



Northwest (HHS Region 10)

MHTTC

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

Alaska & Northwest MHTTC State Planning Session Executive Summary

Northwest MHTTC staff met with Alaska stakeholders and advisory board members March 29, 2023, on Zoom to discuss regional training needs, hear feedback, and connect with an eye toward future collaboration. The session began with Northwest MHTTC co-director Christina Clayton giving a broad overview of [the Northwest MHTTC](#) and the meeting's agenda:

- Introductions & Goals
- Who, what, how should the Northwest MHTTC offer training and technical assistance (TA)?
- How does the Northwest MHTTC with its area of focus on evidence-based practices (EBPs) for psychosis fit in the training landscape?
- Planning & collaboration; reinforcing existing relationships and building new ones

Overarching themes from this meeting:

- Balancing different training intensities and topics is key to creating long-lasting change, though training is needed beyond the behavioral health field as well
- The behavioral health system in Alaska is strained, exacerbating existing bandwidth issues
- Professionals are interested in more practical, skills-based training

Key points:

- Beyond the behavioral health field, law enforcement, legislators, tribal leaders/elders, and communities may benefit from training, as all have a degree of power and/or influence (over people experiencing serious mental illness, funding, legislation, etc.).
- Potential rotating training subjects/topics include mental health literacy for those outside the behavioral health field, integrated care, psychosis care, de-escalation, and home visits.
- People who devote time to involved training say it is more impactful than on-demand content. Though virtual learning communities offer a degree of this, it may be time to consider more in-person events.
- Effective dissemination can facilitate access to resources; this is especially important to those with low bandwidth.

Resources: ([our center](#)) ([area of focus](#)) ([network areas of focus](#)) ([our learning community approach](#))