



### From the IIMHL and IIDL Update List

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#### Welcome to this bi-monthly edition of 15 December 2021

The International Initiative for Mental Health Leadership (IIMHL) and the International Initiative for Disability Leadership (IIDL) organise systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health and well-being in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health, addiction and disability support services and their families.

**Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars. Please feel free to share this e-bulletin with others. We would be delighted if you would follow us on Facebook and on Twitter @IIMHL and @IIDLeadership where you will find more information about us, our work and updates on developments in mental health, substance use and disability from around the world.**

This regular Update will continue to feature matters of practice, policy and innovation from our member countries. We are aware that COVID19 and its impact currently features hugely in the thinking and practical work of you, our members. You can access our briefings on COVID-19 and its impact on mental health, substance use and disability on our website at: <https://www.iimhl.com/iimhl-covid19-update-archive>

## IIMHL/IIDL Leadership Exchange 2022



We are pleased to announce the details of the 2022 Leadership Exchange:

**Virtual Matches:** Between October 3 - 20, 2022

- One or more online sessions per Match topic (each session will run for 90-120 minutes)
- Match hosts and co-hosts will co-design these with visitors, including an online session in March 2022

**Regional Hubs:** October 26 and 27, 2022

- In person meetings in three regions:
  - Australasia/Pacific Islands Lead Hub – Christchurch, New Zealand
  - North America Hub – Washington, DC
  - European Hub – TBD
- Leaders are invited to travel only to the Regional Hub that corresponds to the country in which they reside.

**Virtual Viewing of Hubs: On Demand starting October 26-27, 2022**

For more details see:

<https://iimhl.com/2022-leadership-exchange-menu-iimhl>

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## **IIMHL/IIDL Feature Article – USA**

### **Supporting Telehealth and Technology-assisted Services for People Who Use Drugs: A Resource Guide**

National Council for Mental Wellbeing, 2021

To support organizations that provide care to PWUD, the National Council for Mental Wellbeing (National Council), with support from the Centers for Disease Control and Prevention (CDC), developed this resource guide organized by five strategies and related key considerations for implementing telehealth and technology-assisted services: 1. Improve participant access to technology. 2. Increase participant knowledge of and comfort with telehealth and technology-assisted services. 3. Increase staff knowledge and comfort using telehealth and technology-assisted services. 4. Develop partnerships to strengthen care coordination and team-based care. 5. Finance and sustain telehealth and technology-assisted services.

<https://www.thenationalcouncil.org/wp-content/uploads/2021/11/Telehealth-and-Technology-assisted-Services-Resource-Guide-3-November-2021.pdf?daf=375ateTbd56>

## **Other IIMHL Articles of Interest – USA**

### **Fact Sheet: Improving Access and Care for Youth Mental Health and Substance Use Conditions**

The White House, October 2021

Even before the pandemic, demand for mental health and substance use services was increasing, especially for our nation's young people. The COVID-19 pandemic has only made the situation more challenging, subjecting many young Americans to social isolation, loss of routines, and traumatic grief. Epidemiological data now show alarming rates of behavioral health needs among school-age youth, with significant increases in the number experiencing moderate to severe anxiety and depression. Even more concerning, suicide remains the second leading cause of death among young people between the ages of 10 and 24. Mental health emergencies among young people have increased across the board. In 2020, there was a 24 percent increase in emergency room visits for mental health reasons for children ages 5 through 11, and a more than a 30 percent increase in visits for those between 12 and 17 years old.

<https://www.whitehouse.gov/briefing-room/statements-releases/2021/10/19/fact-sheet-improving-access-and-care-for-youth-mental-health-and-substance-use-conditions/>

### **A People's Guide to Healing the Nation: Advocating for Better Mental Health and Addiction Policy in our Communities**

Well Being Trust, 2021

This resource helps families and communities begin to take action on policy specific to mental health and substance misuse.

Actionable solutions like those contained in A People’s Guide to Healing the Nation couldn’t come at a more important time. In 2019, 156,242 lives were lost to deaths of despair – suicide or drug or alcohol overdoses – and if left unchecked, another 1.6 million lives could be lost in the U.S. by 2025.

[https://wellbeingtrust.org/wp-content/uploads/2021/08/WBT\\_Peoples-Guide-to-Healing-the-Nation-2021-FINAL.pdf](https://wellbeingtrust.org/wp-content/uploads/2021/08/WBT_Peoples-Guide-to-Healing-the-Nation-2021-FINAL.pdf)

### **A Case Study of Building Strong Brains Tennessee: An Initiative to Address Adverse Childhood Experiences and Become a Trauma-Informed State**

National Governors Association, 2021

The National Governors Association Center for Best Practices (NGA Center), in partnership with the Duke-Margolis Center for Health Policy (Duke-Margolis), have established a 5-state learning collaborative on ACEs. In this case study, NGA Center, Duke-Margolis and a former Tennessee leader highlight BSBTN and its key elements of success as one model from which other states can learn. Success of the initiative can be attributed to the widespread commitment to address, prevent, and educate throughout the state about the long-term impact of ACEs.

<https://www.nga.org/wp-content/uploads/2021/03/CaseStudyBuildingStrongBrainsTN.pdf>

## **IIDL Feature Article – USA**

**Website: National Disability Navigator**

National information on key issues can be found on this website, organized by state.

<https://nationaldisabilitynavigator.org/resources-links/#disability>

We wish you all a wonderful and safe holiday season and hope that you have the opportunity to enjoy some relaxation and time with your families.



**The next issue of IIMHL/IIDL Update will be 15 January 2022**

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### **Join IIMHL / IIDL**

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using these links:

For IIMHL:

<https://www.iimhl.com/iimhl-join>

For IIDL:

<https://www.iimhl.com/iidl-join>

*IIMHL and IIDL Briefings contain information, reports and articles that may be of interest to leaders and organisations. The information, articles and reports represent the views and opinions of the organisation referenced, not necessarily those of IIMHL and IIDL.*

