



MOUNTAIN PLAINS
RURAL OPIOID TECHNICAL ASSISTANCE CENTER

NEWSLETTER

A bi-monthly publication
featuring information about the
latest training and resources
for communities addressing
opioid and stimulant use
disorders.

January/February
2025

IN THIS EDITION:

SAMHSA Campaigns

Upcoming Trainings

Ripples of Recovery

LAND ACKNOWLEDGMENT

“When we talk about land, **land is part of who we are.** It’s a mixture of our blood, our past, our current, and our future. We carry our ancestors in us, and they’re around us. As you all do.”
– Mary Lyons
(Leech Lake Band of Ojibwe)

○ The Western Interstate Commission for Higher Education (WICHE) acknowledges that its office in Boulder, Colorado, is located on the unceded territories and ancestral homelands of the Hinóno’éeí (Arapaho), Tsistsistas (Cheyenne), and Nuciu (Ute) nations. Through this land acknowledgment, WICHE aims to raise awareness about the region’s shared and often painful history while honoring the Indigenous histories, perspectives, and experiences that have often been suppressed or forgotten then and now. WICHE respects and thanks the elders and peoples, both past and present, of the Cheyenne, Arapaho, Ute, and many other Native nations, who are the original stewards of this land and custodians of Indigenous knowledge and practice.

○ Health and Human Services Region 8 includes the Federally recognized nations of Assiniboine and Gros Ventre, Blackfeet, Cheyenne River Sioux, Chippewa-Cree, Confederated Goshute, Crow, Crow Creek, Eastern Shoshone, Flandreau, Fort Peck, Kanosh, Koosharem, Northern Cheyenne, Northwestern Shoshoni, Oglala Sioux, Rocky Boys, Rosebud, Sioux, Sisseton-wahpeton, Skull Valley, Southern Ute, Spirit Lake, Standing Rock, Three affiliated, Turtle Mountain, Ute, Ute Mountain Ute, Wells, and Yankton.



FIND THE NATIONS NEAR YOU



HELP US TAKE A LOOK BACK AT 2024 IN REGION 8

How did you observe Recovery Month in September? How about Overdose Awareness in August? How did you show gratitude in November?

Please help MP ROTAC celebrate the connections, celebrations, and other events that you hosted in Region 8 during 2024 by submitting a description and photos to MPROTAC@wiche.edu by February 11, 2025 so we can feature them in the next edition of the MP ROTAC Newsletter.





FEBRUARY TRAININGS

MINDFULNESS MONDAYS

February 3 & 17, 2025, 12:00 - 12:30 MST

Building on the foundation of breath awareness, this next quarter will focus on present-moment awareness. Participants will learn simple yet impactful techniques to stay grounded, reduce reactivity, and build resilience in the face of life's challenges.

TRAUMA RESPONSIVE CARE AND ADDICTION RECOVERY - FAMILIES

Part One: February 6 12:00 - 12:30 MST

Part Two: February 20 12:00 - 12:30 MST

Drawing from current theory and practice in Trauma Responsive Care and Addiction Recovery, this micro training series will cover key core concepts, practices, and skills, with a focus on their effectiveness for individuals, families, and communities.

ECHO LIGHT PEER SUPPORT CURRICULUM DISCUSSION

February 11, 13, 25, & 27, 2025 3:00 - 4:00 pm MST

This series is an opportunity to join a feedback group to refine the curriculum for peer recovery professionals. This is your chance to contribute valuable insights and help shape future training to better support at-risk populations.

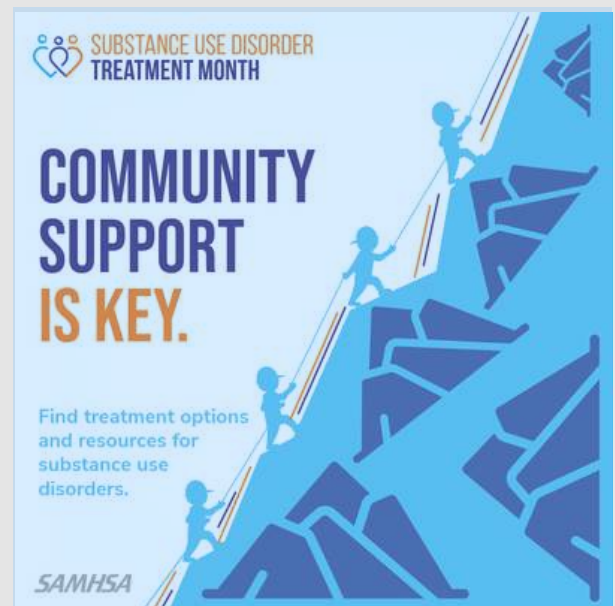
WORKSHOP WEDNESDAY: RIPPLES OF RECOVERY ANTI-STIGMA CAMPAIGN STRATEGY - EMPATHY

February 19, 2025 12:00 - 1:00 pm MST

In this series, we continue to learn about effective strategies for implementing the Ripples of Recovery anti-stigma campaign in your organizations and communities.

TREATMENT MONTH 2025

January 2025 saw the kickoff of the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Substance Use Disorder Treatment Month. Click on the tiles below to find resources and information.



PREVENTION EVENTS

SAMHSA will host the 21st Prevention Day on February 3, 2025 at an in-person event. This is not to be confused with National Prevention Week, which occurs in May. For more information, click on the corresponding banners below.



SAVE THE DATE
**MAY 11-17
2025**

2025 ELEVATING HOPE SUMMIT: TAKING SUBSTANCE USE DISORDER AND SUICIDE PREVENTION TO NEW ALTITUDES



Utah State University is hosting the 2025 Elevating Hope Summit and invites folks from Region 8 to attend on March 20th & March 21st to address the critical issues of substance use disorder and suicide prevention. This

year's theme focuses on "Taking Substance Use Disorder and Suicide Prevention to New Altitudes," bringing together experts, law enforcement, public health, providers, professionals, and more throughout Utah.

Register to reserve your spot today!



Law Enforcement & First Responders, please join Utah on March 19th for the 2025 Elevating Hope Summit Pre-Conference for our law enforcement professionals, first responders, and care teams. Attendees will receive training on Psychological First Aid, an opportunity

to network with professionals across the state, and meals during the training.

Register to reserve your spot today!

RIPPLES OF RECOVERY MAKES WAVES OF CHANGE.

Ripples of Recovery is a stigma-reduction campaign educating those in our rural, tribal, and frontier communities about the resources available to overcome addiction and support those in the recovery process. Our mission is to foster resilience through proper language and essential resources to those affected by addiction and substance use disorder.

[Home](#)[About](#)[Resources](#)[Get Involved](#)[Toolkit](#)

Ripples of Recovery Make Waves of Change.

By reducing the stigma around substance use disorder,
we set the foundation for recovery in our communities.

**CHECK OUT THE INTRODUCTION TO THE RIPPLES OF RECOVERY
TOOLKIT HERE**

**ORDER YOUR
FREE TOOLKIT**

**VISIT
RIPPLES.MPROTAC.ORG**

ABOUT US

The Western Interstate Commission for Higher Education (WICHE) has been strengthening higher education, workforce development, and behavioral health throughout the region since 1953. As an interstate compact, WICHE partners with states, territories, freely associated states, and postsecondary institutions in the West to share knowledge, create resources, and develop innovative solutions that address some of society's most pressing needs.

In 2022, WICHE was awarded a two-year grant from SAMHSA to establish the Mountain Plains Rural Opioid Technical Assistance Center (MP ROTAC). In 2024, SAMHSA awarded additional funding to WICHE to continue MP ROTAC projects for a third year (9/2024 - 9/2025). MP ROTAC is dedicated to supporting opioid and stimulant prevention, treatment, and recovery in HHS Region 8, comprised of Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming. MP ROTAC develops and disseminates resources, training, and technical assistance to rural communities across the continuum of care. In partnership with our Regional Advisory Workgroup, MP ROTAC's efforts aim to meet the needs of a wide variety of audiences that are not traditionally targeted by other training efforts. We look forward to serving you and making a difference in Region 8's rural communities!



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