

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

REACH OUR















DOWNLOADS





19,321 **TRAINED**

EVENTS

3,462 **E-COURSE**

PARTICIPANTS

23,581

VIDEO

136 **PRODUCTS**

123,268

20.138

SUBSCRIBERS

OUR GOALS

Accelerate adoption and implementation of mental healthrelated 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 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

UW Medicine DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES



PROVIDER WELL-BEING DURING THE PANDEMIC

We offered resources and guidance on best selfcare 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.

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.

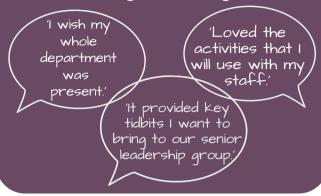
Over seven months, three faculty members from the Program for Trauma Recovery Innovations at the University of Washington led a cohort of twenty-two mental health providers in a learning community on SPR. Participants engaged in live direct learning, twice-monthly consultation calls, live check-in meetings,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



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

EVALUATION OF OUR IMPACT

98% would recommended our training to a colleague



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

YEAR 3

E-COURSE

COMPLETIONS

Empowering Wellness in Mental Health



3,122

Other Regions

Region 10

340

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 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 highquality virtual learning communities
- Creating new on-demand products
- Activities to address diversity, resilience, equity and racism











