We partnered with UW SPIRIT faculty and the Washington State Health Care Authority to lead an innovative venture: four multi-session live learning tracks to expand the knowledge and skills of the workforce. The Mental Health Institute aimed to increase equity and inclusion for services to underserved populations in Washington State. The tracks were:

- **Evidence-based Practices for Psychosis**
  - CBT for Psychosis (CBTp)
  - Assertive Community Treatment (ACT)

- **ACT Psychiatric Care Provider Networking Calls**
- National ACT calls
- Idaho ACT Train the Trainer
- Essentials of Care Learning Community for SMI
- Mental Health Institute
- Cultural Adaptations of EBPs

- **Peer Support**
- Leadership & Staff Wellness
- Cultural Responsiveness
- Equity, Diversity & Inclusion
- Lived Experience
- Trauma-informed Approaches
- Disaster Behavioral Health
- Suicide Prevention
- Addressing Stigma
- Integrated Care
- Crisis Work

Positive outcomes from our tailored evaluations showed these sessions provided interactive teaching strategies, fostered collaborative learning communities, offered crucial learning opportunities, and increased skills --all to better serve our communities.
Northwest MHTTC core faculty member Dr. Maria Monroe-DeVita brings international expertise in implementation and services research related to evidence-based practices for adults with serious mental illness to our center, in particular the Assertive Community Treatment (ACT) model and rural ACT. Several MHTTC ACT resources exist thanks to her work: she aided in developing an Introduction to ACT e-course, held regular National ACT Virtual Consultation Meetings, and produced an ACT Best & Promising Practices Fact Sheet among many other activities.

This foundation and depth of knowledge enabled us to forge a new partnership with Idaho’s Division of Behavioral Health. She provided technical assistance and consultation, working with their new Center of Excellence aiming to launch 7 new ACT teams. Using the e-course and strategic planning, she then led an in-person ACT train the trainer session in Idaho including 12 team members who will lead ACT training and consultation for the Idaho Division of Behavioral Health Center of Excellence in the future. This partnership will implement, promote, and expand the use of effective, evidence-based ACT.

**Spotlight on Intensive Training & TA: ACT Idaho Start Up**

Maria Monroe-DeVita, PhD
Associate Professor
University of Washington

**Crisis Workforce Support**

Our workforce is needed more than ever with the launching of life-saving services like the 988 Suicide & Crisis Lifeline, local crisis centers and mobile response efforts. This year, we supported skills & resilience for staff and teams, offering events such as:

- Suicide & Overdose Prevention
- Tribal Cultural Interventions
- Addressing Stigma
- Trauma-informed Supervision
- Crisis Line workers
- In-Person Responders
- 988 & WA’s Tribal 988
- De-escalation skills

**Centering Equity & Inclusion**

Thanks to our valued partnerships, we provided trainings on serving diverse communities to support equity, social justice & inclusion in the mental health field, including:

- Native & Tribal Collaborations
- Decolonial Practices and Cultural Humility
- Examining Biases and Ideologies
- Queer & Trans Youth Mental Health
- EBPs for Hispanic & Latinx Communities

**Our Online Course Completions**

163 Region 10

1551 Other Regions

- CBT for Psychosis e-Primer
- Empowering Wellness in Mental Health
- Violence Risk Assessment & Management
- The Psychiatrist’s Guide to Population Management of Diabetes
- Introduction to Assertive Community Treatment (ACT)
- STRIDE Group Facilitator Training

**Regionally Responsive**

We are conducting a Regional Needs Assessment to hear from our workforce about their priorities for the future, ensuring our trainings meet current demands.

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