**PROJECT YEAR 5 // PRIMARY GRANT, YYA, & SMH**

**ANNUAL REPORT OVERVIEW**

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

**MOST FREQUENT YEAR 5 PARTICIPANT PROFESSIONALS**

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<tr>
<th>Primary Grant</th>
<th>School Mental Health</th>
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<tbody>
<tr>
<td>Social Worker</td>
<td>19%</td>
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<tr>
<td>Counselor/Therapist</td>
<td>16.6%</td>
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<td>Peer Recovery Specialist</td>
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**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

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GPRA EVENT PARTICIPANTS

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<td>2,731</td>
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GPRA SURVEY RESPONDENTS

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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

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

MHTTC NATIONAL NETWORK COLLABORATIONS

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

ADVISORY BOARD

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

- CALIFORNIA: 4
- NEVADA: 2
- ARIZONA: 2
- HAWAII: 1
- PACIFIC TERRITORIES: 2

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)

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

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