Overview of SAMHSA and USDA Food and Mood Project

SAMHSA Regions 7 & 8
USDA-FNS Mountain Plains Region
Federal Agency Partnership of the Food & Mood Project
The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA Offices and Centers provide national leadership and assistance for quality behavioral health services while supporting states, territories, tribes, communities, and local organizations through grants and contract awards.

**Vision**

- To provide leadership and resources – programs, policies, information and data, funding, and personnel – advance mental and substance use disorder prevention, treatment, and recovery services in order to improve individual, community, and public health.

**Mission**

- SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
USDA’s Food and Nutrition Service partners with state and tribal governments to administer 15 Federal Nutrition Assistance Programs. FNS serves one in four Americans during the course of a year. Our mission is to increase food security and reduce hunger by providing children and low-income people access to food, a healthful diet and nutrition education in a way that supports American agriculture and inspires public confidence. No American should have to go hungry. FNS also co-develops the Dietary Guidelines for Americans with the HHS Office of Disease Prevention and Health Promotion.
What Regions Do We Serve?

SAMHSA Regions 7 & 8

Region 7: IA, KS, MO, NE
Region 8: CO, MT, ND, SD, UT, WY

USDA Mountain Plains Region

CO, KS, MO, MT, NE, ND, SD, WY
Including the Tribes in Combined Regions

- Ute Mountain Tribe of the Ute Mountain Reservation
- Southern Ute Indian Tribe of the Southern Ute Reservation
- Blackfeet Tribe of the Blackfeet Indian Reservation of Montana
- Chippewa Cree Indians of the Rocky Boy's Reservation
- Fort Belknap Indian Community of the Fort Belknap Reservation of Montana
- Assiniboine & Sioux Tribes of the Fort Peck Indian Reservation
- Crow Tribe of Montana
- Northern Cheyenne Tribe of the Northern Cheyenne Indian Reservation
- Three Affiliated Tribes of the Fort Berthold Reservation
- Spirit Lake Tribe
- Standing Rock Sioux Tribe (North and South Dakota)
- Skull Valley Band of Goshute Indians of Utah
- Rosebud Sioux Tribe of the Rosebud Indian Reservation
- Little Shell Tribe of Chippewa Indians of Montana
- Northwestern Band of the Shoshone Nation
- Yankton Sioux Tribe of South Dakota
- Flandreau Santee Sioux Tribe of South Dakota
- Lower Brule Sioux Tribe of the Lower Brule Reservation
- Crow Creek Sioux Tribe of the Crow Creek Reservation
- Sisseton-Wahpeton Oyate of the Lake Traverse Reservation
- Kickapoo Tribe of Indians of the Kickapoo Reservation in Kansas
- Prairie Band Potawatomi Nation
- Meskwaki Nation, Sac & Fox Tribe of the Mississippi in Iowa
- Ute Indian Tribe of the Uintah and Ouray Reservation
- Confederated Salish and Kootenai Tribes of the Flathead Reservation
- Omaha Tribe of Nebraska
- Winnebago Tribe of Nebraska
- Iowa Tribe of Kansas and Nebraska
- Ponca Tribe of Nebraska
- Arapaho Tribe of the Wind River Reservation
- Shoshone Tribe of Wind River Reservation
- Cheyenne River Sioux Tribe of the Cheyenne River Reservation
- Oglala Sioux Tribe
- Turtle Mountain Band of Chippewa Indians of North Dakota
- Confederated Tribes of the Goshute Reservation
- Sac and Fox Nation of Missouri in Kansas and Nebraska
- Paiute Indian Tribe of Utah
- Navajo Nation
- Santee Sioux Nation
What is the Food & Mood Project?

**Goal:** Promote emotional wellness and reduce the impact of mental health and substance use issues in the SAMHSA Regions 7 and 8, and USDA FNS Mountain Plains Region, K-12 population through identifying and implementing strategies that address the *intersection between behavioral health and food/food insecurity/culturally appropriate foods/school gardens.*

**Vision:** Promoting and protecting behavioral health through changes to policy, research, and funding that increase consistent access to nutritious, culturally appropriate food and school gardens.
Food and Mood Planning Committee

- **Traci Pole**: Assistant Regional Administrator SAMHSA - Region 8
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- **Kim Reynolds**: Public Health Advisor, SAMHSA, Center for Mental Health Services
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- **Gina O’Brian**: Regional Senior/Lead Nutritionist, USDA-FNS MPRO
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- **Susana Calderon**: Regional Women’s Health Analyst, OASH Office of Regional Health Operations, Region 8
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- **Max Yang**: SAMHSA Virtual Student Federal Service Intern
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- **Ankita Mohan**: SAMHSA Virtual Student Federal Service Intern
  - aumohan@wm.edu
Planning Committee Role

• Established the Food & Mood project and maintains the parameters and scope of the project
• Advances and coordinates work with subcommittees
• Facilitates Food & Mood listserv
• Maintains Food & Mood webpage
• Organizes and hosts semi-annual Food and Mood Town Halls
• Logistics coordination for three subcommittees
  • Conducts literature reviews
  • Maintains SharePoint and contact lists
  • Schedules meetings, take meeting minutes, polls
  • Identifies speakers and agenda preparation
Meet the three subcommittees!
Emotional Wellness and Food Security/Equity Subcommittee

Goal
• Identify/develop/promote resources and strategies that address food security/equity to protect and support emotional wellness, as well as for mitigating the short and long-term impacts of food insecurity/inequity on emotional wellness/substance misuse.

Co-Chairs
• Malissa Martin — Communities in Schools of Mid-America
• Gary Henault — KS Department of Disability and Aging Services
Emotional Wellness and Culturally Appropriate Food, & Food Sovereignty Subcommittee

Goal

• Identify/develop/promote resources and strategies that leverage access to and promote menus that reflect culturally diverse food/food sovereignty to protect and support emotional wellness, as well to help mitigate historical trauma and the short and long-term behavioral health impacts of lack of access to local/sustainable and culturally appropriate food.

Co-Chairs

• Sean Hollearn — Great Plains Tribal Leaders’ Health Board
• Shannon Udy — Great Plains Tribal Leaders’ Health Board
• Greg Donovan — Santee Sioux Nation Society of Care
Goal
• Identify/develop/promote resources and strategies that leverage food and gardening/farming as self-care/emotional wellness promotion, in contrast to popular culture messaging that may be associated with negative body image and associated mental illness/substance use disorders.

Co-Chairs
• Rachel Jones — Missouri Department of Mental Health
• Heather Hauswirth — Boulder County Public Health
Food & Mood Project Accomplishments
Food & Mood Biannual Town Halls

Food and Mood Town Hall
January 27, 2021

Planning Committee
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Rudi Santistevan, USDA Intern
Traci Pole, SAMHSA: Traci.Pole@samhsa.hhs.gov

https://www.youtube.com/watch?v=0RIP7325OmQ&ab_channel=SAMHSA

https://vimeo.com/622626372
Food and Mood Project: SAMHSA Regions 7 & 8, and USDA FNS Mountain Plains Region

SAMHSA Assistant Regional Administrators in Regions VII and VIII, in partnership with the Mountain Plains USDA FNS office, are facilitating a collaborative of state, tribal and community behavioral health, education, nutrition, food insecurity, school garden, and related experts working in the Regions.

The link between consistent access to nourishing, culturally diverse food sources and children and youth emotional wellness is well documented. Despite a paucity of research on the behavioral health impacts of school gardens, anecdotal evidence from multiple sources indicates that school gardens promote social and emotional learning and may serve as a resource in mitigating the impacts of behavioral health issues in children and youth. As part of an emphasis on emotional wellness in school settings, an examination of the impacts of access to nutritious, culturally diverse food is an important component in delivering services that support the whole individual through a health equity and strengths-based lens.

Goal: Promote emotional wellness and reduce the impact of mental health and substance use issues in the SAMHSA Regions VII and VIII, and USDA FNS Mountain Plains Region, K-12 population through identifying and implementing strategies that address the intersection between behavioral health and food/food insecurity/cultural food diversity/school gardens.

Featured Resources

- Food and Mood: Understanding Science, Evaluating Evidence, and Implementing Best Practices
- SAMHSA 8 Dimensions of Wellness
- CDC-Whole School, Whole Community, Whole Child (WSCC)
- USDA-Farm to School Grant Program
- SAMHSA Project AWARE (Advancing Wellness and Resiliency in Education) State Education Agency Grants
- Dietary Guidelines for Americans
- Healthy People 2030
- Mood and Brain Supporting Micronutrients (PDF, 1.75 MB)

Food & Mood Town Halls

- January 27, 2021 (One hour, 57 minutes)
- October 4, 2021 (One hour, 30 minutes)

For more information, please contact:
Food & Mood SharePoint Site - Keeps Us Informed & Organized

SAMHSA Regional Offices VII/VIII Food and Mood Project

Subcommittees

Emotional Wellness and Food Security/Equity Subcommittee

Emotional Wellness and Culturally Diverse Food, & Food Sovereignty Subcommittee

Nourishment for Emotional Wellness Subcommittee

Home Links

URL
- Gardens and Health
- Food Sustainability
- Events
- Culturally Diverse Food
- Food Security
- Nutrition & Emotions
- SAMHSA - From Food...
- Discussion Board - Co...
## Five Pillars of Food & Mood

<table>
<thead>
<tr>
<th>Equitable Access to Resources</th>
<th>Multi-disciplinary community engagement</th>
<th>Holistic and culturally-informed curriculum</th>
<th>Meaningful education and curriculum</th>
<th>An inclusive, normalizing public dialogue</th>
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<td>An increase in the amount of flexible funding to enable equitable access to nutritious, culturally-appropriate foods and emotional wellness related services.</td>
<td>A change in the perspective of mental health at the community level that engages with social determinants of health (SDoH), creating employment opportunities and more effective support systems.</td>
<td>The implementation of culturally appropriate Food and Mood learning opportunities that promote food and emotional wellness, for example: learning in school gardens.</td>
<td>The creation of a Food and Mood toolkit that is widely distributed to increase knowledge of the link between food and emotional wellness.</td>
<td>A decrease in stigma behind food and emotional wellness through public education, national campaigns, and public dialogue.</td>
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*(HueLife Food & Mood Subcommittee Co-Chair and Planning Team Collective Vision Workshop, September 30, 2021)*
What’s Next

- 2022 Town Halls
- Reports, white papers, literature reviews
- Subcommittee projects
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