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An APA and SAMHSA Initiative



Welcome to your quarterly update from SMI Adviser. We continue our commitment to advance evidence-based care for individuals who have serious mental illness (SMI).

Our initiative is in the second quarter of Year 5 of our five-year grant. We have several new initiatives underway to address identified gaps and we continue to expand our footprint of education, resources, and consultations to the field. We are proud to highlight some of the data and recent work from our initiative.

- ✓ Key metrics from our initiative to date, which show how SMI Adviser meets people where they are with content and education across our website and mobile apps
- ✓ A look at specialized Centers of Excellence on clozapine and long-acting injectables (LAIs) and the resources and guidance they provide to the field
- ✓ The recent launch of de novo, downloadable guides for both clinicians and individuals/families on what to expect when someone is arrested or incarcerated

As we partner and consult with more organizations across the mental health landscape, we invite you to join us in our mission to improve care for individuals who have SMI. Use our [Partner Action Toolkit](#) to download and share our materials and visit the [SMI Adviser website](#) to access our resources. We thank you for your work to help us raise awareness across all communities and practice settings.

Thank you for being an important part of this initiative.

For questions about SMI Adviser, please contact us at [SMIAdviser@psych.org](mailto:SMIAdviser@psych.org). Our team is here to help you.

## A BETTER TOMORROW

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



**Clinicians  
& Providers**



**Individuals  
& Families**



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## Evidence-Based Education That Addresses Gaps and High-Interest Topics

As of November 2022, SMI Adviser offers more than 200 free, online courses in its catalog. This content directly addresses gaps in skills and knowledge. It also addresses topics that the field needs updated guidance and perspective to tackle. This method is a hallmark of our approach to education and fuels ongoing participation across all professions in mental health.

Total Registrations  
**187,400+**

Total Learners  
**61,800+**

Education Credits Issued  
**81,200+**

Data as of October 2022

[SEE OUR EDUCATION CATALOG](#)

## Popular New Virtual Learning Collaboratives

These 12-week, interactive courses are an important part of our education portfolio. They are led by SMI Adviser clinical experts and provide hands-on, peer-to-peer skill-building with real-world, practical applications.

In 2022, SMI Adviser launched virtual learning collaboratives on new topics identified as areas of high interest by the field. Hundreds of clinicians across all professions registered for these new courses.

### Introduction to Serious Mental Illness

*"It was one of the best webinar/virtual learning sessions I've participated in over the last decade. I left with useful, practical, information and resources to implement immediately."*

### Motivational Interviewing for People with Serious Mental Illness

*"Very helpful education. I have zero experience with motivational interviewing and am finding this course to be a valuable experience."*

### Applying the Six Principles of Trauma-Informed Care for Treatment Practice with Individuals Living with Chronic Mental Health Conditions

*"A good refresher on...how best to connect with individuals you work with to develop the needed relationship that will facilitate growth for the individual and not cause them to disconnect with your service and their goals."*



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## Evidence-Based Resources for the Field

The SMI Adviser Knowledge Base is a searchable online database of vetted resources. It includes both existing and de novo resources across dozens of topics.

**+ 1,110+** Total Resources for Clinicians

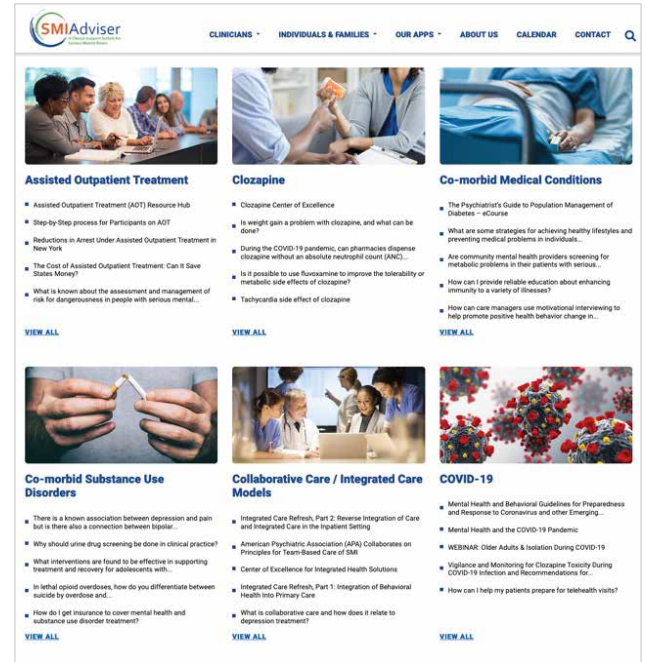
**PDF** Clozapine REMS Program Updates: A Guide for Prescribers and Pharmacists

**ACCESS RESOURCE**

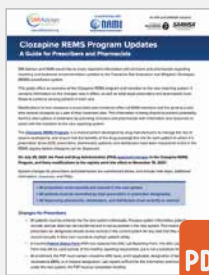
**PDF** Suicide and Serious Mental Illness: An Overview of Considerations, Assessment, and Safety Planning

**ACCESS RESOURCE**

**BROWSE RESOURCES FOR CLINICIANS**



**500+** Total Resources for Individuals and Families



**Clozapine REMS Program Updates: A Guide for Individuals and Families**

**ACCESS RESOURCE**



**An Overview of Treatment Options**

**ACCESS RESOURCE**

**BROWSE RESOURCES FOR INDIVIDUALS AND FAMILIES**



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## Multiplatform Content Delivery

SMI Adviser continues to meet clinicians where they are across desktop, tablet, and smartphone.



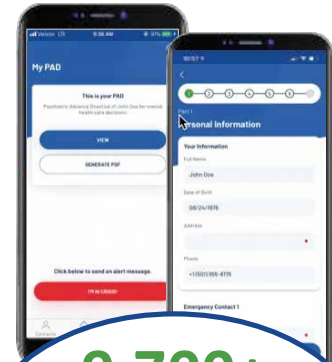
**1,650,00+**  
Total Website  
Users

[VISIT OUR WEBSITE](#)



**23,500+**  
Downloads for SMI  
Adviser App

[GET SMI ADVISER APP](#)



**9,700+**  
Downloads for My  
Mental Health Crisis  
Plan

[GET MY MENTAL HEALTH CRISIS PLAN](#)

## Growth in Consultations to the Field

Over time, more mental health clinicians have added SMI Adviser's consultation service to the list of modalities they use to find answers. These clinician-to-clinician consultations let our clinical experts provide technical assistance (TA) to the field in a way that resonates. We respond to all consultation requests within one business day and have the bandwidth to engage with practices and health systems for in-depth consultations around systems change.

*"Excellent info and very timely. Got back to me in less than 12 hours with all relevant resources. Like an extremely knowledgeable research library with good clinical chops to acknowledge the edges of the data!"*

*"THANK YOU this is a wonderful idea and tool. I plan to use it often and just downloaded the app."*

*"I had a genuine clinical question but was also 'testing out' this consult service to see how it worked and what type of information came back. I was very impressed with the quality, detail, and speed of the response. Thanks!"*

[SUBMIT A QUESTION NOW](#)



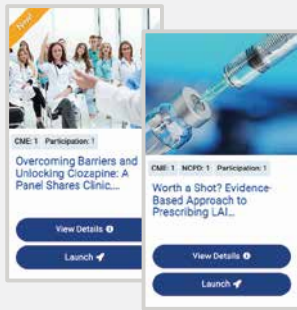
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## Specialized Guidance in SMI Adviser Centers of Excellence

These two centers provide extensive resources on clozapine and long-acting injectables (LAIs). Guidance around these medications is often complex when it comes to assessment, administration, monitoring, and more. That is why SMI Adviser focuses on both on-demand and live, interactive formats – so clinicians can find the level of guidance they need.



### Education

Earn CME/NCPD/CE credits and hear experts review important topics and best practices.



### Virtual Forum

Participate in monthly, peer-to-peer dialogue around timely, hot topics.



### Resources

Access evidence-based resources to help navigate common challenges and implement best practices.

**VISIT THE CLOZAPINE COE**

**VISIT THE LAI COE**



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## New Video Series on LAIs

SMI Adviser developed this new series of how-to videos to provide clear, high-quality, evidence-based guidance. The videos instruct clinicians on how to administer LAIs at all FDA-approved injection sites.

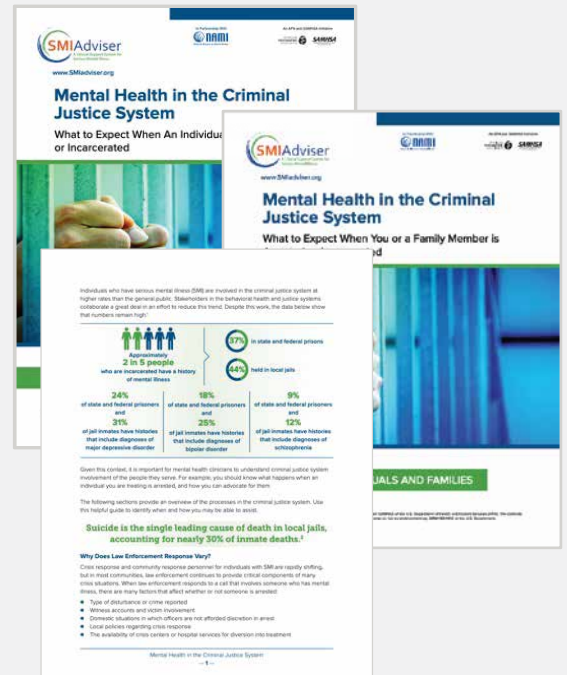


### WATCH THE VIDEOS

- ▶ DELTOID
- ▶ VENTRAL GLUTEAL
- ▶ DORSAL GLUTEAL
- ▶ ABDOMINAL

## New Guides on Criminal Justice Involvement

Individuals who have serious mental illness (SMI) are involved in the criminal justice system at higher rates than the general public. Stakeholders in the behavioral health and justice systems collaborate a great deal in an effort to reduce this trend. Yet there are still many complex issues that arise when someone is involved with the criminal justice system. That is why SMI Adviser recently launched guides for both clinicians and individuals/families. The guides help everyone understand how to assist, advocate for, and support individuals throughout the process. They were created in partnership with the National Alliance on Mental Illness (NAMI).



**GUIDE FOR CLINICIANS**

**GUIDE FOR INDIVIDUALS AND FAMILIES**



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## Help Bust the Myths on SMI

There are many myths around SMI and of course they are not always accurate. That is why SMI Adviser recently launched two new infographics that continue our work to set the record straight. They provide evidence-based answers that debunk common myths around character and recovery.

 **INFOGRAPHIC ON CHARACTER**

 **INFOGRAPHIC ON RECOVERY**

**DOWNLOAD THE FULL SERIES**

**CHARACTER**

There are many myths around serious mental illness (SMI) that are not accurate. Let's take a look at common myths around the character of individuals who have SMI.

**MYTH** Individuals Who Have SMI Lack Insight About Their Conditions

**FACT** Studies show that about half of people who have psychosis, don't see their illness to some degree. This is known as anosognosia, which is a lack of insight to view oneself as more of a misdiagnosed, and not simply a neurocognitive deficit.

**MYTH** Individuals Who Have SMI Cannot and Should Not Make Decisions for Themselves

**FACT** Decision-making capacity is impaired in only a subset of individuals who have SMI and depends on a person's emotional and ethical obligations to people who have a role in choices around their health care. Shared decision-making empowers the individual, trust, and understanding.

**MYTH** Individuals Who Have SMI are Prone to Violence

**FACT** This is a harmful myth that contributes to stigma around SMI. It's a perception that equates criminality with SMI and other mental health data do not support this perception. Overall, people who have SMI are victims of violence more than perpetrators. There is some risk for violence, yet most of the excess risk for violence is linked to:

- co-occurring substance use disorders
- violence that occurs before the onset of treatment
- treatment non-adherence

2% Annual rate of violent behavior for the general population

Annual rate of individuals who are violent victims of violence

25% Annual rate that people who have SMI are victims of violent crime each year

11.8x Likelihood for violence compared to the general population

**RECOVERY**

There are many myths around serious mental illness (SMI) that are not accurate. Let's take a look at common myths around recovery and individuals who have SMI.

**MYTH** Individuals Who Have SMI Cannot Reach and Maintain Recovery

**FACT** Recovery does not necessarily mean the absence of symptoms. Recovery from SMI is a process that is unique to each person. Recovery is a journey, not a destination. Recovery is a process that is ongoing and can be achieved at any time. Recovery is a process that is ongoing and can be achieved at any time. Recovery is a process that is ongoing and can be achieved at any time.

**MYTH** People Who Have SMI Cannot Obtain Competitive Employment or Complete Education

**FACT** There is a large evidence base that supports the fact that individuals who have SMI can obtain competitive employment and complete education. There is a large evidence base that supports the fact that individuals who have SMI can obtain competitive employment and complete education.

**MYTH** People Who Have SMI Burned All Their Bridges

**FACT** Social connections are important for people who have SMI. At times, they may have lost social connections and need to rebuild them. Healthy social connections can stabilize mood, help them feel grounded, and provide support through their recovery process.

Join our #MissionForBetter at SMIadviser.org

## Resources on Assisted Outpatient Treatment

A successful AOT program requires close collaboration between the mental health system and civil courts. As more communities implement and sustain AOT programs, best practices emerge to help stakeholders understand the process. That is why SMI Adviser partners with Treatment Advocacy Center (TAC) to facilitate the national expansion of AOT. Both initiatives focus on a recovery-oriented approach to AOT, work to reduce barriers, and promote best practices to help successfully implement AOT programs.

Access our Resource Hub on AOT to find plenty of resources and guidance on this important topic.

**VISIT THE AOT RESOURCE HUB**

**Flow Chart for Participant on AOT**

**What is Assisted Outpatient Treatment?**

Assisted outpatient treatment (AOT) is a tool that civil courts and mental health systems employ voluntarily to help individuals with serious mental illness (SMI) receive the right of equal opportunity and protection. Through a court order and enhanced monitoring, AOT aims to:

- 1) monitor and assist individuals with SMI to engage in treatment;
- 2) ensure that the mental health system is able to do the needs of its most vulnerable clients.

**The Revolving Door of Untreated Serious Mental Illness**

Individuals with SMI who do not receive treatment are more likely to experience hospitalization, incarceration, and homelessness. This cycle of untreated illness leads to a revolving door of untreated serious mental illness.

Join our #MissionForBetter at SMIadviser.org



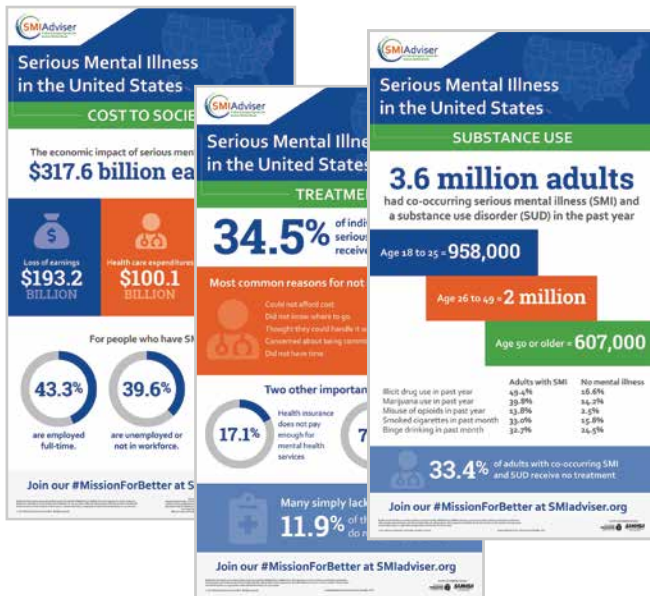
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## Find Resources You Can Use Now in Our Partner Action Toolkit

If you work in mental health, you know how complex all the issues around SMI can be. Take just one minute right now to access flyers and other materials you can share 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: Center of Excellence for Protected Health Information

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

The Center of Excellence for Protected Health Information (also known as CoE-PHI) helps people and organizations understand and apply federal health privacy laws and regulations. This includes training, resources, and technical assistance for health care teams, state agencies, and school-based professionals. It also includes guidance for individuals and families that helps them know what their rights are when they seek and receive treatment for substance use disorders and mental health concerns.

LEARN MORE ABOUT THIS CENTER

# FOCUS:PHI

The Center of Excellence for Protected Health Information