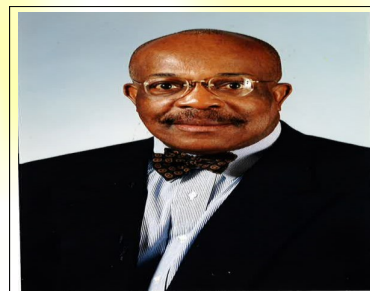




One Network Reaching Many

Greetings Everyone!

As we enter the final months of the current grant year with SAMSHA, I would like to reflect on the work of our HBCU-Center for Excellence (HBCU-CFE). This work will be reflected in this Newsletter which is filled with behavioral health information, resources and reflections of past present and future endeavors!



Eugene Herrington, PhD, MSW
Department of Psychiatry and Behavioral Sciences
HBCU-CFE Co-Project Director Morehouse School of Medicine

The HBCU-CFE has been busy serving in the capacity as a resource center for all 105 HBCU Institutions disseminating information around students' behavioral health needs and workforce development. This year, the Center has awarded 33 behavioral health mini-grants; hosted monthly behavioral health webinars; convened the 2015 National HBCU Behavioral Health Awareness Day; launched a successful Behavioral Health Communication Public Service Announcement (PSA) Campaign; served as a liaison for the 2015 Dr. Lonnie E. Mitchell Behavioral Health Policy Academy, San Antonio, Texas and disseminating behavioral health information, resources and opportunities to the HBCU Network.

Hardy Congratulations to all two, four, master's and doctoral graduating students. We would like to thank all professors, staff and faculty for all the great teaching, imparting evidence-based knowledge, mentoring and coaching students on their leadership and academic journeys to greatness. We also acknowledge all the Cum Laude, Magna Cum Laude and Summa Cum Laude as well as all the Thank-You-Lord graduates for staying the journey and walking across the graduation stage! In addition, we would like to recognize First Lady Michelle Obama for providing the Commencement speech for Tuskegee University graduating class of 2015!

A special round of applause to the HBCU-CFE Steering Committee, our SAMSHA project officers, HBCU staff and our many partners for their dedication and commitment to the collaborative on-going work at the Center For Excellence providing and enhancing behavioral health promotion, stigma reduction and workforce development on many HBCU campuses.

I would like to encourage you to continue to take advantage of the information and resources facilitated by the HBCU-CFE and disseminated through our mini grant process, monthly educational webinars, media campaigns, social networking sites, mailings and email distributions. Please visit our website at www.hbcucfe.net to access behavioral health information and resources for your campus as well as for all our services.

More great news, we have just received notice of award for year two funding from SAMSHA. In turn, we will continue to plan and implement lots of great behavioral health opportunities to support your campus! We look forward in working with you as "One Network Reaching Many" in addressing behavioral health needs on your campus.

Everyone, have a safe and enjoyable summer!

Eugene Herrington, PhD, MSW
Department of Psychiatry and Behavioral Sciences
HBCU-CFE Co-Project Director
Morehouse School of Medicine

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~ ~ ~ ~

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Sophomore, North Carolina A & T

De'Martinez Simmons
Graduate Student
Jackson State University

~ ~ ~ ~

Project Officer(s)

Shannon B. Taitt
SAMHSA/CSAT

HIGHLIGHTS

National HBCU Behavioral Health Awareness Day Traveling the Career Based Highway; With Star Studded Exits Leading to Impactful Strategies to Promote Behavioral Health!



Dr. Gail Mattox, Project Director for the HBCU-Center for Excellence provided an overview of the event and greetings from SAMHSA were shared by Mrs. Juli Harkins, Project Director.

The student led HBCU- CFE Annual Behavioral Health Awareness Day was moderated by Mr. Justin Strong, Sophomore, Morehouse College and Miss. Nandi Edouard, graduating senior, Spelman College. They were joined by a host of other staff, faculty students who participated remotely as a class and individually on various HBCU campuses.

Expert presenters included, Tiffany Cooke, MD, MPH, Associate Professor, Morehouse School of Medicine, Department of Psychiatry and Behavioral Sciences, Ms. Cinthea Sterling, Student, Florida Memorial University and Mr. Shaquille Malone, Student, Florida Memorial University. These presenters shared information pertaining to preparing students early for professional opportunities. Dr. Darrin E. Wright, LMSW, Assistant Professor Clark Atlanta University, School of Social work, Damien Cuffie, MD, student, Meharry Medical School and Rachel Cooper, MD. Meharry Medical School provided details for securing and keeping internships. Finally, Mr. Edward Johnson, Program Manager, SATTC, Ms. Alyssa Ryan and Dr. Juliette Muzere, resident, Morehouse School of Medicine shared specifics of how to successfully navigate the process for entering fellowships, medical school and the workforce. To view the presentation go to www.hbcu.cfe.net

The 2015 Dr. Lonnie E. Mitchell Policy Academy ~ San Antonio, Texas

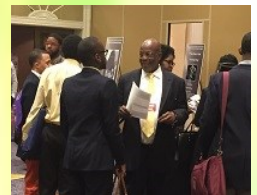
The 2015 Dr. Lonnie E. Mitchell HBCU Behavioral Health Policy Academy continued the legacy and work of the late Dr. Lonnie E. Mitchell, an esteemed educator, administrator, policy advisor, and psychotherapist in San Antonio, Texas. St Phillips College served as the host school. The Policy Academy provides a forum that promotes behavioral health on HBCU campuses and works to strengthen African Americans professionals in the behavioral health workforce.

The informative plenary sessions, facilitated team discussions, and cutting edge workshops built around **High Impact Campus Strategies to Promote Behavioral Health** was the theme utilized this year to address campus-specific behavioral health promotion and policy.

The Dr. Lonnie E. Mitchell Policy Academy is strategically aligned with the network of HBCU institutions and with assistance from the HBCU - Center for Excellence (HBCU - CFE) at the Morehouse School of Medicine includes opportunities for students to gain practical experience and exposure in substance abuse prevention and behavioral health.

This year, thirty HBCU intuitions attended the Academy. Three representatives from each school were selected to attend the Academy. To aide in continued campus capacity building opportunities selected schools were able to decide team structure this year, one administrator/faculty and two student leaders; or two administrators / faculty and one student leaders. The Policy Academy teams were challenged to completed the following task:

- Reviewed campus-specific projects related to identified behavioral health priorities
- Refined proposed activities to ensure sustainable outcomes
- Identified opportunities for collaboration and confirmed implementation strategies.



BEHAVIORAL HEALTH WEBINAR SERIES

September 25th 2014 2-3pm EDT

Recovery Month

Substance Use Disorders: Overview

Presenter: Jean J. Bonhomme M.D., M.P.H.
Assistant Professor, Morehouse School of
Medicine, Department of Psychiatry

October 30th 2014 1-2pm EDT

Behavioral Health Resources in your Campus

Presenter: Joanna Karbel, *College Response*

November 20th 2014 2-3pm EDT

Public Service Announcement Campaign Kick-off

Presenter: Dr. Eugene Herrington, HBCU Center for
Excellence Morehouse School of Medicine

December 16th 2014 1-2pm EDT

Tips for Safe and Sober Holidays

Presenter: Lisa Black, SATTC
Morehouse School of Medicine

January 29th 2015 2-3pm EDT

Substance Use Disorders:

Psychopharmacology of Common Drugs
Presenter: Jean J. Bonhomme M.D., M.P.H.
Assistant Professor, Morehouse School of
Medicine, Department of Psychiatry

February 26th 2015 9am-12pm EDT

National Behavioral Health Awareness Day

Public Service Announcement Campaign Winners

March 5th 2015 1pm-2pm EDT

*Understanding The National Standards for Culturally and
Linguistically Appropriate Services (CLAS) Part II*

Presenter: Dr. Thomas LaVeist,
Johns Hopkins University

April 30th 2015 2pm-3pm EDT

The Internship: While Earning College Credit

Presenter: Dr. Darrin E. Wright, LMSW
Assistant Professor
Clark Atlanta University, School of Social Work

May 28th 2015 2pm-3pm EDT

A Students' Perspective: Tips for Combatting Depression
Presenter: Miss. Alana Peck, Student, Xavier University

June 25th 2015 2pm-3pm EDT

Black Male Student Success in Higher Education

Presenter: Mr. Charles Robinson, Research Assistant
CHMP PRC Community Health and Preventive Medicine

July 30th 2pm-3pm EDT

Minority Mental Health Month

The Importance of Talking & Tackling Trauma at HBCUs
Presenter Dr. Lawrence Brown, Assistant Professor
Morgan State University

August 27th 2015 2pm-3pm EDT

Coping with Trauma: Health Behaviors and Outcomes of
HBCU Students-Presenter: Dr. Sabriya Dennis, Post
Doctoral Fellow, Morgan State University

In The News!

The HBCU- Center for Excellence (CFE) received notice of award from SAMHSA for year II. Funding. Please check our website www.hbcucfe.net and social media sites for release of 2015 -2016 Request for Application (RFA) for our behavioral health mini grant opportunity!

Thank you for your service **Mrs. Juli Hawkins**, SAMHSA Project Officer for the HBCU Center for Excellence and **farewell**.

Thank you Miss. Nandi Edouard for serving on the HBCU-CFE Steering Committee and **congratulations graduate**, Spelman College Psychology Major.

Congratulations Miss. Angelina Yelverton, rising Junior, North Carolina A & T. will serve as HBCU- CFE Steering Committee Student Leader.

Congratulations Mr. Justin Strong, rising senior, Morehouse College being appointed to the HBCU-CFE Advisory Committee.

Welcome Mr. Charles Robinson, MPH Candidate, Graduate Research Assistant, Evaluation and Institutional Assessment, Morehouse School of Medicine (MSM) Prevention Research Center, Community Health and Preventive Medicine.



We wish you all the best as you transition into your new roles!

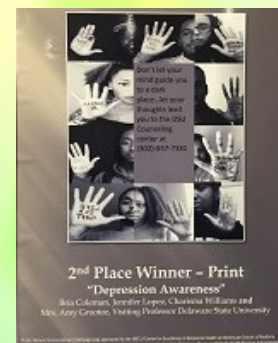


2014 - 2015 Behavioral Health Communication PSA Campaign Winners

The HBCU Behavioral Health Communication 2014-2015 Promotion Campaign utilizes the creative talents of HBCU students to produce an informative and educational communication campaign that positively addresses and builds awareness of current behavioral health concerns on their campus.

Participants disseminated information and raised awareness about Behavioral Health to include signs and symptoms, its impact on the overall well-being of students and associated impacts on academic performance. The campaign encourages students to learn the help seeking resources on college campuses and in communities.

The Following are the 2015 Winning Public Service Announcements



For more details please visit our web site www.hbcucfe.net

Behavioral Health Resources!

- **Screening and Brief Intervention (SBI) Tool Kit for College and University Campuses.** Screening and Brief Intervention is a comprehensive, integrated, public health approach to the delivery of early intervention to individuals at-risk for developing substance abuse disorders. Reference www.friendsdrivesober.org for detailed information.
- **Active Minds.** A student runs mental health awareness education and advocacy group on campus. The chapter helps increase students' awareness of mental health issues, stigma reduction, provide information and resources regarding mental health and encourage students to seek help. Reference www.activeminds.org for detailed information.
- **National Alliance on Mental Illness (NAMI) on Campus Club.** NAMI on Campus clubs are student-run, student-led organizations. The mission is to improve the lives of students who are directly or indirectly affected by mental illness. www.nami.org/Content/NavigationMenu/Find_Support/NAMI_on_Campus1/Starting_Your_Own_NAMI_Affiliate/Start_Your_Own_NAMI_on_Campus_Club.htm for detailed information.
- **Question, Persuade, Refer (QPR) Training on Suicide Prevention.** Three simple steps that anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Reference www.qprinstitute.com for detailed information.
- **QPR Suicide Triage Training.** The QPR suicide triage training program focuses on training individuals in conducting a first level suicide risk assessment and how to establish a collaborative crisis management and personal safety plan for someone considering suicide. Reference www.qprinstitute.com for detailed information.
- **QPRT Suicide Risk Assessment and Training Course.** This program is for university or continuing education unit (CEU) credit designed for behavioral health professionals, counselors, social workers, substance abuse treatment providers, clinical pastoral counselors and licensed and certified professionals who evaluate and treat suicidal persons. Reference www.qprinstitute.com for detailed information.
- **American College Health Association (ACHA) National College Health Assessment.** The ACHA-National College Health Assessment (NCHA) is a nationally recognized research survey that can assist you in collecting precise data about your students' health habits, behaviors, and perceptions. Reference www.acha-ncha.org for detailed information.
- **Mental Health First Aid USA.** Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders the training is offered in an interactive 12-hour course. Reference www.mentalhealthfirstaid.org/ for detailed information.
- **Student Veterans of America (SVA):** SVA is a coalition of student veterans groups on college campuses that help veterans reintegrate into campus life and succeed academically. Reference www.studentveterans.org for detailed information.
- **Kognito** drives positive change in health behaviors through the use of immersive learning experiences with virtual humans. Each conversation experience simulates the interactions and behaviors of practicing health professionals, patients, caregivers, students and educators in real life situations <http://www.kognito.com/demos/> .
- **MyStudentBody** is a comprehensive approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. MyStudentBody engages students and parents in effective, evidence-based prevention and gives administrators the data to target, evaluate, and strengthen prevention initiatives <https://www.mystudentbody.com/Default.aspx> .
- **The eCHECKUP TO GO** programs are personalized, evidence-based, online prevention interventions for [Alcohol](#) & [Marijuana](#) developed by counselors and psychologists at San Diego State University. This program is designed to motivate individuals to reduce their consumption using personalized information about their own drinking and risk factors <http://www1.wne.edu/ade/index.cfm?selection=doc.5802> .



HBCU - Center for Excellence

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