



What is the MHTTC Network?

The MHTTC Network includes a Network Coordinating Office (NCO), ten (10) MHTTC Regional Centers, a Tribal Affairs Center, and a Hispanic and Latino Center. Our collaborative network will support resource development and dissemination, training and technical assistance, and workforce development to the mental health field. The MHTTC Network will work with organizations and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals, including the full continuum of services spanning mental illness prevention, treatment, and recovery support. Funding for this 5-year project began on August 15th, and we began providing services on November 15th of 2018.

Role of the Northwest MHTTC

We provide training and technical assistance (TA) in evidence-based practices (EBPs) to behavioral health and primary care providers, and school and social service staff whose work has the potential to improve behavioral health outcomes for individuals with or at risk of developing serious mental illness in SAMHSA's Region 10 (Alaska, Idaho, Oregon, and Washington).

Our Goals

- Ensure availability and delivery of free, publicly-available training and TA to Region 10 providers.
- Heighten awareness, knowledge, and skills of the workforce addressing the needs of individuals with mental illness.
- Accelerate adoption and implementation of mental health-related EBPs and other relevant and effective practices across Region 10.
- Foster alliances among culturally diverse mental health providers, policy makers, family members, and clients.

What Services We Will Offer

The Northwest MHTTC will offer three broad tiers of training to the Region 10 workforce in an effort to ensure both breadth and depth of training in our region. Tiers correspond with reach, with lower tiers having a broader span and intensity, and higher tiers consisting of more time and resource-intensive implementation efforts.

Tiers of Training Activities

- Tier 1 ("Universal") activities aim to have a broad reach in our region. Our goal for these activities is to broadly disseminate resources that will increase exposure to evidence-based, empirically-informed, and best practices.
- Tier 2 ("Targeted") activities aim to dive deeper, by providing training and/or follow-up support to groups of providers through in-person and web-supported longitudinal training on foundational evidence-based approaches.
- Tier 3 ("Intensive") activities aim to promote the adoption and sustainability of evidence-based interventions by augmenting training with support for practice change at the clinic or organizational and provider levels.

Who Is Involved

Faculty from the University of Washington Department of Psychiatry and Behavioral Sciences lead this effort, in collaboration with program staff:

- Lydia Chwastiak, MD, MPH, Principal Investigator & Co-Director
- Maria Monroe-DeVita, PhD, Co-Director
- Sarah Kopelovich, PhD, Director of Training
- Eric Bruns, PhD, Director of Evaluation
- Alan Gojdics, MD, Associate Director for Education
- Christina Clayton, LICSW, CDP, Program Manager
- Kelcey Schmitz, MEd, School Mental Health Supplement Lead
- Rebecca Ritchie, Instructional Designer

How We Will Measure Our Success

- Number of individuals contacted through outreach efforts, enrolled in collaborative groups and engaged in activities.
- Increased number of people in the workforce trained in mental health-related practices/activities.
- Increased number of individuals trained in prevention or mental health promotion.
- Increased number of programs, organizations, and communities that implement EBPs with quality and fidelity.

We want your input! Please take our Training Needs Assessment!
<http://bit.ly/nwneeds>

WEB: www.mhttcnetwork.org/northwest

Email: northwest@mhttcnetwork.org

Training and TA Activities for Year 1 (November 2018 – August 2019)

The Northwest MHTTC will serve as a resource for the behavioral health workforce, broadly defined, in the identification, secondary and tertiary prevention, management, and treatment of serious mental health conditions. In addition, the Northwest MHTTC will leverage recent advances in dissemination and implementation science to use best practice strategies to help systems of care adopt and sustain evidence-based interventions for the SMI population in Alaska, Idaho, Oregon, and Washington (Region 10).

Examples of training activities for Year 1 include:

Tier 1 (Universal)

- Develop free resource library accessible through the Northwest MHTTC Website
- Develop web-based training on violence risk assessment and management
- Develop and disseminate research and practice briefs
- Develop in-person trainings on a range of school mental health topics
- Web-based orientation to Helping Education Leaders Mobilize Evidence (HELM) to identify school districts that wish to engage in HELM training and consultation
- Translate the Interconnected Systems Framework for School Mental Health (SMH) into an interactive online training resource

Tier 2 (Targeted)

- Webinar on trauma responsive schools and specific SMH strategies, aimed at reducing impact of trauma on students
- Conduct in-person orientation to School Health Assessment and Performance Evaluation (SHAPE) System at NW PBIS conference, and identify 20 districts for follow-up support and TA
- Develop and deliver initial ECHO teleconsultation clinics for primary care and allied providers on the topic of management of psychosis in primary care
- Deliver ECHO teleconsultation to ACT providers and conduct train-the-trainer to further disseminate ACT ECHO in Oregon
- Develop a web-based primer on Cognitive Behavioral Therapy for psychosis (CBTp)
- Provide 225 Alaskan providers with access to All Patients Safe web-based training on suicide risk assessment
- Facilitate Communities of Practice for adult peer specialists, youth peer specialists, and their supervisors

Tier 3 (Intensive)

- Deliver training and follow-on support in Cognitive Behavioral Intervention for Trauma in Schools (CBITS) to 30 mental health professionals and administrators in Idaho

For any questions regarding the Northwest MHTTC training objectives please contact: Sarah Kopelovich, PhD, skopelov@uw.edu