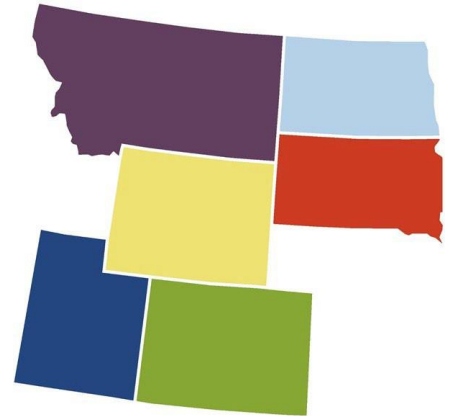




## Mountain Plains Mental Health Technology Transfer Center (MHTTC)

In 2018, the Substance Abuse and Mental Health Services Administration funded the Mountain Plains MHTTC. The Mountain Plains MHTTC is a partnership between the University of North Dakota and the Western Interstate Commission for Higher Education. The center serves Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. Its primary focus is rural mental health, and it provides free training, resources, and technical assistance to individuals working with, and serving, people with mental health disorders.



### Year FIVE Snapshot: August 15, 2022 – September 30, 2023

In year five, the Mountain Plains MHTTC team continued to support the behavioral health workforce in rural, remote, and frontier communities. Additional workforce development activities included developing resources, providing training, creating, and sharing continuing education opportunities, and offering technical assistance to individuals working with individuals experiencing mental illness throughout the six-state region. The team also maintained a website, expanded its social media presence, and continued to grow its electronic mailing list.



[mhttcnetwork.org/centers/mountain-plains-mhttc/home](https://mhttcnetwork.org/centers/mountain-plains-mhttc/home)



[mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe](https://mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe)



<https://www.linkedin.com/in/mountain-plains-mhttc-619190228/>



[@Mountain-Plains-MHTTC](https://www.facebook.com/Mountain-Plains-MHTTC)



[@MPMHHTC](https://twitter.com/MPMHHTC)

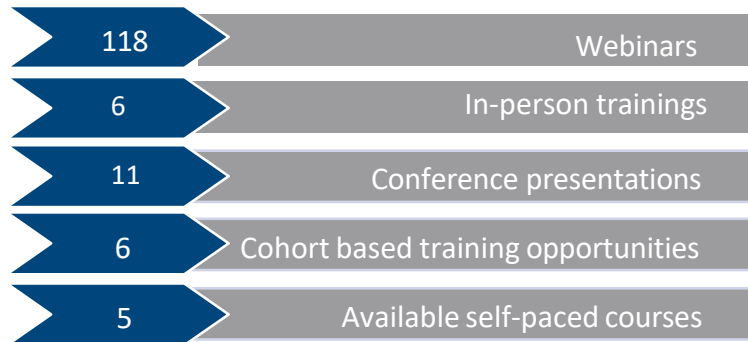


<https://www.instagram.com/mpmhhttc/>

## Events

Webinar trainings focused on specific topics like rural mental health, crisis response and safety planning, farm stress, and traumatic brain injury and mental health; direct technical assistance with tribal communities experiencing suicide clusters and numerous school mental health trainings. In person, events included the Leadership Academy, Training of Trainers for Educators, Rocky Mountain Tribal work TTA (Targeted Technical Assistance), and the National Association for Rural Mental Health conference. Event data only represents those events that were evaluated under the Government Performance and Results Modernization Act (GPRA) of 2010 and therefore underestimate the true reach of the center in year five.

## 146 Training & Events



## 8,371 Participants

- 92.1%** agreed/strongly agreed they would recommend the training to a colleague.
- 95.8%** were satisfied/very satisfied with the quality of the training and materials.
- 90.9%** expect this event to benefit their professional development/practice.





## MHTTC National Coordinating Office: Working Groups

The MHTTC National Coordination Office (NCO) has developed several cross-MHTTC workgroups. The purpose of these groups is to collaborate across regions on shared topics. The Mountain Plains MHTTC has representation on 7 of these workgroups.

- Cultural Responsiveness, member
- Diversity and Inclusion, member
- TTC Evaluators' special interest, member
- Workforce Development, member
- School Mental Health, member
- TTC BH Screening/Intervention Coordinating, member
- First Episode Psychosis, member



## 6 E-Resource Pages

Resource pages house nationally recognized programs, best practices, and other resources that help people serve persons with mental illness. Pages include school mental health, farm stress, rural, COVID-19, perinatal mental health, and provider well-being

## 22 Written Products

These products include resources guides, toolkits, one-pagers, farm stress grab-n-go kits, provider well-being blog posts, and whitepapers. Some of the topics covered were telehealth options, farm stress, and strengthening resilience for indigenous youth.



## Additional Year Five Activities

The Mountain Plains MHTTC team also has . . .

- 38,434 People visited the website
- Received 77,723 web page views
- Grown its listserv to over 3,800 subscribers

For more information on the Mountain Plains MHTTC, please contact:

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- Dennis Mohatt, Co-Director, [dmohatt@wiche.edu](mailto:dmohatt@wiche.edu)