


MHTTCs provide technical assistance across mental health prevention, treatment, and recovery supports. In addition, each Center has an Area of Focus for which they serve as experts, develop national products, and host a webpage. This summary highlights our Area of Focus throughout this grant cycle.


**Our team is a dynamic group of faculty and staff in the Department of Psychiatry & Behavioral Sciences** at the University of Washington School of Medicine. We are part of the **SPiRiT Lab** (Supporting Psychosis Innovation through Research, Implementation & Training). We serve the behavioral health workforce of HHS Region 10 (AK, ID, OR & WA).

We are national experts in evidence-based practices for psychosis, and these practices are the foundation of our annual training plans. Our training and technical assistance support the implementation of empirically supported and culturally informed treatments. Our approach is always evidence-based, informed by adult learning principles and implementation science frameworks.

We believe that there is “No health without mental health,” and we aim to improve the lives, care and outcomes for people living with schizophrenia and other serious mental illnesses and their families. Read more about our Center. 

## AREA OF FOCUS: Evidence-Based Practices for Psychosis

Serious mental illnesses (including major mood and psychotic disorders) are associated with tremendous social and economic costs, estimated at \$343 billion in the US in 2019. In 2020, the prevalence of serious mental illness among US adults was 5.6%, or an estimated 14.2 million adults. Given the typical onset in adolescence and early adulthood, psychotic and mood disorders are leading causes of years lived with disability. Compared to their peers, people experiencing a serious mental illness are at substantially increased risk of unemployment, incarceration, homelessness, social isolation, medical and substance use comorbidities, as well as a substantially shorter life expectancy.

Our center supports the behavioral health and allied workforce to develop the knowledge, skills, and recovery-oriented attitudes that correlate with improved care and outcomes. **We focus on specific evidence-based practices for psychosis**, including Assertive Community Treatment (**ACT**); Cognitive Behavioral Therapy for Psychosis (**CBTp**); Coordinated Specialty Care for Early Psychosis (**CSC**); and evidence-based lifestyle programs (**STRIDE**) to reduce diabetes risk among people treated with antipsychotic medication. Read more about our Area of Focus topics. 

## OUTCOMES TO DATE in our Area of Focus

<b>109</b> EVENTS		<b>11K+</b> ATTENDEES		<b>66</b> PRODUCTS	<b>6</b>  <b>ONLINE COURSES</b>		<b>10K+</b> LEARNERS
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## WHAT WE'VE DONE: INTENSIVE TRAINING AND TECHNICAL ASSISTANCE

Training and TA activities related to our Area of Focus have been essential components of our training plan each grant year. **Intensive implementation projects** use evidence-based strategies to build on foundational learning activities with ongoing support for sustained implementation. **Below are examples of intensive projects in our Area of Focus:**

<h3>CBTp IMPLEMENTATION</h3> <p>Partnering with <u>Early Assessment and Support Alliance (EASA) of Oregon</u>, we trained a group of first episode psychosis clinicians to provide high-fidelity CBTp within their early psychosis specialty care programs.</p> <p><b>Project elements:</b></p> <ul style="list-style-type: none"> <li>• Foundational <u>e-course</u></li> <li>• Multi-day workshop with didactics and experiential learning</li> <li>• 12 months follow-along tele-consultation</li> <li>• Fidelity review of sessions</li> </ul>	<h3>INTEGRATED CARE PROJECT</h3> <p>Working with <u>Kaiser Permanente Center for Health Research in Oregon</u>, we trained a newly-funded CCBHC in WA to implement the evidence-based lifestyle program, <u>STRIDE</u>.</p> <p><b>Project elements:</b></p> <ul style="list-style-type: none"> <li>• Foundational <u>e-course</u></li> <li>• 2-day live, virtual, didactic &amp; skills based workshop</li> <li>• Longitudinal consultation and coaching to support launch of the STRIDE program across outpatient &amp; housing</li> </ul>	<h3>ACT TEAMS START UP</h3> <p>Collaborating with <u>Idaho's Division of Behavioral Health</u> and their new Center of Excellence to launch up to 7 new ACT teams. This partnership will help implement, promote, &amp; expand the use of effective, evidence-based ACT through:</p> <p><b>Project elements:</b></p> <ul style="list-style-type: none"> <li>• Start-up training</li> <li>• Foundational <u>e-course</u></li> <li>• Train-the-trainer to sustain ACT implementation support through the Center of Excellence</li> </ul>
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# WHAT WE'VE DONE: TARGETED TRAINING AND TECHNICAL ASSISTANCE

Each year, we commit to workforce development initiatives that range in intensity, dose, and longitudinal support.

Below are examples of Targeted Activities in our Area of Focus:

## CBTp

### Psychosis REACH (Recovery by Enabling Adult Carers at Home)

Trained 356 families who are caring for a loved one with psychosis. Participants learned high-yield cognitive and behavioral skills to better care for and relate to their loved ones.

### Psychosis REACH Family Ambassadors

Provided 12 months of longitudinal support to families who received train-the-trainer education and committed to serving as community coaches.

### Webinar Topics

CBTp for Telehealth, Trauma & PTSD with Serious Mental Illness, Group CBTp in Telehealth, CBTp in high-security settings

## INTEGRATED CARE

### Psychiatry and Addictions Case Conference - PACC (ECHO clinic for Washington state primary care providers):

Developed and led 2 sessions on the assessment & management of psychosis in primary care settings.

### Integrated Care Psychiatric Consultant Learning Collaborative (PCLC)

Designed for psychiatric providers seeking additional training to deliver integrated care in community-based settings.

### Webinar Topics

Cancer care equity, Stigma & HIV, Reducing smoking, Achieving healthy weight, Reducing ethnic & racial disparities, Primary care & rural settings, Tribal Psychiatry

## ACT

### National ACT Virtual Consultation Meetings including didactic trainings:

Responding to the COVID-19 pandemic in partnership with the Institute for Best Practices at UNC, we have reached over 3,700+ ACT providers & stakeholders.

### ECHO Clinic pilot training:

With the Oregon Center of Excellence in ACT, we tested a training model to expand training and consultation to ACT providers.

### ACT Team Leaders Making a Difference!

With Region 5 MHTTC, we supported team leaders with listening sessions, webinars & resources on leadership & supervision.

## LEARN MORE ABOUT THESE TOPICS

## UNIVERSAL TRAINING AND PRODUCTS



**WEBINAR RECORDINGS**



**PUBLICATIONS**



**ONLINE COURSES**



**PODCAST EPISODES**

## VOICES FROM THE FIELD

*"As a result of this training, my sessions have become more structured. I think more beforehand about what the person is experiencing and what would be something we could focus on to help decrease distress and improve functioning. I'm also incorporating a lot more feedback."*

Participant - CBT for Psychosis ePrimer

*"This training was extremely useful as a social worker in community based mental health services! :) Thank you so much- you guys truly are the experts obviously and provided info in a straightforward, easy to understand way. I will definitely be recommending my staff review this!"*

Participant - The Psychiatrist's Guide to Population Management of Diabetes

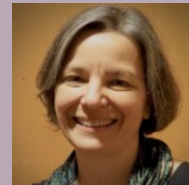
*"Discussing fidelity to the ACT model, with respect to how COVID has impacted service delivery. Focusing on the gaps in specialists and how they tie to outcomes. Also the sense of comradery is most useful. Hearing what others are doing is beneficial. Getting ideas will assist me in providing more effective services."*

Participant - National ACT Virtual Consultation Meetings

## FURTHER READING

- Research
- Implementation
- Training

Our Leadership and Faculty work with the Northwest MHTTC, the SPIRIT Lab, the School of Social Work and more. Please visit the links on topics, logos or people below to learn about our efforts.



UW Medicine

DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES



SCHOOL OF SOCIAL WORK UNIVERSITY of WASHINGTON



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



Supporting Psychosis Innovation through Research, Implementation & Training



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