of 10 U.S. adults who have PTSD also have problems with drug or alcohol use. Read more about the co-occurrence from the VA by clicking here.



JUNE IS MEN'S HEALTH MONTH

**75% OF US SUICIDES
ARE MEN**



SOME WARNING SIGNS:

Eating or sleeping too much or too little.

Avoiding family or social situations.

Feeling anger all the time.

Reckless behavior.



TIPS TO IMPROVE MENTAL HEALTH:



Look for support from people who make you feel safe and cared for.

Identify and manage stress.

Support your physical health.

SUICIDE PREVENTION HELP

**CALL 988 SUICIDE
(988-784-2433)**



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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