



## PRODUCT HIGHLIGHTS



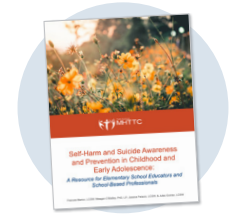
### PRIMARY GRANT

Learning Summary: Rising Practices & Policies in our Workforce, a 2022 Spring & Summer Learning Series



### YOUTH/YOUNG ADULT

Social Media & Youth: Perils, Powers, and Pathways to Resilience: A resource compendium to assist social media and mental health literacy



### SCHOOL MENTAL HEALTH

Self-Harm and Suicide Awareness and Prevention in Childhood and Early Adolescence: A Resource for Elementary School Educators & School-Based Professionals



## TOP 5 MOST VIEWED VIDEO PRODUCT PAGES

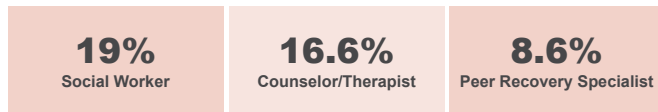
1. **Part 1 of Getting Grief-Ready at Work: A Starter Kit Workshop Series**
2. **Spirit of Motivational Interviewing: Connecting with Our Humanity to Support Growth and Change**
3. **Self-Harm, Suicide Awareness and Prevention in Childhood and Early Adolescence**
4. **Social Media & Youth: Perils, Powers, and Pathways to Resilience**
5. **Session 1 of Aging Out or Growing Together: Kickoff Panel Discussion: Framing the Need for Responsive Young Adult Services**



## TOP 5 DOWNLOADED PRODUCTS

1. **Self-Harm and Suicide Awareness and Prevention in Childhood and Early Adolescence: A Resource for Elementary School Educators & School-Based Professionals**
2. **Our Young Children & Suicide Prevention: A Resource for Parents and Caregivers**
3. **Rising Practices & Policies in the Workforce 2022 Series, "Working with Youth and Families Experiencing Homelessness and Home Insecurity"**
4. **Rising Practices & Policies in the Workforce 2022 Series, "The Woes and Wonders of Recruitment and Retention in the Mental Health and School Mental Health Workforce"**
5. **Learning Summary: Rising Practices & Policies in our Workforce, a 2022 Spring & Summer Learning Series**

## MOST FREQUENT YEAR 5 PARTICIPANT PROFESSIONALS



### PRIMARY GRANT



### SCHOOL MENTAL HEALTH

## KEY YYA MENTAL HEALTH PROGRAMMING



**Aging Out or Growing Together: Flipping the Youth Services Paradigm to Better Support Young Adulthood**



**Creating Safe Spaces for BIPOC Peer Support Providers and Incorporating Anti-Racist Practices in Peer Support Delivery**



- **Part 1: Foundations of Knowledge & Action: Trans 101**
- **Part 2: Strategies for Providers Working with Families of Trans & Non-Binary Youth**

## PARTICIPANT FEEDBACK

*"I really appreciated being presented with concrete activities, then having the opportunity to practice them. Many webinars will just discuss theoretical concepts without practicing implementation, so I found it very useful to practice how to apply the concepts."*

Participant, Polyvagal Theory & Expressive Arts Therapy: Essential Tools for Clinical Practice

*"This training was useful, productive, and allowed for real time practice with input from the presenter. That was great! I loved this training a lot. I feel like I'm coming away with a lot of resources and tools I can use to better support my students."*

Participant, Motivational Interviewing & Affirmation Skills for Youth & Young Adults

*"I feel so fortunate to have a place to connect, learn and safely grow with support from colleagues across the country who I join with as mental health champions for students, their families, and the educators who care for them. [PS MHTTC] does a wonderful job of including everyone in thought provoking ways that I have found have helped me to think outside the box in my role as an AWARE program manager."*

Participant, Region 9 Project AWARE Community of Practice



### TARGETED TECHNICAL ASSISTANCE



GPRA EVENTS

**37**  
PRIMARY GRANT | **20**  
SMH



GPRA EVENT PARTICIPANTS

**2,731**  
PRIMARY GRANT | **1,167**  
SMH



GPRA SURVEY RESPONDENTS

**898**  
PRIMARY GRANT | **499**  
SMH



**89%**

of survey respondents expect to use the information gained

### Y5 LEARNING SERIES:

#### » PRIMARY GRANT & SMH Partnered Series

1. Motivational Interviewing (MI) in April & July
2. Pacific Southwest School and Mental Health Workplace Grief Readiness Workshop Series
3. Rising Practices & Policies Revisited: Emerging Priorities in Mental & School Mental Health: Pacific Southwest MHTTC's Spring & Summer Learning Series 2023

#### » PRIMARY GRANT

1. Achieving Whole Health: Balancing Body, Mind, and Spirit
2. Aging Out or Growing Together: Flipping the Youth Services Paradigm to Better Support Young Adulthood
3. Leadership Practice Community, Fall & Spring Cohort Series
4. Creating Safe Spaces for Peer Support Providers and Incorporating Anti-Racist Practices in Peer Support Delivery

#### » SMH

1. Back to School Sessions: A Series of Workshops on Trauma-Informed Approaches & Practices to Steer Into and Through This School Year
2. Region 9 Project AWARE Community of Practice
3. Self-Harm and Suicide Awareness and Prevention in Childhood and Early Adolescence: A 2-Part Workshop Series
4. Untapped Leadership Wellness Workshop Series Main Session & Private Community Sessions
5. Trans 101 & Working with Families of Trans and Non-Binary Youth: A Two-Part Workshop Series for Mental Health Providers
6. Mental Health Workforce Diversity Leadership

### ADVISORY BOARD

We have an operating Advisory Board that meets quarterly. Below are the number of representatives by state/region.



### MHTTC NATIONAL NETWORK COLLABORATIONS

Our region is excited to be a part of numerous collaborations along with the National Network Office's support.



#### WORKGROUPS

##### » PRIMARY GRANT

1. Dissemination & Implementation Science
2. Workforce Development
3. Mental Health & Equity
4. First Episode Psychosis
5. Evaluation
6. Website Advisory Group

##### » SMH

1. School Violence Environmental Scan & Gap Analysis
2. Grief Counseling



#### NATIONAL EVENTS & PROGRAMMING

- » Grief Sensitivity Virtual Learning Institute 2023  
*(Organized in Year 5, scheduled in Year 6)*
- » Basics of Coordinated Specialty Care HeK Course  
*(Developed in Year 5, released in November, 2023)*



Pacific Southwest  
MHTTC