



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 Mountain Plains MHTTC, SAMHSA Region 8, serves the states of Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. The Mountain Plains MHTTC is administered under a partnership between the University of North Dakota and the Western Interstate Commission for Higher Education.

## RURAL MENTAL HEALTH

The primary focus of the Mountain Plains MHTTC is to provide training, resources and technical assistance to individuals serving persons with mental health disorders. Particular attention is given to serving providers with limited access to service delivery systems with attention paid to rural, tribal, and agricultural communities. The Mountain Plains MHTTC provides additional training and programs related to school mental health as well as provider well-being.

## WHAT WE'VE DONE

### **Agricultural**

#### **Farm Stress Grab-n-Go Kits**

In response to the increasing need for mental health tools designed to address the specific needs of farm and ranching communities, the Mid-America Mental Health Technology Transfer Center (MHTTC), the Mid-America Addiction Technology Transfer Center (ATTC), and the Mountain Plains MHTTC collaborated to develop a set of easy-to-use ("Grab-n-Go") presentations and flyers for use by extension offices and behavioral health providers in farm communities.

#### **Voices from the Field: A Blog About Resilience During the Pandemic**

Voices from the Field is a seven-part blog series that focuses the reader on the spiritual, physical, and mental wellness of providers responding to the global health pandemic. In this series you will learn techniques that leaders and behavioral health providers have incorporated to address the needs of the people they serve. These stories also describe their efforts to support their own well-being. The series includes voices from leaders serving Region 8 states.

#### **Latino Agricultural Workers: An Overview on Mental Health and Strategies for Effective Engagement Services**

The Mid-America MHTTC, National Hispanic and Latino MHTTC, Pacific Southwest MHTTC, and the Mountain Plains MHTTC hosted a one-day conference to connect colleagues and experts to learn more about providing successful mental health services for Latino Agricultural Workers

### **Provider Wellbeing**

#### **Who Helps the Helpers? Battling Stress, Burnout and Compassion Fatigue**

This presentation and handout addresses the stress experienced by mental health care providers, and discusses strategies for identifying and addressing burnout.

#### **Work-Life Balance and Self-Care in the Helping Professions**

This presentation and handout addresses work-life balance and self-care, including the life-long nature of these endeavors; and strategies to incorporate balance and wellness into your life in a sustainable way

#### **Identifying Limits and Setting Boundaries**

This presentation addresses foundational information for providers seeking to increase their skills in identifying when limits and boundaries are helpful and how to set boundaries on their personal and professional time.

#### **Building Resilience Among Physical and Behavioral Healthcare Providers During a Global Pandemic**

This toolkit has been developed to encourage self-care and to assist in building resilience among physical and behavioral healthcare providers amidst the global health pandemic

## WHAT WE'VE DONE (CONTINUED)

### Indigenous

#### Healing Our Protectors: Building Resilience Among Tribal Law Enforcement Officers Through Cultural Interventions

A resource that serves behavioral health treatment providers in gaining a deeper understanding of post-traumatic stress disorder as a result of their work as a law enforcement officer.

#### Building Capacity of School Personnel To Promote Positive Mental Health in Native American Children and Youth

A Community of Practice to build capacity of school personnel to learn about and implement model programs, such as Every Moment Counts and Circle of Courage and embedded strategies emphasizing mental health promotion and prevention. A HealtheKnowledge course was also created for a self-pace learning opportunity.

#### Strengthening Resilience: Promoting Positive School Mental Health Among Indigenous Youth

This toolkit provides K-12 educators, administrators, and mental health treatment providers tools to better address the learning and behavioral health needs of Indigenous youth in a holistic manner.

### Rural

#### Suicide in America's Heartland

This webinar addresses the issue of suicide in rural and agricultural communities as well as identifying strategies for suicide prevention, intervention and postvention.

#### Mental Health Stigma Reduction in Rural Schools

This training examines ways to identify and address mental health stigma in rural school settings.

#### Employing Treatment and Environmental Interventions to Support Rural Populations

This training series reviews practices that providers can utilize to support rural populations presenting with a variety of co-morbid conditions

## OUTCOMES

**Participant Race and Ethnicity.** The majority of participants identified as White (63.9%), followed by those who identified as American Indian or Alaska Native (16%), Black (14.8%), Hispanic (10.3%), Asian (1.2%). Less than 1% of participants were Native Hawaiian or Other Pacific Islander.

**Participant Gender.** Participants were female (78.1%), men (18.9%), transgender (0.5%), gender and 2.6% did not respond.

**Primary Profession.** The top three primary profession categories selected were 49.9% counselor/therapist (psychologist, social worker, all types), 17.3% teacher/educator/health educator, and 3.7% selected peer professional/peer recovery specialist.

**Principal Employment Setting.** The top three principal employment settings selected were Elementary or secondary education setting (41.3%), mental health clinic or treatment program (13.5%), community health/community health coalition/community coalition (7.5%) and Community-based organization (including faith-based organizations) (5.8%)

96%

PERCENTAGE OF  
SATISFACTION  
ON OVERALL  
QUALITY OF  
EVENTS

93.5% OF PARTICIPANTS  
EXPECT EVENTS WILL  
BENEFIT PROFESSIONAL  
DEVELOPMENT



97.7% OF  
PARTICIPANTS  
WOULD RECOMMEND  
EVENTS



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## VOICES FROM THE FIELD

*"The Leadership Academy was a great resource for me as I was able to interact with many others who were in similar positions who had come from being a provider to becoming an administrator. We were able to interact with each other in our break out sessions and within the other correspondence that was sent out, social media engagement, and with the wonderful resources sent to us in the mail. I especially appreciated having this resource during the COVID 19 pandemic and how the pandemic restructured many clinicians to working from home and navigating the challenges that were present with decreased staff due to pandemic quarantines and exploring how different facilities were addressing their challenges. The Leadership Academy helped me know that I was not alone and that many of the challenges I faced, other's faced as well. Thank you for providing a great resource!"*

*"I had the privilege of being able to attend the 2020 Mountain Plains MHTTC Leadership Academy and found the experience to be extremely educational, engaging and informative! The facilitators provided multiple opportunities for the attendees to explore their own leadership styles and abilities and how to best leverage these traits when working with our teams and each other. The Academy promoted participant growth and provided leadership tools and materials that I still reference on a regular basis!! One of the most refreshing and essential professional development trainings that I've attended."*

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### QUESTIONS?

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