

# BUILDING CONNECTIONS: VIRTUAL LEARNING COMMUNITIES

## Our Approach

Based on adult learning principles, our learning communities provide opportunities to learn new skills and process shared learning, featuring interactive sessions, engaging activities and follow-up reminders of key concepts and skills. After training and supporting the workforce through the COVID-19 pandemic, we were determined to offer learning opportunities that would **enhance the virtual learning experience with greater connection between people**-- knowing that teams will continue to face new stressors. Results from our tailored evaluations show that these virtual learning communities are well-received and provide interactive learning opportunities for participants.

### ENGAGING



### STRATEGIES

### PRACTICAL



### TOOLS

### LASTING



### CONNECTIONS

#### Our design keeps connection in mind:

- Share practical skills via live, virtual experiences e.g. didactic segments and breakout sessions
- Equitably reach our regional workforce and leadership, bringing priority topics to you
- Facilitate connections through engaging online tools and rich resource pages
- Supporting presenters with instructional design principles and hands-on logistics
- Offer post-series tailored communications so concepts are reinforced
- Measure the impact through tailored evaluations across projects

#### Our model responds to learning needs:

- Collaborating with speakers on effective and relevant topics, goals and learning objectives
- Plan with presenters to use engaging methods and interactive tools
- Attending and noting themes, questions and resources that surface for each session
- Messaging between sessions to look back and look ahead to connect learners' experiences
- Send tailored "make it stick" reminders of key ideas participants can use in their daily work
- Detail our evaluation data to get insights and feedback to presenters and our team



Scan to learn more about our learning communities

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## PUBLICATIONS AND PRESENTATIONS

### Poster: Supporting Implementation Outcomes through Online Learning Communities

- **Results:** Online learning communities can be an effective form of support for the behavioral health workforce when they challenge current professional practices, focus on relevant topics, have skilled facilitators, and encourage connections among participants.
- **Implications:** Learning communities can be successfully implemented in online formats. They lead to positive outcomes, especially when the topics are novel and relevant, training quality is high, and there are opportunities to form connections with other participants

### Article: Training and Supporting Healthcare Leadership During the COVID Pandemic

- **Article Overview:** The Northwest Mental Health Technology Transfer Center developed resources for leaders in public health to support and train during the COVID-19 pandemic. The Provider Well-Being Initiative was created with two goals in mind: building strategies for individual self-care and assisting health and behavioral healthcare agencies in implementing well-being interventions for their organizations. Learn more about how Northwest MHTTC's initiative helped leaders in public health tackle the specific hardships faced by leadership in public health and what tactics led to a 100% recommendation rate among participants.

### Conference Presentations

- "Supporting Our Well-Being: Workforce Equity, Training and Resilience"
- "Virtual Learning Works! Building resilience, supporting leadership and connecting our field"
- "Hidden in Plain Sight: How racism & bias demands effective training"



## LEARNING COMMUNITY PROJECTS COMPLETED TO DATE

Operationalizing Resilience for Crisis Response Workers

Examining Bias and Ideologies to Improve Care

Essentials of Care for Supporting Individuals with Serious Mental Illness

Challenging Stigma Through Understanding and Intentional Action

Cultural Adaptations of EBPs in Treating Hispanic and Latinx with Mental Health Disorders

LGBTQ+ Youth/YA Suicide Awareness & Prevention for Families Learning Community

Knowing Head, Heart, and Gut: A Live Learning Community for Supervisors

Skills for Psychological Recovery (SPR) for Direct Service Providers

Vitality for Behavioral Health Care Supervisors and Leadership

Kaleidoscope: Using Our Multicultural Lens to Learn, Heal and Thrive

Crisis Response, Management & Recovery

Taming Turbulent Times