



## Mountain Plains Mental Health Technology Transfer Center (MHTTC)

The Mountain Plains MHTTC was funded in August 2018 by the Substance Abuse and Mental Health Services Administration (SAMHSA), and is a partnership between the University of North Dakota and the Western Interstate Commission for Higher Education. This center serves the states of Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. The primary focus of the Mountain Plains MHTTC is to provide free training, resources, and technical assistance to individuals working with and serving people with mental health disorders.



### Year One Snapshot: August 15, 2018 – August 14, 2019

In the first year, the Mountain Plains MHTTC team pulled together experts from around the nation to develop resources, provide trainings, create and share continuing education opportunities, and offer technical assistance to mental health providers throughout the six-state region. In addition, to ensure distribution and reach, the team also developed a website, created social media pages, and developed and grew an electronic mailing list. This snapshot of year one activities does not include the work specific to training on school-based mental health.

 [mhttcnetwork.org/centers/mountain-plains-mhttc/home](http://mhttcnetwork.org/centers/mountain-plains-mhttc/home)

 @Mountain-Plains-MHTTC

 [mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe](mailto:mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe)

 @MPMHTTC

### Year One Events

In the first year, the Mountain Plains MHTTC team offered dozens of trainings, spoke at several state, regional, and national meetings, and offered specific technical assistance to populations throughout the six-state region. However, the data presented only represent those events that were evaluated under the Government Performance and Results Modernization Act (GPRA) of 2010 and therefore underestimate the true reach of the center in year one.

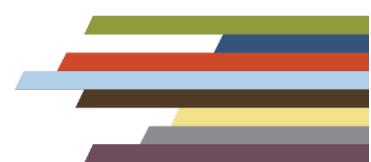
# 36 Events



## 1,502 Participants

- 91% + found the information useful/very useful.
- 94% + were satisfied/very satisfied with the quality of the training and materials.
- 88% + agreed or strongly agreed that they would use the information, it would benefit clients, and that they would recommend the training to a colleague.

45% of participants completed evaluations





## MHTTC National Coordinating Office (NCO): Work Groups

The MHTTC NCO has developed several cross-MHTTC work groups. The purpose of these groups is to collaborate across regions on shared topics. The Mountain Plains MHTTC has representation on six of these work groups.

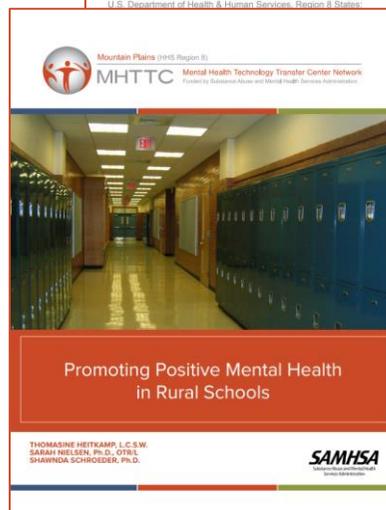
- Workforce development, co-chair
- Instructional designer/online course development, member
- Cultural responsiveness, member
- School mental health leadership, member
- Evaluators special interest, member
- Psychiatric advanced directives, member



Developed two comprehensive, interactive, web-based resource pages based on regional need:

1. Rural Mental Health Resources
2. Farm Stress and Mental Health Resources

Developed six products, including a study on mental health stigma, a mental health training needs assessment, a video with a national expert discussing adverse childhood events, and audio recordings with associated slides discussing perinatal depression



## Additional Year One Activities

The Mountain Plains MHTTC team has also . . .

- Offered two online courses
- Exhibited at five conferences
- Received 9,297 web pageviews
- Held advisory board meetings
- Held monthly team meetings
- Developed dozens of new relationships

For more information on the Mountain Plains MHTTC, please contact:

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