



An APA and SAMHSA Initiative



Welcome to your quarterly update from SMI Adviser. Our team is proud to highlight our progress to advance evidence-based care for individuals who have serious mental illness (SMI).

Our work this year centers on new resources for the field that address identified gaps or topics of high interest among frontline mental health clinicians. We provide these resources in the form of downloadable guides, infographics, toolkits, podcasts, and videos. Some of them involve collaborations with key partners, such as National Alliance on Mental Illness (NAMI), National Association of State Mental Health Program Directors (NASMHPD), and Treatment Advocacy Center (TAC).

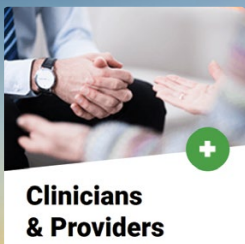
Read ahead to find highlights on some of the recent achievements and resources from our initiative.

- ✔ A recap of live education sessions led by SMI Adviser during the Mental Health Services Conference in Washington, DC
- ✔ A series of live, online skills refresher workshops on evidence-based therapies including cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and acceptance and commitment therapy (ACT)
- ✔ De novo resources on correctional psychiatry, FAQs around 988, hiring peers who have prior criminal justice involvement, myths and facts on clozapine, and more

Join our #MissionForBetter and share our evidence-based education, resources, and consultations. We often hear from the field how clinicians need education, tools, and resources that they can use to enhance care for people who have SMI. Use our [Partner Action Toolkit](#) to download and share materials or link directly to the [SMI Adviser website](#). Our initiative is an asset to all clinicians, especially those who work in low-resource and rural areas, Certified Community Behavioral Health Clinics (CCBHCs), state mental health agencies, Federally Qualified Health Centers (FQHCs), urban clinics and hospitals, and other settings that provide care to people who have SMI.

Thank you for being an important part of this initiative.

For questions about SMI Adviser, please contact us at SMIAdviserHelp@psych.org. Our team is here to help you.



**Clinicians
& Providers**



**Individuals
& Families**

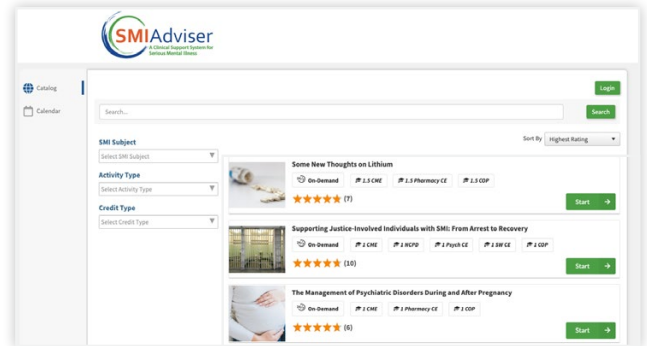


A BETTER TOMORROW

Find answers that help people with serious mental illness live their best lives.

240+ Free Online Courses on Unique, High-Interest Topics Around SMI

Our online course catalog offers FREE continuing education credits for physicians, nurses, psychologists, pharmacists, and social workers. These courses provide evidence-based guidance on topics that are unique to caring for people who have SMI. This differentiates SMI Adviser education from other online education providers.



- ✔ Gender-Based Violence and Mental Health: Key Considerations for Clinical Practice
- ✔ EmPath Units: Improving General Hospital Behavioral Emergency Care
- ✔ Equity and Access in Digital Mental Health: The Role of Privacy, Safety, and Ethics
- ✔ Some New Thoughts on Lithium
- ✔ The Management of Psychiatric Disorders During and After Pregnancy
- ✔ Expanding Your Long-Acting Injectable (LAI) Antipsychotic Medication Toolbox
- ✔ Social Determinants of Health 101: Exploring the Four Dimensions of Recovery
- ✔ Managing Hoarding Disorder and Hoarding Behavior in People with SMI
- ✔ Racism in Black Mental Health: Unpacking Implicit Bias in Counseling
- ✔ The Roles of Forensic Social Work in Caring for Individuals with Serious Mental Illness
- ✔ Insomnia, Hyperarousal, and Suicide in Psychosis
- ✔ Updates on the Best Practices for the Management and Treatment of Agitation
- ✔ Using Digital Health to Connect Young Adults with Early Psychosis to Treatment
- ✔ Valued Social Roles in Older Adults with Serious Mental Illness

256,000+
Total
Registrations

77,000+
Total
Learners

115,000+
Education Credits
Issued

Data as of November 2023

[SEE OUR ONLINE CATALOG](#)

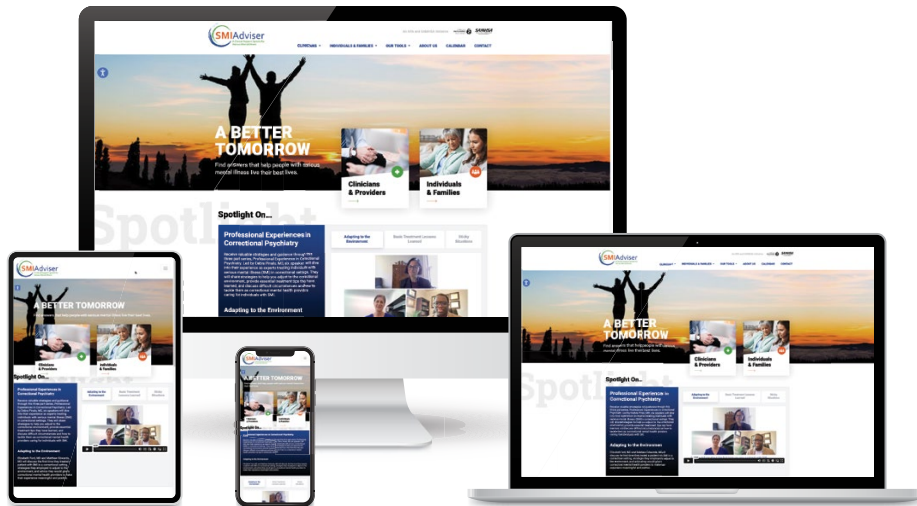


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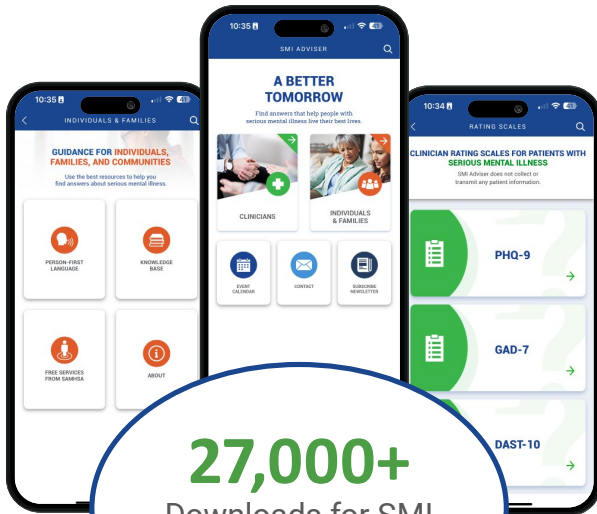
Content for All Devices

A lynchpin of our strategy is to meet clinicians where they are across desktop, tablet, and smartphone.



1,800,000+
Total
Website Users

VISIT NOW



27,000+
Downloads for SMI
Adviser App

GET THE APP



11,000+
Downloads for
My Mental Health
Crisis Plan

GET THE APP

Data as of November 2023





SMI Adviser Leads Interprofessional Sessions at Conference in Washington, DC

The APA’s Mental Health Services Conference brings together leaders in community mental health from across the country. The event took place in Washington, DC, on October 12-14, and was presented in partnership with SMI Adviser and the APA Foundation. Clinical experts from SMI Adviser led and presented several sessions for the 580+ clinicians who attended the conference.

CCBHCs: Realizing the Dream of Comprehensive Community Based Behavioral Health Care

This session helped leaders in community mental health understand the CCBHC model, its funding, and its future. Speakers included David de Voursney, MPP, Director of the Division of Community Behavioral Health, with SAMHSA’s Center for Mental Health Services; Garima Singh, MD, with Burrell Behavioral Health; and Mary Blake, a Public Health Advisor with SAMHSA’s Center for Mental Health Services.



Collaboration Session: New Strategies to Keep People Engaged in Care

This highly interactive session provided practical tools and strategies to improve engagement with individuals, clinicians, and organizations. The session was led by SMI Adviser’s interprofessional [Clinical Expert Team](#) and included experts in psychopharmacology, health systems, social work, pharmacy, lived experience, and individual/family engagement.

Improving Services, Skills, and Quality for People Who Have SMI and SUD

This workshop focused on best practices to create Coordinated Specialty Care for early psychosis that recognizes the need for and integrates services for co-occurring substance use disorders. The panel included Robert Cotes, MD, our SMI Physician Expert.



Miriam Delphin-Rittmon, PhD, Assistant Secretary for Mental Health and Substance Use, spoke about SAMHSA’s strategic priorities and participated in an interactive discussion led by APA CEO Saul Levin, MD.



Peer into the Future: Maximizing the Impact of Peer Specialists in Mental Health Teams

This panel presentation brought together experts in mental health recovery to suggest ways to build a harmonious ecosystem within mental health teams. Speakers included Paolo del Vecchio, MSW, Director of SAMHSA’s Office of Recovery; Keris Jän Myrick, MBA, MS, with the Los Angeles County Department of Mental Health; and Jessi Davis, MHPS, RSPS, with the National Association of Peer Supporters (NAPS) and the South Southwest Mental Health Technology Transfer Center.



The Landscape of Digital Health...Apps to Application

This session provided an overview of digital health concepts, clinical applications for specific patient populations, training and reimbursement, and more. The panel included John Torous, MD, MBI, our SMI Technology Expert.





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Interactive Skills Refresher Workshops

SMI Adviser launched a series of three, live skills refresher workshops in Fall 2023. They focused on three evidence-based therapies: cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and acceptance and commitment therapy (ACT).

The workshops took place online and were limited to 100 participants per workshop in order to maximize opportunities for practice. All were led by Sherin Khan, LCSW, SMI Social Work Expert. The workshops examined evidence-based skills, clinical scenarios, and practical tips and guidance for implementation.

Top Five Professions by Registrations

- Social Workers
- Psychologists
- Psychiatrists
- Nurses
- Counselors

“Having the refresher helps maintain my clinical competency to be able to more comfortably provide an array of possible supportive interventions.”

“I plan to engage in cognitive restructuring with my new clients at an FEP clinic. This course was a reminder that there are several types of questions, specifically Socratic questions, that can help providers gather more information and better understand.”

“(I plan to) utilize the techniques that were taught during the seminar including clarifying the values and mindfulness exercises.”



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New Videos on Correctional Psychiatry

In 2023, SMI Adviser launched a three-part series of videos on Professional Experiences in Correctional Psychiatry. Each video is led by Debra Pinals, MD, Director of the Program in Psychiatry, Law, and Ethics and Clinical Professor of Psychiatry at the University of Michigan Medical School.

Dr. Pinals and a diverse panel of experts dive into their experience providing care to individuals who have SMI and reside in correctional settings. They share strategies on how to adjust to the correctional environment, offer tips around treatment, and discuss how to tackle various challenges.

Professional Experiences in Correctional Psychiatry:

Basic Treatment Lessons Learned

Professional Experiences in Correctional Psychiatry:

Adapting to the Environment

Professional Experiences in Correctional Psychiatry:

Sticky Situations

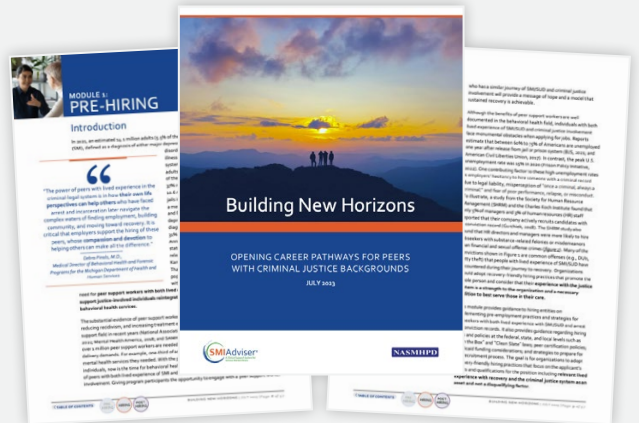
WATCH THE VIDEOS

New Toolkit on Hiring Peers Who Have Criminal Justice Backgrounds

This toolkit was created by SMI Adviser in partnership with the National Association of State Mental Health Program Directors (NASMHPD).

When organizations use the strategies in this toolkit, it paves the way for positive change. It is a concrete step to embrace the power of peer support and envision a brighter future. Health systems, hospitals, clinics, and practices can:

- ✔ Magnify the potential of their workforce
- ✔ Unlock new levels of empathy and resilience
- ✔ Invite staff into a journey towards inclusivity
- ✔ Make a lasting impact on the lives of countless individuals and the community at large



SEE THE TOOLKIT



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New Resources for the Field

Take a minute to check out the new resources that SMI Adviser recently developed and launched.

Culturally Competent Care for Black American Adults with Serious Mental Illness

This guide helps you provide culturally competent care for Black American adults who have SMI. It addresses common barriers to accessing mental health services and provides practical strategies to overcome them.

[SEE THE GUIDE](#)

Myths vs. Facts on Clozapine

There are many myths around SMI that are not always accurate. This infographic debunks some of the common myths around SMI and clozapine.

[GET THE INFOGRAPHIC](#)

How Poverty Can Impact AOT Participants

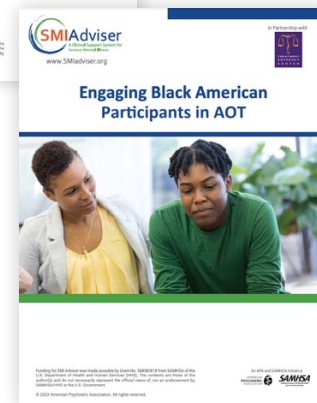
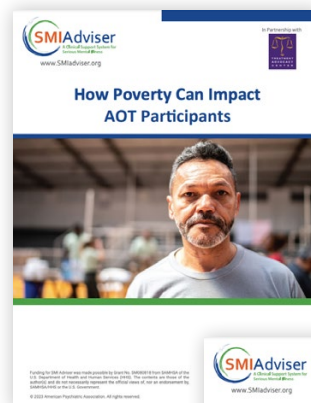
This guide examines the complex, bi-directional relationship between poverty and SMI. It offers practical guidance on how to use Assisted Outpatient Treatment (AOT) to increase treatment engagement.

[ACCESS THIS RESOURCE](#)

Engaging Black American Participants in AOT

This guide helps you enhance engagement with Black Americans who have SMI and provide recovery oriented AOT that prioritizes the personal goals of the participants.

[LEARN MORE](#)



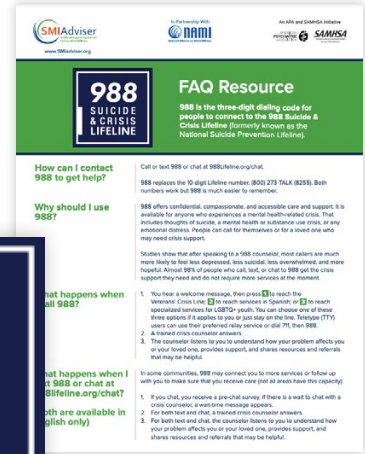


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New Fact Sheet on 988

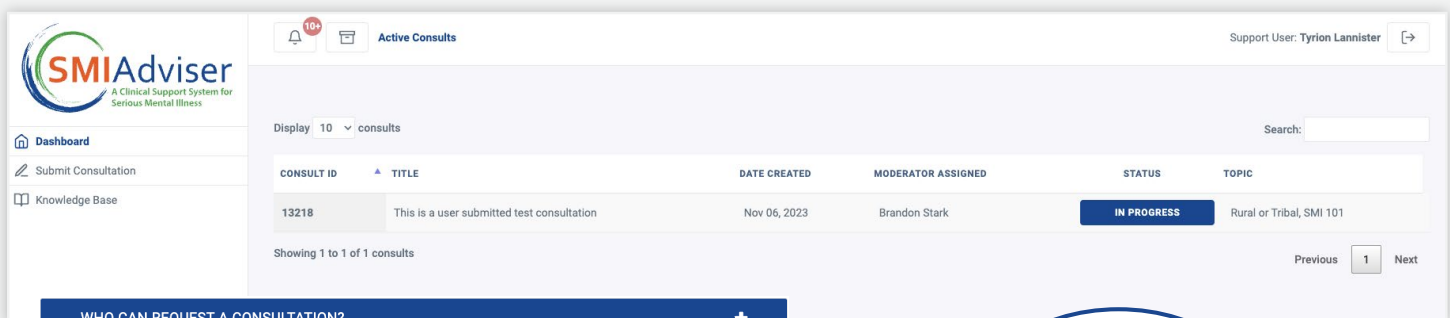
SMI Adviser is proud to support SAMHSA’s pioneering work to launch the 988 Suicide and Crisis Lifeline. Our initiative recently partnered with the National Alliance on Mental Illness (NAMI) to create a new fact sheet on 988. It answers common questions that individuals and family members may have about 988.



GET THE FACT SHEET

Enhanced User Experience for Clinician-to-Clinician Consults

In December 2023, SMI Adviser plans to enhance our online consultation system to make it even easier for mental health clinicians to submit questions to our national experts on SMI. To date, our initiative has delivered 6,000+ consultations to the field across all professions and practice settings. Our experts respond to any questions within one business day and can engage with clinicians, practices, and health systems around any topic, from culturally competent care to medication management to systems change.



- WHO CAN REQUEST A CONSULTATION? +
- WHO ANSWERS QUESTIONS THAT I SUBMIT? +
- HOW WILL I RECEIVE ANSWERS TO MY QUESTIONS? +
- HOW MANY CONSULTATIONS CAN I REQUEST? +
- WHAT CAN I ASK ABOUT? +
- IS THIS A SECURE SERVICE? +
- WHAT HAPPENS TO THE INFORMATION AND QUESTIONS I SHARE? +

6,000+
Consultations

SUBMIT A QUESTION NOW



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Share Resources from Our Partner Action Toolkit

Download and share important resources from SMI Adviser. You can use them with your colleagues, staff, family members, and individuals in your care. Help us raise awareness and connect people with guidance that improves care for people who have SMI.

Join our Mission for Better today.
Post on social media and use our hashtag

#MissionForBetter

VIEW THE TOOLKIT



SAMHSA Partner Spotlight: Peer Recovery Center of Excellence

This section highlights other programs and resources from the Substance Abuse and Mental Health Services Administration (SAMHSA)

The Peer Recovery Center of Excellence provides training and technical assistance to the peer workforce, recovery community organizations, and other organizations in the ecosystem of recovery to support the implementation of peer recovery support services.

LEARN MORE ABOUT THIS CENTER

