YEAR 2 REVIEW 2019-20

<table>
<thead>
<tr>
<th>EVENTS</th>
<th>TRAINED</th>
<th>PRODUCTS</th>
<th>DOWNLOADS</th>
<th>E-COURSES TAKEN</th>
<th>VISITORS</th>
<th>SUBSCRIBED</th>
<th>VIDEO VIEWS</th>
</tr>
</thead>
<tbody>
<tr>
<td>65</td>
<td>7,502</td>
<td>64</td>
<td>2,312</td>
<td>2,673</td>
<td>36,531</td>
<td>4,413</td>
<td>5,468</td>
</tr>
</tbody>
</table>

GOALS OF THE NORTHWEST MHTTC

- Accelerate adoption and implementation of mental health-related EBPs.
- Heighten awareness, knowledge, and skills of the workforce.
- Foster alliances and address training needs among diverse partners.
- Ensure availability & delivery of free, publicly available training and TA.

AREA OF FOCUS Evidence-based practices (EBPs) for psychosis

Including CBT for psychosis (CBTp) & Assertive Community Treatment (ACT)

ADDITIONAL TOPICS OF TRAINING & TECHNICAL ASSISTANCE

- Integrated Care
- Peer Support
- Suicide Prevention
- Telehealth
- Families
- Trauma-Informed Support
- Culturally-Responsive Care
- Crisis Work

RESPONDING TO THE COVID-19 PANDEMIC

This year was like no other as our communities faced the coronavirus and continues to persevere. Our workforce had to quickly pivot to supporting people in new ways.

WE ARE GRATEFUL TO ALL OUR PARTNERS IN HELPING US RESPOND TO THESE NEEDS

- National ACT Calls weekly, now monthly
- Telehealth Topics with MHTTC Network
- Psychological First Aid for staff & leaders
- COVID-19 resources compilations
- 8-session Telehealth series
- Peer webinar topics supporting recovery
- Resources for children and families
- Self-Care strategies
In September 2019, Sarah Kopelovich, PhD and Jeffery Roskelley, LICSW trained a group of clinicians in formulation-based Cognitive Behavioral Therapy for psychosis (CBTp). The goal of the training was to help clinicians administer high-fidelity CBTp so that they can provide more effective psychotherapeutic treatment to their clients in an early psychosis coordinated specialty care program. The training program included a pre-workshop e-course, multi-day workshop with didactics and experiential learning, follow-along tele-consultation, and fidelity review of sessions. Dr. Kopelovich and Mr. Roskelley adhered to an implementation framework to help support practice facilitation and long-term sustainment. In addition to training 10 providers to administer the intervention, they also worked intensively with the Clinical Director toward completion of a CBTp Train the Trainer program, culminating in a detailed dissemination and sustainment plan.