

REGION 2
Northeast
& Caribbean
MHTTC
Rutgers,
New Jersey

5,817
Participants

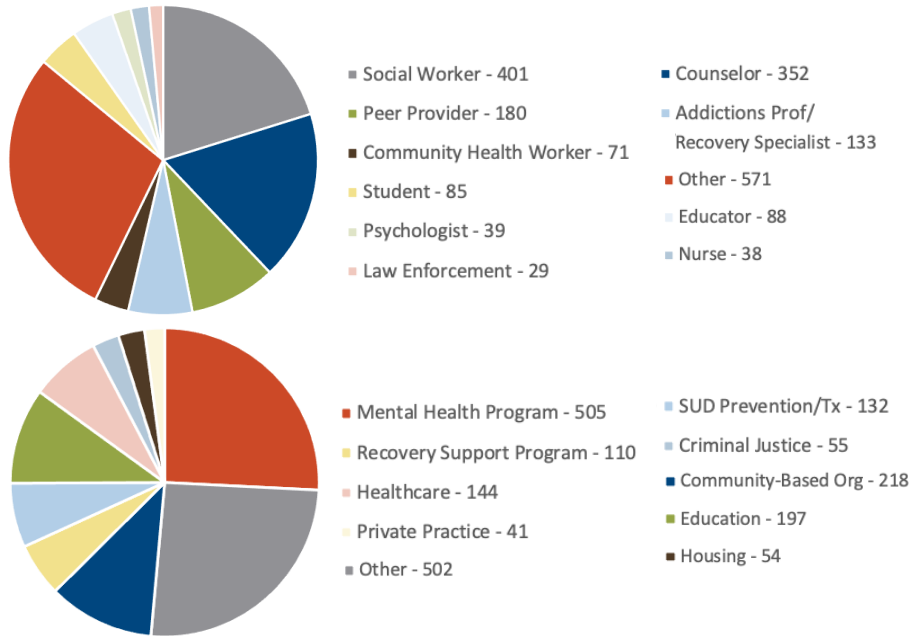
127
Events

10,116
Webpage
Views

2,740
Product
Downloads

3,054
Subscribers

Throughout the uncertainty that 2020 brought the world, the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) has continued to support the mental health workforce as they have rapidly adjusted to changing service delivery formats, heightened needs of program participants, and personal losses and challenges. Along with the pandemic-related trainings and products we have provided, we have also continued to offer development opportunities related to the foundational practices that support recovery from mental illnesses. Learn more about our Year 2 activities below.



YEAR 2 OUTCOMES



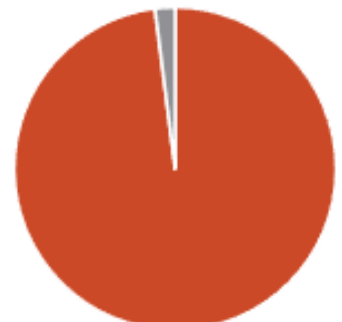
95%
satisfied with
overall quality



94%
received
professional benefit



87%
will use to
change practice



98%
would recommend
training to colleague

COVID-19 RESPONSE

In response to the COVID-19 pandemic, we created several products for mental health professionals to use to support their own self-care, to support those with whom they work, and to utilize technology to remain engaged with program participants. These products were downloaded many times providing needed support during a challenging time. Visits to our website increased substantially between March and June 2020, during the height of the pandemic in our region.

Tools for Behavioral Health Professionals During a Public Health Crisis
974 Downloads

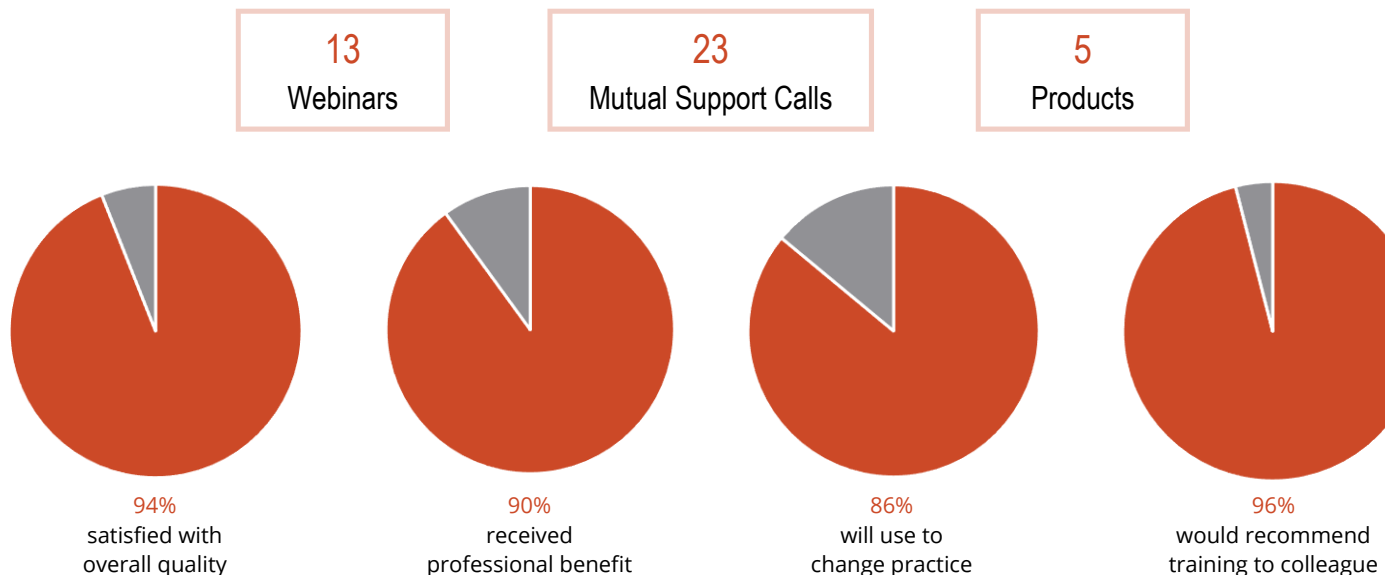
Tools for Educators During a Public Health Crisis
394 Downloads

Taking Care of Yourself During a Public Health Crisis
494 Downloads

Support Strategies for Supervisors and Providers During COVID-19
35 Downloads

Engaging with Clients over the Telephone and Using Texts
201 Downloads

In addition to the products above, we offered a number of webinars on coping, self-care, and using telehealth. We also facilitated mutual support calls for educators, organization administrators, supervisors, and direct support providers to provide them with the opportunity to express concerns and needs and provide support to and receive support from each other.



Website: mhttcnetwork.org/centers/northeast-caribbean-mhttc

Facebook, Twitter, and LinkedIn: @NECMHTTC

Subscribe: bit.ly/2mpmpMb

While many of our planned activities for year 2 were interrupted by the pandemic, we were able to complete an intensive technical assistance project on Motivational Interviewing with 4 organizations and deliver three webinar series. These approaches allow us to provide more detailed instruction and information and facilitate greater practice implementation.

Motivational Interviewing Intensive TA

This project utilized a 3-tiered approach that provided training and ongoing consultation to organization administrators (15), clinical supervisors (26), and direct service providers (88).

Participants Shared:

"[It helped] create a common language and framework for thinking across the agency."

"[It helped me] learn ways to stop and listen instead of always jumping in with something to say."

"I have more meaningful engagements with clients because of the training. It taught me to let go of my agenda and listen with patience."

Webinar Series

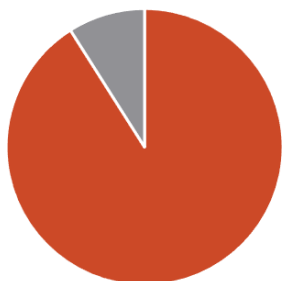
Recovery from Serious Mental Illnesses and the Practices that Support Recovery

Working with Affectional and Gender Minorities

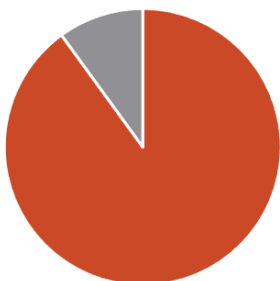
Deconstructing Unconscious Bias and Its Impact on Mental Health

SCHOOL MENTAL HEALTH

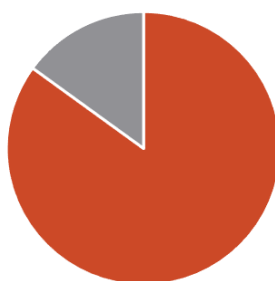
We offer training and consultation directly to schools and school districts to enhance their capacity to support student mental health. In the past year we have worked intensively with 8 schools offering trainings, consultation, and support. We also provided a regional school mental health summit introducing 175 educators to the comprehensive school mental health curriculum.



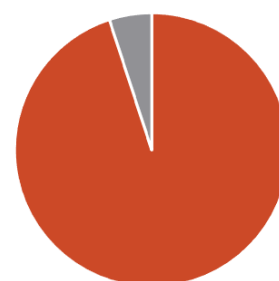
91%
satisfied with overall quality



90%
received professional benefit



85%
will use to change practice



95%
would recommend training to colleague

Year 2 Topics in School Mental Health:

- Trauma and Mental Health
- School Anxiety and School Refusal
- Youth Mental Health First Aid
- Trauma Informed Care and Resiliency
- Suicide Prevention
- Stress Management
- Racial Injustice and Student Mental Health



New Resource Available! for School Mental Health Professionals

Educators and school personnel play a vital role in promoting mental health and addressing emerging mental illness in students. However, they often lack the education, training, and support needed to respond in the classroom.

- This new resource:
- Describes the role of educators in supporting student mental health
 - Explains the core components of mental health literacy
 - Provides resources and trainings on mental health literacy

Download your free copy of **Supporting Student Mental Health: Resources to Prepare Educators** here: <https://mhntnetwork.org/centers/northeast-caribbean-mhntc/school-mental-health>.

