

Focusing On Provider Well-Being



Northwest (HHS Region 10)

MHTTC

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

The COVID-19 pandemic has had a significant impact on mental health in our communities and in our work force.

The MHTTC Provider Well-Being Initiative was established to support provider well-being, optimize provider satisfaction and health, and build strategies for ongoing self-care to enhance personal and professional resilience.

50 
LIVE EVENTS

46 
PRODUCTS

16 
PODCASTS

2717 
VIDEO VIEWS

4573 TOTAL PARTICIPANTS

“

I just LOVED this training. Thank you for bringing these important themes. I think the thing that touched me most was about finding joy when you feel cynical, learning how to stop and take plenty of deep breaths when you are either at home working or at work.

”

– Participant in Rebekah Demirel's series "We Make the Path by Walking"



WE MAKE THE PATH BY WALKING, REBEKAH DEMIREL

- Eight-part series of webinars and podcasts
- Psychotherapeutic modalities drawn from East Asian medicine, as well as meditation and breathing practices
- Interactive sessions with group discussion, singing and voice-work, and body awareness techniques

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LEARNING COMMUNITIES & WEBINARS, C4 INNOVATIONS



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- Providing Trauma-Informed Supervision (Learning Community)
- Best Practices in Whole Person Care (Learning Community)
- Selected webinar topics: Staff Resilience & Recovery, Trauma and Its Impact, Motivational Interviewing, Equity, Developing Anti-Racism Strategies, and Post-Traumatic Growth

PROVIDER WELL-BEING WITH ALEKS MARTIN

- Eight-part series of webinars and podcasts
- Build resilience through self-care practices
- Special focus on the needs of LGBTQI2+ and BIPOC communities

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DISASTER RESPONSE & BEHAVIORAL HEALTH, DR. KIRA MAUSETH

- Webinars and workshop-style skill-building modules
- Topics include burnout, compassion fatigue, managing family/work demands, communication and de-escalation techniques, resilience, grief, and impacts of the COVID-19 pandemic

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BEHAVIORAL HEALTH INSTITUTE

HARBORVIEW
MEDICAL CENTER
LW Medicine KingCounty

HEALTHY HEALERS

- Train-the-Trainer program in Alaska
- Targeted toward Indigenous rural providers
- Designed to increase job satisfaction and reduce burnout



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

FIRST EPISODE / EARLY PSYCHOSIS PEER SPECIALISTS

- Four-part series of consultation calls aimed at supporting peer specialists working with first episode psychosis in coordinated specialty care programs
- Topics include intentional self-care, utilizing strengths, identifying boundaries, and turning challenges into opportunities



MBSR FOR ACT TEAMS, MICHELLE MCDONALD-LOPEZ

- Two-part learning series + consultation calls for ACT teams
- Teaches about mindfulness-based stress reduction (MBSR), its benefits, and the impact of mindfulness on the brain
- Support for participants to develop a daily self-care practice, express gratitude and self-compassion, recognize imposter syndrome, and practice radical acceptance



'FAMILY BRIDGER' PEER NAVIGATOR PROJECT

- Pilot program where experienced caregivers train to be peer navigators who work with new caregivers for loved ones experiencing early psychosis
- Experienced caregivers receiving training and consultation on providing interpersonal support, education, advocacy, resource provision, and skill-building



Supporting Psychosis Innovation through Research, Implementation & Training