

# December

PRA  
eNews

wishing you a  
**Sweet Holiday Season**



## PRA's 2021 Year in Review

# PRA's 2021 Year in Review

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As we prepare for a new year of creating positive social change, we'd like to reflect on all that we accomplished in 2021. Let's take a look at the numbers:

- **4:** We have refined and expanded our [values and guiding principles](#) to intentionally and comprehensively address our commitment to diversity, equity, and inclusion; highlight our business goals; and underscore our company culture. We live our four core values of commitment, inclusion, respect, and integrity every day and use them to *create positive social change*.
- **6:** We are proud to be a six-time awardee of the American Heart Association's [Workplace Health Achievement Index](#). The health and wellness of our employees

are critical to our organizational success, and we are thrilled to be once again awarded silver-level recognition.

- **30:** Our work makes an incredible impact—and we've tracked over 30 practices and policies changed as a result of our efforts. These changes include the creation of a [Behavioral Health and Public Safety Center of Excellence](#) in Maryland.
- **277:** 2021 was another largely virtual year for PRA and its projects—but that did not slow down our technical assistance delivery! We held 277 virtual meetings in 2021, reaching over 43,500 attendees! We are thrilled that our national reach has only expanded over the last year.

Want to learn more about our year in review? Visit our webpage to see our project highlights, big news, and what we have on the horizon in 2022!

[See PRA's Year in Review](#)

## SAMHSA's GAINS Center Announces Criminal Justice Learning Collaboratives

### SAMHSA's GAINS Center's **Criminal Justice Learning Collaboratives**

Three practice areas available!  
**Due: January 28, 2022**



*Application deadline: January 28, 2022*

SAMHSA's [GAINS Center for Behavioral Health and Justice Transformation](#), operated by PRA, continues to provide direct training and technical assistance to jurisdictions across the nation to better support people with behavioral health needs who are involved in the criminal justice system. The GAINS Center is currently soliciting applications from jurisdictions interested in collaborating with subject-matter experts through Criminal Justice Learning Collaboratives (LCs) designed to explore three topics:

- **Integrating Civilian-Led, Co-response, and Specialized Police Response Models.** This LC will help communities reduce police involvement in mental health crisis response and seamlessly integrate police response strategies.
- **Equity and Inclusion in Drug Treatment Courts.** This LC will provide participating drug treatment courts a structured and guided process to learn about and implement core strategies outlined in the National Association of Drug Court Professionals' *Equity and Inclusion: Equivalent Access Assessment and Toolkit*.
- **Transition Reentry Strategies.** This LC will enable teams to develop community-wide strategic plans to advance policies and practices around a continuum of processes that provide seamless transition and retention in the community.

[Learn More and Apply](#)

## Make a Resolution for Wellness in the New Year With *Take Charge!*

Ready to focus on your wellness in 2022? Take action with *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 wellness strengths and barriers and create action plans for improving personal well-being.

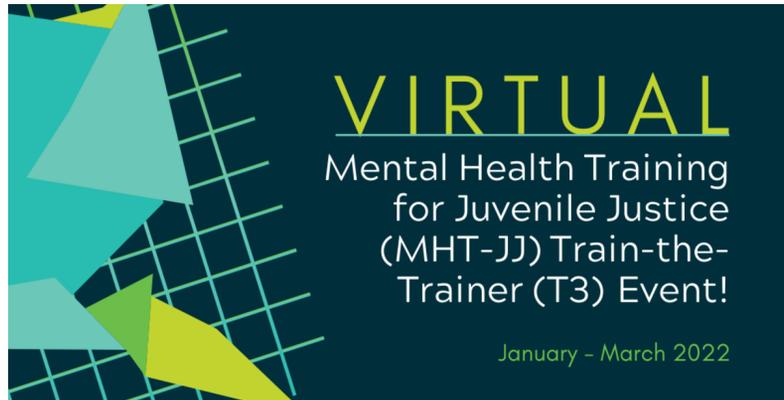
Individuals can use this workbook as part of their personal recovery and wellness journey. Behavioral health organizations will find it valuable to distribute to individuals who receive services and even to staff, who can better serve others with greater attunement to their own wellness.

Order your copy today and receive a free wellness wallet card! Each wallet card provides a pocket-sized version of the 8 Dimensions of Wellness and space for you to write your wellness goals.



Order Now

## NCYOJ Announces Virtual Mental Health Training for Juvenile Justice Train-the-Trainer Event



Application deadline: January 14, 2022

The [National Center for Youth Opportunity and Justice](#) is pleased to offer a virtual Mental Health Training for Juvenile Justice (MHT-JJ) Train-the-Trainer event, starting January 2022!

Developed for juvenile probation, detention, and corrections professionals, the MHT-JJ provides critical information and practical strategies for interacting with youth who are experiencing mental health, substance use, and traumatic stress conditions. The MHT-JJ provides research-based instruction that increases juvenile justice practitioner knowledge and develops and enhances skills to support effective and safe interactions with youth.

Over 7 weeks, participants will learn to administer the MHT-JJ's modules, including information on common behavioral health conditions among justice-involved youth, strategies for supporting youth with behavioral health needs, evidence-based treatment strategies, techniques for ensuring the well-being of juvenile justice staff, and more!

Participants will engage with the curriculum through presentations, discussions, and skill-building exercises facilitated by NCYOJ Master Trainers Jeannie Von Stultz, PhD, and Mark E. Osenbach. [View a detailed agenda for more information.](#)

Learn More and Register

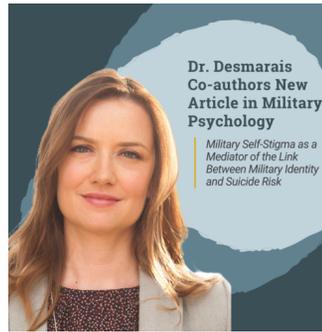
Sarah Desmarais Co-authors New Article in *Military Psychology*

PRA is pleased to announce the release of a new article in *Military Psychology*, co-authored by Senior Vice President Sarah Desmarais, PhD, titled "Military self-stigma as a mediator of the link between military identity and suicide risk." This article examined relationships between military identity, self-stigma, and suicide risk.

Through their analysis of a nationally representative sample of post-Vietnam Veterans in the United States, the authors examined the following traits and their impact on suicide risk:

- *Idealism*, or adherence to traditional values of military culture, was shown to be a protective factor for suicide.
- *Individualism*, or seeing monetary value in military work, was shown to be a risk factor for suicide.
- *Self-stigma*, or negative self-perceptions of being a Veteran, was shown to have a positive relationship with elevated suicide risk and should be evaluated as a risk factor for suicide.

Dr. Desmarais and co-authors Drs. Sam Cacace, Emily J. Smith, Robert J. Cramer, and Alan Meca call for future research to expand the understanding of military identity and military self-stigma as they relate to suicide risk.



[Read the Article](#)

## PRA Awarded Silver-Level Recognition in AHA's 2021 Workplace Health Achievement Index



PRA is proud to announce that it has achieved silver-level recognition in the American Heart Association's (AHA's) 2021 Workplace Health Achievement Index. AHA developed the Workplace Health Achievement Index for organizations to comprehensively assess the health of their workplace and their workforce.

This year was again different from most due to the COVID-19 pandemic. However, PRA is known for its innovative approaches to wellness and continued to develop new ways to support the health and wellness of its employees while largely working remotely. Through these innovations and our culture of wellness, PRA achieved its fourth consecutive silver-level recognition!

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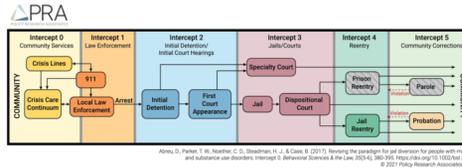
Don't Forget the Children



Family, Tradition, Knowledge



Service: A Family Tradition



Bringing Your Sequential Intercept Model Mapping Workshop to Life: Part 2



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