



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.

The Mid-America MHTTC serves the four states of Nebraska, Iowa, Kansas, and Missouri (HHS Region 7) with a focus on integrating behavioral health and primary care, school mental health, and professional well-being. Our overall goal is to assist mental health programs and providers to establish evidence-based programs that are locally supported and sustainable over time. The Center is funded by SAMHSA and is housed at the University of Nebraska Medical Center.

INTEGRATED PRIMARY CARE

The Mid-America MHTTC partners with a variety of professionals (behavioral health providers, primary care physicians, hospital/clinic administrators) as well as state mental health authorities, universities, and provider organizations in Iowa, Kansas, Missouri, and Nebraska to train and provide technical assistance in integrated primary care (IPC). IPC involves the creation of integrated “medical homes” where the physical and behavioral health needs of children and families can be addressed in a single site. Research in pediatric IPC demonstrates improved access to care, higher levels of patient satisfaction, increased cost efficiency, and reductions in stigma that have traditionally been associated with seeking behavioral health care. At the Mid-America MHTTC, we specifically focus on the application of IPC with pediatric populations. Training provided through MHTTC in IPC addresses the unique needs and strengths of medical practices and surrounding communities in the treatment of children with behavioral health concerns. Technical assistance is available for program both implementation and sustainability of IPC programs.

WHAT WE'VE DONE

The Mid-America MHTTC has offered training, technical assistance and resources for learners who are interested in enhancing knowledge in IPC and establishing or improving their pediatric integrated primary care practice.

[Coming Home to Primary Care \(Webinar Series\)](#)

Learn from Mid-America MHTTC specialists how to successfully navigate the field of integrated behavioral health and primary care. Each session, our Center's integrated care team led a discussion on a topic that is relevant and practical for today's mental health professionals and primary care providers. Participants walked away equipped with knowledge of how to 1) integrate behavioral health into primary care, 2) use evidence-based practices in primary care, and 3) become a valued member of the medical home team in primary care.

[Telehealth Learning and Consultation \(TLC\) Tuesdays \(Webinar Series\)](#)

Telehealth Learning and Consultation (TLC) Tuesdays is an online series for providers who are unfamiliar with telehealth. Our Technology Transfer Center (TTC) Network specialists devote the first segment of each hour-long session to a specific topic, then address questions submitted by TLC Tuesday registrants. Recordings of the presentations as well as additional resources can be found on the TLC Tuesdays webpage.

[HealtheKnowledge Courses](#)

Adolescent Depression: This 1 hour course provides an overview of adolescent depression including prevalence, risk factors, and recent trends. It addresses screening, assessment and treatment of adolescent depression in pediatric integrated primary care.

Course Objectives:

- Describe differences for child, adolescent and adult depressive disorders
- Describe prevalence and risk factors for depressive disorders in youth
- Describe DSM-5 diagnostic criteria for major depression disorder
- Identify screening and assessment strategies for depression
- Describe effective treatment strategies for depression in an IPC setting

WHAT WE'VE DONE (CONTINUED)

Adult Resilience Curriculum (ARC) for Health Professionals

Burnout can manifest as fatigue, impaired focus, and depersonalization resulting from emotional exhaustion; symptoms that require attention so that health professionals can continue to care for our most vulnerable. The Adult Resilience Curriculum (ARC) for Health Professionals can help these individuals and their organizations navigate and overcome barriers to well-being that persist even in non-pandemic years.

Gender Affirming Care Toolkit

Primary care and school personnel serve crucial roles in supporting the overall health and development of children and adolescents. An important part of this role is understanding and supporting gender diverse youth. Since gender identity development starts in childhood, this toolkit is designed for pediatric providers and educators. The current understanding of gender is on a spectrum or continuum. This toolkit explains the gender spectrum, provides overview of key terms, and provides recommendations for primary care teams and school personnel to help support gender diverse youth.

Pediatric Integrated Primary Care Manual (Coming soon)



OUTCOMES

Number of trainees – **5243**

Number of TA with organizations – **14**

Number of TA recipients within those organizations – **45**

**88 EVENTS
OFFERED
RELATED TO
INTEGRATED
PRIMARY CARE**



**80 PRODUCTS
RELATED TO
INTEGRATED
PRIMARY CARE**



VOICES FROM THE FIELD

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“MHTTC has helped me build my integrated care practice and has provided me valuable information when structuring a business model to support my practice”

-Anita Lovell, LIMHP

“MHTTC shed light on the bridge between research and clinical outreach; this ultimately led to my buy-in of clinical outreach specific to primary care.”

-Bridges Behavioral Wellness

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QUESTIONS?

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Substance Abuse and Mental Health
Services Administration