Fall 2022 Advisory Board Meeting

September 21, 2022

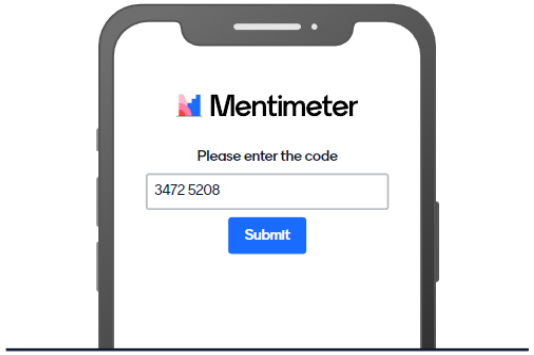
Northwest (HHS Region 10)

MHTTC Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Go to

www.menti.com



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Or use QR code

LAND ACKNOWLEDGMENT

Based in Seattle, The University of Washington acknowledges the Coast Salish peoples of this land, the land which touches the shared waters of all tribes and bands within the Suquamish, Tulalip and Muckleshoot nations.

May we always honor their spirit and heritage while working for justice in their communities.

To identify the stewards of your land, visit https://native-land.ca/

Agenda

- Checking in
- Updates
- Year 4 Highlights
- Year 5 Training Plan
- State Breakouts
- Now & Beyond Breakouts
- Wrap up & Next Steps

Checking In

ANCIENT NUTRITION
BONE BROTH PROTEIN
PUMPKIN SPICE

Cheerios
OATS

pumpkin spice
JELL-O

Peeps
Pumpkin Spice
Flavored Marshmallow Dipped

Trident
LAYERS
PumpkinSpice

simply beyond
SPRAY-ON SPICE
Relax
TAKE IT EASY

SPAM
- LIMITED EDITION -
PUMPKIN SPICE
SAMPLE PRODUCT - NOT FOR SALE
SAMPLE

Nature's Promise
Organic
USDA
Pumpkin Spice
Chicken Sausage

Updates

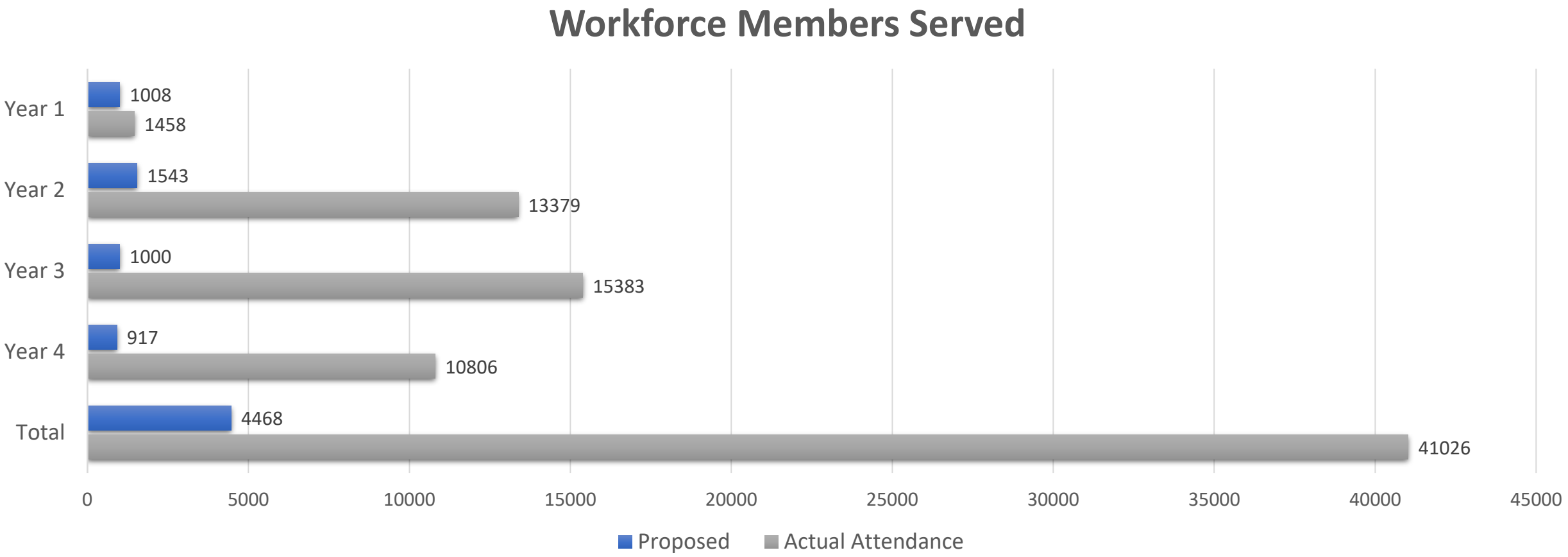
- SAMHSA
- MHTTC Network
- Northwest MHTTC
- Members

Year 4 Highlights

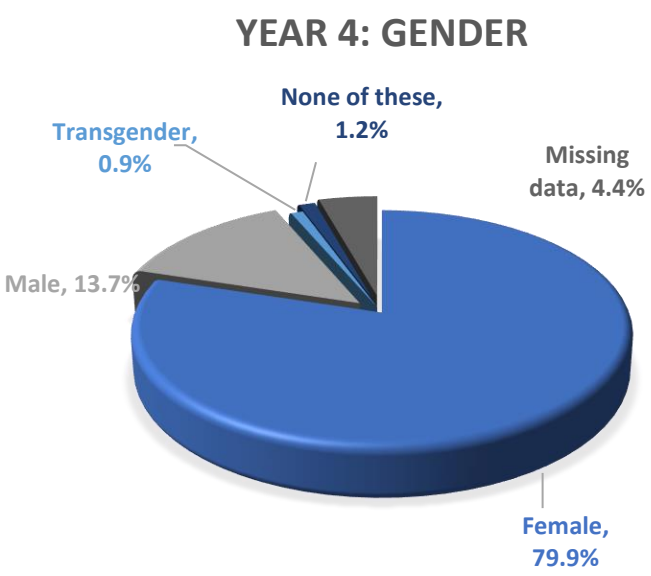
Year 4 Data

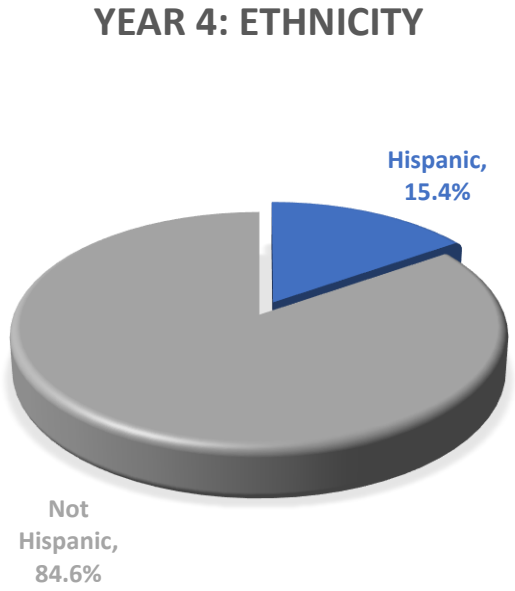
Progress towards GPRA targets: Number of participants

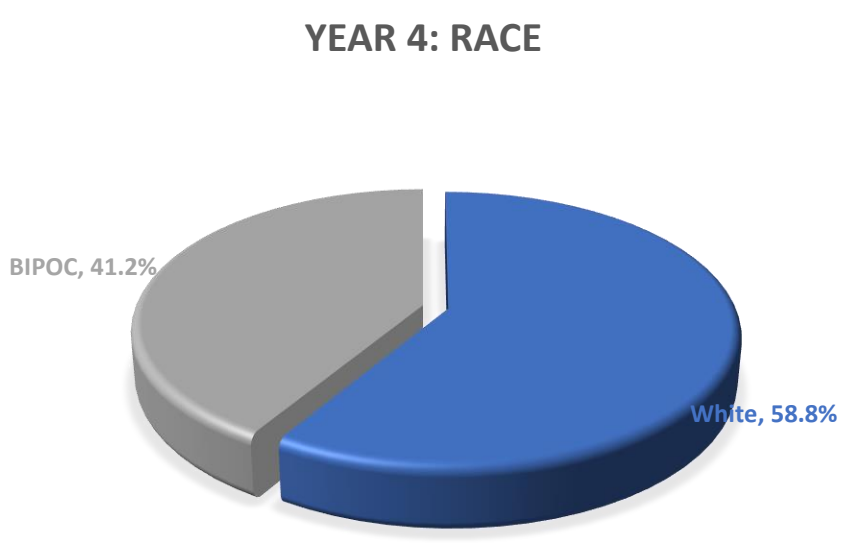
- Based on GPRA forms accepted by SAMHSA's Performance Accountability and Reporting System (SPARS) report through the end of Year 4:

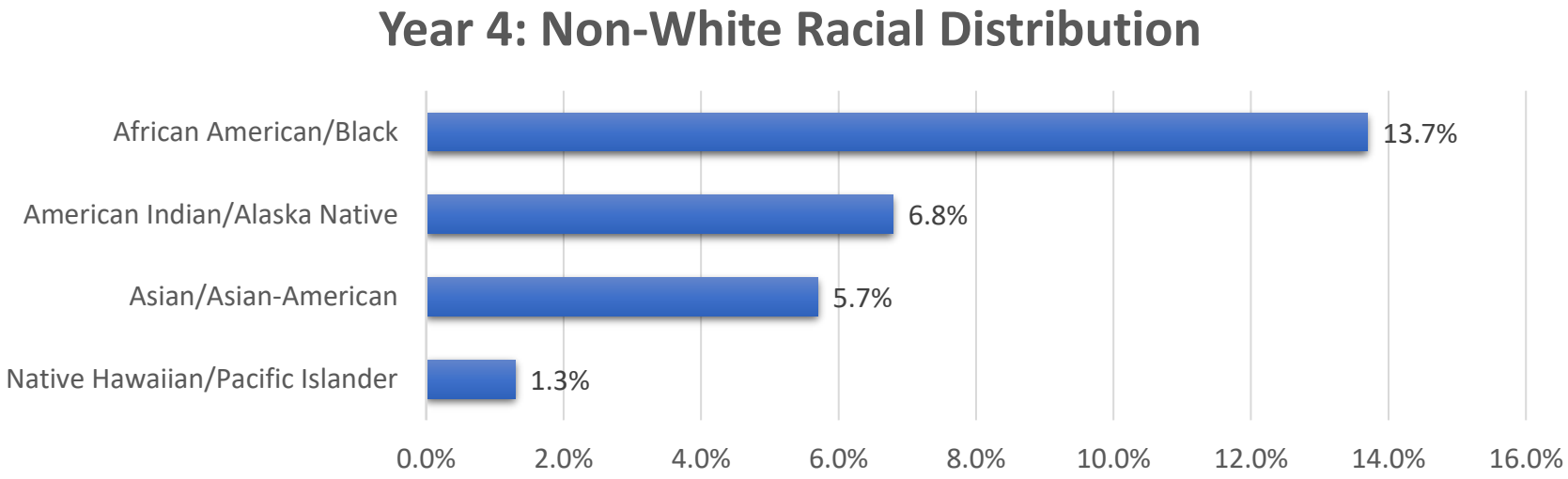


Who have we served during year 4?



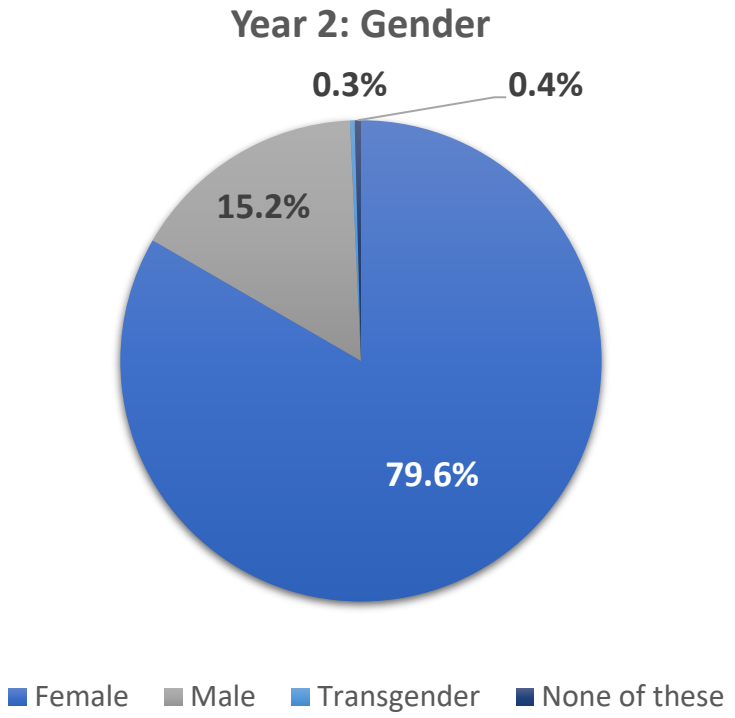


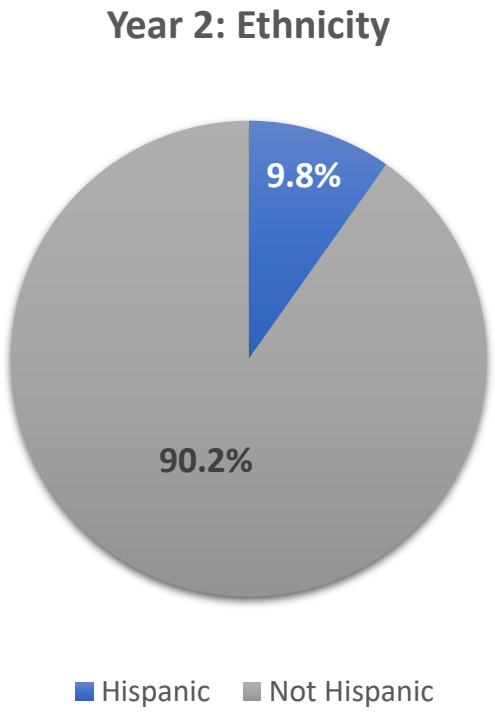


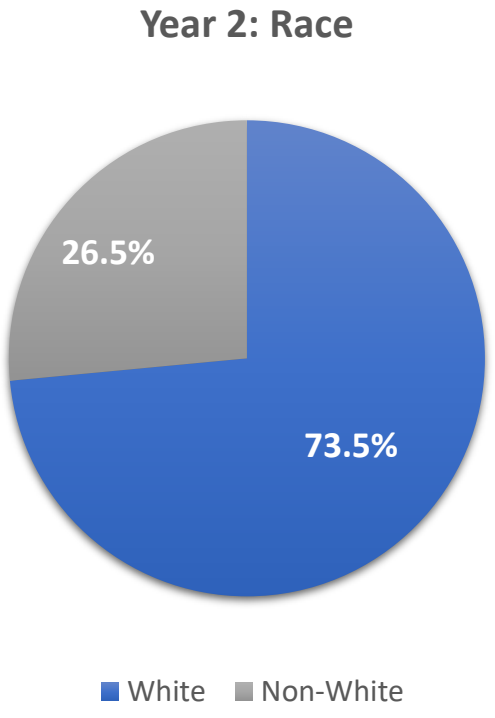


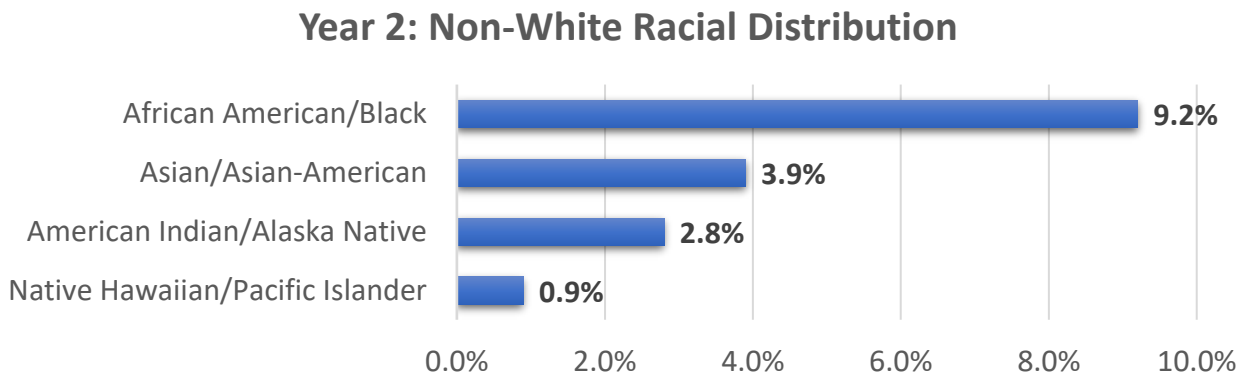
*Based on GPRA surveys from 4354 participants in Year 4

Who have we served during year 2?



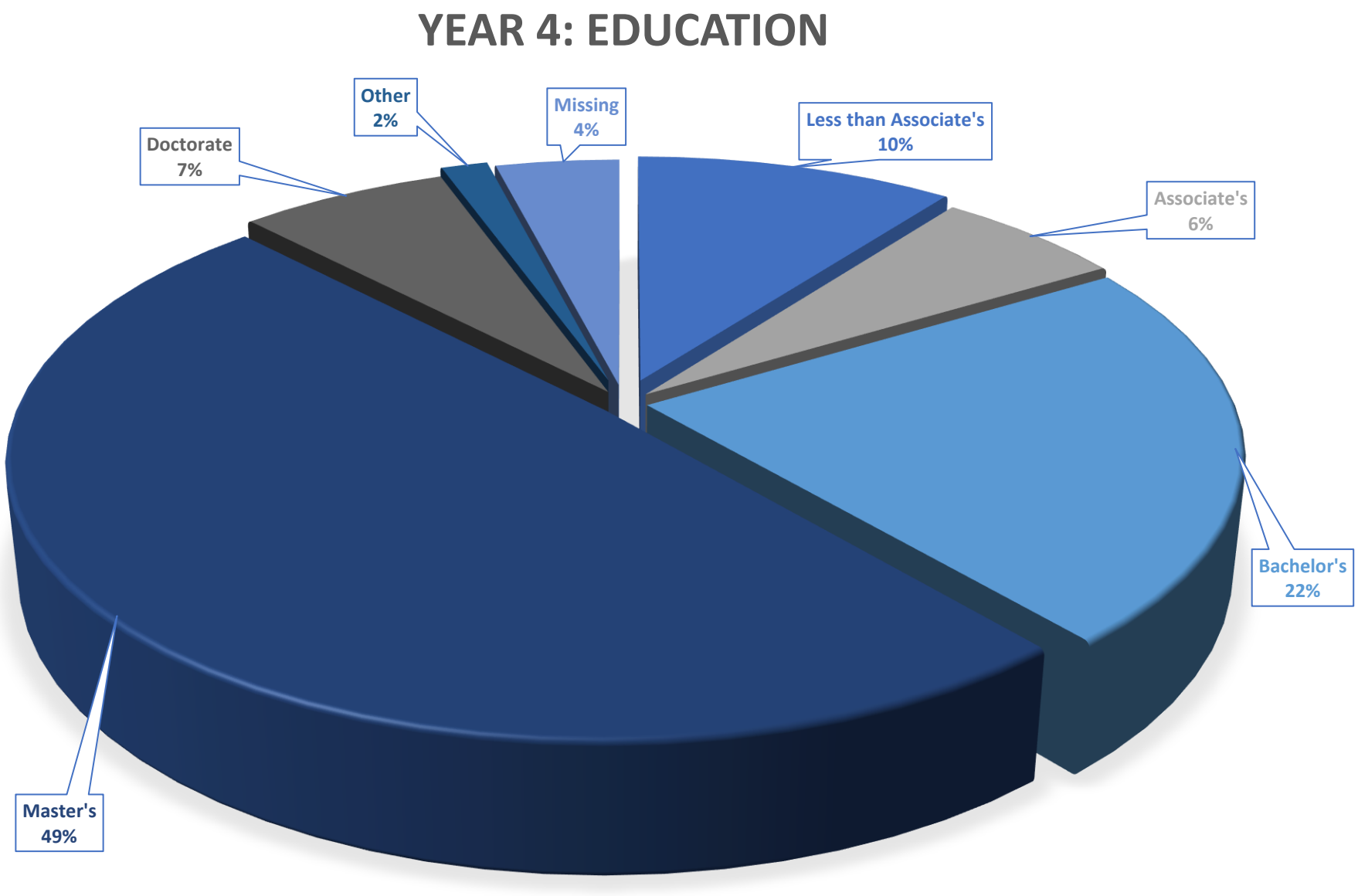






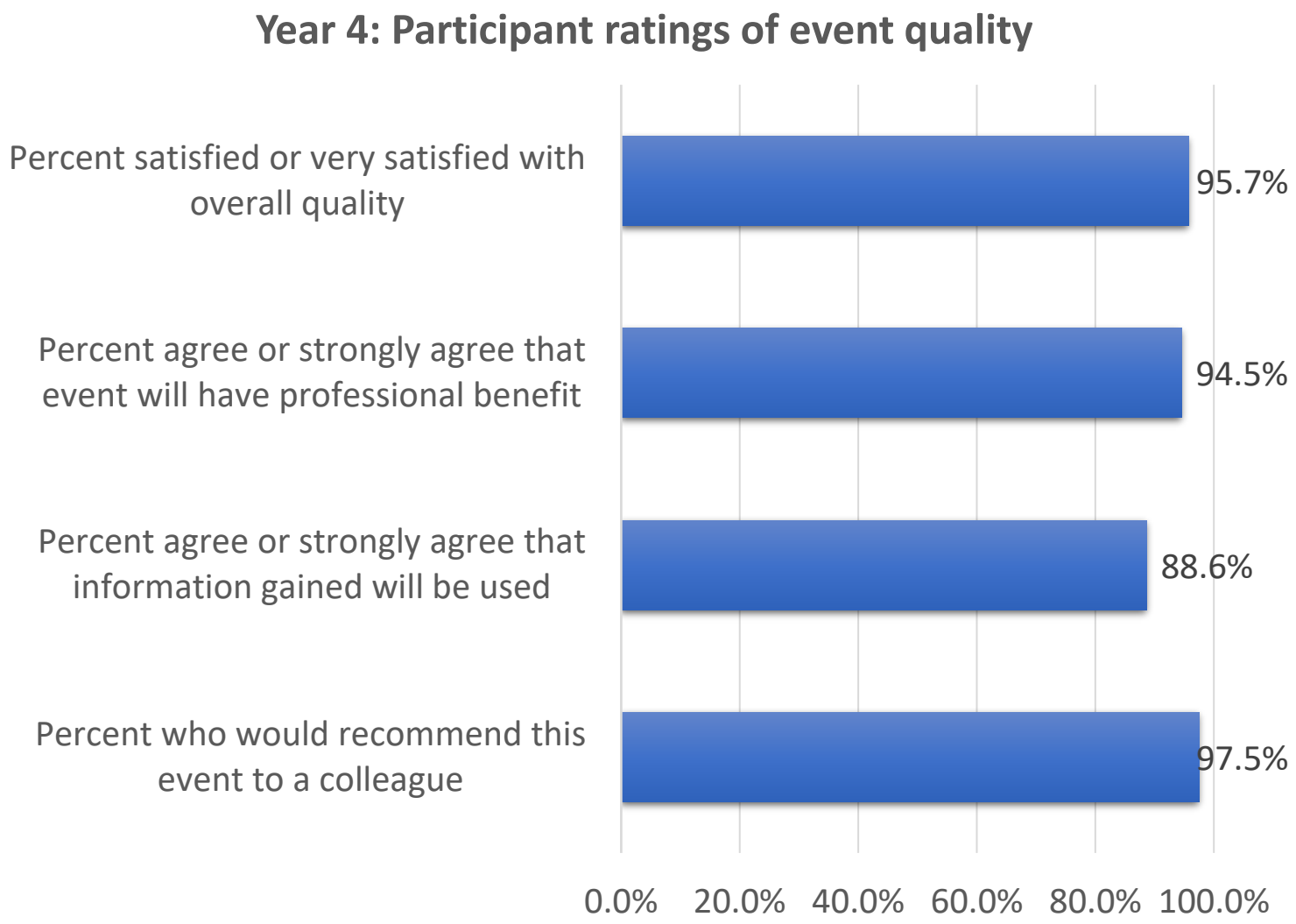
*Based on GPRA surveys from 5049 participants:

Who have we served during year 4?



How have we served during year 4?

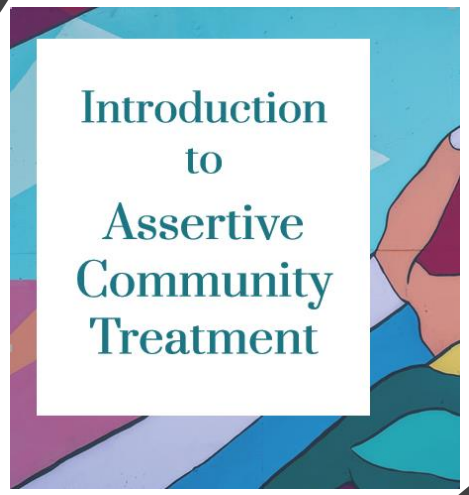
Based on GPRA surveys from 4354 participants:

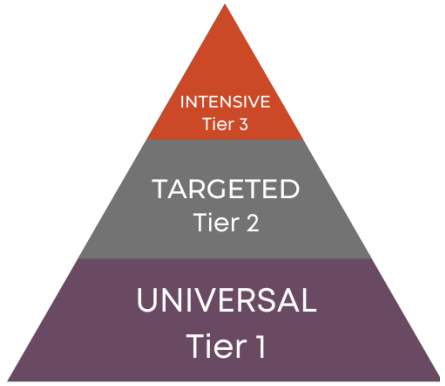


Northwest (HHS Region 10) MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

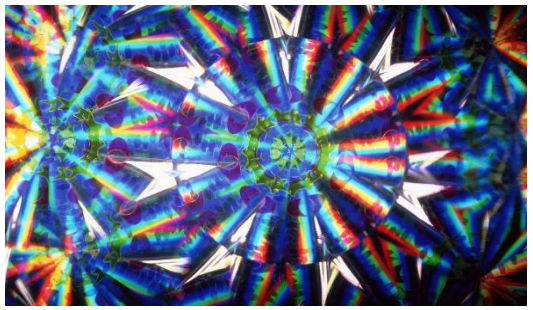
National American Indian & Alaska Native MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

HealtheKnowledge





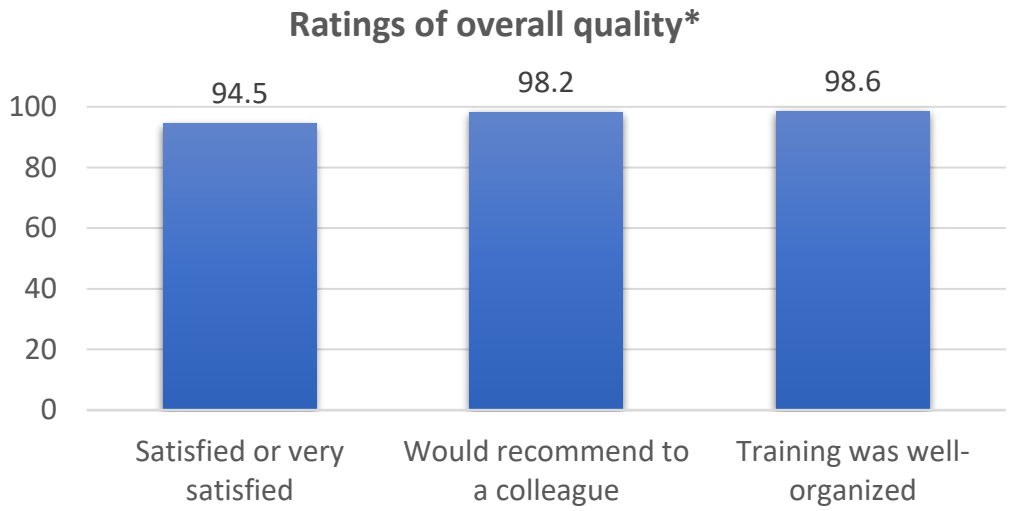
- Crisis Response, Management & Recovery
- Taming Turbulent Times
- Vitality for Behavioral Health Care Supervisors and Leadership
- Knowing Head, Heart, and Gut: A Learning Community for Supervisors
- Kaleidoscope: A Learning Community for Multicultural Providers
- LGBTQ+ Youth/YA Suicide Awareness & Prevention for Families

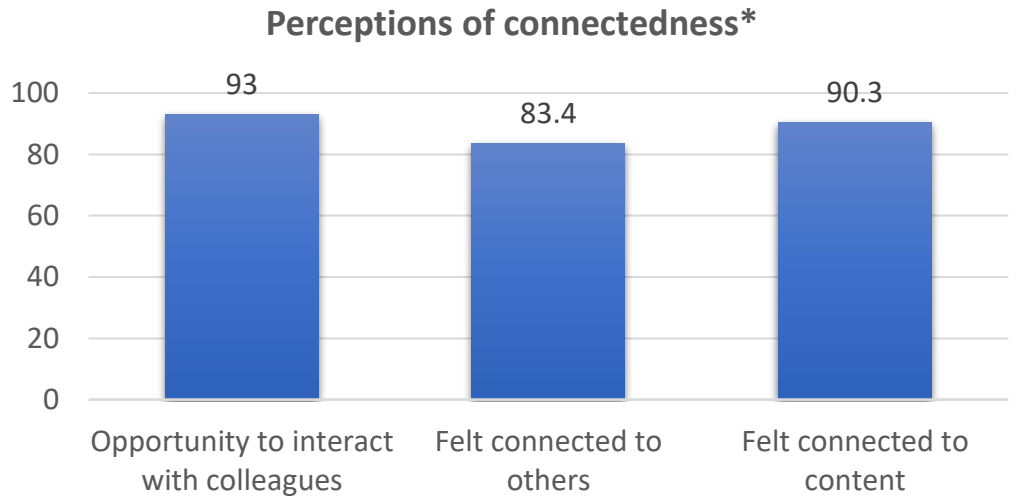


Learning Communities

- ✓ *Engagement before series*
- ✓ *Reminders of learning between sessions*
- ✓ *Post-Event "make it stick" training points*

How were online Learning Communities received?





Anticipated impact from participants:

- *How to communicate effectively with people that are experiencing a wide variety of needs/stress*
- *Working with a diverse population, it will add more understanding to people I encounter*
- *Working to better engage and build rapport with the client population, which can be insular and self-protective*
- *Being more focused on promoting community connections*
- *How we approach staff regarding self-care and feelings of purpose*

Training Plan Year 5

Top-ranked training topics in Region 10

- Trauma (including trauma informed care)
- Co-occurring mental health and substance use disorders
- School-based mental and behavioral health promotion, prevention, and intervention services
- Motivational interviewing
- Crisis de-escalation
- Cultural considerations in mental health
- Grief, loss, and bereavement
- Mental health awareness and literacy (including mental health first aid and stigma)
- Positive behavior interventions and supports (PBIS)
- Microaggressions; implicit bias prevention and intervention in service design and implementation

Region 10 Priority Populations for training:

Children/adolescents:

Youth/young adults/transition aged youth (ages 14-25)

Children/youth with SED (ages 6-18)

Adults

Adults (ages 18-64) with serious mental illnesses (SMI)

Adults (ages 18-64) general mental health

Race/Ethnicity

Indigenous Persons, American Indian and Alaska Native

Hispanic/Latino

Gender

Women

Gender diverse

Mental health needs of mental health professionals

Mental health providers

First responders

Mental health needs of other providers

Family and other caregivers

Educators K-12

Other populations

Individuals experiencing homelessness or unstable housing

Individuals who have low incomes and/or living in poverty

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AREA OF FOCUS:

EVIDENCE-BASED PRACTICES FOR PSYCHOSIS

SPIRIT
UW Medicine
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

***S**upporting **P**sychosis **I**nnovation through **R**esearch, **I**mplementation, & **T**raining*

Integrated Care Training Program

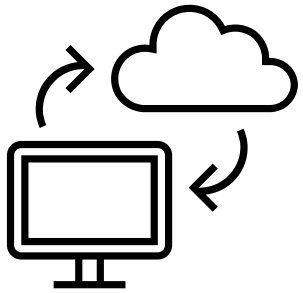
UW Psychiatry & Behavioral Sciences

GLOBAL MENTAL HEALTH
UNIVERSITY of WASHINGTON

AIMS CENTER | UNIVERSITY of WASHINGTON Psychiatry & Behavioral Sciences

BARCH
University of Washington
Behavioral Research Center for HIV

SPIRIT
UW Medicine
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES



SPIRIT
UW Medicine
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

HealtheKnowledge

SPIRIT
Supporting Psychosis Innovation through Research, Implementation & Training
UNIVERSITY of WASHINGTON

Essentials of Care for Supporting Individuals with Serious Mental Illness: A Learning Lab Series

Learning Community with 8 weekly sessions:

- Recovery-Based Care
- Creating a Supportive Environment
- Trauma-Informed Care
- Overview of Serious Mental Illness (SMI)
- Building Communication
- Substance Use
- Culturally Responsive Care Practices
- Crisis Response

Free Mental Health Institute for Washington State Providers | Fall 2022

Training Details

Northwest (HHS Region 10) MHTTC
Mental Health Technology Transfer Center Network

Washington State Health Care Authority

Center on Human Development and Disability

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UW Medicine
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3 tracks over 3 months with close to 30 sessions:

- *Co-Occurring Disorders*
- *Intellectual and Developmental Disabilities*
- *Social Justice & Inclusion*

Stretch Break

STATE & REGIONAL BREAKOUTS

HEAR

THEMES & TRENDS

GATHER

IDEAS

IDENTIFY

OPPORTUNITIES

STATE & REGIONAL BREAKOUTS SHARING

TOPIC BREAKOUTS

REFLECT

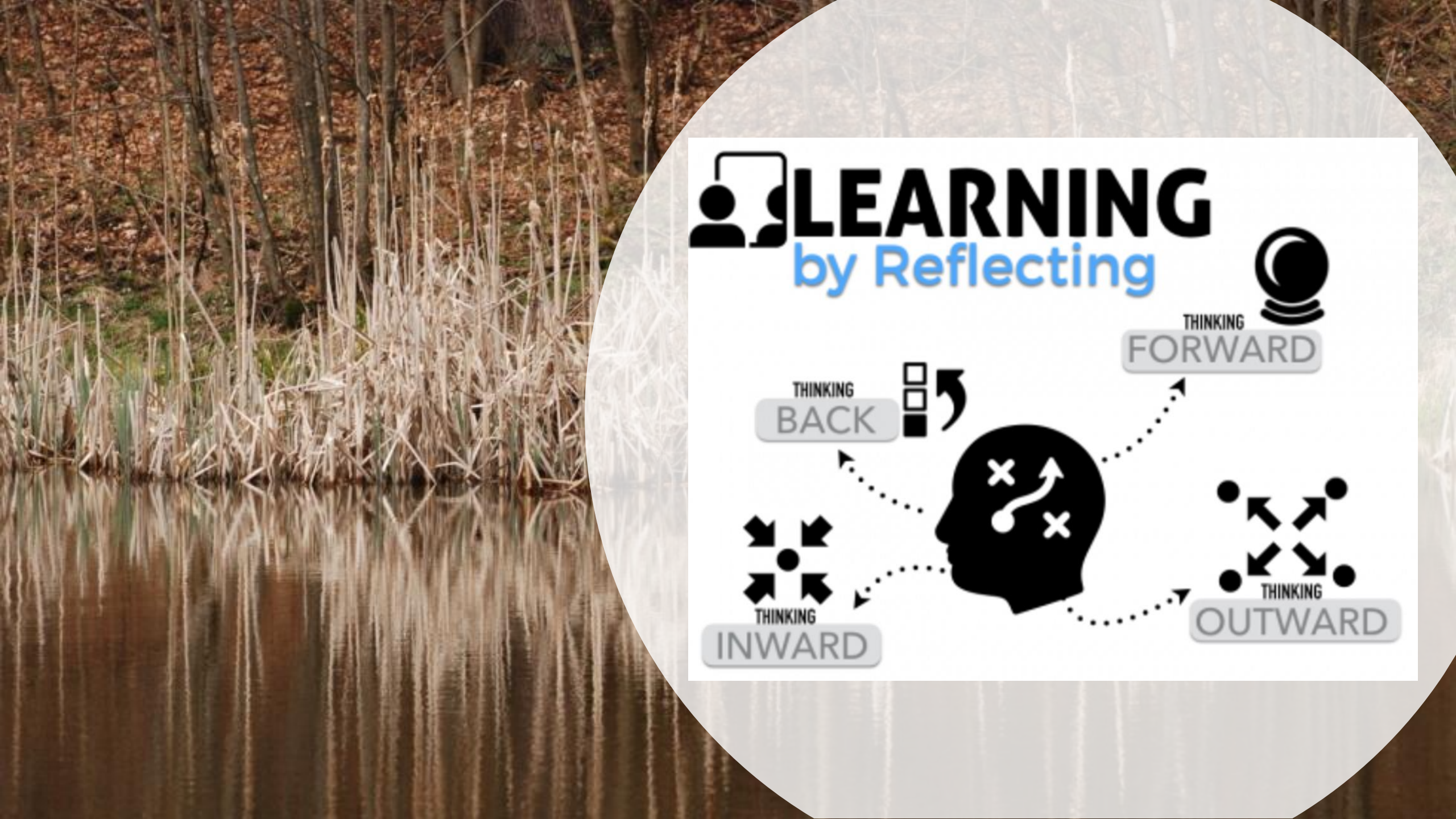
PAST & FUTURE

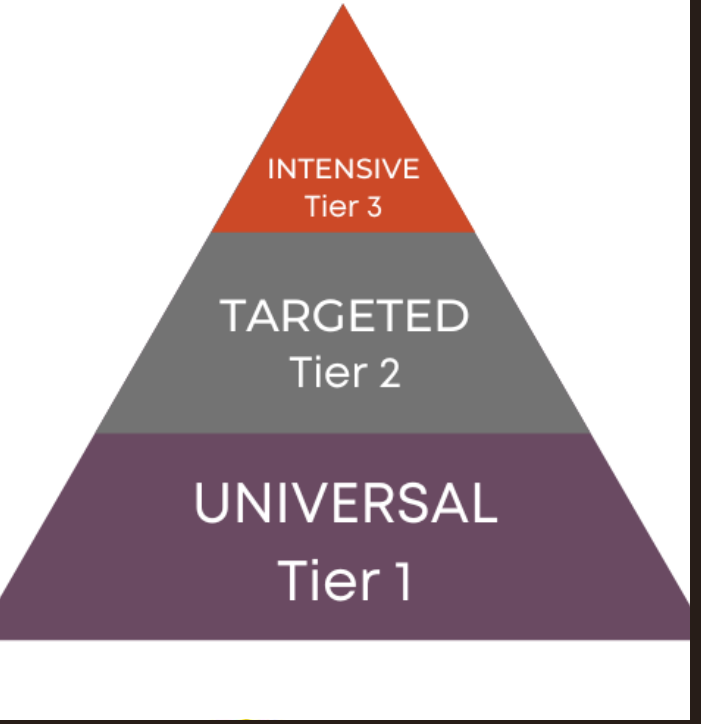
DISCUSS

OPTIONS & PATHS

PLAN

ACTION STEPS

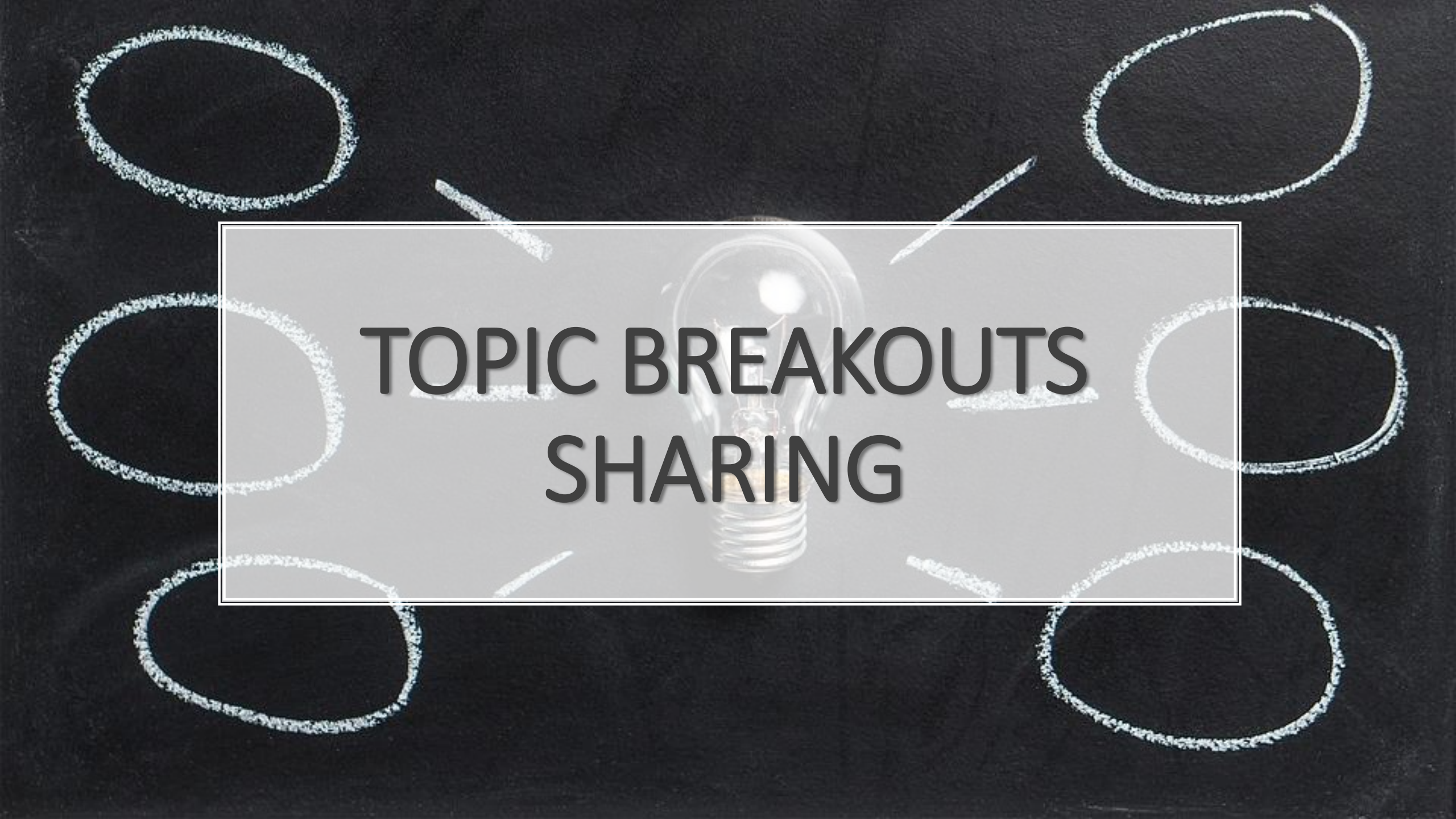

LEARNING
by Reflecting
THINKING
FORWARD
THINKING
BACK
THINKING
INWARD
THINKING
OUTWARD



HOW DO WE PRIORITIZE OUR EFFORTS?

WHERE DO WE WANT TO BE BY NEXT YEAR?

Fulfilling	**Our mission & making an impact**
Serving	**The workforce and field**
Disseminating	**EBPs and culturally responsive practices**
Preparing	**For hopeful grant renewal**


TOPIC BREAKOUTS
SHARING

Wrap up & Next Steps

PLEASE COMPLETE EVALUATION

NEXT MEETING FRIDAY 12/2/22 10A-12P PT

TAKE CARE, BE SAFE & WELL