

# YEAR 1 HIGHLIGHTS

## 2018-19

**The South Southwest Mental Health Technology Transfer Center (South Southwest)** was established in August 2018 to build the capacity of the mental health workforce and to support organizations and systems in delivering effective, evidence-based promotion, prevention, treatment, and recovery supports. We are deeply committed to supporting mental health and associated providers in **Region 6 (Arkansas, Louisiana, New Mexico, Oklahoma, and Texas)** and to improving the lives of individuals experiencing mental health challenges.

An important goal for the first year of South Southwest was to engage a variety of stakeholders from Region 6 to begin to understand the infrastructure, needs, and opportunities within the mental health systems in each state. We developed a written summary of this research, highlighting the needs and gaps that were identified by stakeholders and other sources. The needs assessment is a critical tool in planning the training, consultation, and organizational supports provided by South Southwest and will be updated annually to capture trends and new opportunities.

## KEY ACTIVITIES

### EARLY CHILDHOOD & TRANSITION-AGE YOUTH

South Southwest serves as a lead on early childhood mental health for the network. Regional training has focused on evidence-based screening practices, parent training programs, and core competencies of mental health consultants. South Southwest has also addressed some identified needs for early psychosis programs in the region.

### SUICIDE PREVENTION

South Southwest worked with suicide prevention coordinators to identify current needs and gaps, and to begin to outline opportunities to enhance existing efforts in the region.

### SCHOOL MENTAL HEALTH

South Southwest partnered with the state agencies supporting school mental health in the region to build infrastructure and capacity.

### PEER WORKFORCE

A peer provider uses lived experience, plus skills learned in formal training, to provide services in a variety of care settings to promote recovery and resiliency. Over the past year, South Southwest supported several peer provider workforce initiatives including trainings, developing a peer workforce retention assessment, and a regional conference.

### CULTURAL RESPONSIVITY

The South Southwest region is culturally, geographically, and socially diverse, requiring an adaptive behavioral health workforce that can respond to the multiple and varied needs of the population. This year, we took intentional steps to ensure that the trainings and technical assistance we provided advanced the workforce's understanding of the importance of providing culturally and linguistically responsive services and interventions.

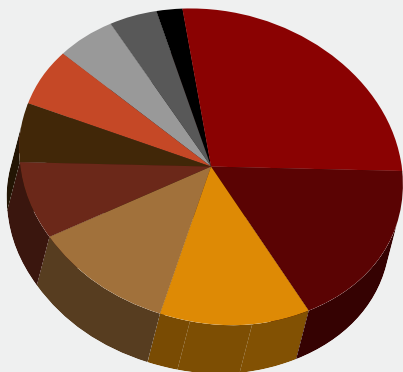
# BY THE NUMBERS

# 1,315

PROVIDERS PARTICIPATED IN  
TRAINING OR TECHNICAL ASSISTANCE

# 593

PROVIDERS REACHED THROUGH  
COMMUNICATIONS



## TYPES OF PARTICIPANTS ENGAGED

- MANAGERS/ADMINISTRATORS (26.4%)
- DIRECT CARE PROVIDERS (17.7%)
- OTHER (12.7%)
- TEACHERS (11.6%)
- CASE MANAGERS (7.7%)
- CLINICAL SUPERVISORS (6.1%)
- COUNSELORS (6.1%)
- TRAINERS (5.2%)
- MENTAL HEALTH THERAPISTS (4.3%)
- PEER PROVIDERS (2%)

# 96%

REPORTED THEY WERE SATISFIED OR  
EXTREMELY SATISFIED WITH THEIR  
TRAINING EXPERIENCES

# 95%

REPORTED ENHANCED SKILLS  
FOLLOWING TRAININGS



“[THE TRAINING I RECEIVED] RELATED BACK  
TO WHAT MY FAMILIES ARE NEEDING OR  
COULD USE TO BE MORE SUCCESSFUL IN  
THEIR LIVES.”

# 82%

REPORTED IMPROVED CLIENT  
SERVICES FOLLOWING TRAININGS

# 79%

REPORTED THEY SHARED THE  
INFORMATION THEY HAD GAINED  
FROM TRAININGS

“ALL OF IT WAS VERY USEFUL FOR ME. I  
LEARNED A LOT AND HAVE BEEN ABLE TO  
APPLY MOST OF IT [IN] MY JOB.”

—OUR TRAINEES

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### TTC ONLINE LEARNING PORTAL

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