



## 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 supports resource development and dissemination, training and technical assistance, and workforce development to the mental health field. The MHTTC Network works 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 in August 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 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>

## **Training and TA Activities for Year 2 (August 2019 – August 2020)**

The Northwest MHTTC serves 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 leverages 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 serious mental illness (SMI) population in Alaska, Idaho, Oregon, and Washington (Region 10).

### **Examples of Training Activities for Year 2**

#### **Tier 1 (Universal)**

- Provide free resource library, accessible through the Northwest MHTTC website
- Provide 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
- Provide web-based orientation on Helping Education Leaders Mobilize Evidence (HELM)
- Translate the Interconnected Systems Framework for School Mental Health (SMH) into an interactive online training resource

#### **Tier 2 (Targeted)**

- Publish an Assertive Community Treatment (ACT) starter kit
- Host learning communities for community mental healthcare staff on integrated care topics
- Develop a web-based training on ACT
- Produce a webinar series on Youth Peer Support
- Develop an online course for suicide risk assessment and management (3 and 6 hour courses)
- Provide Safety Planning Intervention training to persons attending World Suicide Prevention conference, including ongoing technical assistance and consultation
- Provide in-person training in the STRIDE lifestyle intervention for behavioral healthcare staff
- Provide training for Enhanced Illness Management and Recover (E-IMR)
- Establish a family, peer workgroup in response to the needs of family providers/specialists
- Support the implementation of Interconnected Systems Framework (ISF) for school districts
- Convene learning communities to support best models of school mental health implementation

#### **Tier 3 (Intensive)**

- Train practitioners to implement CBTp for first episode psychosis
- Deliver training and follow-on support in Cognitive Behavioral Intervention for Trauma in Schools, Bounce Back, and Support for Students Exposed to Trauma in Idaho
- Support persons to become trainers on suicide prevention and safety planning interventions

For any questions regarding the Northwest MHTTC training objectives, contact:

Sarah Kopelovich, PhD, [skopelov@uw.edu](mailto:skopelov@uw.edu)

**Web:** [www.mhttcnetwork.org/northwest](http://www.mhttcnetwork.org/northwest) | **Email:** [northwest@mhttcnetwork.org](mailto:northwest@mhttcnetwork.org)