NEWSLETTER

RMTAC

Resource & eMpowerment Technical Assistance
Center for Behavioral Health

RMTAC: Resource and eMpowerment Technical Assistance Center for Behavioral Health

Championing Behavioral Health & Wellness for Refugees & Migrants

RMTAC is celebrating six months since our website launch. During this time, we have experienced growth and expansion while supporting the refugee and migrant community. Our team is committed to elevating and supporting providers in their professional growth and development. RMTAC's no cost platform is here to respond to your evolving needs.

Our team is continually expanding the scope of our work, to address the diverse challenges impacting the behavioral health of refugees and migrants. Our mission is to support providers by offering technical assistance, clinical case consultations, and learning resources that enhance and empower their ability to work effectively within the refugee and migrant communities.

Our website is consistently expanding to foster engagement and learning, enabling providers to grow alongside those they serve. Prioritizing behavioral health is essential for promoting wellness and facilitating positive integration into the United States.

Visit Resource and eMpowerment Technical Assistance Center for Behavioral Health **to learn more!**

Learning Communities

From Symptoms to Solutions & **Navigating Crisis**

Learning Communities are highly interactive, multi-session virtual events. They are an opportunity for you to connect with experts in your field, gain insights into best practices and learn ways to optimize the work amazing you do every day.

Our most recent learning community event, **"From Symptoms to Solutions: Behavioral Health and Psychopharmacology for Refugees and Migrants,"** was a resounding success! Participants gained invaluable insights into behavioral health trends and cultural influences within migrant and refugee communities. They explored strategies to overcome barriers to psychopharmacological care, focusing on peer support and motivational interviewing to navigate cultural stigma. The event highlighted practical approaches to building positive client relations through language accessibility, trust-building, and community-based healing.

Join us for our next learning event **"Building Resilience: Navigating Crisis Amidst Evolving Environments,"** designed for behavioral health providers and organizations serving refugees and migrants.

In two sessions, we will explore best practices for crisis prevention and de-escalation during times of change, fostering resilience within organizations, among providers, and for those we serve. Register now to submit questions to expert panelists and participate in a roundtable discussion to share your expertise as well!

Sign-up here if you'd like to be a part of this exclusive learning community.

Learning Modules

Trauma-Informed Series

Our Learning & Development (L&D) team has been hard at work creating an exciting new online learning module series focused on the 4 R's of Trauma-Informed Care: Realize, Recognize, Respond, and Resist Re-traumatization. Each module is designed to be engaging, featuring interactive activities, real-life scenarios, and expert insights. This series will equip you with practical tools and strategies to create a supportive and healing environment for those affected by trauma.

Whether you're a seasoned professional or new to the field, this series is perfect for enhancing your skills and making a meaningful impact on those you serve in the refugee and migrant community.

The modules will launch progressively throughout the year. Visit the Learning Hub for more information.

Tips and Strategies for Helping Refugees and Migrants Navigate a Crisis

1. Providing Emergency & Mental Health Assistance:

Deliver food, water, medicine, and shelter. Provide mental health contacts and hotlines like 2-1-1 and 9-8-8 for professional support.

2. Providing Integration Assistance

Refugees and migrants may struggle with adjusting to life in the U.S., due to language barriers, cultural differences, and unfamiliar custom. Help refugees and migrants adjust with suggestions for language classes, job programs, and mentorship to overcome cultural and language barriers.

3. Providing Culturally Responsive Religious Resources

Some refugees and migrants hold their faith closely and will often seek their faith for support. Offer a list of faith-based organizations to support refugees and migrants seeking religious guidance.

Advisory Board Spotlight

Chol Aquila Mabil, MHA

This quarter, we are proud to highlight the remarkable journey of Chol Aquila Mabil. His life story is a testament to resilience and transformation, showcasing the power of education, determination, and the triumph of the human spirit over adversity.

Chol's story began in war-torn South Sudan. Over 30 years ago, the civil war in Sudan displaced 20,000 children, who became known as the Lost Boys. In 1992, amidst the chaos and violence, Chol became one of these Lost Boys, separated from his family and village. In the late 2000s, Mr. Mabil's life took a transformative turn as he resettled in the U.S., along with more than 3,800 other Lost Boys, through a collaborative effort between the U.S., Canada, and Australia

Chol turned adversity into passion, in his professional career Chol serves as the project manager for the

Chicago Department of Public Health and the development director at the John Dau Foundation that addresses food, security, and vaccinations. For more information on this effort click here.

Partnerships

RMTAC & American Association for the Treatment of Opioid Dependence (AATOD)

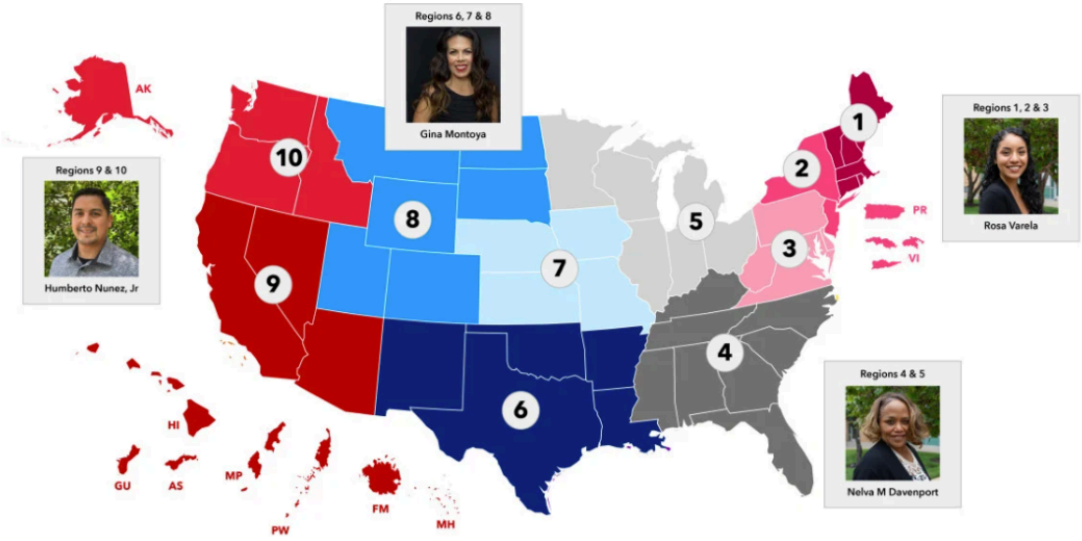
RMTAC received a request from AATOD to include information in our newsletter and resource directory to increase awareness of the use of opioid and treatments available. AATOD was founded in 1984 to enhance the quality of patient care in treatment programs by promoting the growth and development of comprehensive opioid treatment services throughout the United States.

AATOD represents more than 1,300 Opioid Treatment Programs (OTPs) in the United States. They have twenty-eight state chapters. Visit their site to learn more about the agency and the work they do.

Meet Our Team

Provider Engagement and Technical Assistance Team

Provider Engagement and Technical Assistance Team



We are excited to introduce you to RMTAC's dedicated Provider and Engagement Technical Assistance Team. These four individuals are at the forefront of RMTAC's efforts, serving as direct contacts for specific states, as highlighted on the map. Our team members are committed to being responsive and building strong, direct relationships with providers who serve refugees and migrants.

We encourage you to reach out to our team if you would like to be added to our Resource Directory or to submit a CTA Request as we offer a variety of services to help providers establish the best practices for better serving the refugee and migrant communities from a behavioral health perspective.

Examples of TA Requests we have received:

- Organizational coaching on trauma-informed care
- Assistance finding free translation services in rural areas
- Education and workforce resources for organizations
- Grant opportunities
- Individualized clinical and pharmacological case consultations for providers' patients

Connect with our team today! Email: rmtachelp@swkey.org

Team Spotlight

Aubrey Held
Provider Engagement & Technical Assistance Coordinator

Meet Aubrey Held!

Aubrey currently serves as the Provider Engagement and Technical Assistance (PE & TA) Coordinator, managing a team of Specialists. In her role, she supports the team by screening and assessing each Consultation Technical Assistance Request RMTAC receives and helps create appropriate response plans. Aubrey is also responsible for the Resource Directory and the outreach efforts to encourage providers to engage with RMTAC.

With a decade of experience in the nonprofit sector, Aubrey has spent the last six years focusing on supporting refugee and migrant populations. As a first-generation college graduate, she earned her Bachelor of Science in Non-Profit Leadership and Management from Arizona State University. Her dedication to making a positive impact in the lives of others drives her passion for helping people through tangible efforts to aid those in need and she is a valuable part of the RMTAC team.

RMTAC Calendar

Upcoming Spring Learning & Informational Events

April 2025

April 3rd, 2025 11:00 AM CT	CARRE Training Series: Self and Collective Care (Register)
April 3rd, 2025 1:00 PM CT	Workforce Wellness Series: Stress and Burnout in the Crisis Workforce (Register)
April 3rd, 2025 2:00 PM CT	**RMTAC Provider Series** Navigating Unique Hurdles: International Transgender Day of Visibility (Register)

April 9th, 2025 1:30 PM CT	**RMTAC Learning Community** (Register)
April 10th, 2025 2:00 PM CT	**RMTAC Provider Series** Post-Partum Depression in Refugees and Migrants: Carrying Infants to a New Land (Register)
April 17th, 2025 11:00 AM CT	CARRE Training Series: Client Care in Times of Uncertainty (Register)
April 17th, 2025 2:00 PM CT	**RMTAC Provider Series** Alcohol Use: Strengthening Prevention for Refugees & Migrants (Register)
April 23rd, 2025 11:00 AM CT	PHQ9 Training for Co-Occurring Depression and Substance Use Disorder (SUD) Learning Collaborative (Register)
April 24th, 2025 2:00 PM CT	**RMTAC Provider Series** Suicide in Refugees and Migrants (Register)
April 30th, 2025 2:00 PM CT	**RMTAC Webinar Series** Alcohol Use Awareness and Migration Wellness: Strategies for Behavioral Health Providers Serving Refugees & Migrants (Register)

May 2025

May 1st, 2025 11:00 AM CT	CARRE Training Series: Learning from Communities who have Experienced Forced Displacement (Register)
May 1st, 2025 2:00 PM CT	**RMTAC Provider Series** Protecting and Supporting Indigenous Women and Girls: Red Dress Day (Coming soon)
May 8th, 2025 10:00 AM CT	Conflict to Connection: Create the Conditions for Healthy Disagreement (Register)
May 8th, 2025 2:00 PM CT	**RMTAC Provider Series** Supporting the Mental Health of Refugee and Migrant Children & Adolescents (Coming soon)

May 15th, 2025 **2:00 PM CT**	**RMTAC Provider Series** Mental Health Awareness Month: Encouraging Wellness Practices (Coming soon)
May 22th, 2025 **2:00 PM CT**	**RMTAC Provider Series** Disordered Eating in Refugees and Migrants (Coming soon)
May 29th, 2025 **2:00 PM CT**	**RMTAC Provider Series** Addressing Anxiety in Migrant Communities in the Current Environment (Coming soon)

June 2025

June 5th, 2025 **2:00 PM CT**	**RMTAC Provider Series** Navigating Identity and Belonging (Coming soon)
June 12th, 2025 **2:00 PM CT**	**RMTAC Provider Series** Commitment to Cultural Humility When Working with Refugees and Migrants (Coming soon)
June 19th, 2025 **2:00 PM CT**	**RMTAC Provider Series** Delusional Disorders in Refugees and Migrants (Coming soon)
June 20th, 2025 **2:00 PM CT**	**RMTAC Webinar Series** Supporting LGBTQIA2S+ Refugees & Migrants (Coming soon)
June 26th, 2025 **2:00 PM CT**	**RMTAC Provider Series** Mainstreaming Inclusion for LGBTQIA+ Refugees and Migrants (Coming soon)

Want to see all our upcoming events for this quarter?
Click here to download the RMTAC event calendar

Contact Us:
rmtachelp@swkey.org

Have questions? Want to learn more?

Sign up for our next Provider Series session.

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