

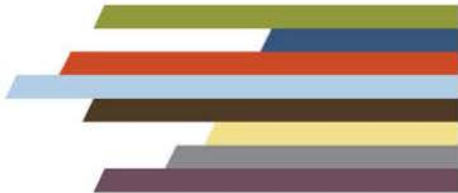


Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



FULL CORE YEAR 2 WORK PLAN





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Year 2 Summary

GOALS

A. Ensure availability and delivery of free, publicly available training and TA to Region 10 providers

B. Heighten awareness, knowledge, and skills of the workforce addressing the needs of individuals with mental illness

C. Accelerate the adoption and implementation of mental health-related evidence-based practices (EBPs) across Region 10, as well as our Area of Focus: EBPs for individuals with serious mental illnesses

D. Foster alliances among diverse local and regional groups to accurately assess training needs, address workforce trends and strategically develop resources

ACTIVITY CALENDAR

August 2019

- Year 2 Start
- Youth Peer Support Webinar

December 2019

- Research Brief
- CBTp e-Primer Launch
- All Patients Safe Re-Launch
- Q2 Advisory Board Meeting

April 2020

- ACT e-Primer Launch
- E-IMR Start Up

September 2019

- Forefront Safety Planning Events
- CBTp Implementation launch
- Year 2 Work Plan Due
- Q1 Advisory Board Meeting

January 2020

- Academic Detailing Launch
- STRIDE Online Launch

May 2020

- Youth Peer Support Webinar
- Integrated Care Webinar
- Research Brief

October 2019

- NAMI Washington Conference- Psychosis REACH Presentation
- Peer Support Communities of Practice Launch (Monthly)

February 2020

- ACT Daily Team Meeting Tool
- Integrated Care Webinar
- Youth Peer Support Webinar
- Research Brief

June 2020

- STRIDE In-Person Training
- Re-Launch of Violence Risk Assessment Online Training
- Q4 Advisory Board Meeting

November 2019

- Youth Peer Support Webinar
- Integrated Care Webinar
- Launch of Brief Behavioral Skills Modules

March 2020

- Integrated Care Webinar
- Q3 Advisory Board Meeting

July/August 2020

- Research Brief (4/4)
- Youth Peer Support Webinar
- Re-Launch of Diabetes Course

Ongoing: Follow-Up Consultation and Communities of Practice, Resource Library, Website, and Training Updates,

GOAL A: ENSURE AVAILABILITY OF FREE TRAINING & TECHNICAL ASSISTANCE

Objectives	Activities
1. Operate and manage the Northwest MHTTC website, share resources, and enhance available materials.	<p>1. Maintain and update our website with current training, technical assistance, and resource information through regular updates of slider, news section, events, and products</p> <p>2. Further develop infrastructure of our resource library, continue to curate and make available through MHTTC website.</p> <p>3. Participate in website administrative and other related workgroups to maintain best practices and problem-solve issues.</p>
2. Publish new resources to the Northwest MHTTC website including topics relevant to our Area of Focus (EBPs for Serious Mental Illness).	<p>1. Develop and disseminate research or practice briefs related to core content areas.</p> <p>2. Develop an Assertive Community Treatment (ACT) team starter kit package</p> <p>3. Support international Assertive Community Treatment (ACT) listserv and share resource within Region 10 and beyond to help answer programmatic and implementation questions, disseminate information, and offer solutions regarding ACT implementation and sustainability.</p> <p>4. Make previously recorded live webinar trainings and/or new webinars available for remote and unlimited viewing.</p>
3. Inform Region 10 of training and technical assistance (TA) opportunities through effective communication strategies and tools.	<p>1. Regularly communicate with Northwest MHTTC subscribers through emailing newsletters and new training and resource announcements.</p> <p>2. Analyze effectiveness of newsletter/announcements tool.</p> <p>3. Further develop contacts within Region 10 and beyond to maximize communication about the MHTTC's network and resources.</p>

GOAL B: HEIGHTEN AWARENESS, KNOWLEDGE, AND SKILLS OF THE WORKFORCE

Objective	Activities
1. Participate in national network efforts to support workforce skill development and evaluation of the MHTTCs.	<p>1. Membership on the Network's Workforce Development workgroup</p> <p>2. Connect with Instructional Design teams across the network as well as HealtheKnowledge and other collaborators to ensure efficient and effective strategies for online learning.</p> <p>3. Participate in evaluation processes related to the Regional Centers and National MHTTC network.</p>
2. Develop new online synchronous and asynchronous learning opportunities.	<p>1. Schedule and produce an integrated care webinar series is on integrated care for patients with SMI targeting community mental health providers.</p> <p>2. Develop and publish a self-paced 1-hour e-course primer based on the STRIDE curriculum; a health program designed for people who are treated with antipsychotic medications. This e-course will also be used as a foundation for other STRIDE-related activities. Recruit community mental health clinicians to participate.</p> <p>3. Host a 6-session learning community for community mental health care prescribers in order to offer technical assistance and practice improvement opportunities for integrated care. Recruit prescribers to participate.</p> <p>4. Develop and publish three 20-30 minute online modules on brief behavioral skills for community mental health counselors and primary care providers (example topics: behavioral activation, distress tolerance, CBT for anxiety). Market activity to primary care professionals.</p> <p>5. Develop and publish a 3-hour e-course primer on Assertive Community Treatment (ACT) for clinicians and teams.</p> <p>6. Conduct virtual communities of practice for the following groups: a) adult peers, b) supervisors of adult peers, c) youth peers and d) supervisors of youth peers.</p> <p>7. Develop and produce a Youth Peer Support Webinar Series and recruit practitioners to participate.</p> <p>8. Host a Crisis Response Webinar Series</p>
3. Enhance training and online learning products and strategy produced in Year 1 to expand reach, widen access, revise and/or improve content.	<p>1. Make available an online course for suicide risk assessment and management in clinical settings , including a 3-hour basic course and a 6-hour advanced course. Target marketing to primary care providers and staff from community health centers in AK and ID.</p> <p>2. Continue offering the Violence Risk Assessment (VRA) course developed in Year 1. Using feedback from initial publication, make modifications to VRA as indicated. After completion, re-launch and market VRA via communication channels.</p> <p>3. Using feedback from initial production, make modifications to Cognitive-Behavioral Therapy for psychosis (CBTp) e-primer and publish as an open course. Recruit professionals to complete the course.</p>

GOAL C: ACCELERATE THE ADOPTION & IMPLEMENTATION OF EBPS

Objectives	Activities
1. Support training in suicide prevention and safety planning topics in large and small formats, including clinicians from each state in Region 10.	1. Partner with Forefront on a World Suicide Prevention Day Conference where professionals will receive an introduction to Safety Planning Interventions for youth and adults as well as other workshops.
	2. Subsets of youth and adult mental health practitioners who attended the larger conference will receive additional training in the Safety Planning Intervention in small groups following the conference. The MHTTC will strategically recruit a trainer from each state in Region 10 to participate in the adult track.
	3. Provide ongoing technical assistance and consultation to the 4 individuals who participated in small group Safety Planning Intervention training.
2. Provide in-person trainings, conference presentations, and other learning opportunities focused on EBPs for serious mental illness.	1. Provide 3-hour Psychosis REACH training, in collaboration with NAMI of WA.
	2. Provide in-person training in the STRIDE lifestyle intervention for Community Mental Health Care Behavioral Health Care providers.
	3. Continue offering the online course "A Psychiatrist's Guide to Population Management of Diabetes."
3. Complete an implementation project on Cognitive Behavioral Therapy for psychosis (CBTp) across Oregon in partnership with the Early Assessment and Support Alliance (EASA) of Oregon.	1. Train practitioners to implement CBTp for first episode psychosis which includes prior CBTp e-primer course completion, in-person training and ongoing consultation.
	2. Complete a CBTp train-the-trainer program with the Director of Early Assessment and Support Alliance Center of Excellence.
4. Participate in national network efforts to support Implementation Science and sustain EBPs.	1. Participate in the Network's Implementation and Sustainment workgroup.

GOAL D: FOSTER ALLIANCES AMONG DIVERSE LOCAL AND REGIONAL GROUPS

Objectives	Activities
1. Collaborate with other training/TA centers to share needs assessment results and training plans, develop training opportunities, provide technical assistance, and distribute resources.	1. Northwest MHTTC Leadership will participate on the Advisory Boards for our Regional ATTC and PTTC.
	2. Provide and support training for Enhanced Illness Management and Recovery (E-IMR) Intervention to a cohort of practitioners. Recruit participating partners and practitioners.
2. Regularly assess the training, technical assistance, and resource needs of the region through multiple inputs and respond with supportive strategies.	1. Conduct ongoing needs assessment within Region 10 by posting on our website, sending link in newsletters and email announcements, as well as including on training flyers and brochures. Specifically outreach diverse communities and professional organizations to increase relevance of results.
	2. Establish a family peer workgroup to develop a training plan to further assess and respond to the needs of family providers and specialists across Region 10.
3. Maintain active and engaged Advisory Board membership	1. Bi-annual discussions with Advisory Board members to evaluate current workforce trends, training needs and discuss most recent results of needs assessments.
	2. MHTTC will consistently have diverse representation from all four states, with members demonstrating participation and connection to the goals, and support efforts through collaboration on work plan deliverables.
4. Increase connection of Northwest MHTTC to diverse workforce communities to better inform strategy of training/TA resources.	1. Strategically outreach diverse workforce communities to assess training needs, build effective communication channels and increase access to MHTTC training/TA.
	2. Disparity Impact Statement (DIS) action plan and Year 1 results. qualitative and quantitative data analysis of results and respondents to needs assessment.
	3. Participation on the Network's Culturally Responsive workgroup to increase resources devoted to supporting diverse communities and professionals (e.g. resource library).

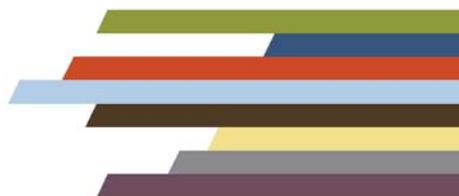


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SMH SUPPLEMENT YEAR 2 WORK PLAN



SCHOOL MENTAL HEALTH SUPPLEMENT YEAR 2 AT-A-GLANCE

August 2019	September 2019	October 2019	November 2019	December 2019	TBD EVENTS
<ul style="list-style-type: none"> Advisory Committee Meeting ISF PLC 8/23: C13T PLC 	<ul style="list-style-type: none"> 9/10: Suicide Prevention Conference 9/16-9/17: MHTTC SMH Meeting 9/24: ISF Demo – WA State Call 9/30: C13T PLC 	<ul style="list-style-type: none"> 10/3 – 10/4: Chicago PBIS Forum 10/17: Idaho ISF Team Training (Part 1) 10/18: Idaho ISF Collaborative 10/22: ISF Webinar #1 10/24: WA School Safety Summit 10/25: ISF Demo – WA State Call 10/29: Mental Health Summit 	<ul style="list-style-type: none"> 11/1: C13T PLC 11/8: WA MTSS PLC 11/7-11/9: ASMH Conference 11/13: Trauma Informed Webinar Series #1 11/15: ISF Demo – WA State Call 	<ul style="list-style-type: none"> 12/2-12/4: Idaho SSET Training 12/2-12/4: Idaho CBITS/BB Training 12/4: Trauma Informed Webinar Series #2 12/10: ISF Webinar #2 12/13: WA MTSS PLC 	<ul style="list-style-type: none"> HELM Training SHAPE Training SPI Trainings Provider/Schools Convening (x2) Trauma webinar for Idaho CBITS, BB, SSET training attendees LWSD ISF Presentation
		<p>Date TBD: ISF PLC (Districts/Fishbowl)</p> <p>Date TBD: ISF PLC (Districts/Fishbowl)</p>	<p>Date TBD: ISF PLC (Districts/Fishbowl)</p> <p>Date TBD: Advisory Committee Meeting</p>	<p>Date TBD: ISF PLC (Districts/Fishbowl)</p> <p>Date TBD: Advisory Committee Meeting</p>	
January 2020	February 2020	March 2020	April 2020	May 2020	June 2020
<ul style="list-style-type: none"> 1/10: WA MTSS PLC 1/21: ISF Webinar #3 1/24-1/26: AK MTSS Conference 1/24: ISF Demo – WA State Call 	<ul style="list-style-type: none"> 2/6: Idaho ISF Team Training (Part 2) 2/7: Idaho PBIS Conference 2/12: Trauma Informed Webinar #3 2/14: WA MTSS PLC 2/26 – 2/28: NWPBIS Conf. 2/28: ISF Demo – WA State Call 	<ul style="list-style-type: none"> 3/6: WA MTSS PLC 3/18: Trauma-Informed Webinar #4 3/27: ISF Demo – WA State Call 	<ul style="list-style-type: none"> 4/10: WA MTSS PLC 4/8 – 4/10: ORTII Conf 4/15: Trauma-Informed Webinar #5 4/24: ISF Demo – WA State Call 	<ul style="list-style-type: none"> 5/4-5/5: MTSS Fest 5/4: Advisory Committee Meeting 5/8: WA MTSS PLC 5/13: Trauma Informed Webinar #6 5/15: ISF Demo – WA State Call 	
<p>Date TBD: C13T PLC</p> <p>Date TBD: Idaho CBITS/BB + SSET PLCs</p> <p>Date TBD: ISF PLC (Districts/Fishbowl)</p>	<p>Date TBD: C13T PLC</p> <p>Date TBD: Idaho CBITS/BB + SSET PLCs</p> <p>Date TBD: ISF PLC (Districts/Fishbowl)</p> <p>Date TBD: Advisory Committee Meeting</p>	<p>Date TBD: C13T PLC</p> <p>Date TBD: Idaho CBITS/BB + SSET PLCs</p> <p>Date TBD: ISF PLC (Districts/Fishbowl)</p>	<p>Date TBD: C13T PLC</p> <p>Date TBD: Idaho CBITS/BB + SSET PLCs</p> <p>Date TBD: ISF PLC (Districts/Fishbowl)</p>	<p>Date TBD: C13T PLC</p> <p>Date TBD: Idaho CBITS/BB + SSET PLCs</p> <p>Date TBD: ISF PLC (Districts/Fishbowl)</p> <p>Date TBD: ISF Demo – WA State Call</p>	

GOAL E: SMH PROVIDE DIRECT TRAINING & TA

Objectives	Activities
1. Develop a multi-module, interactive online training resource for district coaches on the Interconnected Systems Framework	1. Partner with Northwest PBIS and the National ISF Leadership team to develop online modules for district coaches
	2. Partner with Northwest PBIS, the National ISF Leadership team, Advisory Committee, and other regional MHTTC SMH supplements to disseminate online modules for district coaches
	3. Partner with Northwest PBIS, the National ISF Leadership team, and Advisory Committee to ensure utilization and refinement of the interactive, online modules
2. Provide universal trainings and presentations on SMH topics in Alaska, Idaho, Washington, and Oregon	1. Present and/or sponsor SMH subject matter experts to present on SMH topics, including Tier 2 and Tier 3 SMH strategies, at regional and statewide trainings and conferences
3. Provide CBITS, Bounce Back, and SSET training to Idaho school-based clinicians and provide follow-up support	1. Train at least 40 school-based clinicians in Cognitive Behavioral Intervention for Trauma in Schools (CBITS) in Idaho
	2. Train at least 40 school-based clinicians in Bounce Back in Idaho
	3. Train at least 40 school-based clinicians in Support for Students Exposed to Trauma (SSET) in Idaho
4. Provide multiple webinars on SMH topics available to anyone in the four-state region	1. Develop and support 4 webinars on topics related to trauma-informed schools
	2. Develop and support 4 webinars on topics related to implementing school mental health within an MTSS framework

GOAL E: SMH PROVIDE DIRECT TRAINING & TA

Objectives	Activities
5. Support the implementation of Interconnected Systems Framework in Region 10 and increase district capacity to blend Positive Behavioral Interventions and Supports and SMH	1. Support intensive implementation training and TA for 2 districts on the Interconnected Systems Framework
	2. Co-develop and support the delivery of training scope, sequence and materials for districts receiving intensive TA
6. Support implementers of best models to increase confidence in their ability to provide effective interventions to students through collaborative professional learning opportunities	1. Establish and convene multiple learning communities to support best models of school mental health implementation (on the topics of Interconnected Systems Framework, Comprehensive, Integrated Three-tiered Models, and Tier 2/Tier 3 school mental health interventions.)
7. Provide training on suicide prevention and safety planning to school-based clinicians	1. Partner with Forefront Suicide Prevention at the University of Washington to sponsor the Safety Planning Intervention training
	3. Support 3-4 individuals to become trainers on suicide prevention and Safety Planning Interventions

GOAL F: SMH IMPROVE COMMUNITY PARTNERSHIPS

Objectives	Activities
1. Provide trainings for mental health providers working in schools	1. Create materials that help community mental health providers better understand the context of working within schools implementing school mental health within an MTSS framework
	2. Deliver training package for community mental health providers working in schools
2. Strengthen school linkages to community-based MH services	1. Facilitate 2-3 convenings for community mental health leaders and education leaders to build knowledge and understanding of their role in providing MH supports within a MTSS framework

GOAL G: SMH PROVIDE FREE RESOURCES

Objectives	Activities
1. Notify schools, districts, and mental health providers of new SMH resources and training and technical assistance opportunities related to SMH	1. Curate material and disseminate 10 monthly school mental health newsletters and 20 training and resources blasts
2. Operate and manage SMH page on MHTTC website	1. Create SMH website and post useful links, resources, and other materials for schools, districts, MH providers and others across the four-state region
3. Provide awareness trainings on availability and use of SMH materials and curriculum available to schools and districts	1. Present on the National School Mental Health Curriculum at local, state, and regional conferences, convenings, and meetings
	2. Conduct an in-person orientation and webinar on assessing school mental health quality and sustainability using the NCSMH School Health Assessment and Performance Evaluation SHAPE System and provide follow up on technical assistance as needed
	3. Provide a web-based orientation of the Helping Education Leaders Mobilize Evidence (HELM) model and identify local school districts that wish to engage in HELM training and follow on consultation
4. Increase SMH Advisory Committee networking and capacity across four state region to disseminate resources, training, and materials	1. Facilitate four meetings with the advisory committee to review progress, seek input on goals, objectives and activities, and disseminate information to distribute

GOAL H: SMH TRAINING PACKAGE DEVELOPMENT

Objectives	Activities
1. Collaborate with the MHTTC Network Coordinating Office to develop a training package for the recognition of signs and symptoms of mental disorders.	1. Contribute to an environmental scan/needs assessment of the field to understand current needs and identify resources that already exist on this topic.
	2. Participate in a School Mental Health Coordination Group to provide input and assistance to the Network Coordinating Office on the development of the training package.
	3. Participate in a 2-day in-person planning meeting with the MHTTC Network Coordinating Office to discuss scope and format of the training package.
2. Provide outreach to all school districts in our region as part of our supplemental activities in order to ensure schools are aware of the resources available to them.	1. Utilize standard set of marketing materials to assist in disseminating the training package across our region/population.

Universal = 30

Targeted = 21

Intensive = 5