



Mountain Plains Mental Health Technology Transfer Center (MHTTC)

In 2018, the Substance Abuse and Mental Health Services Administration funded the Mountain Plains MHTTC. The Mountain Plains MHTTC is a partnership between the University of North Dakota and the Western Interstate Commission for Higher Education. The center serves Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. Its primary focus is rural mental health, and it provides free training, resources, and technical assistance to individuals working with, and serving, people with mental health disorders.



Year FOUR Snapshot: August 16, 2021 – August 14, 2022

In year four, the Mountain Plains MHTTC team continued to address training and resource challenges due to the pandemic. Additional workforce development activities included developing resources, providing training, creating, and sharing continuing education opportunities, and offering technical assistance to individuals working with individuals experiencing mental illness throughout the six-state region. The team also maintained a website, expanded its social media presence, and continued to grow its electronic mailing list.



mhttcnetwork.org/centers/mountain-plains-mhttc/home



mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe



<https://www.linkedin.com/in/mountain-plains-mhttc-619190228/>



[@Mountain-Plains-MHTTC](https://www.facebook.com/Mountain-Plains-MHTTC)



[@MPMHTTC](https://twitter.com/MPMHTTC)



<https://www.instagram.com/mpmhttc/>

Events

Webinar trainings focused on specific topics like rural mental health, crisis response and safety planning, farm stress, and traumatic brain injury and mental health; direct technical assistance with tribal communities experiencing suicide clusters and numerous school mental health trainings. In person, events included the Leadership Academy, Training of Trainers for Educators, and the Migrant Farm Worker Curriculum. Event data only represents those events that were evaluated under the Government Performance and Results Modernization Act (GPRA) of 2010 and therefore underestimate the true reach of the center in year four.

126 Trainings & Events



4,595 Participants

- 97.7%** agreed/strongly agreed they would recommend the training to a colleague.
- 96.0%** were satisfied/very satisfied with the quality of the training and materials.
- 93.5%** expect this event to benefit their professional development/practice.

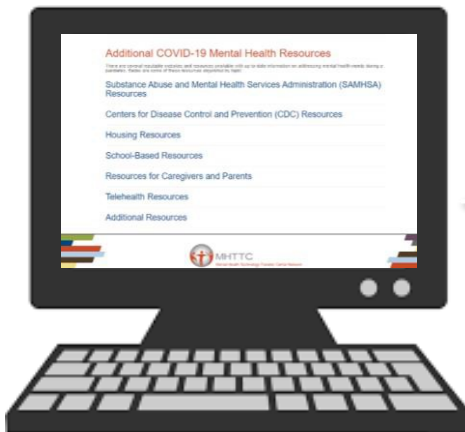




MHTTC National Coordinating Office: Working Groups

The MHTTC National Coordination Office (NCO) has developed several cross-MHTTC workgroups. The purpose of these groups is to collaborate across regions on shared topics. The Mountain Plains MHTTC has representation on 7 of these workgroups.

- Cultural Responsiveness, member
- Diversity and Inclusion, member
- TTC Evaluators' special interest, member
- Workforce Development, member
- School Mental Health, member
- TTC BH Screening/Intervention Coordinating, member
- First Episode Psychosis, member



6 E-Resource Pages

Resource pages house nationally recognized programs, best practices, and other resources that help people serve persons with mental illness. Pages include school mental health, farm stress, rural, COVID-19, perinatal mental health, and provider well-being

21 Written Products

These products include resources guides, toolkits, one-pagers, farm stress grab-n-go kits, provider well-being blog posts, and whitepapers. Some of the topics covered were COVID-19 responses, farm stress, and strengthening resilience for indigenous youth.

Additional Year Four Activities

The Mountain Plains MHTTC team also has . . .

- 38,706 people visited the website
- Received 76,332 web page views
- Held 2 advisory board meetings

For more information on the Mountain Plains MHTTC, please contact:

- Rachel L. Navarro, Ph.D., LP, Co-Director, rachel.navarro@und.edu
- Dennis Mohatt, Co-Director, dmohatt@wiche.edu

