



Northwest (HHS Region 10)

MHTTC

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

Washington & Northwest MHTTC State Planning Session Executive Summary

Northwest MHTTC staff met with Washington stakeholders and advisory board members March 10, 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 integration *across* all career stages/levels is needed as well
- Low bandwidth and staff shortages make it difficult to attend trainings
- Utilizing partnerships, collaborations, and boosting existing content can facilitate more impactful learning and dissemination

Key points:

- Nontribal providers can benefit from learning about the tribal health care system/how to coordinate with tribal providers, as non-Western approaches are not always well respected.
- Many newly hired professionals come in with expectations that differ from reality. Training at the educational level/early career stage is necessary to combat this.
- It is important to find ways to collaborate with siloed fields, such as law enforcement, that are often the first to interact with people experiencing psychosis-related diagnoses.
- Potential training subjects/topics include skills to work with patients with conditions that impact cognition, such as TBI and dementia; Co Occurring Disorders (CODs); and paths for different degrees within the behavioral health workforce.
- Keeping seamless integration between different training levels/audience in mind may facilitate cohesion throughout the training process.

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