



Year 5 Review 2022-2023

OUR GOALS

1 Accelerate adoption and implementation of mental health-related EBPs.

2 Heighten awareness, knowledge, and skills of the workforce.

3 Foster alliances and address training needs among diverse partners.

4 Ensure availability and delivery of free, publicly available training and TA.

MHTTC NETWORK AREA OF FOCUS



Evidence-based Practices for Psychosis

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

YEAR 5 KEY AREA OF FOCUS ACTIVITIES

ACT Psychiatric Care Provider Networking Calls
National ACT calls ◦ Idaho ACT Train the Trainer
Essentials of Care Learning Community for SMI
Mental Health Institute ◦ Cultural Adaptations of EBPs

ADDITIONAL TOPICS & PRIORITIES

Peer Support ▪ Leadership & Staff Wellness
Cultural Responsiveness ▪ Equity, Diversity & Inclusion
Lived Experience ▪ Trauma-informed Approaches
Disaster Behavioral Health ▪ Suicide Prevention
Addressing Stigma ▪ Integrated Care ▪ Crisis Work

MENTAL HEALTH INSTITUTE FOR WASHINGTON STATE PROVIDERS

We partnered with UW SPIRIT faculty and the Washington State Health Care Authority to lead an innovative venture: four multi-session live learning tracks to expand the knowledge and skills of the workforce. The **Mental Health Institute** aimed to increase equity and inclusion for services to underserved populations in Washington State. The tracks were:

Social Justice & Inclusion
Co-occurring Disorders
Intellectual & Developmental Disabilities
Older Adults

Positive outcomes from our tailored evaluations showed these sessions provided interactive teaching strategies, fostered collaborative learning communities, offered crucial learning opportunities, and increased skills --all to better serve our communities.

OUR REACH

Core Center &
School Mental Health**154**
EVENTS**13,326**
PARTICIPANTS**442**
E-COURSE
COMPLETIONS**2,306**
PODCAST LISTENS**42,930**
VIDEO VIEWS**87**
PRODUCTS**99,223**
RESOURCES
ACCESSED**56,293**
WEB VISITORS**28,381**
SUBSCRIBERS

YEAR 5 HIGHLIGHTS

Spotlight on Intensive Training & TA: ACT Idaho Start Up

Northwest MHTTC core faculty member Dr. Maria Monroe-DeVita brings international expertise in implementation and services research related to evidence-based practices for adults with serious mental illness to our center, in particular the Assertive Community Treatment (ACT) model and rural ACT. Several MHTTC ACT resources exist thanks to her work: she aided in developing an [Introduction to ACT e-course](#), held regular [National ACT Virtual Consultation Meetings](#), and produced an [ACT Best & Promising Practices Fact Sheet](#) among many other activities.



Maria Monroe-DeVita, PhD
Associate Professor
University of Washington

This foundation and depth of knowledge enabled us to forge a new partnership with Idaho's Division of Behavioral Health. She provided technical assistance and consultation, working with their new Center of Excellence aiming to launch 7 new ACT teams. Using the e-course and strategic planning, she then led an in-person ACT train the trainer session in Idaho including 12 team members who will lead ACT training and consultation for the Idaho Division of Behavioral Health Center of Excellence in the future. This partnership will implement, promote, and expand the use of effective, evidence-based ACT.



Idaho Department of Health & Welfare
Division of Behavioral Health

Crisis Workforce Support

Our workforce is needed more than ever with the launching of life-saving services like the 988 Suicide & Crisis Lifeline, local crisis centers and mobile response efforts. This year, we supported skills & resilience for staff and teams, offering events such as:

- **Suicide & Overdose Prevention**
- **Tribal Cultural Interventions**
- **Addressing Stigma**
- **Trauma-informed Supervision**
- **Crisis Line workers**
- **In-Person Responders**
- **988 & WA's Tribal 988**
- **De-escalation skills**

"This training helped me contextualize and validate experiences I had as a new counselor."

"I plan to use the information and suggestions I learned to enact change in my sphere of influence."

"I came away feeling less alone in the struggle, refreshed, rejuvenated and ready to take care of ME!"

94.2% QUALITY of trainings

94.0% BENEFICIAL skills learned

96.7% RECOMMEND to colleagues

Satisfied Trainees

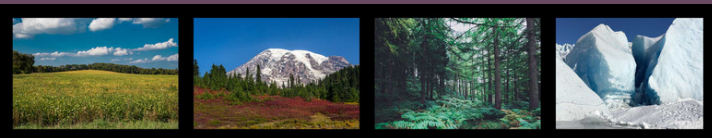


Centering Equity & Inclusion

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

- **Native & Tribal Collaborations**
- **Decolonial Practices and Cultural Humility**
- **Examining Biases and Ideologies**
- **Queer & Trans Youth Mental Health**
- **EBPs for Hispanic & Latinx Communities**

Regionally Responsive



We are conducting a Regional Needs Assessment to hear from our workforce about their priorities for the future, ensuring our trainings meet current demands.

Our Online Course Completions

163 Region 10



Other Regions 1551

CBT for Psychosis e-Primer

HealthKnowledge.org

Empowering Wellness in Mental Health

Violence Risk Assessment & Management

The Psychiatrist's Guide to Population Management of Diabetes

Introduction to Assertive Community Treatment (ACT)

STRIDE Group Facilitator Training



mhttcnetwork.org/northwest



@NorthwestMHTTC



northwest@mhttcnetwork.org



@Northwestmhttc

bit.ly/NewsletterMHTTC

Subscribe



SAMHSA
Substance Abuse and Mental Health
Services Administration

UW Medicine
DEPARTMENT OF PSYCHIATRY
AND BEHAVIORAL SCIENCES