



Northwest (HHS Region 10)

# MHTTC

**PROUDLY SERVING**

ALASKA, IDAHO, OREGON & WASHINGTON

## YEAR 2 REVIEW 2019-20



**65**

EVENTS



**7,502**

TRAINED



**64**

PRODUCTS



**2,312**

DOWNLOADS



**2,673**

E-COURSES  
TAKEN



**36,531**

VISITORS



**4,413**

SUBSCRIBED



**5,468**

VIDEO  
VIEWS

## GOALS OF THE NORTHWEST MHTTC



Accelerate adoption and implementation of mental health-related EBPs.



Heighten awareness, knowledge, and skills of the workforce.



Foster alliances and address training needs among diverse partners.



Ensure availability & delivery of free, publicly available training and TA.

## AREA OF FOCUS Evidence-based practices (EBPs) for psychosis

Including CBT for psychosis (CBTp) & Assertive Community Treatment (ACT)

## ADDITIONAL TOPICS OF TRAINING & TECHNICAL ASSISTANCE

Integrated Care | Peer Support | Suicide Prevention | Telehealth | Families  
Trauma-Informed Support | Culturally-Responsive Care | Crisis Work



Building Telehealth  
**CAPACITY**

## RESPONDING TO THE COVID-19 PANDEMIC

This year was like no other as our communities faced the coronavirus and continues to persevere. Our workforce had to quickly pivot to supporting people in new ways.

### WE ARE GRATEFUL TO ALL OUR PARTNERS IN HELPING US RESPOND TO THESE NEEDS

- National ACT Calls weekly, now monthly
- Telehealth Topics with MHTTC Network
- Psychological First Aid for staff & leaders
- COVID-19 resources compilations
- 8-session Telehealth series
- Peer webinar topics supporting recovery
- Resources for children and families
- Self-Care strategies



UNIVERSITY of WASHINGTON  
PSYCHIATRY & BEHAVIORAL SCIENCES  
School of Medicine

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Department of Health and Human Services,  
Substance Abuse and Mental Health Services Administration.*



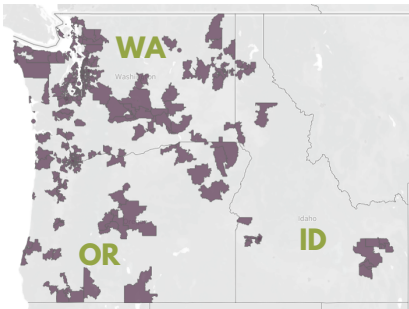
Substance Abuse and Mental Health  
Services Administration

# HIGHLIGHTS FROM YEAR 2

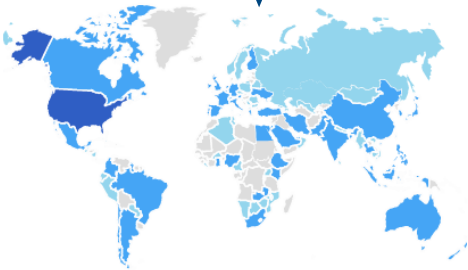
## OUR REACH



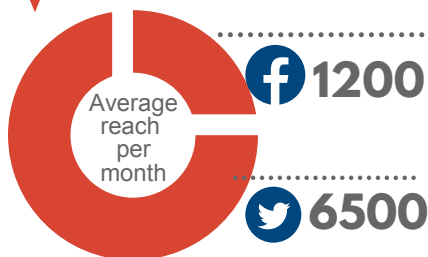
We trained people across Region 10 (AK, WA, OR & ID) thanks to our team, presenters and technology.



Our website visitors come from all around the world with a total of 169,184 page views.



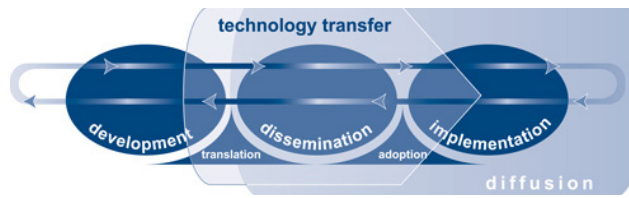
We connected with more people via social media.



## SPOTLIGHT: INTENSIVE TRAINING & TA

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

In September 2019, Sarah Kopelovich, PhD and Jeffery Roskelley, LICSW trained a group of clinicians in formulation-based Cognitive Behavioral Therapy for psychosis (CBTp). The goal of the training was to help clinicians administer high-fidelity CBTp so that they can provide more effective psychotherapeutic treatment to their clients in an early psychosis coordinated specialty care program. The training program included a pre-workshop e-course, multi-day workshop with didactics and experiential learning, follow-along tele-consultation, and fidelity review of sessions. Dr. Kopelovich and Mr. Roskelley adhered to an implementation framework to help support practice facilitation and long-term sustainment. In addition to training 10 providers to administer the intervention, they also worked intensively with the Clinical Director toward completion of a CBTp Train the Trainer program, culminating in a detailed dissemination and sustainment plan.



## EVALUATION OF OUR IMPACT

97% would recommended our training to a colleague

Your attention to implementation and evaluation are great examples for the Network!

Speakers were informative, providing great presentations with applicable strategies.

The 'how' to implement the strategies were really helpful.

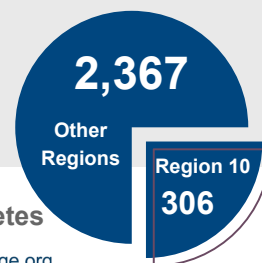
## ONLINE COURSES INCREASE ACCESS



Our 3 online courses were taken by people all across the US.

*We have reached close to 2,700 people!*

- Violence Risk Assessment and Management
- The Psychiatrist's Guide to Population Management of Diabetes
- CBT for Psychosis ePrimer



HealthKnowledge.org



[mhttcnetwork.org/northwest](http://mhttcnetwork.org/northwest)



[northwest@mhttcnetwork.org](mailto:northwest@mhttcnetwork.org)



[bit.ly/nwmhttcnews](http://bit.ly/nwmhttcnews)



@NorthwestMHTTC



@Northwestmhttc

