NEWSLETTER

# RMTAC

Resource & eMpowerment Technical Assistance
Center for Behavioral Health

## RMTAC Newsletter | Summer 2025

### Honoring National Minority Mental Health Month

RMTAC is proud to continue growing as a trusted and recognized technical assistance center, dedicated to supporting Providers like you—serving the richly diverse BIPOC communities across our nation.

We strive to be more than a resource—we aim to be a platform for learning, collaboration, and strategy development to enhance the care you provide. Your commitment to culturally responsive care is vital, and we're here to support you every step of the way.

## National Minority Mental Health Month: A Call to Action

Each July, National Minority Mental Health Month brings national attention to the mental health needs of underserved minority populations, whom face systemic barriers to access and equity in care. At RMTAC, we believe this work is essential throughout the year. **Every day is an opportunity** to elevate awareness, inspire action, and encourage Providers to remain mindful of the cultural and social contexts of those they serve.

### Our Commitment to You

We are here to:

- Inspire culturally responsive practices
- Elevate the voices of marginalized communities
- Encourage continuous learning and growth

Thank you for your dedication to equitable and accessible mental health care. Together, we can make a lasting impact.

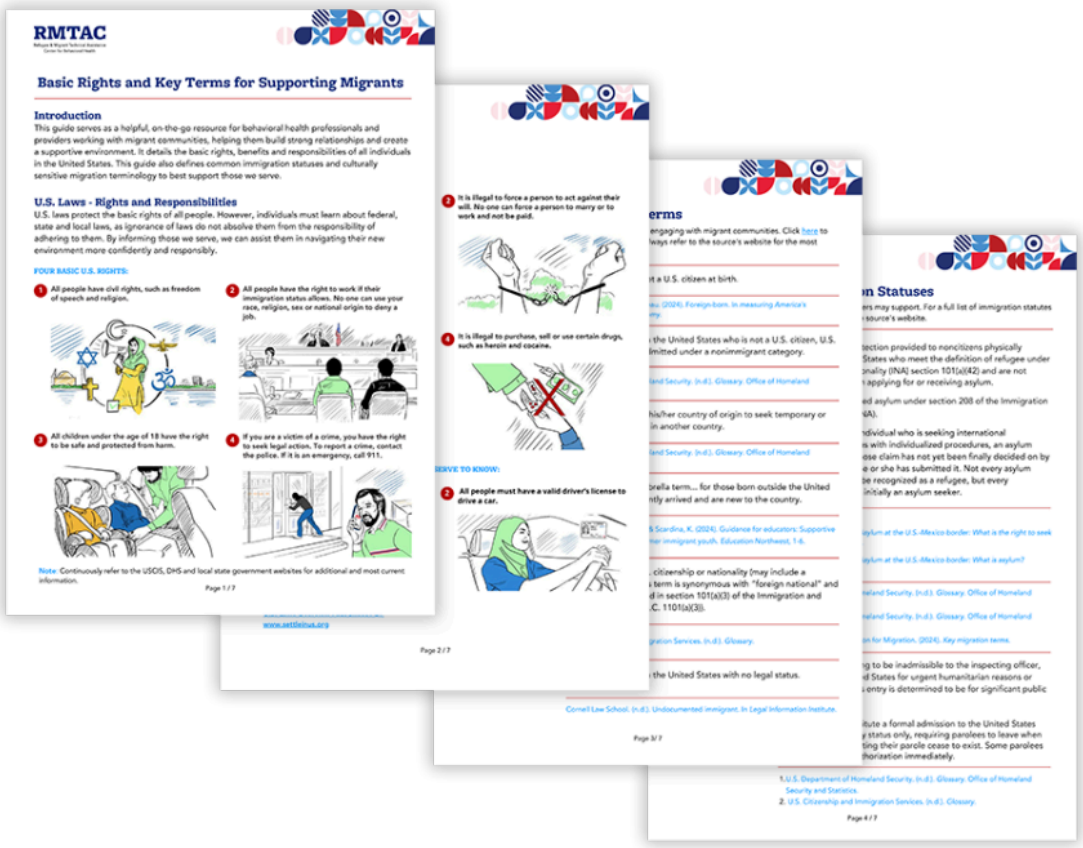
**Visit Resource and eMpowerment Technical Assistance Center for Behavioral Health to learn more!**

## Learning & Development

RMTAC's Learning & Development team has supported **over 1,000 providers across the U.S.** through engaging, trauma-informed learning experiences. Our goal is simple: to make culturally responsive, accessible training available to providers and professionals supporting refugee, migrant, and newcomer communities.

In partnership with our Clinical Consultants and internal teams, we've developed a range of learning opportunities designed to meet providers where they are—whether that means self-paced modules, interactive discussions, or one-on-one coaching.

From real-world tools to reflective spaces, our offerings are grounded in clinical best practices and shaped by the lived experiences of displaced individuals and families.




## Flexible Learning That Fits Your Needs

Whether you're seeking to deepen your skills, connect with peers, or get direct support, RMTAC offers multiple ways to grow:

- **Online Learning Modules**
  - Self-paced trainings available anytime, covering key topics in behavioral health for refugee and migrant populations.
- **Learning Communities**
  - Multi-session, small-group experiences focused on peer discussion, practical tools, and shared reflection.
- **Provider Series for Enhancing Care**
  - Quick 30-minute sessions held weekly, introducing timely topics and trauma-informed strategies.
- **Webinars**
  - Monthly one-hour presentations offering deeper dives into complex behavioral health subjects, led by subject matter experts.
- **Coaching Sessions**
  - Custom sessions for teams and organizations, focused on specific challenges or needs in practice.

## Ready to Get Involved?

Visit [rmtac.org](rmtac.org) to explore upcoming events, access our learning modules, or sign up for sessions that fit your goals. All of these services are provided at no cost!

# Navigating CPS Reporting with Refugee and Migrant Families

Refugee and migrant families face unique stressors, such as trauma, cultural transitions, poverty, and mistrust of authorities, which can sometimes be misunderstood in school settings. Cultural differences in parenting or behavior may be mistaken for neglect or abuse, leading to CPS reports that further traumatize families and erode trust.

Behavioral health providers play a crucial role in bridging understanding. By using trauma-informed, cultural approaches, providers can help schools distinguish between true safety concerns and stress-related behaviors.

### Tips for providers:

- Advocate for the use of trained interpreters during school meetings.
- Offer guidance on cultural norms and mitigation stressors to school staff.
- Support families in understanding their rights and the CPS process

## Advisory Board Spotlight

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

The daughter of Jamaican immigrants, Ms. Johnson has dedicated 17 years to behavioral health treatment, serving refugees and migrants from the Caribbean, including individuals and families from Cuba, Haiti, the Dominican Republic, Jamaica, Trinidad and Tobago, and Guyana.

Through her professional work and church service, she assists immigrants in navigating assimilation, cultural differences, bias, and other challenges. She supports those entering the U.S. for various reasons, such as political asylum, economic opportunity, natural disaster recovery, and family reunification.

Based in Miami, Florida, Ms. Johnson brings extensive expertise in community mental health service delivery, substance use disorders, human trafficking, child abuse, and crisis intervention.

Check out Karen's contribution to our learning modules.

## Partnerships

**Center for Mental Health Implementation Support (CMHIS)**

Center for
Mental Health
Implementation Support

The mission of the **Center for Mental Health Implementation Support (CMHIS)** is to help organizations or health systems improve the delivery of mental health care by supporting them in preparing, implementing, and sustaining effective prevention, treatment, and recovery programs and services.

CMHIS applies deep knowledge of how to sustainably implement effective mental health prevention, treatment, and recovery practices and programs to support organizations and systems in improving the lives of the people they serve. They provide implementation support and resources to community-based organizations and SAMHSA-funded Technical Assistance Centers to support their work in providing effective mental health programs and services.

### How Can They Help

Implementing new mental health care practices and maintaining their effectiveness is hard. CMHIS has tools and strategies to help make it easier for you to deliver the best care. The process of implementing an effective intervention starts by understanding the mental health needs in a community and gaps in care and selecting the right intervention. It then moves to preparing staff and resources before starting the delivery of the new practice. Finally, the new service is evaluated and sustained to ensure it continues to be delivered at the highest quality.

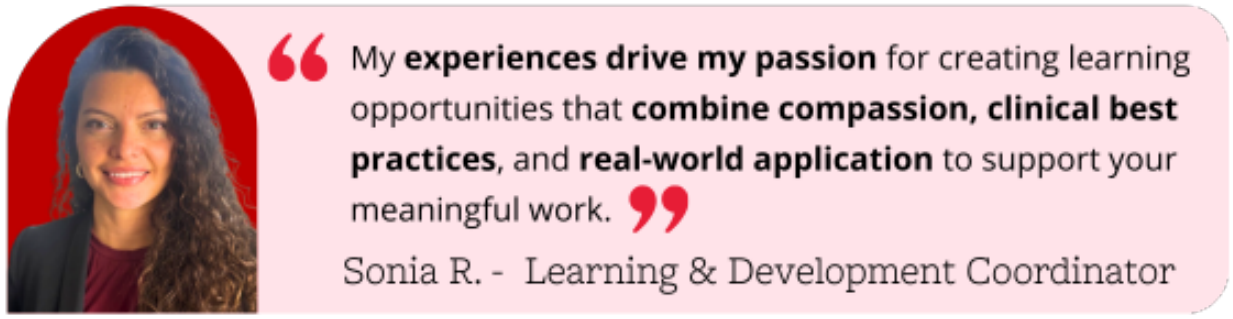
Visit their website to learn more about CMHIS: **Center for Mental Health Implementation Support (CMHIS)**

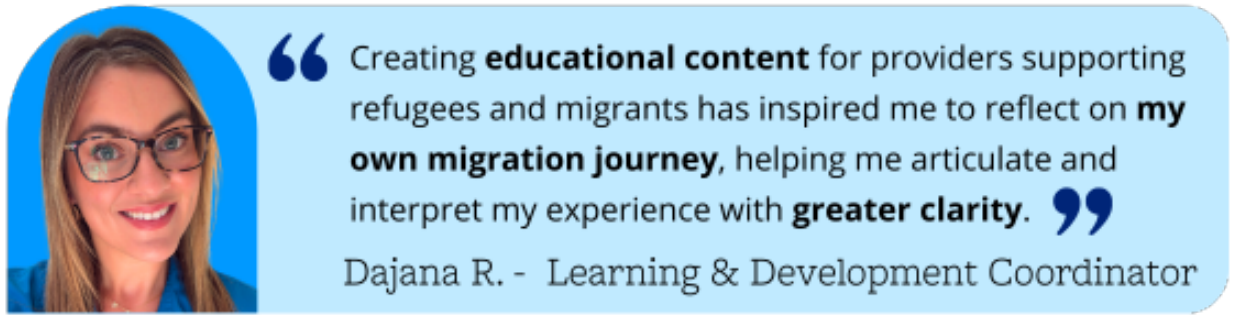
## Team Spotlight

### Learning & Development Team

Meet our Learning & Development (L&D) team—creators, educators, and collaborators dedicated to centering trauma-informed, equity-based practices in everything we build. Below, hear from our team members as they reflect on what this

work means to them and how the refugee experience continues to shape their approach.



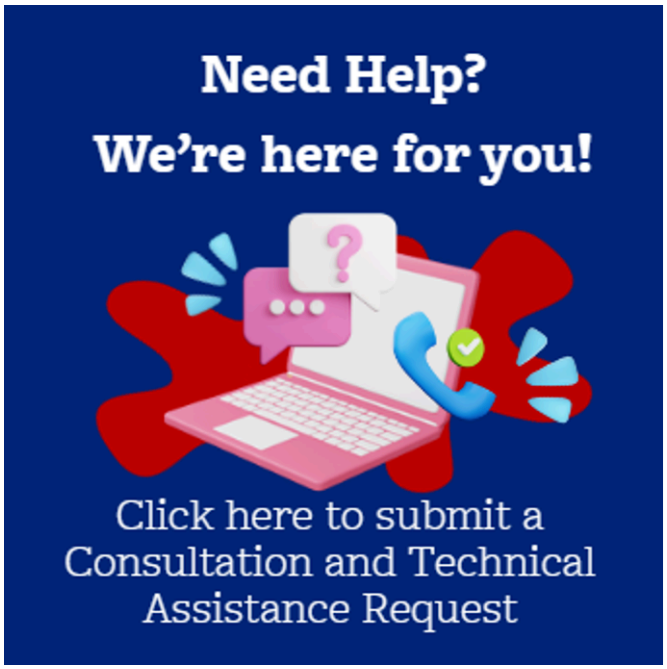
> Engaging in this work has **deepened** my **understanding** and **reinforced** my **dedication** to uplifting those **supporting underserved** and **marginalized populations.**
>
> Teresa Q. - Program Manager

> **Social media** has become one of the **most effective** ways to **bring providers together** and share experiences. It's a space where **connection**, **culture**, and **action** meet.
>
> Chris G. - Social Media Specialist

## Events

### Upcoming Summer Learning & Informational Events

Discover RMTAC's latest events, ranging from insightful webinars to collaborative learning communities via our **Events Page**. Join us to connect, learn, and grow!




**Contact Us:**
rmtachelp@swkey.org

**Have questions? Want to learn more?**
Sign up for our next Provider Series session.

# RMTAC

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**Connect with RMTAC on social media!**

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