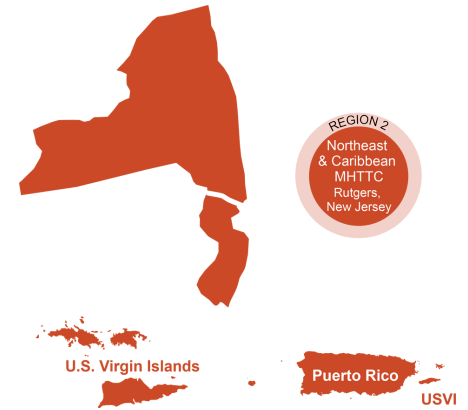




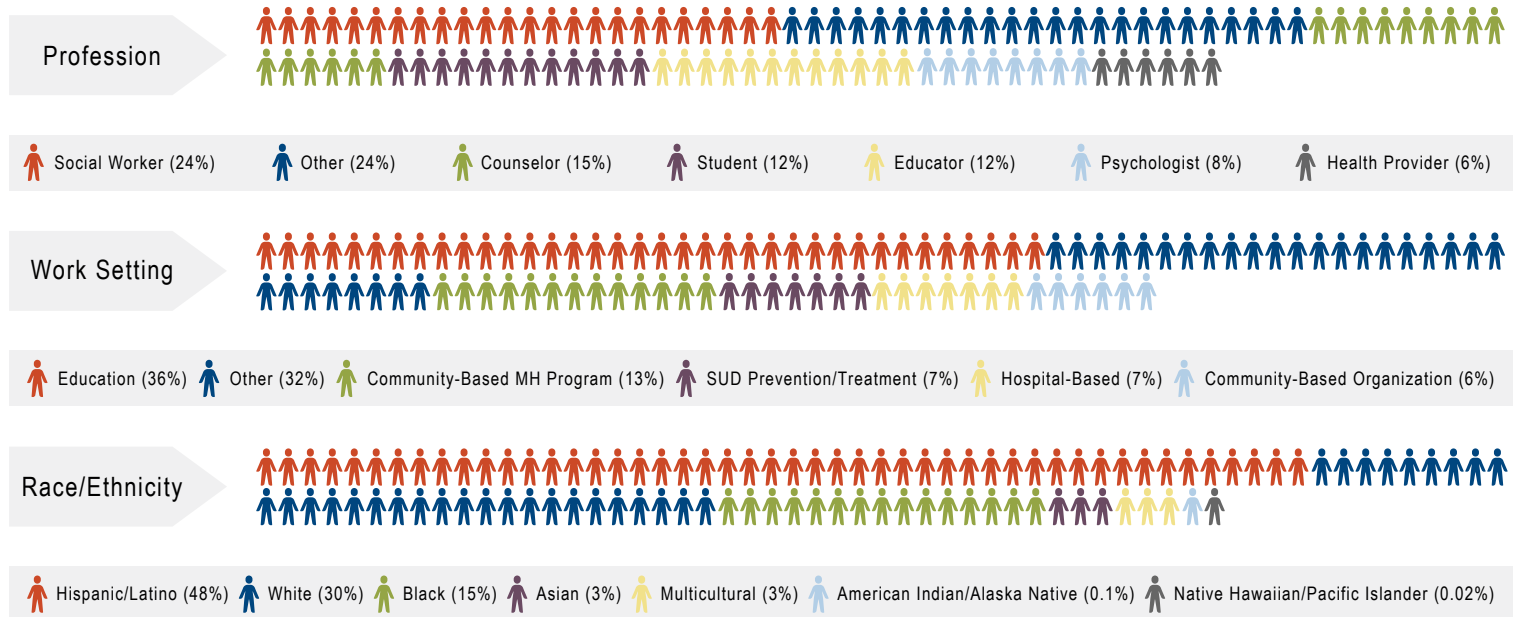
## Year 4: Expanding Our Reach Through Collaboration | 2021-2022

As the restrictions necessitated by the pandemic begin to lessen, we see the significant mental health impacts that remain. At the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) we have established and strengthened collaborations with behavioral health and educational organizations to address the increasing mental health needs of our region. These collaborations led to the delivery of informative trainings, supportive implementation projects, comprehensive guides, engaging online courses, facilitative toolkits, user-friendly products, and helpful podcasts. Review some of our annual highlights below!



### Training Participants

3,197 people representing diverse professions, settings, and races participated in our activities and completed satisfaction surveys.



95%

were satisfied with the overall quality of the trainings

95%

expected the training to benefit their professional development and practice

92%

will use the information from the trainings to change their current practice

98%

would recommend the training to a colleague



136

EVENTS



3,971

DOWNLOADS



4,793

PARTICIPANTS



41,995

WEBPAGE VIEWS



448

FOLLOWERS



3,282

SUBSCRIBERS

## Assessing the Need

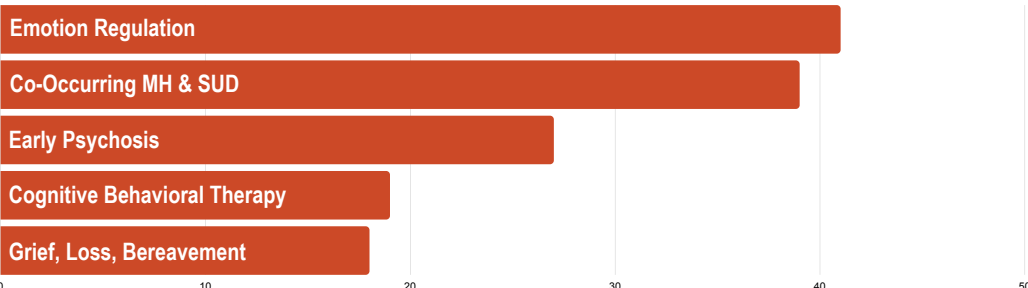
In 2021 we distributed a mental health workforce needs assessment to identify priority training and technical assistance needs within our region. The survey was circulated to behavioral health and education organizations via our website, social media, newsletter, email listservs, webinars, trainings, and conferences. The survey was available in both English and Spanish to address the diverse region. Almost all Spanish surveys were completed by participants in Puerto Rico. Some of the key findings are highlighted here.



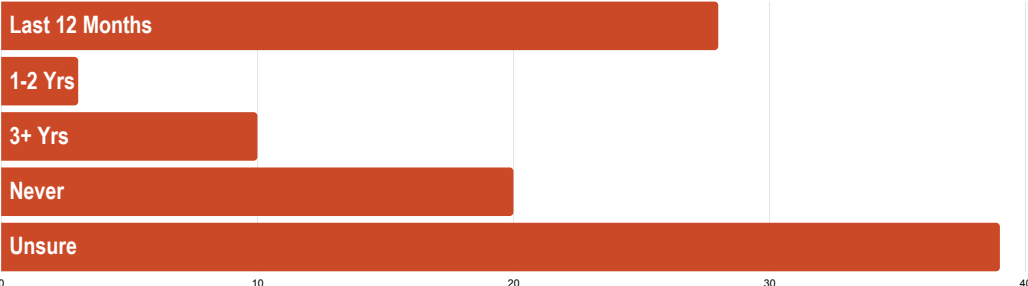
### English Top Training Needs



### Spanish Top Training Needs



### Participated in Cultural Humility Trainings



## Collaborating with Partners

By working closely with regional partners we are able to increase the breadth of our impact and facilitate sustainability.

### New Jersey Judiciary

Supporting the New Jersey Judiciary's Mental Health Initiative to improve services for court users with MI. We provided trainings to trial, appellate, and municipal court judges, and all staff, and conducted a needs assessment.

### ACCES-VR

Enhancing employment supports for individuals with mental health conditions, we conducted a learning community with vocational staff to implement effective communication strategies and understand the impact of work on clients' lives.

### Health Federation of Philadelphia (HFP)

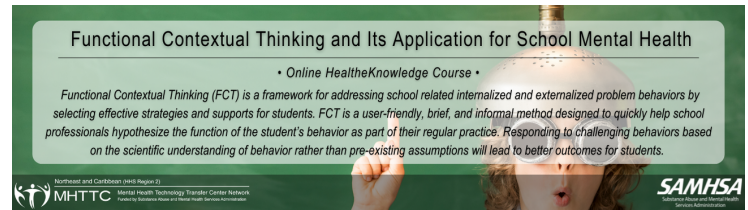
Addressing the need for trauma-informed care, we partnered with HFP to support the behavioral health workforce in creating inclusive and caring environments for service participants and staff that adequately respond to trauma.

## Learning at Your Own Pace

We have produced 4 self-paced, online courses that are available on [www.healthknowledge.org](http://www.healthknowledge.org). These courses are for behavioral health providers, educators, and other workforces that support people with mental health conditions.

*Functional Contextual Thinking (FCT) is a course that teaches the FCT framework and how it helps you understand challenging behavior and problem solve effective strategies. Each module introduces new content and builds skills with opportunities for practice and helpful resources.*

 **420** enrolled  **207** completed



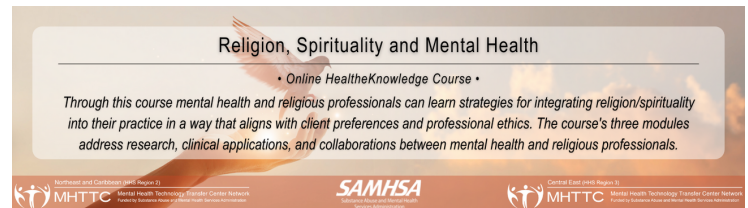
*Illness Management and Recovery: An Overview is a course that teaches the evidence-based practice which helps individuals develop tools to manage their mental health conditions, set meaningful goals, and make progress toward their personal recovery, using supportive and motivational approaches.*

 **1119** enrolled  **586** completed



*Religion, Spirituality and Mental Health is a course that teaches mental health and religious professionals how to integrate religion/spirituality into services in a way that is responsive to client preferences and consistent with professional ethics.*

 **89** enrolled  **59** completed



*Wellness Matters is a course that addresses the importance of self-care for behavioral and physical health providers, focused on self-care strategies and wellness frameworks, along with practices to increase resilience and flourish in one's personal and professional life.*

 **2509** enrolled  **1248** completed



## Flourishing at Work

Mental health is a critical component of all of our lives but is especially important for professionals who are trained to support, educate, and inspire others. We created events and products to help professionals focus on their self-care, wellness, and flourishing.

### Provider Wellness Webpage

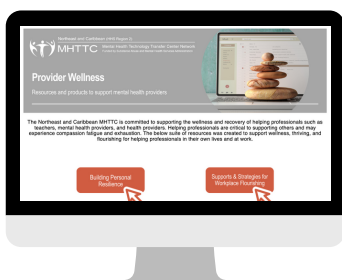
232 pageviews

### Toward Wellness and Recovery Podcast

217 plays

### Flourishing at Work Plan

30 downloads

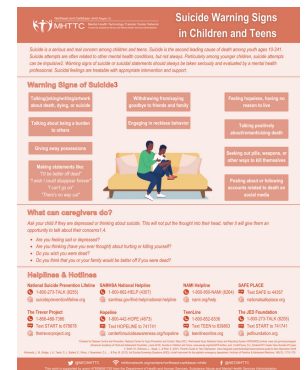
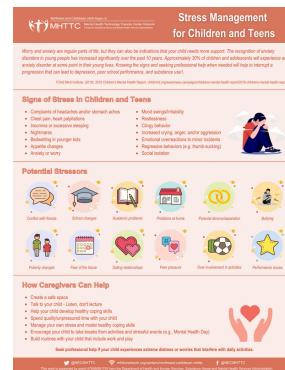


# Enhancing School Mental Health

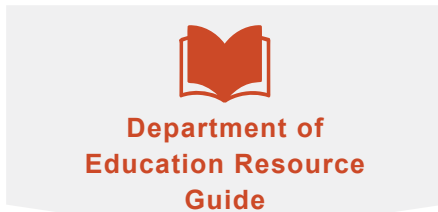
Teachers and school staff have continued to support students through another challenging year. The need for increased attention to the mental health needs of students and teachers continues. We have supported the integration of school-based mental health services, developed resources to support student mental health, and facilitated mutual support meetings for educators.

## Project AWARE in NY

In response to the needs of Project AWARE schools, we developed products to support mental health awareness for students, families, and school staff, provided coaching support to aid schools in implementing a Tier 1 behavioral management intervention, identified universal screening tools, and created products to support mental health awareness for students, families, and school staff.



## NJ Education Initiatives



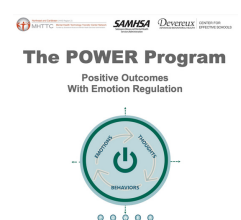
In collaboration with the NJDOE, we developed the [Comprehensive School-Based Mental Health Resource Guide](#) to support NJ schools and districts with developing and implementing comprehensive school mental health services and supports within a MTSS framework. The Guide facilitates the alignment of multiple initiatives and builds capacity to implement school-based mental health supports.

To support the launch and implementation of the Resource Guide we provided monthly webinars that aligned with each of the chapters of the Guide. During these sessions, the MHTTC, in collaboration with school mental health experts and NJ district exemplars, highlighted the core features of a comprehensive school mental health framework, highlighted successful strategies, and offered individual TA.

To support NJ schools and districts with identifying potential community-based systems partners, we developed the NJ School Mental Health Resource Directory. This directory references over 200 organizations through the state, organized by county, that provide mental health services to children and adolescents and could potentially serve as resources to meet the mental health needs of students.

## POWER Program: Positive Outcomes with Emotional Regulation

In partnership with the Devereux Center for Effective Schools, the [POWER Program](#) was developed to promote emotion regulation skills for middle and high school students with or at risk for developing behavioral health needs. The POWER Program incorporates techniques found to be effective for adolescents with different types of emotion-related behavioral health conditions. It includes empirically supported techniques grounded in motivational interviewing, behavioral skills training, cognitive-behavioral therapy, and acceptance and commitment therapy. As a group-based targeted intervention, the POWER program is designed to be implemented at Tier 2 within the MTSS framework.





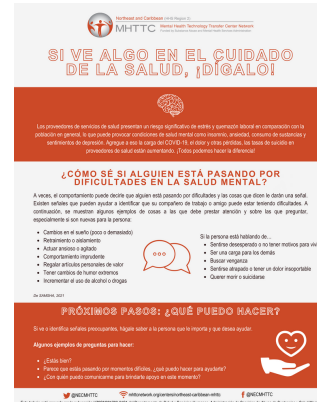
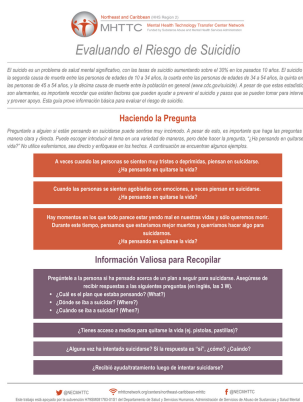
# Puerto Rico

The people of Puerto Rico have experienced a series of traumatic events since 2017 including Hurricanes Irma and María, ongoing earthquakes and aftershocks, and the COVID-19 pandemic, heightening the need for mental health supports. We provided a variety of trainings and technical assistance enhancing understanding and supporting implementation of mental health services and supports.



## Suicide Prevention

In response to an increase in suicide deaths in Puerto Rico we provided a series of events and developed and distributed resources to enhance knowledge and skills related to identifying signs and symptoms, recognizing risk factors, and utilizing strategies for starting a conversation about suicide.



## Trauma-Informed Treatment

We provided trainings about defining trauma and the different types of traumas, identifying signs and symptoms of trauma, and sharing evidence-based treatments for trauma that providers could implement.

## Collaborating with Agencies

### Servicios Integrales de Salud al Adolescente (SISA)

The Comprehensive Adolescent Health Services (SISA, in Spanish) Program of the Puerto Rico Department of Health focuses on developing and strengthening the personal, social, and cognitive skills of teenagers to positively impact their lives. We provided TA to leaders working in youth supporting youth programs to enhance their mental health knowledge and skills. Our TA included face-to-face seminars, webinars, consultation, and implementation supports of evidence-based techniques.

### La Oficina de Calidad de la Administración de Servicios de Salud y Contra la Adicción (ASSMCA)

In collaboration with ASSMCA, the mental health SSA for Puerto Rico, we provided trainings to address specific identified needs. Training topics included: implementing evidence-based strategies and techniques when providing crisis services; addressing diagnostic comorbidities; learning about and recognizing the most prevalent mental health diagnoses in Puerto Rican adults; and learning about and recognizing the most prevalent mental health diagnoses in Puerto Rican children and adolescents.