**OUR GOALS**

1. Accelerate adoption & implementation of mental health-related EBPs across Region 10.
2. Heighten awareness, knowledge, & skills of the workforce.
3. Foster alliances & address training needs among diverse partners.
4. Ensure availability & delivery of free, publicly available training & TA.

**MHTTC NETWORK AREA OF FOCUS**

- Evidence-based Practices for Psychosis
  - CBT for Psychosis (CBTp)
  - Assertive Community Treatment (ACT)

**YEAR 4 KEY AREA OF FOCUS ACTIVITIES**

- Introduction to ACT online course
- National ACT calls HIV & Mental Health
- STRIDE Implementation Project
- Psychiatric Consultant Learning Collaborative
- Essentials of Care Learning Labs for SMI
- Integrated Care
- Peer Support
- Leadership
- Staff Wellness
- Co-occurring Substance Use Disorders
- Suicide Prevention
- Equity & Inclusion
- Families
- Trauma-Informed
- Addressing Stigma
- Culturally Responsive
- Crisis Work
- Grief & Loss

**BUILDING CONNECTIONS: VIRTUAL LEARNING COMMUNITIES**

We designed and implemented several learning communities to address regional needs in an engaging and interactive longitudinal learning experience. Topic examples include:

**Crisis Response & Management, Supervisors & Leadership, Trauma-informed Resilience, Supporting Multicultural Providers, and LGBTQ+ Youth/YA Suicide Care for Families.**

Such learning communities represent a promising workforce development model that promotes skill development through interpersonal interactions and shared learning. Results from our tailored evaluations show that these virtual learning communities were well-received and served to provide interactive learning opportunities for participants.
YEAR 4 HIGHLIGHTS

Spotlight: Intensive Training & TA
Implementation of an Evidence-based Lifestyle Program in a Certified Community Behavioral Health Center (CCBHC)

We partnered with Kaiser Permanente's Center for Health Research to train an agency to deliver the evidence-based STRIDE program, which empowers healthy lifestyle choices among people taking anti-psychotic medications and struggling with weight. The project used our e-course based on STRIDE to prepare staff for the curriculum. We adapted existing training materials from a clinical trial to develop an engaging live (virtual) 8-hour skills training. To support and sustain the team, we provided longitudinal training and coaching for STRIDE group leaders. From these activities we created a curriculum package that is available on our website. Our collaboration offers a model for supporting agencies in adopting evidence-based programs like STRIDE.

Bobbi Jo Yarborough, PsyD
Christine Catlin, BS

Satisfied Trainees
Participants rate our trainings very highly!

<table>
<thead>
<tr>
<th>Quality</th>
<th>Beneficial</th>
<th>Recommended</th>
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<tr>
<td>95.8%</td>
<td>94.6%</td>
<td>95.8%</td>
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Our Online Courses Are In Demand!
- CBT for Psychosis ePrimer
- Empowering Wellness in Mental Health
- Introduction to Assertive Community Treatment (ACT)
- The Psychiatrist's Guide to Population Management of Diabetes
- Violence Risk Assessment & Management

YEAR 4 NORTHWEST E-COURSE COMPLETIONS
- 523 Region 10 Completions
- 395 Other Region Completions

Centering Equity & Inclusion
Thanks to our valued partnerships, we offered trainings on serving diverse communities to support equity, social justice & inclusion in the mental health field.
- Native Communities & Indigenized Practices
- Transgender Health
- Increasing Cultural Connection with Hispanic & Latinx Clients Series
- Learning Community for Multicultural Providers
- National CLAS Standards
- LGBTQ+ Suicide Awareness & Prevention

Voices From The Field

“I now pay more attention to self-care, which directly impacts my energy and mood at work.”

Innovations & Effective Outcomes
FLEXIBLE: Webinars, learning communities, online courses, curriculum packages, podcast
LED BY PRINCIPLES: Implementation Science and Adult Learning helps to engage participants
IMPACTFUL: Conference presentations and publications sharing outcomes & supporting our field
LEADERSHIP: Local, Network & National Work Groups

Year 5
Responding to our Region's Needs
- Essentials of Care Skills for Serious Mental Illness
- Equity, Implicit Bias & Micro-Aggressions
- MH Institute: social justice & inclusion, co-occurring disorders, intellectual & developmental disabilities
- Supporting the National ACT workforce through virtual meetings, start-up consultation and more
- Crisis Response workforce activities
- Learning Collaboratives for Nursing, HIV & MH
- Addressing stigma across the field

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