



## 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 and is a partnership between the University of North Dakota and the Western Interstate Commission for Higher Education. The primary focus is to provide free training, resources, and technical assistance to individuals working with and serving people with mental health disorders in a six state region.



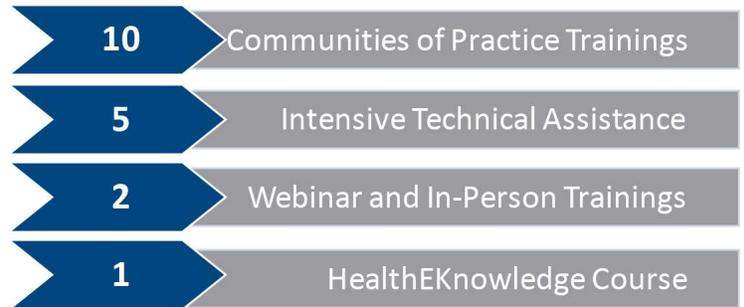
## School Based Mental Health Program Year One Snapshot: August 15, 2018 August 14, 2019

Under supplemental funds the Mountain Plains MHTTC team developed resources, and offered curricula and self paced trainings on school mental health with special attention to childhood serious emotional disturbances. Team members have also provided technical assistance and in person or distance training on topics and issues specifically identified by schools and districts in the six state region.

### Year One Events

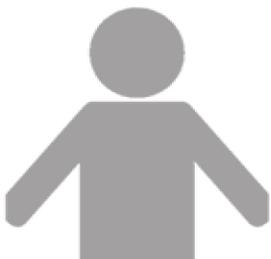
The Mountain Plains MHTTC team offered technical assistance, provided regional trainings, brought together a higher education work group to discuss incorporating mental health into teacher preparation programs, created a curriculum on HealthEKnowledge entitled *Building capacity of school personnel to promote positive mental health in children and youth*, and established two Communities of Practice ( CoP ) with staff from 15 rural schools in the region.

## 18 Events



### Communities of Practice (CoP)

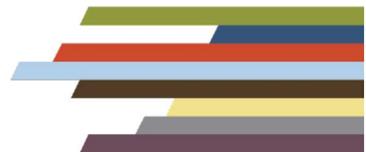
CoPs include representatives from 15 rural public schools in the six state region who are dedicated to working together on the topic of school mental health. Each CoP engages in a total of five training sessions and an in-person visit. Two training sessions are offered each month to accommodate needs in both time zones.



## 361 Participants

61% of participants completed evaluations

- 89% + found the information useful/very useful.
- 92% + were satisfied/very satisfied with the quality of the training and materials.
- 86% + agreed or strongly agreed that they would use the information, it would benefit clients, and that they would recommend the training to a colleague.





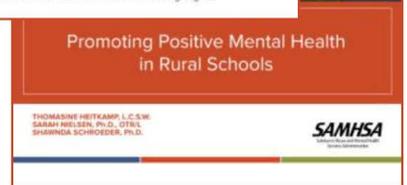
## MHTTC National Coordinating Office (NCO): School Mental Health Leadership

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 the work group focused specifically on school mental health.



Developed a comprehensive, interactive, web-based resource page that organizes regional and national best practices by topic

Developed three products, including a school mental health toolkit, a video with a national expert discussing adverse childhood events, and a case presentation on promoting positive mental health in rural schools



## Reach of School Based Resources

- 308 hard copies of *Promoting positive mental health in rural schools* were distributed; the online product had 3,851 pageviews.
- Information on the HealthEKnowledge course had 570 pageviews.
- 30 resources organized under eight topics were added to the online, school mental health resource page with 84 pageviews.

## Connect with the Mountain Plains MHTTC

To help increase visibility and audience engagement, the team developed several channels of information dissemination. These channels include a website, social media pages, and the creation of an electronic mailing list. For more information on the Mountain Plains MHTTC, please contact either of the Co-Directors, Thomasine Heitkamp (PI), [thomasine.heitkamp@UND.edu](mailto:thomasine.heitkamp@UND.edu) or Dennis Mohatt, [dmohatt@wiche.edu](mailto:dmohatt@wiche.edu).

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