

Our mission is to facilitate the implementation of evidence-based and empirically supported mental health practices to improve the lives of individuals living with mental health conditions and support their recovery, wellness, and resilience.

As we conclude our fifth year of activities at the Northeast and Caribbean Mental Health Technology Transfer Center, we are reflecting on strategies to support the sustainability of our efforts. A critical component of sustainability is collaboration with valued partners. We've had the opportunity to build many such partnerships. You'll see in this summary of our Year 5 activities that collaborations are central to our work and its sustained impact.

## Our Collaborators

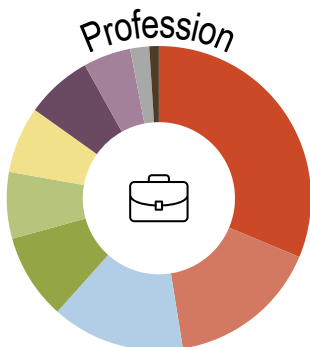
- Advancing Dynamic Solutions
- Alabama Department of Mental Health - Deaf Services
- Devereux Center for Effective Schools
- Disability Rights New Jersey
- Eye2Eye: Peer Support for Vision Loss
- Hispanic/Latino Behavioral Health Center of Excellence
- Mindfulness-Based Stress Reduction Center of NJ
- New England MHTTC
- New Jersey Division of Mental Health and Addiction Services
- New Jersey Department of Education
- New York Office of Mental Health



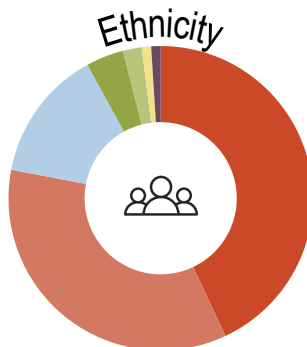
- New York State Education Department
- Northeast and Caribbean ATTC & PTTC
- Nurturing Environments Institute
- Office of Civil Rights Northeast Region
- Puerto Rico - ASSMCA & Department of Health
- Richard West Assistive Technology Advocacy Center (ATAC)
- Rutgers - University Behavioral Health Care
- Service Program for Older People (SPOP), NYC
- Triple C Housing
- USVI Department of Health
- And many more...

## Training Participants

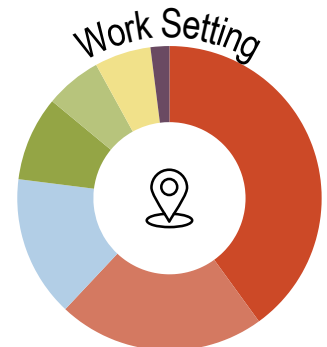
3,221 people representing diverse professions, settings, and races participated in our activities and completed satisfaction surveys.



- Social Worker (31%)
- Psychologist (16%)
- Counselor (14%)
- Educator (9%)
- Addictions Prof. (7%)
- Health Provider (7%)
- Other (7%)
- Student (5%)
- Peer Provider (2%)
- Clinical Supervisor (1%)



- Hispanic/Latino (43%)
- White (35%)
- Black (14%)
- Other (4%)
- Multicultural (2%)
- Asian (1%)
- American Indian/ Alaska Native (1%)




- Other (40%)
- Education (22%)
- Community Mental Health Program (15%)
- SUD Treatment (9%)
- Healthcare (6%)
- Community Based Org. (6%)
- State Psychiatric Hospital (2%)

# Measuring our Reach

  
**3,221**  
Total  
Participants

  
**107**  
Total  
Events

  
**34,845**  
Website  
Visits

  
**3,267**  
Product  
Downloads

  
**3,230**  
Email  
Subscribers

  
**656**  
Social Media  
Followers

## Participant Feedback

*[The training was] packed full of great references and tools that can be used immediately to guide my work.*

*The instructor was excellent. There was something about the environment she created that really invited learning.*

*[The trainer created] a very supportive atmosphere filled with practical knowledge and opportunities for collaboration.*

Were satisfied with the overall quality of trainings **96%**

Will use the information learned to change current practice **93%**

Expected the training to benefit their professional development **97%**

Would recommend to a colleague **98%**

Said the trainings met their expectations **99%**

Said the trainings covered the content they were expecting **99%**

Said the trainings met the stated learning objectives **99%**

Said the instructor presented the material effectively **99%**

## Partnering to Support Special Populations

Mental health conditions impact individuals of all backgrounds, races, ethnicities, ages, health conditions, and disability groups. The intersectionality of multiple experiences must be understood and addressed by behavioral health providers to provide the most effective and supportive services. Over the past year, we collaborated with internal and external experts to focus on several populations and their needs.

**Mental Health Services for the Deaf Community**

**Assistive Technology for Post-Secondary Students with Mental Health Conditions**

**Understanding Human Trafficking for Mental Health Professionals**

**Psychiatric Rehabilitation to Promote Recovery for Older Adults**

**Clinical Applications of Cultural Elements for Hispanic and Latino Populations**



# School Mental Health

## Partnering with States and Territories

Support for school-based mental health services and education continues to grow. During the last year, we partnered with state departments of education and health to continue to build knowledge, understanding, and skills to implement system-wide approaches to comprehensive school mental health.



### New York State Education Department

We collaborated with NY State to conduct an intensive technical assistance project in which Educational Department staff received training and consultation on the current state and federal funding utilized in NY for school behavioral health, leveraging these funding mechanisms going forward to support mental health services, identifying funding opportunities and gaps, using behavioral health assessments and data collection, and supports and strategies for incorporating data-based decision making for mental health services. Trainings on these topics were also provided to schools that had received state grants to provide enhanced mental health services.



### Puerto Rico Department of Health SISA Program & Schools

We have maintained our collaboration with Puerto Rico's Department of Health and their local schools to provide support to educators, school mental health staff, and students. We provided local trainings on developing resilience, social-emotional learning, managing challenging behaviors, recognizing the signs of depression and suicide, and suicide prevention in youth. We also partnered with the Comprehensive Adolescent Health Services (SISA, in Spanish) staff to provide intensive technical assistance to review and revise the student mental health curriculum they deliver in schools.

## Talk Back to Joy



When addressing challenges and difficulties, we don't want to simply reduce the negative; we also want to build the positive. This year, we held a community of practice in which we asked schools to re-imagine their educational settings to reduce school violence by centering and encouraging joy. This intergenerational community of practice elevated student voices through staff and student collaborations.

## Participant Feedback



*The training was very informative and the presenters made the information applicable to my practice as a school social worker.*



*The presenters were extremely knowledgeable and very passionate about the program.*



*The presenter was thorough and informative, and the program is applicable to my work with adolescents in a school setting.*



## Self-Care

The need to support the supporters continues despite the return to relative calm following the COVID-19 pandemic. We partnered with mental health clinicians, school-based mental health providers, and school principals to help them take the time for themselves so they can dedicate time to others.



### Mental Health Clinician & School Mental Health Provider Mindfulness-Based Stress Reduction



### Principals Peer Support Group



@NECMHTTC



@NECMHTTC



[mhttnetwork.org/centers/northeast-caribbean-mhttc](https://mhttnetwork.org/centers/northeast-caribbean-mhttc)



@NECMHTTC



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# Learning and Listening On Demand

We encourage all behavioral health providers to meet the individuals they support where they are. We also want to meet our stakeholders where they are and in the most interesting and accessible manner. To this end, we've created several on-demand, online, self-paced courses and a podcast series so people can learn and engage with our material at their convenience.

## HealthKnowledge



**8,071** **4,266**  
Enrolled Completed

### Our Courses

- » Functional Contextual Thinking and Its Application for School Mental Health | **1,573** Enrolled, **753** Completed
- » Illness Management and Recovery: An Overview | **1,854** Enrolled, **1,034** Completed
- » Introduction to Psychiatric Rehabilitation | **59** Enrolled, **35** Completed
- » Religion, Spirituality, and Mental Health | **694** Enrolled, **375** Completed
- » Supported Employment | **85** Enrolled, **41** Completed
- » Wellness Matters: Self-Care for Mental Health Providers | **3,747** Enrolled, **1,993** Completed

## Toward Wellness and Recovery Podcast



**327**  
Total Listens

### Top Episodes

- » Mind-Body Interventions
- » Clinical Supervision
- » Supported Employment and Mental Health Recovery

## Puerto Rico

Since the dire impacts of hurricanes Irma and Maria in 2017, Puerto Rico has continued to experience significant natural disasters, including landslides, flooding, earthquakes, and more hurricanes. The mental health of the Puerto Rican people has been negatively impacted by these ongoing crises. In the past year, we collaborated with emergency care, health care, and behavioral health providers to enhance mental health supports for residents.

This year, in the wake of Hurricane Fiona, we went to emergency crisis centers to provide mental health education, resource distribution, and self-care support. We also provided trainings on how to support individuals who have survived crisis events, trauma and resilience, and coping with grief.

## Participant Feedback

*Dra. Sanabria's assistance has been very helpful in our school, [enhancing] our knowledge about suicide and trauma.*

*Understanding mental health has been very helpful to me in my profession as a first responder.*

*The integration of the activities and information provided in the training will change my working experience in the future.*



We have also been providing technical assistance to Línea Pas, the 988 mental health crisis and suicide prevention hotline that serves Puerto Rico and Spanish speakers nationally. We have provided support to implement Psychological Skills for Recovery and Effective Communication Techniques.

