



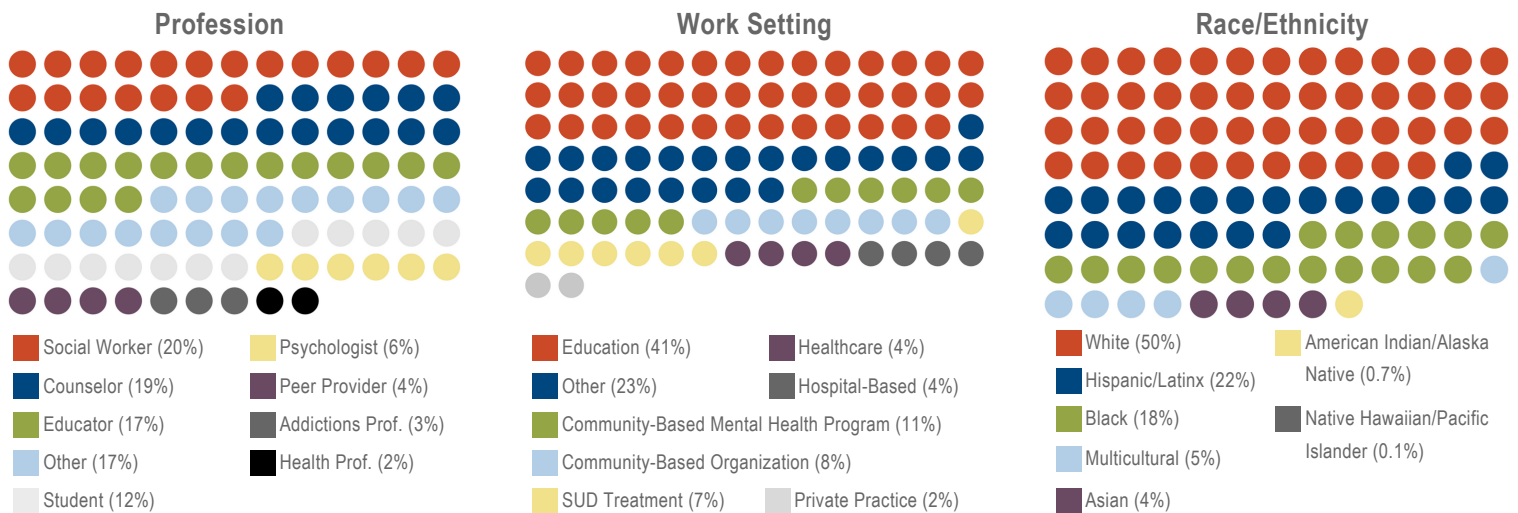
## Year 3: Persevering to Meet the Need | 2020-2021

As the challenges related to the COVID-19 pandemic persist, so too do the efforts of the behavioral health workforce to meet the growing mental health need. The behavioral health workforce has persevered in providing services despite the ongoing barriers and stressors. The Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) has supported these efforts by offering training and technical assistance to address the needs of the health, behavioral health, and education workforce as they support those living with mental health conditions.



### Training Participants

4,820 people representing diverse professions, settings, and races participated in our activities and completed satisfaction surveys.



93%

satisfied with overall quality

91%

received professional benefit

88%

will use to change practice

96%

would recommend training to a colleague



123 EVENTS



7,969 PARTICIPANTS



5,529 PRODUCT DOWNLOADS



51,297 WEBPAGE VIEWS



3,754 SUBSCRIBERS

## Helping the Helpers

For those in health and behavioral health care, the past year has continued to present new difficulties and barriers. Attention to self-care and the integration of simple daily practices can build resilience and increase a person's overall wellness. We provided trainings and tools to support these critical activities.

### Peers Helping Peers

Facilitated sessions for colleagues to help each other by offering support and guidance.

### Provider Wellness Program

Manual of brief self-care sessions with session plans & activities included.

### Wellness Videos

Series of 7 brief videos to help providers breathe, move, and stretch to improve their overall wellness.

### Pause, Breathe, Move

Webinar series focused on brief self-care activities that can be used daily to improve wellbeing.

## Educating the Educators

Teachers and school staff have continued to educate and support students through another difficult year. The need for increased attention to the mental health needs of students and teachers has been evident. We have offered education and guidance on integrating school-based mental health services, supporting parents, and maintaining self-care and wellness.

### Supporting School Mental Health in the Wake of COVID-19: A Virtual Conference

We provided a series of training sessions to help educators meet their students' mental health needs while also taking care of themselves prior to returning to school, either remotely or in-person, in the Fall of 2020.



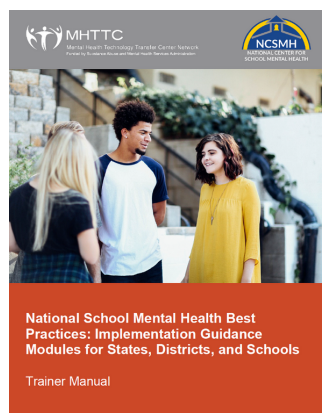
### New Jersey Comprehensive School Mental Health Services Planning Sessions

We provided 3 sessions to school districts throughout New Jersey to help them plan the development or expansion of their school-based mental health services. Of particular focus was the use of pandemic-related funds to support these efforts.

### Parenting Workshops

We delivered a series of 3 workshops to help parents partner with educators in supporting their children. Topics included:

- Strategies for Increasing Student Motivation
- Creating Resilience in Children
- Emotions Matter: Social-Emotional Learning at Home and in the Community



### National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

We continued to promote the implementation of comprehensive school-based mental health supports through regional participation in the Always and Now 8-Part Learning Series. We also translated the best practices guidance modules and videos into Spanish so that Spanish-speaking educators in Puerto Rico and throughout the US could more easily access the materials.

## Adapting through Adversity

The pandemic, racism, and social injustice negatively impacted mental health and changed the way services are delivered. To help the workforce adapt to and address these needs, we provided three webinar series focused on:

**Addressing  
Complicated Grief  
and Moral Injury  
Among Providers**

**Delivering  
Telebehavioral  
Health Services**

**Deconstructing  
Unconscious Bias  
in Behavioral  
Healthcare**

## Supporting through Skills

Despite the disruption to daily life that we've all experienced throughout the past year, mental health services and supports continue to be delivered by dedicated providers. We conducted two intensive technical assistance projects to facilitate the implementation of empirically supported practices for people with mental health conditions. We also created an online course to help people learn the evidence-based practice of Illness Management and Recovery (IMR).

### Motivational Interviewing Training of Trainers

We developed a 6-module training package that includes presentation slides, trainer notes, and skill demonstration videos. Trainers from behavioral health organizations were trained to present these modules to staff in their organizations. Ongoing consultation was provided to further assess and enhance the trainers' skills. This project was developed to support the long-term sustainability of MI initiatives within these organizations.

Motivational Interviewing:  
Training of Trainers



MHTTC

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

### Mental Health and Employment

We provided training and technical assistance to the New York ACCES-VR (Vocational Rehabilitation) and Workforce Innovation Opportunity Act (WIOA) staff to enhance their ability to support the vocational goals of people with mental illnesses. The project addressed: mental health conditions, common challenges and supports, functional implications, and potential supports and accommodations.

Illness Management and Recovery (IMR)  
An Overview

### Illness Management and Recovery (IMR) HealtheKnowledge Course

We developed a self-paced, online, three-part HealtheKnowledge course that is an introduction to the IMR program. IMR is an evidence-based practice that helps individuals develop tools to manage their mental health conditions, set meaningful goals, and make progress towards their personal recovery.





# Expanding Efforts in Puerto Rico

Over the past year, we've expanded our activities in Puerto Rico and increased our Spanish language offerings. Dr. Sanabria Vélez, a fully bilingual Clinical Psychologist with expertise in trauma treatment and many years of experience in both mental health and school settings, was hired to provide training and TA in Puerto Rico.

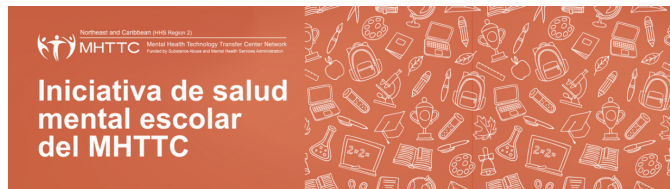
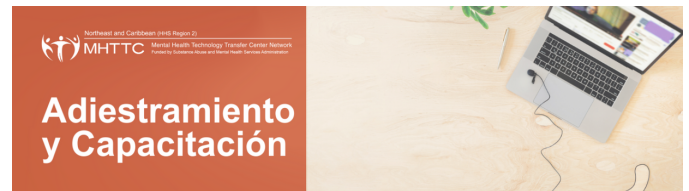
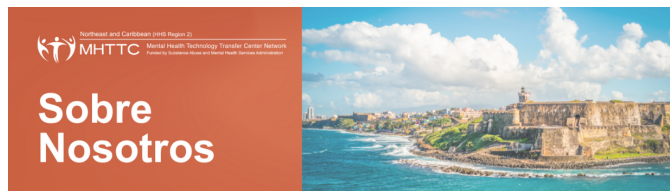
Trainings were provided on trauma and suicide prevention as these were identified as critical, high need areas on the island.

*"This workshop will help me provide better service...and put into practice the new [trauma] techniques learned."*

*"Thanks to the workshop, I feel that I have better tools to talk to my students about suicide."*

## En Español Webpage

We created a page on our website to connect Spanish speakers with products, resources, and events that are available through our Center. Information about the Center, our upcoming Spanish language trainings, and School Mental Health and COVID-19 resources are available.



## Promoting Recovery in the Hispanic/Latinx Community: Walking in Recovery Cards

In collaboration with the New England and Hispanic and Latino MHTTCs, we created cards that promote affirmative, inclusive, and recovery-oriented messages for Hispanic/Latinx individuals living with mental health conditions. These culturally inspired cards are designed to provide a message of encouragement and hope and include an explanation of the importance of culture in the recovery process and overall wellness. The cards are available in Spanish, Portuguese, and English.

