



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 THREE Snapshot: August 15, 2020 – August 14, 2021

In year three, the Mountain Plains MHTTC team pivoted to address training and resource challenges due to the pandemic. Actions included converting all training, including the 2021 MHTTC Leadership Academy, to a virtual format. 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, managed social media campaigns, and grew its electronic mailing list to over 1,000 subscribers.

- mhttcnetwork.org/centers/mountain-plains-mhttc/home
- [@Mountain-Plains-MHTTC](https://www.facebook.com/Mountain-Plains-MHTTC)
- mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe
- [@MPMHTTC](https://twitter.com/MPMHTTC)

Events

Events included but were not limited to webinar series focused on specific topics like rural mental health, farm stress, and traumatic brain injury and mental health; direct technical assistance with tribal communities experiencing suicide clusters; TOT on trauma, social-emotional learning, resiliency, and adaptive strategies for classrooms during COVID-19. Event data only represent 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 three.

85 Trainings & Events



3,102 Participants

- 98% +** agreed/strongly agreed they would recommend the training to a colleague.
- 96% +** were satisfied/very satisfied with the quality of the training and materials.
- 94% +** expect this event to benefit their professional development/practice.

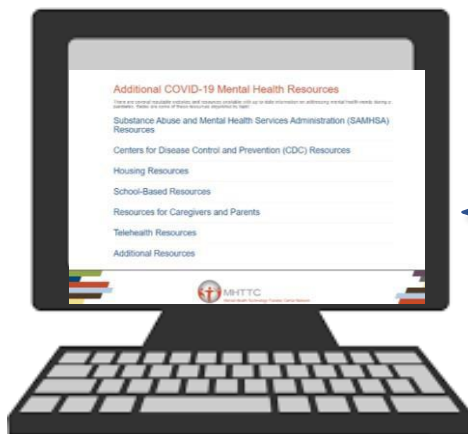




MHTTC National Coordinating Office: Working Groups

The MHTTC National Coordination Office (NCO) has developed several cross-MHTTC work groups. The purpose of these groups is to collaborate across regions on shared topics. The Mountain Plains MHTTC has representation on 11 of these work groups.

- Perinatal Mood and Anxiety Disorders, co-chair
- Psychiatric Advanced Directives, member
- First Episode Psychosis and clinical high risk, member
- Cultural Responsiveness, member
- Diversity and Inclusion, member
- Evaluators special interest, member
- Workforce Development, 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, telehealth capacity, criminal justice, and provider well-being.

21 Written Products

These products include resources guides, toolkits, 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 Three Activities

The Mountain Plains MHTTC team has also . . .

- Received 8, 959 web pageviews
- Completed 23 technical assistance (TA) requests for the main grant and 4 TA requests for the school supplemental grant
- Held advisory board meetings
- Developed dozens of new relationships
- Added new team members

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

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