

Winter 2022 Advisory Board Meeting

December 2, 2022



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

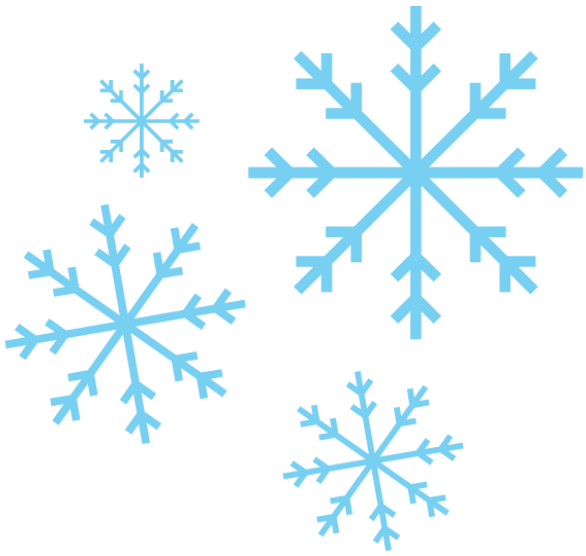
Funded by Substance Abuse and Mental Health Services Administration

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 Reports & Year 5 Plans

Current Projects Check-In

2023 Planning

988 & Crisis Workforce

Responding to Gun Violence

Wrap up & Next Steps

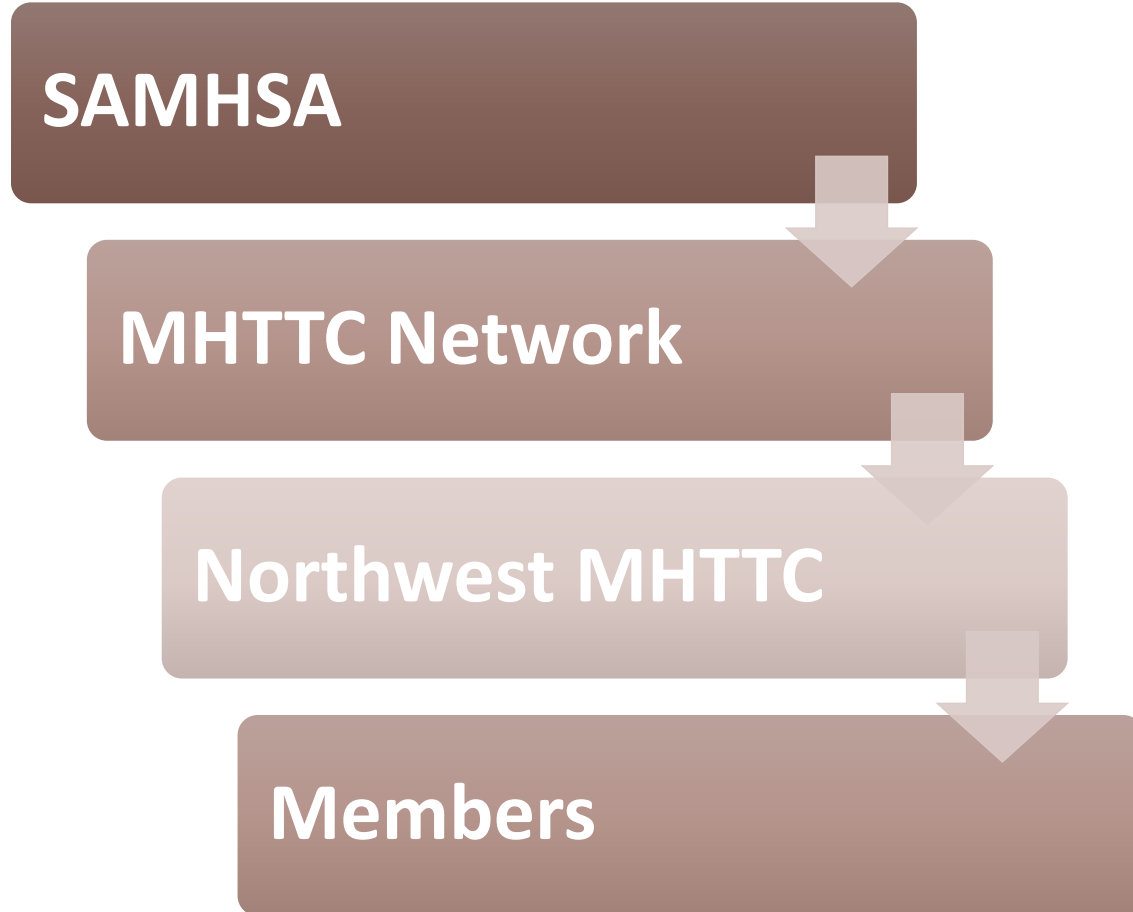


Checking In

What is the coolest animal you have seen in nature?



Updates





Year 4 Reports & Summaries



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

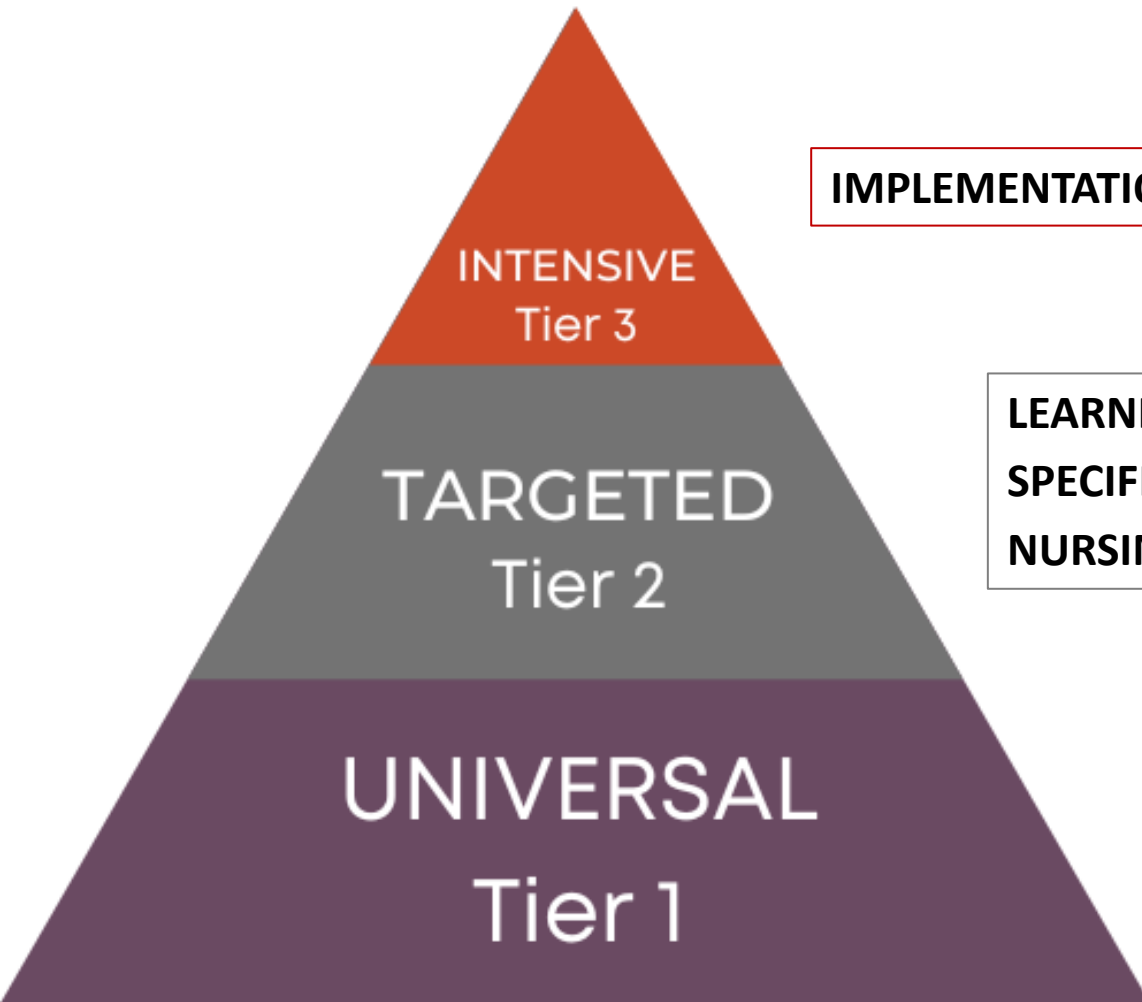
Family and other caregivers

Educators K-12

Other populations

Individuals experiencing homelessness or unstable housing

Individuals who have low incomes and/or living in poverty



IMPLEMENTATION SUPPORT: Idaho ACT Team Consultation & Start-Up

LEARNING COMMUNITIES: Essentials of Care, Crisis Workforce, Equity

SPECIFIC PARTNERSHIPS: Native Communities in Region 10

NURSING COLLABORATIVE: Teams working with Early Psychosis

NEWSLETTERS, WEBSITE, RESOURCE LIBRARY

EBP FLIPBOOKS: Information & Resources on CBTp & ACT

WEBINARS, PODCAST, CONFERENCE PRESENTATIONS

ONLINE COURSES:

- Prioritizing Racial Equity in the Workplace: Real Change for Real Lives
- Cognitive Behavioral Therapy

TRAINING TOPICS



- *In Our Own Voice*
- *Ending the Silence for Families*



Overdose Prevention



Intersectionality of the Transitioning Veteran



Suicide Prevention Training For Healthcare Professionals



Mental Health Institute

- *Co-Occurring Disorders*
- *IDD*
- *Social Justice & Inclusion*



Essentials of Care for Serious Mental Illnesses

WHAT'S MISSING?





Current Projects Check-In

WEBINARS



LEARNING COMMUNITIES



Crisis Workforce Resilience:

- *Crisis line staff/teams*
- *In-person responders*



Anti-Racist Work in Therapeutic Environments & the Workplace



A Path Forward: Addressing Trauma, Stress and Safety

NATIVE COMMUNITIES COLLABORATION



COLLABORATIVE SESSION
FOR NATIVE COMMUNITIES
IN REGION 10



OTHER OPPORTUNITIES?





STATE & REGIONAL BREAKOUTS

SHARE

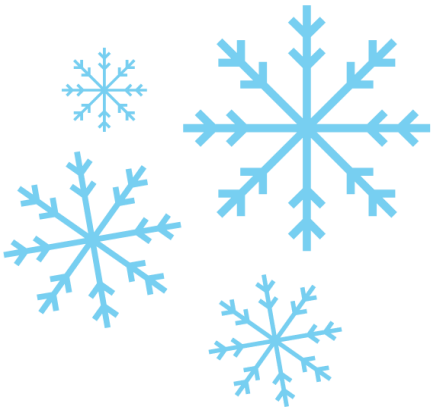
- IDEAS FOR MEETINGS

PLAN

- HOW BEST TO CONNECT

IDENTIFY

- COLLABORATORS



STATE & REGIONAL BREAKOUTS SHARING

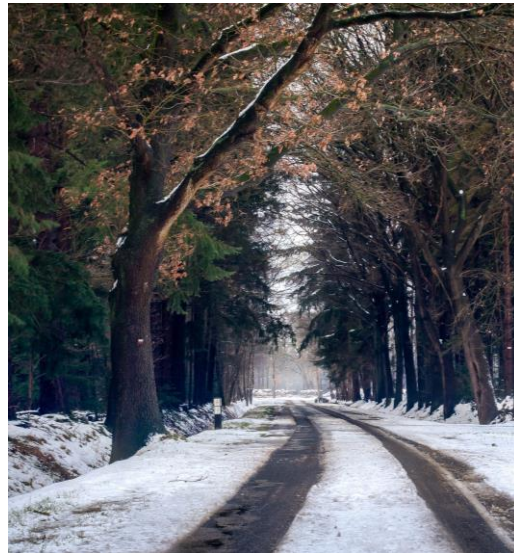




Stretch Break



988 & Our Crisis Workforce



HOW ELSE MIGHT WE SUPPORT?





Responding to Gun Violence



Wrap up & Next Steps

PLEASE COMPLETE EVALUATION

STAY TUNED FOR STATE-SPECIFIC MEETINGS

TAKE CARE, BE SAFE & WELL

