



Great Lakes (HHS Region 5)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

## Great Lakes Mental Health Technology Transfer Center: Year Three in Review: August 15, 2020 – August 14, 2021

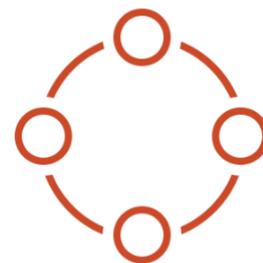
The Great Lakes Mental Health Technology Transfer Center (MHTTC) provides training and technical assistance to behavioral health providers and other stakeholders in HHS Region V: Minnesota, Illinois, Wisconsin, Michigan, Indiana, and Ohio. Our mission is to promote the implementation of evidence-based mental health practices through the delivery of high-value training and technical assistance targeted to local and regional needs.

### Impact of the Pandemic

The COVID-19 pandemic continues to have an impact on the provision of training and technical assistance. Since mid-March 2020, we ceased all in-person training events and have offered our services virtually. The Great Lakes Mental Health Technology Transfer Center is closely monitoring the impacts of COVID-19 before offering in-person training and events. We are surveying participants to gauge interest and hesitation for in-person events. We have seen great success in offering virtual trainings that remove travel cost and time barriers and enable more providers to participate. We also hear from providers that they would like to return to more in-person events when it is safe. Our provider association subcontractors in each of our six states continue to offer events virtually as well. We look forward to the time when we can offer both in-person and virtual trainings to help meet our providers' variety of needs.

### Area of Focus: Process Improvement in Behavioral Health

The Great Lakes MHTTC provides training and technical assistance in the NIATx model of process improvement, which helps behavioral health organizations to identify and address problems in their work processes, speed up and sustain the adoption of evidence-based practices, and reduce barriers to access to and retention in treatment. NIATx training is typically delivered through a one-day Change Leader Academy (CLA), with ongoing coaching following the one-day skill-building session. In response to COVID-19, we developed and launched a virtual version of the CLA. During Year Three, five Virtual NIATx Change Leader Academies were held in our region, with 94 individuals trained.



The CLA is being developed as an online course and will be available on-demand through HealthKnowledge, the Network's online learning portal.



## Year Three Highlights

During Year Three, the Great Lakes MHTTC continued to build relationships with key stakeholders across the region, including consumer and family-run organizations, state behavioral health authorities, local behavioral health and primary care providers, and others. Central to this network of relationships are our subcontracts with behavioral health provider associations in each of our six states. In collaboration with these organizations, we can better assess and meet varying needs at the state and local levels.

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participants

During Year Three, the Great Lakes MHTTC nearly doubled our offerings by providing 145 training and technical assistance events attended by 15,079 participants. Of this number, 52 events were sponsored by our state subcontractors. Events included a mix of virtual trainings, intensive technical assistance projects, webinars, meetings, and conference exhibiting events. The events this past year comprised of 25 webinars, 42 training events, four intensive technical assistance activities, four meetings, and one in-person conference exhibiting event.

*Specific project highlights include:*

**Dialectical Behavioral Therapy (DBT) series:** This series offered seven virtual trainings approximately every three weeks starting January of 2021 to practitioners throughout the Great Lakes Region. The trainings were offered by five board certified DBT trainers.

- Session 1: *Introduction to DBT*- 432 participants
- Session 2: *DBT: Core Mindfulness*- 316 participants
- Session 3: *DBT: Emotional Regulation Skills*- 340 participants
- Session 4: *DBT: Interpersonal Effectiveness Skills*- 336 participants
- Session 5: *DBT: Distress Tolerance Skills*- 330 participants
- Session 6: *DBT: Adolescent Adaptation Part 1*- 198 participants
- Session 7: *DBT: Adolescent Adaptation Part 2*- 165 participants

This series later developed into a learning collaborative fully sponsored by Wisconsin Department of Health Services for Wisconsin practitioners wanting to become board-certified practitioners. The series is supported by Great Lakes MHTTC, Wisconsin DHS, and the University of Wisconsin- Green Bay Behavioral Health Training Partnership and will occur during year four.

**Enhanced Illness Management and Recovery (E-IMR) Skills Training:** This virtual skills training was offered to practitioners in two different cohorts in Illinois and Wisconsin in 2020. This year, GLMHTTC was able to offer it again in Michigan. Twenty-five individuals were trained by the University of Minnesota Center for Practice Transformation in the E-IMR model. One hundred thirty-eight individuals from three states in our region were trained in this evidence-based model.



**Take 10 podcast with Mark Sanders:** The *Take 10* podcast features 10 minutes of ideas and inspiration focused on provider self-care and well-being during the COVID-19 era. The podcast is written and hosted by Mark Sanders, LCSW, CADC. All episodes are posted on the [Great Lakes Wave podcast channel](#). The series is also available for listening on the Great Lakes MHTTC YouTube channel and on Apple Podcasts, Google Podcasts, Spotify, and other platforms.



**Communications:** Communication activities increased visibility of the Great Lakes MHTTC and the MHTTC Network as a whole:

- A comprehensive communications plan
- Great Lakes MHTTC website updated weekly
- Great Lakes MHTTC monthly e-newsletter, *The Great Lakes Current*
- Social media presence expanded: Twitter, Facebook, and YouTube
- Databank account for customer relationship management. Our current mailing list has 10,980 subscribers, a 5648.69% increase from our June 2019 total of 191 subscribers.
- To increase awareness of the Great Lakes MHTTC throughout the region, the state subcontractors sent monthly announcements about upcoming trainings and new products to their networks and email contact lists.
- In Year Three, the Great Lakes MHTTC added a new weekly email update to keep our audiences up to date on current event offerings.

### Great Lakes MHTTC School Mental Health Supplement

Under the direction of a full-time School-Based Mental Health Project Manager, we continued our relationships with a variety of stakeholders in state government, school districts, and community mental health centers to identify ongoing needs and provide targeted technical assistance and training opportunities. "In addition to working with the Network Coordinating Office and other regional MHTTC school mental health leads to develop and deliver national initiatives for ClassroomWISE and the National School Mental Health Best Practices, significant accomplishments included:"



Coordinating 44 training events for 5,074 participants.

- Conducting a four-part webinar series on The Impact of Mental Health on Students and Youth with an average of 183 participants per session.
- Leading an ITA project on School-Based Suicide Prevention learning collaborative with 14 districts from six states.
- Leading an ITA project on implementing Teen Mental Health First Aid (tMHFA) in high schools with 20 participants engaging in a learning collaborative and receiving training to become tMHFA instructors.



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## Great Lakes MHTTC Well-Being Supplement

New for Year Three, the Substance Abuse and Mental Health Services Administration (SAMHSA) provided an additional Well-Being supplement. The COVID-19 pandemic has brought additional challenges to already challenging work. With rapid changes in service delivery, longer hours, and the increased need for services to treat clients struggling with COVID-19-related anxiety, stress, depression, and grief, practitioner self-care and well-being became more important than ever. The Well-Being supplement offered 52 unique events/products/items, which served 4,517 individuals who completed 1,248 GPRA surveys. While the supplement funding has ended with the end of Year Three, the Great Lakes MHTTC recognizes the need for continued focus in this area and plans to dedicate ongoing support throughout our region.



## Connect with the Great Lakes MHTTC:

Website: <https://mhttcnetwork.org/centers/great-lakes-mhttc/home>

Follow us on Facebook: @GreatLakesMHTTC

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