



**Year Two in Review: Recovery-Oriented Practices, Supports,
and Systems of Care in the New England Region**
Reporting Period: August 15, 2019 – August 14, 2020

The New England MHTTC's area of focus is to promote the resilience and recovery of persons at risk for, living with, or recovering from mental health challenges and their loved ones. Our Center provides training, technical assistance, and tool and resource development to enable states and mental health practitioners to provide these types of recovery-oriented practices within the context of recovery-oriented systems of care. As a part of Year Two activities (August 15, 2019 to August 14, 2020), we focused on offering support at local, regional, and national levels on recovery-oriented practices, including recovery supports, within the context of recovery-oriented systems of care. These include, but are not limited to, person and family-centered care planning and shared decision-making; peer support; supported employment, education, parenting, and spirituality; and other strategies to promote the community inclusion of children/youth and adults with serious mental illnesses and their loved ones.

Our work is guided by a set of principles based on an integration of the core characteristics of wraparound services for children/youth and families, as defined by the National Wraparound Initiative, and recovery-oriented care, as defined by the U.S. Substance Abuse and Mental Health Services Administration. During the reporting period, we revised our guiding principles to include proactively advancing social justice and racial equity, as well as the provision of culturally and linguistically appropriate behavioral health services to all residents of the New England region. This effort was supported by a series of interactive webinars; topics included the principles of recovery-oriented systems of care, the introduction of peer support, transforming clinical care to be recovery-oriented, and the importance of, and strategies for promoting, the community inclusion of persons with serious mental illnesses.

Primary initiatives of the New England MHTTC support the dissemination and implementation of evidence-based practices for mental disorders into the field. As a part of Year Two activities, our universal, targeted, and intensive training and technical assistance offerings focused on the following areas: suicide prevention, first episode psychosis, and person-centered recovery planning. Additionally, our Center addressed the need for further implementation of mental health services in school systems through our School Mental Health Initiative, the Childhood-Trauma Learning Collaborative (C-TLC).

We would be remiss in this report if we did not note the impact of the COVID-19 pandemic on our Center's work. The COVID-19 pandemic caused great shifts in our work in the second half of Year Two. We shifted our activities rapidly to create resources and develop other ways of connecting with the region other than in person. These included contacting key stakeholders individually to understand how we could be of support, shifting to create a podcast series, and planning additional webcasts rather than in-person events. We also increased our newsletter dissemination, moving from monthly to biweekly releases.

Training and Technical Assistance: We offered universal, targeted, and intensive T/TA in the following areas during Year Two:

Suicide Prevention Initiative: Through formal and informal networking, webcasts, and convenings, we supported suicide prevention initiatives in New England states, including a Zero Suicide convening (Feb 2020) and a suicide prevention conference (Aug 2020).

Outcomes

- Distilled learnings from representatives of 25 suicide prevention organizations
- Established connections for community partnerships with state agencies, public/private hospitals, and community-based programs
- Documented best practices and common challenges

Evidence-Based, Recovery-Oriented Practices and Resources

- Person-Centered Recovery Planning
- Conversations with Millennials of Color
- Facilitating a Culture of Behavioral Health Recovery in Hispanic and Latino Communities
- COVID-19 resources for peer support, suicide prevention, wellness, self-care, telehealth and other relevant topics
- Specialized school mental health supports through the Childhood-Trauma Learning Collaborative to highlight evidence-based, trauma-informed practices and interventions that address the needs of at-risk youth

Our Work with Native American Tribes: Our Tribal Behavioral Health Initiative focuses on the priority need to engender cultural humility and increase the cultural responsiveness of services to address enduring disparities in access, quality of care, and outcomes for Native American tribal communities. Through this initiative, in Year Two we implemented and/or delivered specific activities with the following federally recognized tribes/communities and urban Indian organizations:

- Connecticut: Mashantucket Pequot Tribe, Mohegan Tribe
- Maine: Houlton Band of Maliseet Indians, Passamaquoddy Tribe, Penobscot Nation
- Massachusetts: Herring Pond Wampanoag Tribe
- Rhode Island Indian Council
- North American Indian Center of Boston

Our Collaborations: Child Health and Development Institute; Connecticut Association of People Supporting Employment First; Connecticut Department of Mental Health and Addiction Services; Co-Occurring Collaborative Serving Maine; Indian Center of Boston; Maine Office of Child and Family Services; National Alliance on Mental Illness, New Hampshire; National Hispanic and Latino MHTTC; Northeast and Caribbean MHTTC; Vermont Center for Health and Learning; Western Massachusetts Recovery Leadership Center

Early Psychosis Learning Collaborative (EPLC): The EPLC is a group of practitioners dedicated to learning about and implementing evidence-based practices for working with people in the early stages of psychosis. The collaborative engages members through regular T/TA and the dissemination of evidence-based practices for early psychosis.

Outcomes

- *Online Discussion Series:* Parts 1-6 Discussions focus on increasing feasibility and scalability of specialized early psychosis treatment
- *Psychopharmacology Consultation Line* Aug, Oct (2019), Apr, Jul (2020)
- *Three Clinical Briefs* (Cognitive Remediation Therapy, Telehealth, Screening for Psychosis)
- Webinar Series: Suicidal Behaviors in Clinical High Risk Populations; A Peer Support Model for Cultural Responsiveness when Facing Psychosis; Engagement in Early Psychosis; A Harm Reduction Approach to Substance Use in Early Psychosis; Non-Adherence and its Management in Early Course Psychotic Disorders

For more information on the programs and services of the New England MHTTC, or to access our Products and Resource Catalog, visit our [website](#).