RMTAC

Resource & eMpowerment Technical Assistance

Center for Behavioral Health

RMTAC Overview Presentation

Program Funded By

SAMHSA

Substance Abuse and Mental Health Services Administration

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Introduction to RMTAC

RMTAC is a national resource center offering training and technical assistance to behavioral health professionals, organizations, and agencies serving - or preparing to serve - newcomers, including refugees and migrants, across the United States and its territories.

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Source & Timeframe

SAMHSA
Substance Abuse and Mental Health Services Administration

Project Period:
November 30, 2023 – September 29, 2028

RMTAC's Priorities

Our program priorities directly align with the **Substance Abuse and Mental Health Services Administration (SAMHSA)** national priorities.

To ensure transparency and impact, you can click on each priority below to learn how **RMTAC** is putting these priorities into action within our programs, services, and community partnerships.

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10 GRANT DELIVERABLES

1. Developing and Maintaining an Advisory Board
2. Conducting a Needs Assessment
3. Completing a Literature Review
4. Creating a Strategy and Marketing Plan
5. Creating and Implementing a Clinical Case Consultation (CCC) Service
6. Creating Interactive Online Learning Modules
7. Establishing Learning Communities
8. Providing Targeted TA and Coaching
9. Developing Partnerships and Services Directory
10. Developing a Website

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Our Services

WEBSITE

- Online Learning Modules
- Reference Materials
- Consultation and Technical Assistance Requests
- Resource Library
- Services Directory
- National *Helpful Resources*
- Quarterly Newsletter

EVENTS

- Webinars
- Learning Communities
- Coaching Sessions
- In-person Conference Presentations & Exhibitors
- Virtual Summit

RMTAC
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Administration Team

Joella Brooks
Chief Operations and Programs Officer

Elizabeth Ortiz Mendez
Ph.D.
Project Director

Ruben Ramos
BBA
Strategic Partnerships & Advisory Board Manager

Thalia Calderon-Canseco
B.A.
Operations Coordinator

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National Clinical Consultant Team

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Lead Clinical Consultant

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M.Ed. LPC, EMDR Trained
Clinical Consultant

Esther Rodriguez
M.S.
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Natalia Baires
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Clinical Consultant

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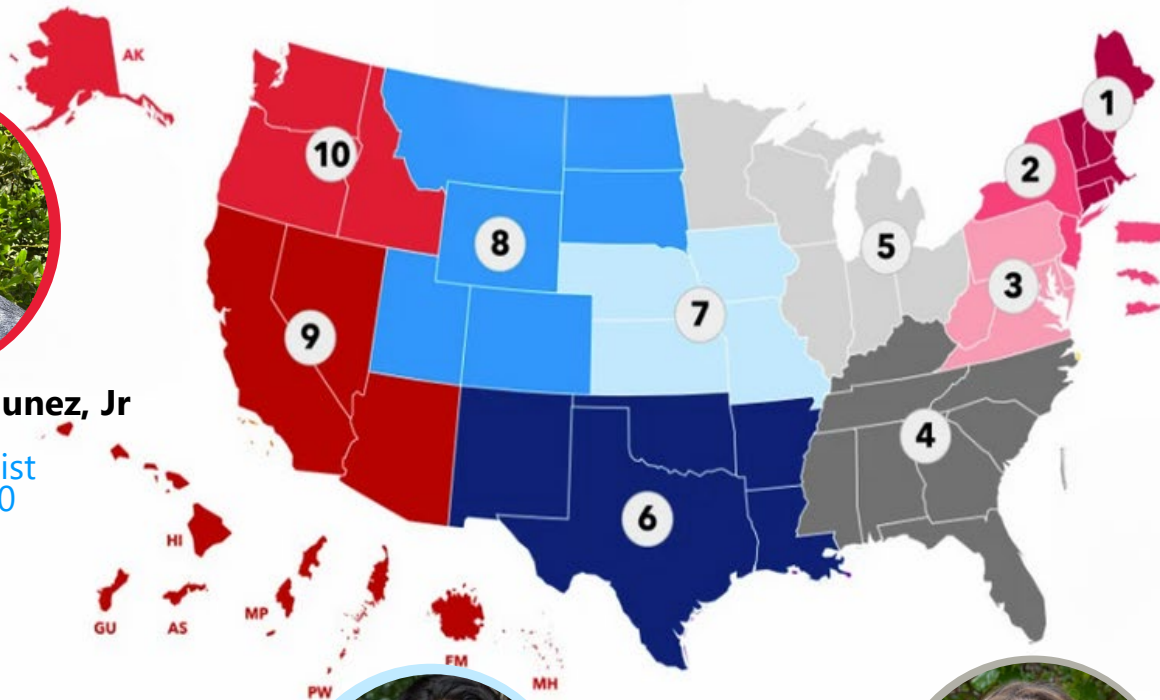
Provider Engagement & Technical Assistance Team

Aubrey Held
BA
PE & TA Coordinator

Humberto "Titus" Nunez, Jr
MBA
PE & TA Specialist
Regions 9 & 10



Rosa Varela
BA
PE & TA Specialist
Regions 1, 2 & 3

Gina Montoya
BFA
PE & TA Specialist
Regions 6, 7 & 8

Nelva Davenport
BS
PE & TA Specialist
Regions 4 & 5

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Learning & Development Team

Teresa Quintana
MPA
Program Manager

Sonia Rollins
B.S., FMHC
Learning & Development Coordinator

Dajana Romero
M.Ed.
Learning & Development Coordinator

Alex Swift
AAS
Website Developer

Christopher J. Gutierrez
B.A.
Social Media Specialist

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Advisory Board

14 Board Members from across the US

Farduus Y. Ahmed, MSW, LCSW
Assistant Professor
University of Colorado Anschutz, Department of Psychiatry

Alenga Alokola, MGM
President & Chief Executive Officer
Mwangaza Wa Upendo (Light of Love)

Barton Chelf
Co-Founder, President
Beyond90

Lori Chelf
Co-Founder, Volunteer Executive Director
Beyond90

Pedro A. Cons, MBA
Chief Executive Officer
Adelante Healthcare

Amy Carol Dominguez, MPA
Founding Director, PreAct
Icahn School of Medicine at Mount Sinai

Shruti Dasgupta, Ph.D., L.P.
Clinical Advisor
The National Capacity Building Project, at the Center for Victims of Torture

Karen Johnson, M.A., LMHC, CCTP, CCATP-CA
Director of Mental Health Services
Trinity Church/Peacemaker Family Center

Chol Mabil, MHA
Program Manager
City of Chicago Department of Public Health

Gaurav Mishra, M.D., MBA
Chief Medical Officer
MindHealth Wellness

Douglas R. Penn, J.D.
Attorney
Law Offices of Douglas R. Penn LLC

Rosalind G. Rogers, PhD, LMHC
Subject Matter Expert/Mental Health & Psychosocial Support Consultant
RGR Consulting

Sebastian Ssempijja, Ph.D.
President and CEO
Sebastian Family Psychology Practice, LLC

Marlen Trujillo, Ph.D., MBA
Chief Executive Officer
Spring Branch Community Health Center

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Partnerships

Hector Colon-Rivera
MD, MBA, MRO, FAPA
Psychiatric Consultant

AMTC & Associates
Program Evaluation &
Performance Measurement
Evaluation Contractor

University of Texas Rio Grande Valley
Department of
Psychological Science
University Partner

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Learning Communities

Our Virtual Learning Communities give providers the opportunity to learn from subject matter experts and participate in multi-session, interactive experience limited to 20 participants to better support work with refugees and migrants. Each session typically lasts 1.5 hours and encourages active engagement.

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Online Learning Modules

The online learning system educates providers to meet the needs of these special populations through self-led training.

RMTAC LEARNING MODULE

Key Concepts and Best Practices for Providers Serving Refugees and Migrants

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Introduction to Migration for Behavioral Health Providers

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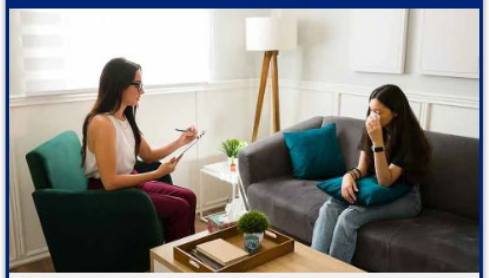
Introduction to Trauma-Informed Care

RMTAC LEARNING MODULE



The Four "R"s of Trauma-Informed Care - Realize

RMTAC LEARNING MODULE

The Four "R"s of Trauma-Informed Care - Recognize

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The Four "R"s of Trauma-Informed Care - Respond

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The Four "R"s of Trauma-Informed Care - Resist Re-traumatization

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Narrative Exposure Therapy for Immigrant Children and Adolescents

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Trauma-Focused Therapeutic Interventions for Newcomers

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Webinars

A one-hour educational presentations focused on delivering in-depth knowledge on a specific subject.

YouTube 15 Webinars Posted

- Mental Health Wellness for First Generation
- Supporting Southern African Displaced Communities: Practical Mental Health Approaches
- Substance Use Disorder Treatment for Refugee and Newcomer Adolescents
- Integrated Perspectives: Neurodiversity, Lived Experiences, and Overlapping Identities

RMTAC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 8077

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Sample CTA Requests

Consultation & **T**echnical **A**ssistance Requests are responded to by our clinical consultant team who offer research and evidence-based information on promising emerging practices, current clinical guidelines, and proven best practices.

- How to foster belonging in school-aged refugee and migrant youth
- How can professionals distinguish between vicarious trauma, burnout, and compassion fatigue?
- How can professionals distinguish between vicarious trauma, burnout, and compassion fatigue?
- Can culture shock continue/reappear for several years after arrival? Can it manifest as a mental health breakdown?
- How to empower migrant and refugee women to seek help despite fear and controlling relationships.
- How can we get newcomer parents to change their take on their child's needs?
- Case and treatment plan review
- How to support staff with trauma from their own migrant experience
- How to get more turn out for the Afghan events being hosted within our community?
- How to approach mandatory reporting because many cultures don't want sexual violence cases to be reported?
- Identifying culturally-appropriate screenings and assessments for refugee populations
- De-escalation strategies with refugee and migrant children.

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Sample Coaching Sessions

- Implementing a Trauma-Informed Care Approach with Refugees and Newcomers
- Trauma-Informed Care for Survivors of Human Trafficking
- Culturally Supportive Crisis Care for Refugee and Newcomer Communities
- Effective Use of the RHS-15 Tool
- Cultural Humility and Cross-Cultural Engagement with Refugee and Newcomer Communities
- Motivational Interviewing: An Introduction
- Applying a Strengths-Based Approach to Social Services
- Strategies and Best Practices for Facilitating Support Groups for Latino Men
- How to be Trauma-Informed and Culturally Humble when transporting refugees

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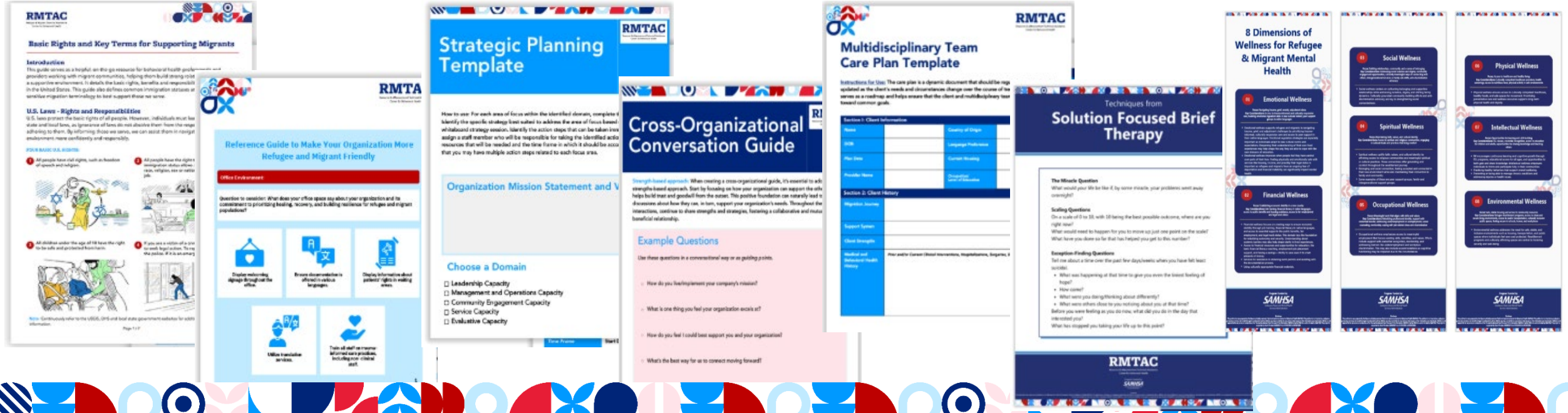
Reference Materials

7 Guides Posted

- Basic Rights and Key Terms for Supporting Migrants
- Reference Guide for Providers Serving Refugees and Migrants
- Strategic Planning Template
- Cross-Organizational Conversation Guide
- Multidisciplinary Team Care Plan Template
- Techniques from Solution Focused Brief Therapy
- 8 Dimensions of Wellness for Refugee & Migrant Mental Health



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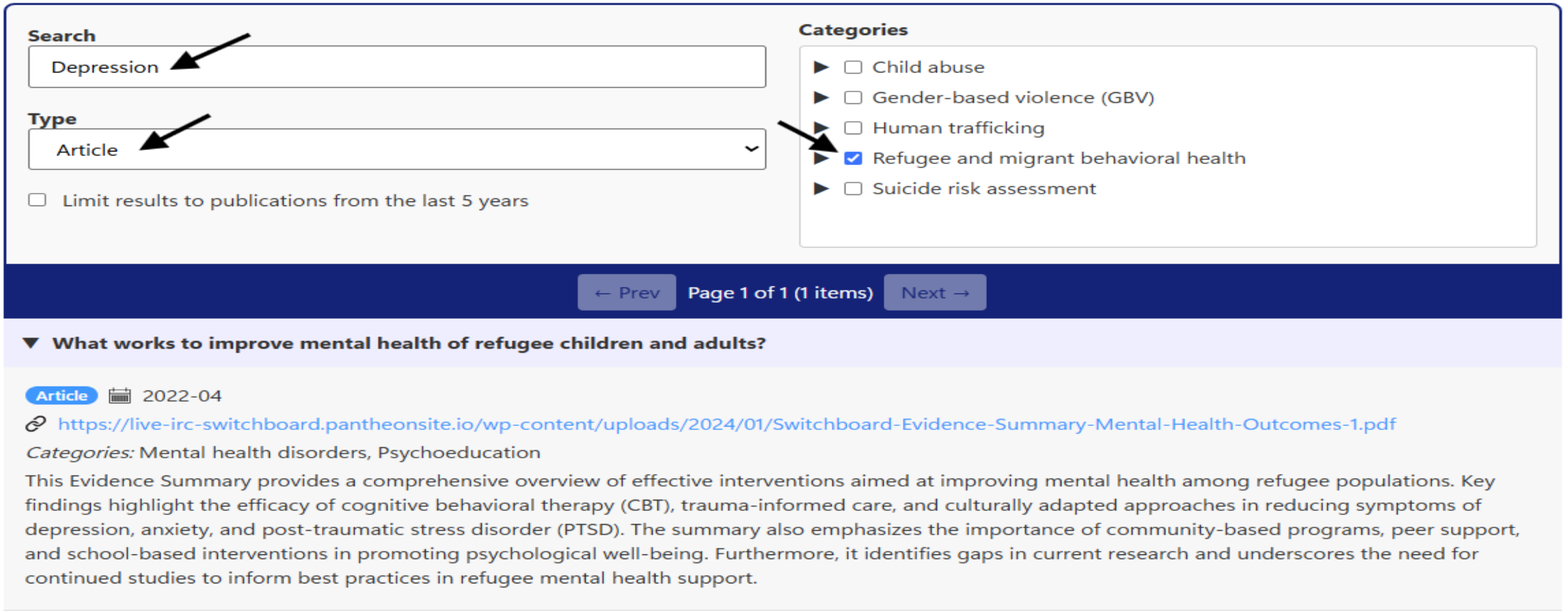
Resource Library

This comprehensive catalog includes research updates, evidence-based and emerging practices, clinical guidelines, recent and upcoming study findings, as well as legal and reporting standards.



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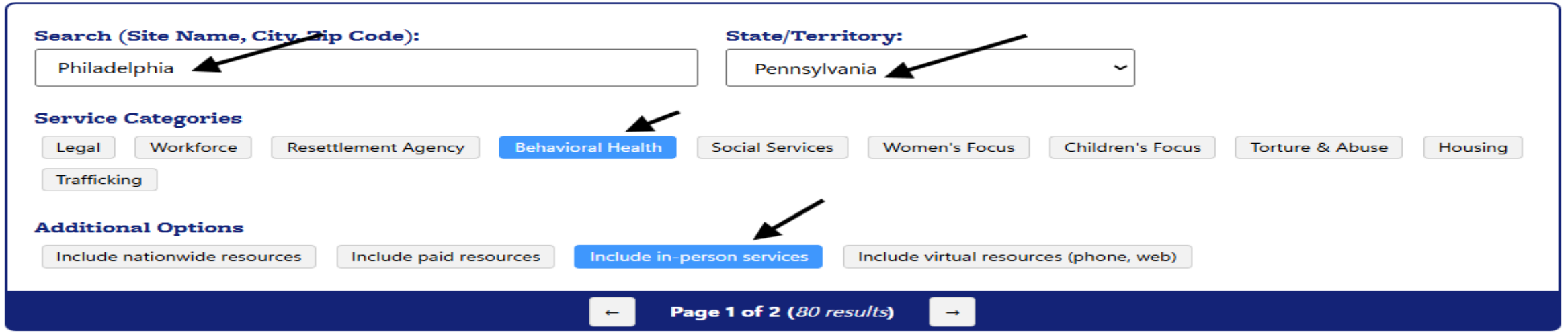
Services Directory

This comprehensive and interactive list of resources will allow providers to search for program and services available to meet the needs of clients. Use the search capabilities to find behavioral health clinics, legal support, social services, and more.



- 11Th Street Fam Hlth Svcs Drexel
- Abbottsford Falls Fp & Counseling
- Al-Assist Behavioral Health Care
- Annex West
- Broad Street Health Center
- Building 21 High School

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RMTAC Platforms

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https://rmtac.org/

Scan Now

facebook

YouTube

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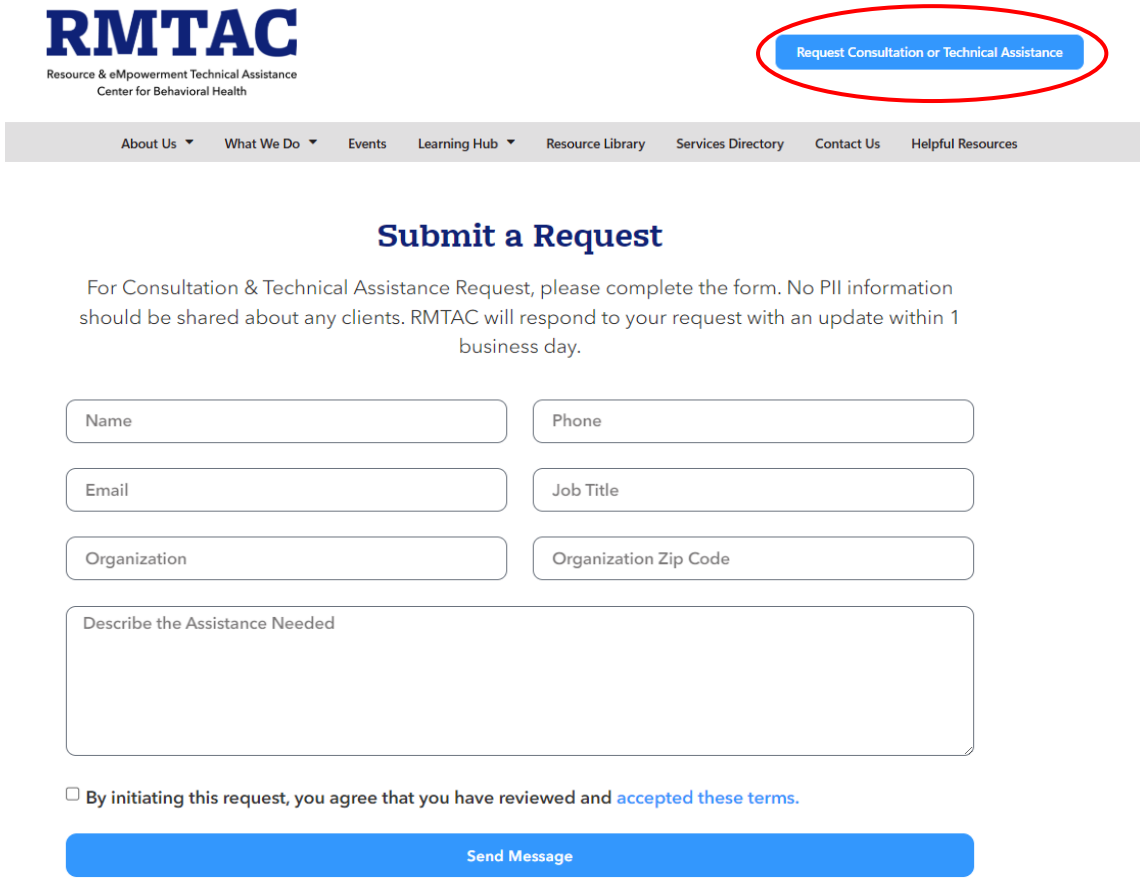
We are here to help!

How to Submit a CTA Request on the RMTAC Website

Step 1:
Navigate to RMTAC.org

Step 2:
Click on the "Request Consultation & Technical Assistance" button in the top navigation bar.

Step 3:
Complete the CTA Request form.



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Thank You
Merci
Obrigado
Salamat
Dyakuyu
Arigato
Spasibo
Dank Je
Kiitos
Asante
Vinaka
Grazie
Maake
Multumesc
Mochchakkeram
Matur Nuwun
Juspaxar
Mamana
Terma Kasih
Kia Ora
Chokrane
Nirringrazzjak
Cam on ban
Raibh Maith Agat
Welalin
Dankon
Matondo
Ua Tsaug Rau Koj
Obrigado
Spasibo
Kiitos
Asante
Chokrane
Dank Je
Grazie
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