

Community Guide to Technical Assistance

systems
coaching
grassroots
soundboard
understanding
create opportunities
storytelling
trauma informed
holistic model
community based
problem solving
cultural based
resources connection
build up strength
bring people together
relationship building
mitigate issues
networking
relational view
relationship
cost efficient
wellness unique
mentoring
healing
support
wisdom
hope
customized

SAMHSA

Substance Abuse and Mental Health
Services Administration

Community Guide to Technical Assistance

Getting Started

Introduction

The Tribal Training and Technical Assistance (TTA) Center is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The Tribal TTA Center uses a culturally relevant, holistic approach to deliver TTA. Our focus is on substance use disorders, suicide prevention, and mental health promotion. TTA is offered to all tribal communities, SAMHSA tribal grantees, and a specific group of selected of American Indian and Alaska Native (AI/AN) communities each year. The Appendix includes additional materials to help communities understand what the Tribal TTA Center does and how to get support; these materials can be shared or disseminated as needed.

What is TTA?

We define TTA as providing targeted support using a culturally relevant, evidence-based, holistic approach. This TTA is provided to support Native communities in their self-determination efforts through infrastructure development and capacity building, as well as program planning and implementation.

How We Deliver TTA

We strive to provide the best value with our prevention resources. We collaborate with internal and external TTA providers and other Native-focused organizations. TTA is customized and tailored to meet the needs and readiness levels of the communities we serve.

Our Vision

AI/AN communities have the cultural knowledge, skills, and resilience to create hope and healing.

Their cultural beliefs and practices provide a foundation for promoting lasting wellness, solving problems, and taking action.

Our Goals

Decrease the impact of risk factors such as poverty, unemployment, racism, and historical trauma.

These risk factors contribute to suicide, family disruption, youth violence including bullying, and high risk substance use.

Increase protective factors such as strengthening cultural identity, a sense of family, community connectedness, and communication skills.

These skills are linked to the healthy and safe development of AI/AN children and their families.

Our objectives when delivering TTA are:

- Provide TTA to federally recognized tribes, other AI/AN communities, SAMHSA tribal grantees, and organizations serving Indian Country.
- Work collaboratively with governmental and non-governmental entities to leverage resources and address a variety of issues affecting tribal communities, families, and youth.
- Work with SAMHSA tribal grantees and other TTA providers that serve tribal grantees and tribal members.
- Assist tribal communities in mobilizing, planning, and implementing community-based, culturally tailored, and evidence-based prevention and intervention strategies.
- Increase protective factors linked to the healthy and safe development of AI/AN children, families, and communities.

Planning for TTA

“Let us put our minds together and see what life we can make for our children.” – SITTING BULL

Shaping Your TTA

Each TTA event is tailored to the requesting community. The Tribal TTA Center strives to involve the community's culture in each event. To optimize planning time, potential recipients should request TTA as soon as they see the need. Due to the various needs of each TTA request, we suggest 2 months of preparation for each TTA request whenever possible. Planning time includes developing and identifying: goals and objectives, planning materials, best practices, facilitators, consultants, resources, and travel accommodations, if necessary.



The community can request a specific training, or the Tribal TTA Center can provide suggestions for a community after having an initial intake call. We have an intake team that works one-on-one with each community. During this intake process, the Tribal TTA Center works to determine next steps based on the community's culture, needs, specific circumstances, and resources.

Categories of TTA

Figure 1. The four categories of TTA



Broad

TTA is available to all tribes and organizations that serve Native communities. We support tribes and other AI/AN communities that seek to address substance use disorders, suicide, and mental health. TTA also includes planning and implementing substance misuse prevention and mental health programming focused on Native children, youth, and their families. SAMHSA recognizes the importance of prevention and protective factors in responding to the opioid crisis as well, so Broad TTA is also available for AI/AN tribes and organizations looking for support with addressing opioids and/or prescription drug misuse in their communities. Some examples of Broad TTA are:

- GONA/GOAN events, including demographic-specific events aimed at groups such as youth, elders, and service providers
- Gathering of Native Americans/Gathering of Alaska Natives (GONA/GOAN) Training of Facilitators
- Mental Health First Aid training and variations of this training
- Training on historical trauma and resilience

- Digital storytelling training
- Suicide prevention training, such as Question, Persuade, Refer (QPR) and Applied Suicide Prevention Skills Training (ASIST)

Focused

SAMHSA's tribal grantees are the target audience for Focused TTA. The Tribal TTA Center coordinates closely with other entities that serve SAMHSA grantees. This collaboration ensures that services are not duplicated. We offer support in implementing grant activities, strengthening successful interventions, increasing community capacity, and evaluating efforts in a culturally appropriate manner. We offer onsite and virtual TTA and have a large consultant pool of AI/AN experts that help with the delivery of TTA. Some examples of Focused TTA are:

- Community Readiness Assessment training
- Community needs assessment
- Asset mapping
- Social marketing
- Community-Based Participatory Research

Intensive

Native communities are identified through a review of Indian Health Service data and stakeholder interviews, then approved by SAMHSA. Upon approval, they receive individualized TTA, including multiple community site visits, a GONA or GOAN, and ongoing virtual support for the entire year. The TTA follows a community engagement process that helps communities determine next steps to bring wellness interventions to their members. The TTA guides communities as they build prevention programs rooted in their own unique culture, strengths, and worldview. Intensive TTA supports community self-determination efforts through infrastructure development, capacity building, sustainability planning, and increasing the pool of Native and/or tribal evidence-based or practice-based prevention programs.

Tribal Action Plan Development

Tribal Action Plan (TAP) training is available to all tribes and organizations that serve Native communities. A TAP is a strategic plan to guide specific, positive change among tribal members to address alcohol and substance misuse. A TAP reflects each tribe's cultural concepts of wellness and healing; fosters strengths; supports tribal self-determination; and is driven by local needs, challenges, assets, and resources. The TAP emphasizes action and implementation: what will be done, who will do it, and how everyone will know when success is reached.

Our Competencies

The Tribal TTA Center provides training and assistance in many areas including but not limited to the following capacities.

Curricula

- GONA/GOAN Master Facilitator
- GONA/GOAN Training of Facilitators
- GONA/GOAN (Including Youth)
- Mental Health First Aid
- Youth Mental Health First Aid
- Substance Abuse Prevention Skills Training
- Native American Substance Abuse Prevention Skills Training
- Project Venture
- ASIST
- American Indian Life Skills

Capacity Building

- Research and Evaluation
- Community Readiness Model
- Strategic Action Planning
- Tribal Action Planning
- Needs Assessment
- Asset/Resource Mapping
- Data Collection
- Social Marketing
- Community-Based Participatory Research

Training Topics

- Cultural Competency 101
- Motivational Interviewing
- Youth Engagement
- Youth Skill Building
- Historical Trauma
- Historical Resilience
- Digital Storytelling
- LGBTQIA+
- Two-Spirit
- Trauma-Informed Care
- Systems of Care
- Evidence-based Interventions
- Practice-based Interventions
- Cultural-Based Interventions
- Native Veterans
- Behavioral Health
- Suicide Prevention
- Crisis Response/Postvention
- SAMHSA Grantees
- Youth Leadership
- Leadership Training
- Technical Assistance Mentorship
- Youth Mentorship
- Lateral Violence
- Lateral Goodness
- Opioid Misuse

Mechanisms for Providing TTA

We use the following approaches to provide onsite and virtual technical assistance:

- National and Regional Trainings: Facilitate content, tools, and provision of virtual and onsite TTA to large audiences.
- GONA/GOAN: Wellness event customized for the needs and readiness level of each community, developed virtually and conducted onsite.
- Learning Communities and Webinars: Provide content, tools, and TA to large audiences. We have an archive of various topics and can provide custom topics to communities administered virtually.
- Conference Calls: Held between the TTA team and an individual or community group.
- Production and Dissemination of Resources: Materials, resources, fact sheets, and/or bibliography provided to the individual or community on a topic or issue that is relevant to the local effort.
- Video Conferencing: Allows individuals from two or more locations to communicate with two-way video and audio transmission.
- Peer-to-Peer: Provides structured opportunities for connecting individuals and communities engaged in similar reform efforts so each can learn from the other's experiences—can be provided virtually and/or onsite.

What to Expect from a TTA Event

Overview of the TTA Process

The Tribal TTA Center's collaborative approach to TTA meets the community "where they are" in terms of their readiness and strives to increase community capacity. Although communities will identify individual goals and objectives for each TTA event, we will work with the community to include the following elements:

- Clearly defined objectives, products and activities, timeframes, and identified roles.
- Channels of communication: including one intake call, one to four planning calls, email updates, and follow-up.
- A TTA team selected based on their skill sets to support each TTA event need.
- Data collection to optimize and measure the effectiveness of our services.
- Culturally competent activities and facilitators.

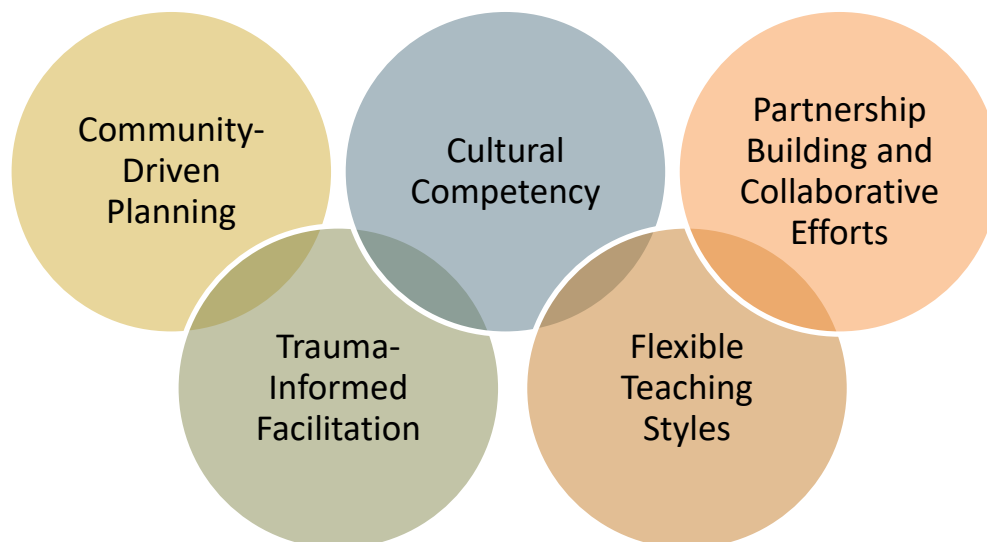
Each TTA effort is led in coordination with the community planners. The collaboration efforts are to identify strengths, opportunities, challenges, and barriers, and to support planning for next steps.

Below is a breakdown of the steps involved in a TTA event:

1. Community submits a TA request to SAMSHA Tribal TTA Center.
2. The Tribal TTA Center responds and coordinates an intake call with the community.
3. While the intake call takes place with the Tribal TTA Center, notes are developed and sent to a Task Lead for review.
4. The TA Coach is identified to lead coordination of the event and submission of needs.
5. Once the event dates, location, and goals are identified and approved by the community, the TA Coach submits the event to SAMSHA for approval.
6. SAMSHA reviews the request and, if approved, the Tribal TTA Center moves forward with the onsite event planning.
7. Planning calls with community continue as TA progresses.
8. TA Coach and coordinators make sure all TA preparation is complete, including travel arrangements.
9. TA is implemented onsite or virtually. If onsite, the TTA team will distribute a sign-in sheet and onsite participant questionnaire, which will be used for reporting to SAMHSA.
10. TA Coach contacts community 2 weeks after TA completion to follow up and debrief.

Markers of Effective TTA

Community-based “teams” are encouraged to attend and participate in the planning of TTA events. We believe community members are the true experts and hold valuable knowledge. We seek community guidance for our team to prepare and support community learning and healing. The markers we use to honor effective cultural and community practices are:



Role of the TTA Team

Our TTA team ensures the event is coordinated and completed by:

- Organizing and scheduling planning calls with the community, staff, and/or consultants.
- Confirming travel dates and onsite days with the community.
- Supporting the community to define event goals and/or objectives.
- Administering TTA to the community's selected audience.
- Supporting the community in developing next steps.
- Maintaining communication following TTA for follow-up and sustainability efforts, if appropriate.

Requesting TTA

To request TTA, AI/AN communities and SAMHSA tribal grantees can contact the Tribal TTA Center to submit inquiries via the following methods:

Tribal TTA Center Webpage

www.samhsa.gov/tribal-ttac

SAMHSA Tribal Training and Technical Assistance Center

Phone: 1-800-953-1379

189 E. Nelson Avenue #249

Wasilla, AK 99654

Email: TA-Request@tribaltechllc.com

After submission of your request, you will be contacted by a member of the Tribal TTA Center staff to begin the intake process.

Appendix

The following marketing materials are attached for reference and sharing:

- Overview of the TA Process
- Tribal TTA Center Menu of Services
- Tribal TTA Center Brochure
- Tribal TTA Center Overview Fact Sheet