



Year Four

At-A-Glance Summary

August 15, 2021 – August 14, 2022



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

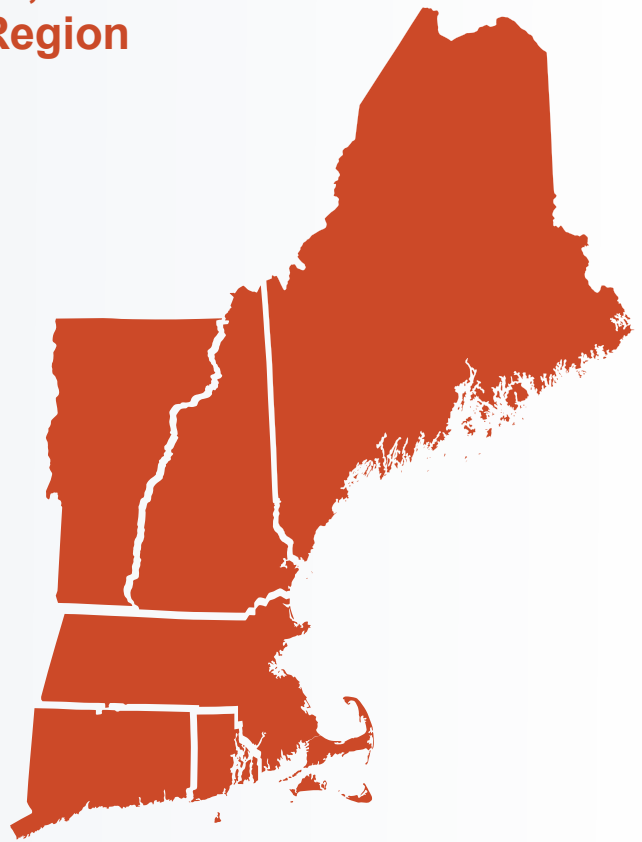
The New England MHTTC is one of 10 regional Centers funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). Our mission is to support the dissemination of evidence-based mental health practices across Health and Human Services (HHS) Region 1, which includes the states of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

Our team is led by the Yale Program for Recovery and Community Health, in partnership with the Harvard Department of Psychiatry, and C4 Innovations. Our activities are guided by a robust advisory team consisting of people with lived experience, direct care practitioners, family advocates, and organizational and state leaders. Collectively, these partnerships support our efforts to address mental health priorities across the lifespan in a manner that is responsive to the needs of all stakeholders.

Recovery-Oriented Practices, Supports, and Systems of Care in the New England Region

Service Delivery Outcomes

<u>4,190</u>	<u>95</u>	<u>47,139</u>
Participants	Events	Webpage Views
<u>4,024</u>	<u>10,690</u>	
Product Downloads	Subscribers	



This work is supported by grant #1H79SM081775-01 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The New England MHTTC offers training and technical assistance and develops and disseminate tools to promote the adoption of recovery-oriented practices across the behavioral health workforce. We also curate resources to meet the needs of a broader audience of critical partners including educators and school leaders, individuals and families, people with lived experience, community-based organizations, nonprofits, governmental agencies, and faith-based institutions.

The content and process of our work is grounded in our [Guiding Principles on Resilience and Recovery](#). Consistent with these principles, we take an equity-minded approach to recovery-oriented care which recognizes that even the most progressive treatment systems exist within a social context where people of color and other historically marginalized groups often experience—both individually and collectively—an additional layer of trauma that has devastating consequences on their health and well-being.

Read our [Year Four At-A-Glance Summary](#) to learn more about the collaborations, products, resources, and services developed this year as a part of our efforts to respond to the COVID-19 pandemic and offer development opportunities related to the foundational practices that support recovery from mental illnesses.

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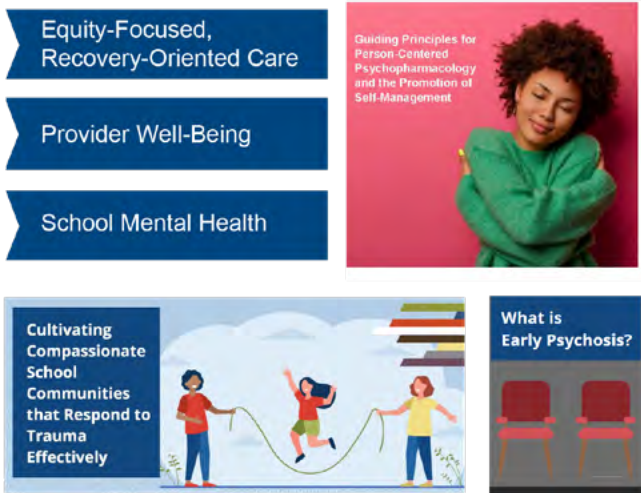
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Year 4: Events and Products

Area of Focus: Recovery

We provide training and technical assistance and develop and disseminate tools to promote the adoption of recovery-oriented practices across the behavioral health workforce.



New England MHTTC products included webinars, infographics, podcasts, resource guides, toolkits, and e-newsletters. In Year 4, we continued to support and enhance the region's capacity to provide recovery-oriented practices. We engaged leaders with lived experience and brought together experts in crisis services, individual and organizational well-being, peer support, trauma-informed care, school mental health, and tribal behavioral health to share promising practices.

Year 4: Collaborations

Following are notable examples of collaborations integral to our Year 4 work:

Regional Partners:

- SAMHSA, Region 1 Office
- HRSA, Region 1
- New England Advisory Team
- New England Addiction Technology Transfer Center
- New England Prevention Technology Transfer Center

New England MHTTC representation on MHTTC-wide and TTC-wide workgroups

Cultural Responsiveness: Chair and Members
 Evaluation Special Interest Group: Members
 Dissemination and Implementation: Members
 Early Psychosis: Members

- Healing School Communities: Members
- Implementation Practices: Members
- Workforce Development: Chair and Members
- Notable Presentations:
- 53rd New England School of Addiction and Prevention Studies
- Annual Conference on Advancing
- School Mental Health



Year 4: Additional Activities/Information

Better Together: Our BIPOC Strategic Outreach Initiative

The New England MHTTC continued to prioritize outreach to BIPOC individuals and communities in Year 4. This is an intentional engagement strategy that strengthens our efforts to support the mental health and workforce of historically under-served communities in culturally responsive ways. Features of our Better Together initiative included:

- Feedback opportunities, including listening sessions, surveys, and interviews, to help us gather and distill the needs and perspectives of diverse individuals and communities in the New England region.
- A landscape scan to ensure an active directory of organizations in the recovery-oriented practice space with specific initiatives supporting individuals and communities of color.
- Development of a Racial Equity and Advancing Cultural Humility (REACH) for Organizational Change Learning Community.

Through our REACH Learning Community training and technical assistance efforts, we offer practical guidance and evidence-based materials to help individuals and teams gain strategies to help them develop an action plan to shift policies and practices to ensure cultural responsiveness and workplace equity within their agencies and organizations. Our trainings are specifically designed to support teams of staff members and/or individuals from the behavioral health, education, government, health care, and nonprofit sectors.

Our BIPOC outreach strategy extends specialized mental health, and well-being supports to our: REACH for Organizational Change initiative; to BIPOC students and community colleges; and our Wellness and Mental Health Among Hispanic/Latinx Communities activities, supported in collaboration with the National Hispanic and Latino MHTTC. Through this proactive and positive training and technical assistance approach, we are addressing the multiple levels of cultural responsiveness needed for optimal behavioral health treatment, recovery, and care at the service delivery, provider, systemic, organizational, and treatment philosophy levels.

WHO WE ARE

The New England MHTTC is one of 10 regional Centers funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). Our mission is to support the dissemination of evidence-based mental health practices across Health and Human Services (HHS) Region 1, which includes the states of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont. Our team is led by the Yale Program for Recovery and Community Health, in partnership with the Harvard Department of Psychiatry, and C4 Innovations. Our activities are guided by a robust advisory team consisting of people with lived experience, direct care practitioners, family advocates, and organizational and state leaders. Collectively, these partnerships support our efforts to address mental health priorities across the lifespan in a manner that is responsive to the needs of all stakeholders.

AREA OF FOCUS

Recovery-Oriented Practices, Supports, and Systems of Care in New England

The New England Mental Health Technology Transfer Center promotes the recovery, self-determination, and community inclusion of people experiencing mental health challenges and their loved ones. The content and process of our work is grounded in our Guiding Principles on Resilience and Recovery. Consistent with these principles, we take an equity-minded approach to recovery-oriented care which recognizes that even the most progressive treatment systems exist within a social context where people of color and other historically marginalized groups often experience—both individually and collectively—an additional layer of trauma that has devastating consequences on their health and well-being. We are committed to proactively advancing social justice and racial equity as an essential component of recovery-oriented systems transformation across the New England region. We garner feedback on our programs, products, and services through a variety of evaluative mechanisms, including surveys, focus groups, listening sessions, and participatory conversations.



The Diversity and Inclusion Project Showcase (DIPS) was an exceptional opportunity to connect recovery oriented organizations that serve historically marginalized populations with training and technical assistance purveyors, policy makers and funders, and state leaders. Participation in DIPS linked us to new partner organizations and challenged us to expand our training and technical assistance offerings to meet their needs.”

Sara Becker, Director, New England Addiction Technology Transfer Center



Being part of LET(s)Lead has been absolutely transformative for me, personally and professionally... To go through this program and to really become more confident in seeing myself as a peer leader has been amazing. I'm already having more opportunities coming to me to be in a leadership role and I'm excited to see where things go."

Erin Goodman, Certified Peer Support Services, Wood River Health Services



WHAT WE'VE DONE:

We provide training and technical assistance and develop and disseminate tools to promote the adoption of recovery-oriented practices across the behavioral health workforce. We also curate resources to meet the needs of a broader audience of critical partners including educators and school leaders, individuals and families, community-based organizations, nonprofits, governmental agencies, and faith-based institutions. Here is just a sample of the initiatives, products, and supports we developed over the past four years to promote recovery and equity across the New England region.

Recovery-Oriented Systems of Care

Recovery-oriented transformation must occur at all levels of an organization while authentically engaging all stakeholders in the process. Transformation starts with, and must be driven by, the active involvement of people with lived experience. We have advanced lived experience leadership across New England through our Lived Experience Transformational Leadership Academy—LET(s)Lead. We support direct care providers and agency administrators in translating recovery principles from theory to practice in our intensive Person-Centered Recovery Planning Learning Collaboratives. And we foster welcoming and equitable communities in which people can recover and thrive through our diverse Citizenship trainings and products.

Better Together: BIPOC Strategic Outreach Initiative

The New England MHTTC prioritizes outreach to Black, Indigenous, and People of Color (BIPOC) to strengthen our efforts to support historically under-served communities in culturally responsive ways. This strategy extends to our specialized mental health and well-being supports to collegiate students, our Racial Equity and Cultural Humility (REACH) initiative, our Wellness and Mental Health Among Hispanic/Latinx Communities activities, our Diversity and Inclusion Project Showcase events, and our Tribal Behavioral Health Initiative.



I'm really grateful that my agency participated in this because now we are in the process of changing the way we treat our patients and our ability to deliver quality care."

Person-Centered Recovery Planning Learning, Collaborative Team Leader

Providing Culturally Responsive Care and Addressing Cross-Cultural Barriers in Early Psychosis

This online series addresses topics of cultural diversity in the context of early psychosis among individuals at risk for poor clinical and recovery outcomes. Designed and delivered in partnership with people with lived experience of psychosis, the series offers strategies for providing culturally competent care to diverse populations, including appreciating the complexities of stigma around mental health across various cultures.

Cultivating Compassionate School Practices That Respond to Trauma Effectively

This 12-hour online course offers strategies to cultivate a compassionate school community that buffers against the negative effects of trauma, builds resilience for all students, and provides stress relief and enhanced well-being for students as well as teachers and other school personnel.

Resource Recovery Walk

The New England Federal Collaborative on Recovery for People with Serious Mental Illness/Serious Emotional Disturbance developed this platform to provide the federal government workforce with access to a range of resources around recovery-oriented care and supports. Explore the gallery for information on national, state, and local programs designed to foster more holistic recovery-oriented systems of care. Such systems develop and maximize partnerships between mental health organizations and diverse government and community agencies, e.g., faith-based, housing, educational/vocational, recreational, etc., to optimize wellness and community inclusion for people in recovery and their families.

OUTCOMES

Evaluative data on our programs, products, and services indicate:

- Our constituents were satisfied or very satisfied with the overall quality of our events (90.5%).
- Over ninety percent of our respondents expected the event they attended to benefit their professional development or practice and 93.9% of them would recommend these activities to a colleague.
- In addition to the overall satisfaction and perceived professional benefit, 84.2% of the respondents expected to use the information presented to change their current practice.
- Over 82% of respondents shared the information with their colleagues, supporting the dissemination of evidence-based practices.