



PRODUCTS DEVELOPED



CORE

First Episode Psychosis Resource List



SCHOOL MENTAL HEALTH

Interconnected Systems Framework (ISF) Series Resource Guide



WELLNESS

Resources for the Mental Health Workforce Serving Agricultural Workers



TOP 5 MOST VIEWED PRODUCT PAGES (YEAR 3)

1. Trauma Informed Suicide Prevention: Leading School District, County, and State Systems: Part 1 Policy
2. Compassion Fatigue Resilience Series: Self-Regulation
3. Compassion Fatigue Resilience Series: Self-Care Resources for the Mental Health Workforce Serving Agricultural Workers in Pacific Southwest SAMHSA Region 9
4. Trauma Informed Suicide Prevention: Leading School District, County, and State Systems Part 3: Risk and Assessment



TOP 5 DOWNLOADED PRODUCTS (YEAR 3)

1. Virtual Learning Guide
2. School Mental Health Crisis Leadership Lessons: Voices of Experience from Leaders in the Pacific Southwest Region
3. School Mental Health Wellness Wednesdays (Slides and Handouts)
4. School Mental Health Crisis Leadership Lessons: Voices of Experience from Leaders in the Pacific Southwest Region - Reflection Worksheet
5. Telehealth Clinical and Technical Considerations for Mental Health Providers

RESPONDENT PROFESSION

857 Social Worker	533 Counselor	195 Educator
-----------------------------	-------------------------	------------------------

CORE

122 Social Worker	74 Counselor	48 Educator
-----------------------------	------------------------	-----------------------

SCHOOL MENTAL HEALTH

65 Social Worker	46 Counselor	11 Health Educator
----------------------------	------------------------	------------------------------

WELLNESS

WELLNESS WORK



Trauma Informed, Resilience Oriented (TIRO) Approaches to Client and Provider Self-Care

TIRO Spring Seminar, Tools from Trauma Informed, Expressive Arts Therapy



Culturally Responsive, Self and Communal Care

Witness to Witness series



Stress-Management/Burnout Prevention and Professional Community Building

We Are the Pillars Podcast Series

PARTICIPANT FEEDBACK

“ The best part was the continued focus on self-care as well as how to apply these practices to the peer staff that I supervise while maintaining my own healthy boundaries.

Filling Your Cup: Self Care with and for Youth Peers

“ It gave me the language to bring up this topic in the workspace. It also enabled me to take a deeper dive into what is available for grief in my district and where we can improve...It was great to connect with people from all over the region and hear what's happening in different agencies/districts...I learned how to take steps to implement more in depth grieving processes in the workplace. I learned from my lab colleagues that we were really all in it together, making observations, engaging in discussion, and learning how to create plans together.

School Mental Health Grief Readiness Lab

“ Thank you all for this incredible training and learning and growing experience! I will continue to soak in and reflect on these learnings for some time I think. Also, this was the best training I have attended on zoom throughout the pandemic! I really appreciated how you all embodied the TIRO principles- this helped me to feel more grounded and connected and thus get more out of the learning and healing experience!

TIRO Spring Seminar Practice Lab



TARGETED TA



GPRA EVENTS

48	34	9
CORE	SMH	WN



GPRA EVENT PARTICIPANTS

3,479	3,749	1,261
CORE	SMH	WN



GPRA SURVEY RESPONDENTS

1,091	613	246
CORE	SMH	WN



90%

of survey respondents expect to use the information gained

Y3 LEARNING SERIES:

- » **Bold Conversations** (CORE)
- » **Discussions That Matter** (CORE & SMH)
- » **Trauma Informed & Resilience Oriented Health Care Leadership Seminar** (Wellness)
- » **We are the Pillars: A Podcast Club for Providers** (Wellness)
- » **Enhancing MTSS - Integrating Student Mental Health and Wellness through Systems, Data, and Practices** (SMH)
- » **Supporting (Im)migrant School Mental Health Community of Practice** (SMH)
- » **School Mental Health Grief Readiness Lab** (SMH)

ADVISORY BOARD

We have an operating Advisory Board that meets quarterly. Below are the number of representatives by state/region.



MHTTC NATIONAL NETWORK COLLABORATIONS

Our region is excited to be a part of numerous collaborations with the NCO.

