



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

YEAR 3 REVIEW

2020-2021

Includes our Primary Grant Award + Supplements for School Mental Health and Provider Well-Being

←..... OUR REACH→



19,321

TRAINED



262

EVENTS



3,462

E-COURSE PARTICIPANTS



23,581

VIDEO



136

PRODUCTS



2,072

DOWNLOADS



123,268

VISITORS



20,138

SUBSCRIBERS

OUR GOALS

1 Accelerate adoption and implementation of mental health-related EBPs.

2 Heighten awareness, knowledge, and skills of the workforce.

3 Foster alliances and address training needs among diverse partners.

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

AREA OF FOCUS FOR PRIMARY GRANT

Evidence-based Practices 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 | Culturally-Responsive | Crisis Work | Forensic Mental Health

PROVIDER WELL-BEING DURING THE PANDEMIC

We offered resources and guidance on best self-care practices to sustain providers in their professional roles during the ongoing pandemic. The diverse training, technical assistance, and consultation activities in the Provider Well-Being series targeted secondary traumatic stress, compassion fatigue, burnout, resilience, and organizational change.

'Every bit of it was practical, applicable, and helped to normalize - as well as give tools to navigate - the ongoing pandemic.'

UW Medicine

DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

SAMHSA
Substance Abuse and Mental Health Services Administration

YEAR 3 HIGHLIGHTS

Spotlight: Intensive Training & TA

Skills for Psychological Recovery (SPR) Learning Community

SPR is an evidence-informed intervention designed to help individuals gain skills to reduce ongoing distress, promote resilience, and effectively cope in the weeks and months after a disaster or crisis.

Over seven months, three faculty members from the Program for Trauma Recovery Innovations at the University of Washington led a cohort of twenty-two mental health providers in a learning community on SPR. Participants engaged in live direct learning, twice-monthly consultation calls, live check-in meetings, and conducted case presentations.



(L-R) Michele Bedard-Gilligan, PhD, Emily Dworkin, PhD, and Kristen Lindgren, PhD, ABPP

EVALUATION OF OUR IMPACT

98% would recommend our training to a colleague

'I wish my whole department was present.'

'Loved the activities that I will use with my staff.'

'It provided key tidbits I want to bring to our senior leadership group.'

OUR 4 ONLINE COURSES ARE IN DEMAND!

Since launching
2 years ago,
over 6,000
people enrolled!

- Violence Risk Assessment & Management
- The Psychiatrist's Guide to Population Management of Diabetes
- CBT for Psychosis ePrimer
- Empowering Wellness in Mental Health

HealthKnowledge.org

ASSERTIVE COMMUNITY TREATMENT (ACT)

Continued support of ACT Teams nationally through:

- Consultation calls reaching over 2500 providers & stakeholders
- Launching an ACT Fidelity COVID-19 Task Force
- Four-part Team Leader project
- Training 24 staff in Mindfulness-Based Stress Reduction (MBSR)

STRIVING FOR EQUITY

Health inequities & pervasive racism still affect our communities of color.

There is much more to do to achieve equity, so we're taking action by:

- Supporting training events with national experts & new voices
- Comparing satisfaction survey ratings among audience demographics
- Doing internal equity & anti-racist work
- Helping lead the MHTTC Network's Culturally Responsive Work Group
- Using the TTC Racial Equity Tool to inform our activities

YEAR 3 E-COURSE COMPLETIONS

3,122
Other Regions
Region 10
340

YEAR 4 PLANS

Looking ahead, we are focusing on:

- Using feedback from our 2021 Regional Needs Assessment to plan responsive topics and experiences
- Innovating strategies to deliver high-quality virtual learning communities
- Creating new on-demand products
- Activities to address diversity, resilience, equity and racism



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