YEAR 3 REVIEW
2020-2021
Includes our Primary Grant Award + Supplements for School Mental Health and Provider Well-Being

OUR REACH

- 19,321 TRAINED
- 262 EVENTS
- 3,122 E-COURSE PARTICIPANTS
- 23,581 VIDEO
- 136 PRODUCTS
- 2,072 DOWNLOADS
- 123,268 VISITORS
- 20,138 SUBSCRIBERS

OUR GOALS

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

AREA OF FOCUS FOR PRIMARY GRANT

Evidence-based Practices 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
- Culturally-Responsive
- Crisis Work
- Forensic Mental Health

PROVIDER WELL-BEING DURING THE PANDEMIC

We offered resources and guidance on best self-care practices to sustain providers in their professional roles during the ongoing pandemic. The diverse training, technical assistance, and consultation activities in the Provider Well-Being series targeted secondary traumatic stress, compassion fatigue, burnout, resilience, and organizational change.

'Every bit of it was practical, applicable, and helped to normalize - as well as give tools to navigate - the ongoing pandemic.'
YEAR 3 HIGHLIGHTS

Spotlight: Intensive Training & TA
Skills for Psychological Recovery (SPR) Learning Community

SPR is an evidence-informed intervention designed to help individuals gain skills to reduce ongoing distress, promote resilience, and effectively cope in the weeks and months after a disaster or crisis.

Over seven months, three faculty members from the Program for Trauma Recovery Innovations at the University of Washington led a cohort of twenty-two mental health providers in a learning community on SPR. Participants engaged in live direct learning, twice-monthly consultation calls, live check-in meetings, and conducted case presentations.

(L-R) Michele Bedard-Gilligan, PhD, Emily Dworkin, PhD, and Kristen Lindgren, PhD, ABPP

EVALUATION OF OUR IMPACT
98% would recommended our training to a colleague

'O wish my whole department was present.'
'Loved the activities that I will use with my staff.'
'lt provided key tidbits I want to bring to our senior leadership group.'

OUR 4 ONLINE COURSES ARE IN DEMAND!
Since launching 2 years ago, over 6,000 people enrolled!

- Violence Risk Assessment & Management
- The Psychiatrist's Guide to Population Management of Diabetes
- CBT for Psychosis ePrimer
- Empowering Wellness in Mental Health

ASSERITIVE COMMUNITY TREATMENT (ACT)
Continued support of ACT Teams nationally through:
- Consultation calls reaching over 2500 providers & stakeholders
- Launching an ACT Fidelity COVID-19 Task Force
- Four-part Team Leader project
- Training 24 staff in Mindfulness-Based Stress Reduction (MBSR)

STRIVING FOR EQUITY
Health inequities & pervasive racism still affect our communities of color.

There is much more to do to achieve equity, so we’re taking action by:
- Supporting training events with national experts & new voices
- Comparing satisfaction survey ratings among audience demographics
- Doing internal equity & anti-racist work
- Helping lead the MHTTC Network’s Culturally Responsive Work Group
- Using the TTC Racial Equity Tool to inform our activities

YEAR 3 E-COURSE COMPLETIONS

YEAR 4 PLANS
Looking ahead, we are focusing on:
- Using feedback from our 2021 Regional Needs Assessment to plan responsive topics and experiences
- Innovating strategies to deliver high-quality virtual learning communities
- Creating new on-demand products
- Activities to address diversity, resilience, equity and racism

mhttcnetwork.org/northwest
northwest@mhttcnetwork.org
@NorthwestMHTC
bit.ly/nwmhttcnews
@Northwestmhttc