



Northwest (HHS Region 10)

# MHTTC

## YEAR 4 REVIEW 2021-2022

### OUR GOALS

- 1** Accelerate adoption & implementation of mental health-related EBPs across Region 10.
- 2** Heighten awareness, knowledge, & skills of the workforce.
- 3** Foster alliances & address training needs among diverse partners.
- 4** Ensure availability & delivery of free, publicly available training & TA.

### MHTTC NETWORK AREA OF FOCUS

Evidence-based Practices for Psychosis

- ▶ CBT for Psychosis (CBTp)
- ▶ Assertive Community Treatment (ACT)



### YEAR 4 KEY AREA OF FOCUS ACTIVITIES

Introduction to ACT online course • National ACT calls  
HIV & Mental Health • STRIDE Implementation Project  
Psychiatric Consultant Learning Collaborative  
Essentials of Care Learning Labs for SMI

### RESPONDING TO REGIONAL NEEDS & PRIORITY TOPICS

Integrated Care ▪ Peer Support ▪ Leadership  
Staff Wellness ▪ Co-occurring Substance Use Disorders  
Suicide Prevention ▪ Equity & Inclusion ▪ Families  
Trauma-Informed ▪ Addressing Stigma  
Culturally Responsive ▪ Crisis Work ▪ Grief & Loss



## BUILDING CONNECTIONS: VIRTUAL LEARNING COMMUNITIES

We designed and implemented several learning communities to address regional needs in an engaging and interactive longitudinal learning experience. Topic examples include:

***Crisis Response & Management, Supervisors & Leadership, Trauma-informed Resilience, Supporting Multicultural Providers, and LGBTQ+ Youth/YA Suicide Care for Families.***

Such learning communities represent a promising workforce development model that promotes skill development through interpersonal interactions and shared learning. Results from our tailored evaluations show that these virtual learning communities were well-received and served to provide interactive learning opportunities for participants.

#### ENGAGING



STRATEGIES

#### PRACTICAL



TOOLS

#### LASTING



CONNECTIONS

### OUR REACH

Core Center &  
School Mental Health



157  
EVENTS



13,836  
PARTICIPANTS



395  
E-COURSE  
COMPLETIONS



768  
PODCAST LISTENS



50,964  
VIDEO VIEWS



202  
PRODUCTS



8,756  
RESOURCES  
ACCESSED



51,221  
WEB VISITORS



24,935  
SUBSCRIBERS

# YEAR 4 HIGHLIGHTS

## Spotlight: Intensive Training & TA

### Implementation of an Evidence-based Lifestyle Program in a Certified Community Behavioral Health Center (CCBHC)

We partnered with Kaiser Permanente's Center for Health Research to train an agency to deliver the evidence-based STRIDE program, which empowers healthy lifestyle choices among people taking anti-psychotic medications and struggling with weight.

The project used our e-course based on STRIDE to prepare staff for the curriculum. We adapted existing training materials from a clinical trial to develop an engaging live (virtual) 8-hour skills training. To support and sustain the team, we provided longitudinal training and coaching for STRIDE group leaders.

From these activities we created a curriculum package that is available on our website. Our collaboration offers a model for supporting agencies in adopting evidence-based programs like STRIDE.



Bobbi Jo Yarborough, PsyD

Christine Catlin, BS

## Satisfied Trainees

Participants rate our trainings very highly!



## Our Online Courses Are In Demand!

- CBT for Psychosis ePrimer
- Empowering Wellness in Mental Health
- Introduction to Assertive Community Treatment (ACT)
- The Psychiatrist's Guide to Population Management of Diabetes
- Violence Risk Assessment & Management

YEAR 4  
NORTHWEST  
E-COURSE  
COMPLETIONS

939  
Other Region  
Completions



129  
Region 10  
Completions

 HealthKnowledge.org

## Centering Equity & Inclusion

Thanks to our valued partnerships, we offered trainings on serving diverse communities to support equity, social justice & inclusion in the mental health field.

Native Communities & Indigenized Practices

Transgender Health

Increasing Cultural Connection with  
Hispanic & Latinx Clients Series

Learning Community for Multicultural Providers

National CLAS Standards

LGBTQ+ Suicide Awareness & Prevention

## Voices From The Field

"This training enables me to empower recovery and wellness in the lives of my peers."

"The range of information presented led me to more direct interventions and recommendations."

"I now pay more attention to self-care, which directly impacts my energy and mood at work."

## Innovations & Effective Outcomes

**FLEXIBLE:** Webinars, learning communities, online courses, curriculum packages, podcast

**LED BY PRINCIPLES:** Implementation Science and Adult Learning helps to engage participants

**IMPACTFUL:** Conference presentations and publications sharing outcomes & supporting our field

**LEADERSHIP:** Local, Network & National Work Groups

## Year 5 Responding to our Region's Needs

- Essentials of Care Skills for Serious Mental Illness
- Equity, Implicit Bias & Micro-Aggressions
- MH Institute: social justice & inclusion, co-occurring disorders, intellectual & developmental disabilities
- Supporting the National ACT workforce through virtual meetings, start-up consultation and more
- Crisis Response workforce activities
- Learning Collaboratives for Nursing, HIV & MH
- Addressing stigma across the field

