



Reserve Your Copy of the *Take Charge!* Workbook

PRA Well-Being is excited to announce the latest addition to our portfolio, *Take Charge! A Workbook to Enhance Well-Being With the Eight Dimensions of Wellness*. Developed with contributions from a stellar team of experts in the behavioral health and well-being fields, this workbook is designed to offer individuals a self-paced, guided exploration of each of the [Eight Dimensions of Wellness](#). With space for responding to written prompts and even coloring, this workbook creates an opportunity for users to get curious about their own wellness strengths and barriers and create action plans for improving personal well-being.

PRA Well-Being is accepting interest forms from individuals and organizations who may want to purchase this new release. **Individuals** can use this workbook as part of a personal recovery and wellness journey. **Behavioral health organizations** will find it valuable to distribute to individuals who receive services and even to staff, who can better serve others with greater attunement to their own wellness.

Complete an interest form today to reserve your copies of this new release!

Questions? Contact us at wellbeing@prainc.com.



[Submit Your Interest Form](#)

New Release: *Recommendations for Trueblood Sites*

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In 2018, PRA was engaged to work with the Washington State *Trueblood* Court Monitor's Office, *Trueblood* Workgroup, and other key stakeholders to guide strategic planning to address court compliance priorities in the competence-to-stand-trial process. Through this work, PRA has provided technical assistance to 15 diversion services programs in Washington State funded by the *Trueblood* class-action lawsuit settlement. *Trueblood* enforces a person's constitutional right to timely competence evaluation and restoration services.

In working with these 15 diversion services programs, PRA developed a set of nine recommendations for communities interested in enhancing their competence evaluation, restoration, and jail diversion and reentry processes. PRA is pleased to release these recommendations to the field in a new two-page fact sheet. This tool outlines each of the recommendations and provides suggested guidance for implementing them.

The nine recommendations are the following:

1. Expand and enhance the crisis care continuum and law enforcement/mental health co-response.
2. Develop formal and coordinated screening and diversion strategies for arraignment and pre-plea diversion.
3. Provide written guidance and strategies to the diversion sites for sharing individual-level information between treatment providers and justice stakeholders.
4. Develop and enhance formal officer wellness strategies.
5. Ensure Veterans Affairs is informed and included in the planning and implementation of all initiatives for identification of Veterans and linkage to appropriate services.
6. Address the potential gap in insurance coverage when individuals transition from detox units to residential care.
7. Ensure full implementation of Medicaid suspension versus termination.
8. Develop guidance to courts and diversion stakeholders to request a re-evaluation of competence status for those in jail awaiting transfer to a restoration bed.
9. Pursue multiple strategies to improve access to housing for justice-involved individuals.



[Download the Fact Sheet](#)

Honoring BIPOC Mental Health Month

To commemorate Black, Indigenous, and People of Color (BIPOC) Mental Health Month this July, Policy Research has assembled resources suitable for policymakers, behavioral health providers, and the general public. These selected resources provide an overview of the unique mental health needs of BIPOC, the impact of adverse community experiences and toxic stress, and how to ensure that behavioral health interventions are culturally relevant and appropriate for BIPOC communities.

[Black Mental Health: Q&A With Gordon Hakim Collier, LMSW](#)

In this article, Crystal L. Brandow, Ph.D., provides an overview of the state of Black mental health in the United States and interviews Gordon Hakim Collier, LMSW, founder of Beyond Living, about Black mental health and well-being, therapy in the time of a

Fostering Community Wellness: Addressing Toxic Stress and Adverse Community Events | A Fact Sheet for Behavioral Health Providers

This fact sheet offers guidance to behavioral health providers who serve individuals with mental and/or substance use disorders and to other community-based organizations to increase understanding of and improve responses to the impact of toxic stress and community trauma on individuals with serious mental illness.

Customizing Wellness Tools for the Cultures in Your Community

When working to improve wellness outcomes, it is essential to remember that culturally diverse communities will have different exposures to stress, trauma, and adverse community experiences. This document provides strategies to modify evidence-based practices to fit the needs of the cultures in your community.

Follow PRA on [Facebook](#), [LinkedIn](#), and [Twitter](#) to see the other resources we have shared in honor of BIPOC Mental Health Month.

Join the Team: We're Hiring

Senior Project Associate for the HHRC

Policy Research, Inc. (PRI) is seeking a full-time senior project associate to join the SAMHSA-funded Homeless and Housing Resource Center. The successful candidate will work closely with the project director and be responsible for managing all day-to-day training and technical assistance activities.

Co-director for the SMVF TA Center

PRA is seeking a full-time co-director for SAMHSA's Service Members, Veterans, and their Families Technical Assistance Center. The successful candidate will work closely with the incumbent project director to manage and guide the day-to-day activities of the Center, provide staff supervision and support, and coordinate with federal funding agencies to develop and carry out the Center's annual work plan.

Project Associate for the SOAR TA Center

PRA is seeking a full-time project associate to join the SAMHSA-funded Supplemental Security Income (SSI)/Social Security Disability Insurance (SSDI) Outreach, Access, and Recovery (SOAR) Technical Assistance Center. The successful candidate will be responsible for Center duties such as engaging and supporting high-level state and local involvement in SOAR, providing virtual technical assistance to states and localities to increase access to SSI/SSDI, and conducting leadership training and facilitating learning communities to further the implementation of SOAR.

[Learn More and Apply](#)

Survey Opportunity to Analyze COVID-19's Impact on People With Chronic Health Conditions, Physical Disabilities

Kelsi Carolan, Ph.D., LICSW, (a current awardee of the Social Security Administration's Analyzing Relationships between Disability, Rehabilitation, and Work [ARDRAW] Small Grant Program, operated by PRI) together with a group of disability researchers from Boston University, is conducting research to understand how the COVID-19 pandemic and

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health conditions and/or physical disabilities. Carolan's research team has put together an anonymous online survey targeted at people living in the United States with a physical disability or chronic health condition between the ages of 18–65. The survey can be done on a phone, tablet, or computer and will take 20–45 minutes.

[Review the Survey](#)

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