



Year Five Annual Report

August 15, 2022 to September 29, 2023



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's area of focus is the resilience and recovery of persons (and their loved ones) at risk for, living with or recovering from mental health challenges. During the reporting period, we continued to support and enhance the region's capacity to provide equity-focused, recovery-oriented care across several dimensions. Our training and technical assistance (T/TA) explicitly aim to help promote recovery-oriented behavioral health systems of care and to move these systems beyond an acute care model to better meet the needs of persons with prolonged mental illness or substance use disorders (Davidson et al., 2021). A central aspect of recovery-oriented systems of care is the inclusion of people with lived experience at all levels of partnership—from service users, families, and direct peer support service providers to clinicians, managers, and administrators. Our T/TA aims to honor and promote those with lived experience in all our activities.

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.



1. Notable Activities:

The New England MHTTC offers training and technical assistance at the universal, targeted, and intensive levels to promote the adoption of recovery-oriented practices across the behavioral health workforce. Our center also offers specialized mental health and well-being supports to address the multiple levels of cultural responsiveness needed for optimal behavioral health treatment, recovery, and care. In addition to the more intensive training and technical assistance activities described in our work, in Year 5, we offered a wide range of webinars. We produced numerous resources in response to feedback from our New England Advisory Team and other regional stakeholders.

Following are notable examples of our efforts:

» **Humanizing Mental Health in Housing: Intensive Technical Assistance for the U.S. Department of Housing and Urban Development, Region 1**

As part of a requested training collaboration with the SAMHSA Region 1 Office, the New England MHTTC, in partnership with the New England TTCs, hosted a mental health literacy training series supporting the U.S. Department of Housing and Urban Development (HUD) in Region 1. The three-part training session was designed to raise mental health awareness among housing staff and promote community inclusion for residents. Featured topics included Evidence-based Practices and Tools for Supporting Mental Health and Well-being, Mental Health and Recovery 101, and Reframing the Stigma Around Hoarding: A Strengths-based Approach.



This collaborative effort is an example of an intentional attempt to empower workplace professionals at various levels with resources, tools, and practices that help them support and enhance the mental health and well-being of the populations they serve, in this case, public housing residents. Mental health literacy among housing professionals is a mission-critical aim for HUD. This commitment is integral to the on-the-ground support all members of the HUD workforce need, including housing providers and funders, to support resident success. With this foundation, housing professionals can expand their toolkits to include strategies on recovery-oriented practices in mental health that facilitate the natural process of change and honor individual autonomy.

» **Better Together: Engaging Diverse Communities Across New England**

During this reporting period, the New England MHTTC prioritized inclusive outreach to individuals and communities of color throughout the region. In Year 5, we also leaned into addressing barriers to mental health care for people with disabilities. These barriers must be addressed to enhance the accessibility and responsiveness of behavioral health services across the New England region. Many people struggling with disabilities, especially people of color, face barriers to care, such as a lack of awareness of healthcare options, provider inexperience, and even practical issues such as transportation difficulties. Accordingly, we expanded our “Better Together” strategy to improve our planning, implementation, and dissemination efforts to better support the disability community in New England. We also developed specific training and technical assistance activities and products to improve provider awareness and build skills across the behavioral health workforce around the unique challenges, needs, and concerns of differently abled people, i.e., deaf and hard of hearing populations, people with physical disabilities, etc.



These efforts helped to pave the way for meaningful interactions, targeted training and technical assistance, inclusive discussions, and better connections with the disability community. These tactics resulted in increased engagements and pivotal opportunities to create long-lasting relationships and ensure sustainable behavioral health and recovery practices for this population.

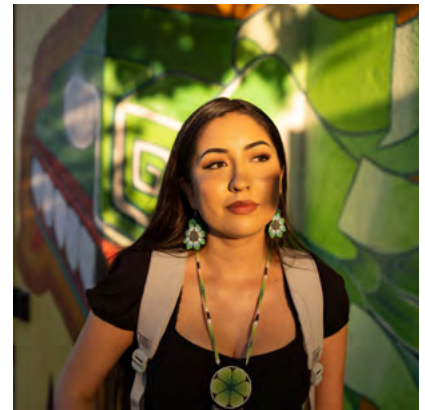
» **Online Course Development: Extending Our HealthKnowledge Platform**

- [Basics of Coordinated Specialty Care for Early Psychosis](#) is a five-hour, asynchronous, self-paced course that offers an introductory orientation around the components of coordinated specialty care for early psychosis. It is appropriate for new staff working on an early psychosis team or anyone interested in learning more about this topic. To amplify the voice of people with lived experience, each course module is co-presented by professional practitioners alongside individuals with personal experience of behavioral health challenges. Topics covered include an introduction to psychosis, culturally responsive coordinated specialty care, peer support services, individual therapy, medication management, family psychoeducation and support, and supported education and employment.
- **Prioritizing Racial Equity in the Workplace: Real Change for Real Lives** is a five-hour, asynchronous, self-paced course developed with TTC partners in Regions 9 and 10. The goal of this effort is two-fold. Firstly, we aim to increase awareness of the importance of culturally responsive practices in behavioral health and recovery-oriented care. Secondly, we want to lead with equity and ensure the provision of practical guidance and evidence-based resources that support agencies and organizations on their journey toward enhancing equitable practices in behavioral health access, treatment, recovery, and care. Development of the online curriculum is underway, and plans are to release the course in February 2024.



» **Tribal Behavioral Health ECHO Webinar Series: Reclaiming Native Psychological Brilliance**

During this reporting period, the New England MHTTC continued to extend its existing partnership with USET (United South and Eastern Tribes, Inc.)—a non-profit, inter-Tribal organization serving 33 federally recognized Tribal Nations from the Northeastern Woodlands to the Everglades and across the Gulf of Mexico—to continue the Tribal Behavioral Health ECHO Project. Native Psychological Brilliance refers to the intelligence, strengths, balance, innate resources, and resilience of Native people. Through this extended partnership, we offered 11 training and technical assistance sessions to provide opportunities for participants to:



- Gain skills in strength-based approaches in partnership with Native People to enhance Native behavioral health.
- Discuss ways that Native brilliance is proven and supports behavioral health.
- Learn about Native brilliance examples to share with behavioral health, healthcare staff, and local Tribal Nation citizens.
- Enhance awareness of Native music and spoken word performances—because better outcomes in various aspects of life foster creativity, innovation, empathy, and social cohesion. It also helps create a more just and inclusive society where everyone has an opportunity to succeed.

2. Status Update on Workplan Objectives:

A. Foster Region 1 alliances among culturally diverse practitioners, policymakers, family members, and users of mental health services				
Objective #	Objective Name	Objective Description	Objective Performance Measures	Progress Update
1	New England Advisory Team (NEAT)	The New England MHTTC team will work closely and send monthly updates to NEAT members,	The New England MHTTC team will intentionally engage NEAT members in various activities through Year 5.	<p>During this reporting period, we continued to engage NEAT Members in Center activities, including two virtual meetings and a third extended meeting in a hybrid format. Although the hybrid format was offered and utilized by a few NEAT members, we were pleased to have a 95% in-person attendance rate.</p> <p>Our collaborations with NEAT members continue to ensure that the voice of people with lived experience is represented in all our activities. Notably, 50% of our NEAT members self-identify as having lived experience.</p>

A. Foster Region 1 alliances among culturally diverse practitioners, policymakers, family members, and users of mental health services

Objective #	Objective Name	Objective Description	Objective Performance Measures	Progress Update
2	Active Outreach to Region 1 Stakeholder	Extend the “Better Together” Strategic Outreach Initiative. The strategy guides our efforts to engage and serve communities of color in New England consistently and practically.	<p>*Regularly gather, distill, and address the needs and perspectives of diverse individuals and communities in the New England region.</p> <p>*Incorporate feedback from all stakeholders in the region.</p>	<p>Amplified our planning, implementation, and dissemination efforts to support historically marginalized populations and the disability community.</p> <p>*Worked closely with regional partners, including SAMHSA, HRSA, HUD, and our New England TTC partners.</p> <p>*Served on MHTTC-wide workgroups: Building Health Equity and Cultural Responsiveness, Evaluation Special Interest Group, Dissemination and Implementation, Early Psychosis (Chair), Strategic Marketing and Dissemination, Website Advisory, Workforce Development (Co-Chair)</p> <p>*Notable Presentations: 54th New England School of Addiction and Prevention Studies; Annual Conference on Advancing School Mental Health.</p> <p>*Notable Collaboration: Partnered with the National Hispanic and Latino Center and the University of New Mexico to successfully develop the “Train for Trainers: A Clinician’s Guide to First Episode Psychosis for Hispanic/Latinx Youth.”</p>

B. Ensure the availability of publicly available, free T/TA to Region 1—Ensure the availability of publicly available, free T/TA diverse individual and community behavioral health stakeholders in Region 1

Objective #	Objective Name	Objective Description	Objective Performance Measures	Progress Update
1	Promote training and technical assistance	Continue implementing various marketing strategies to promote and deliver T/TA throughout Region 1.	<ul style="list-style-type: none"> * Complete all the activities outlined in the dissemination plan. * Follow a process to vet materials for dissemination through websites, newsletters, and other marketing strategies. * Review product performance metrics and analyze assessment data to ensure culturally responsive training, technical assistance, and information. 	<ul style="list-style-type: none"> *Published biweekly New England MHTTC e-newsletters. *Actively posted about MHTTC initiatives, products, activities, and updates on our social media accounts (Twitter, LinkedIn, and Facebook). *Supported product design and development. *Collected and reported GPRA and performance data on all T/TA activities. *Developed specific T/TA to improve provider awareness and build skills across the behavioral health workforce in the New England region around the unique challenges, needs, and concerns of differently abled people, i.e., deaf and hard of hearing populations, people with physical disabilities, etc. *Created feedback opportunities, including listening sessions, surveys, and interviews, to gather and distill the needs and perspectives of diverse individuals and communities in the New England region. *Conducted ongoing outreach to ensure an active directory of organizations in the recovery-oriented practice space with specific initiatives supporting diverse individuals and communities of color and identifying specialized supports and mental health resources – or the lack thereof –for people with disabilities. *Completed a website audit to assess: <ul style="list-style-type: none"> • The inclusion of language addressing, responding to, and advocating around equity-related topics. The top search feature scans for terms related to and deriving from race, ethnicity, gender, sexuality, disability, and religion. Other equity-centered topics are acknowledged, including age and linguistic diversity. • A website’s general tone and essence related to equity, inclusion, and diversity engagement. In addition to using intentional terminology, this metric assesses how the terms are used, the stories they tell, the messages they imply, the depth or superficiality of using narrative or words, and the broader impact on community engagement. *Introduced the New England MHTTC’s web audit plan and process to the broader MHTTC Network. Our Year 6 plans include working to assist entities within and beyond the MHTTC network around racial equity and cultural humility and efforts to make web-based content reflective of the mission and values of the organization, including standing against all forms of identity-based oppression, including but not limited to, racism, sexism, ageism, ableism, heterosexism, and linguistic and religious-based oppression. This work will also inform assessments of a website’s general tone and essence related to equity, inclusion, and diversity engagement to ensure responsiveness of our materials for diverse stakeholders

C. T/TA throughout Region 1—T/TA throughout Region 1 to heighten awareness, knowledge, and skills of the mental health workforce to implement evidence-based prevention, treatment, and recovery practices across the continuum of care.

Objective #	Objective Name	Objective Description	Objective Performance Measures	Progress Update
1	New England MHTTC Area of Focus	The New England MHTTC will provide training and develop new products that promote Recovery Support Services within the Context of Recovery-Oriented Systems of Care.	<p>*The number of people trained in evidence-based and recovery-oriented practices by the end of the year.</p> <p>*Collect and report GPRA and performance data of all T/TA activities.</p>	<p>*The New England MHTTC Team, in collaboration with William James College, New England PTTC, and New England ATTC, hosted the 2023 Innovations Regional Training Event: Honoring Workforce Solutions to Support Care for Communities of Color.</p> <p>*The New England MHTTC successfully collaborated with the Northeast and Caribbean MHTTC (Region 2) and the National Hispanic and Latino MHTTC on a webinar, “Fostering a Culture of Mental Health Recovery with Hispanic and Latino/é Communities: A Multisystem Approach,” and offered related products, including a video archive, slide deck, and resource directory, for Latinx families.</p> <p>*Bridge to Belonging: Collegiate Wellbeing Initiative hosted the ConNEct Café: Bridge to Belonging at the Center for Psychiatric Rehabilitation. The student-centered event discussed challenges, shared promising practices, and identified opportunities to improve services and programs to support belonging and wellness for students of color.</p> <p>*The New England MHTTC offered a plenary session about “How Adverse Childhood Experiences (ACEs) Affect Adults Seeking Services “ at the New England Summer School in June 2023.</p>

D. Accelerate adoption and implementation of mental health evidence-based practices. To provide intense training and technical assistance to accelerate the adoption and implementation of mental health evidence-based practices.

Objective #	Objective Name	Objective Description	Objective Performance Measures	Progress Update
1	Racial Equity and Advancing Cultural Humility (REACH) Learning Community	Our REACH Learning Community is designed to address the multiple levels of cultural responsiveness needed for optimal behavioral health treatment, recovery, and care at the service delivery, provider, organizational, systemic, and treatment philosophy levels.	*Number of training and technical activities in Racial Equity within Region 1	<p>Diversity and Inclusion Project Showcase (DIPS)</p> <p>We held three DIPS events to amplify the work of community-based organizations (CBOs) and nonprofits in New England supporting mental health and advancing substance use prevention, treatment, and recovery in underserved populations. This year's events featured CBOS and nonprofits with specialized supports for Hispanic/Latine, deaf and hard of hearing, and transgender populations.</p> <p>Building on the model created by the SAMHSA Region 1 Office, the Office of Behavioral Health Equity (OBHE) and NNED (National Network to Eliminate Disparities in Behavioral Health) National Facilitation Center replicated the DIPS model nationally. Through this effort, DIPS events were held in all ten HHS regions.</p> <p>The New England MHTTC led the DIPS model's communications, marketing, and dissemination efforts, including developing the DIPS brand and related collateral material.</p> <p>*The REACH team promotes and continues to expand its employee well-being resources. We will identify 3-5 employers to interview and spotlight how they've put practices/policies in place to support the mental health and well-being of people of color.</p> <p>*Offer monthly convenings, webinars, tools, research, tips, and a curriculum for people who want to increase their understanding and help those working toward justice at every level – in systems, organizations, communities, and cultures. Topics and resources will include refugee populations, support for rural mental health, and the multiple pathways approach for families of color.</p>

D. Accelerate adoption and implementation of mental health evidence-based practices. To provide intense training and technical assistance to accelerate the adoption and implementation of mental health evidence-based practices.

Objective #	Objective Name	Objective Description	Objective Performance Measures	Progress Update
2	First Episode Psychosis Learning Collaborative (FEP-LC)	The First Episode Psychosis Learning Collaborative will continue to engage and evaluate the needs of the EPLC by designing activities/products in response to members.	<p>*By the end of the year, the First Episode Psychosis TLC will continue to design activities/products in response to members.</p> <p>*GPRA Results - Evaluate immediate and post-30 days outcomes</p>	<p>*Finalized the HealtheKnowledge (HEK) course and coordinated specialty care programs for early psychosis.</p> <p>*Continued the series of online meetings on “Providing Culturally Responsive Care and Addressing Cross-Cultural Barriers in Early Psychosis.</p> <p>*Offer online series for “Addressing Stress-Related Mental Health Consequences of the Pandemic in Health Care Workers.”</p> <p>*Continued to conduct psychopharmacology consultation lines/online groups (at least two) in response to member needs (e.g., using measurement-based care to guide psychopharmacology decisions, long-acting injectables, clozapine, early psychopharmacological intervention for psychosis).</p> <p>*Developed two clinical briefs, including one on culturally responsive care.</p> <p>*Co-hosted annual strategic conference with MAPNET on Awareness, Access, & Action for Psychosis Interventions in Massachusetts (10/31/22-11/1/22).</p>



3. Critical Issues:

Concerns around access to care, particularly for the disability community, persist throughout the New England region and the nation. Through engagements with constituents, including listening sessions, surveys, and interviews, our team continues to receive feedback on the need to reduce barriers to care for people with disabilities, particularly for those who are also people of color. There is a need to improve provider awareness and build skills across the behavioral health workforce in the New England region around the unique challenges, needs, and concerns of differently abled people. This is an ongoing issue that we have shared in monthly communications with our Project Officer, and we plan to continue addressing it throughout our Year 6 activities, i.e., through ongoing modifications of our website and materials to increase the accessibility of our resources for people with a range of disabilities.

In Year 6, we also anticipate improved evaluative data collection resulting from modifications to the evaluation system, GPRA. Our Center experiences challenges each year concerning the GPRA process. Because the current procedure requires respondents to enter sensitive data, e.g., the last two digits of the person's social security number and mother's maiden name, many event participants do not complete the evaluation survey. Moreover, given our Center's emphasis on equity-focused, inclusive practices in behavioral health that connect to our recovery principles, there are specific T/TA activities, for example, those under our Tribal Behavioral Health Initiative, where our staff intentionally foregoes the GPRA process—doing otherwise would effectually end this vital collaboration as the collection of such private data is considered an intrusion. Again, regarding critical issues, our Center understands and appreciates the value of the feedback that can be gleaned through the evaluation survey. However, there are also important considerations around the process and manner in which the data is collected to ensure all T/TA participants feel safe giving honest feedback via a system that protects and safeguards a participant's online anonymity and security.



4. MHTTC Center Products:

Note: This listing includes products our Center disseminated in Year 5 as part of our parent and supplemental grants.

Title	Product Type	Description	Related Topics	Publication Date	View link
Implementing Person-Centered Recovery Planning: New England Mental Health Technology Transfer Center Learning Collaborative Evaluation Report	Print Media (Brochure, Monograph, Report, Poster)	Person-Centered Recovery Planning (PCRP) is increasingly required by state behavioral health authorities and funders such as the Centers for Medicare and Medicaid Services. Implementing PCRP involves paying attention to multiple aspects of the change process, including overall agency culture, stakeholder competencies in PCRP, and organizational business practices. This report presents key findings from a multi-agency learning collaborative offering intensive training and technical assistance to support the uptake of PCRP across the New England Region. by Milena Stanojlovic, Maria O’Connell, Dana Asby, Stephanie Lanteri, Larry Davidson & Janis Tondora.		9/26/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Advancing Equity in Healthcare for Individuals with Serious Mental Illness	Multimedia (Video, Webinar Recording, Podcast)	Dr. Irwin discusses health disparities for individuals with serious mental illness across the cancer continuum. She reviews the development of a model of person-centered collaborative care, including findings from a recent randomized trial. She introduces a coalition dedicated to ensuring mental illness is never a barrier to cancer care. Presenter: Dr. Kelly Irwin is an Assistant Professor in Psychiatry at Harvard Medical School and a faculty psychiatrist at the Massachusetts General Hospital (MGH) Cancer Center and MGH Schizophrenia Program. She is the founding director of the Collaborative Care and Community Engagement Program, a clinical and research initiative dedicated to improving cancer outcomes for individuals with serious mental illness in the Center for Psychiatric Oncology and Behavioral Sciences at the Mass General Cancer Center.		9/25/2023	View on Website
Basics of Coordinated Specialty Care for Early Psychosis: Online Course	Curriculum Package	This 5-hour asynchronous course is a free, self-paced, basic orientation to the components of coordinated specialty care for early psychosis. It is appropriate for new staff working on an early psychosis team or anyone interested in learning more about this topic. Each course module is co-presented by individuals with professional and lived experience. Subjects included an introduction to psychosis, culturally responsive coordinated specialty care, peer support services, individual therapy, medication management, family psychoeducation and support, and supported education and employment.	SMI / SED	9/21/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Lived Experience as Expertise: How NAMI Can Support Patients and Families	Multimedia (Video, Webinar Recording, Podcast)	NAMI has many free support and educational programs. This talk reviews these programs and discusses NAMI's first book, <i>You Are Not Alone</i> , where people who have lived with mental health conditions use their names and share what they have learned. They do so to reduce the isolation and shame so familiar with mental health conditions and to make meaning of their experience. Their lessons include ways they have found to live with symptoms, give to others, and build a life. Families who have learned to communicate and cope with loss will also share what they learned. Presenter: Ken Duckworth, MD, is the chief medical officer of the National Alliance on Mental Illness (NAMI). Ken is board-certified in adult, child, and adolescent psychiatry and an assistant professor at Harvard Medical School.		9/18/2023	View on Website
EPLC: Enhancing Awareness of Positive Emotions to Reduce Risk for Suicidal Behavior in Youth	Multimedia (Video, Webinar Recording, Podcast)	Participants learned how to: Describe how both positive and negative attentional biases may contribute to suicide risk . Describe the Broaden and Build theory of positive emotions . Describe specific strategies to increase one's attention to positive feelings and experiences. Presenter: Shirley Yen, Ph.D., Associate Professor, Psychology, Harvard Medical School. Sadhguru Center co-hosted this hybrid event for a Conscious Planet.		8/30/2023	View on Website
Embracing Authenticity: A Guide to Authenticity and Cultural Awareness at Work	Toolkit	This toolkit guides employees, allies, and leadership in fostering a more inclusive and supportive workplace environment. By recognizing and addressing the unique challenges faced by people of color, promoting allyship, and empowering leadership, we can create a workplace where everyone feels valued, supported, and able to thrive. This guide provides practical strategies, exercises, and resources to enhance well-being and promote equity within your organization.		8/30/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Wellness I Learning Mental Health Through the Lens of Film	Multimedia (Video, Webinar Recording, Podcast)	The written language is too limiting for efforts to communicate mental health awareness. Image and sound, which have been used to communicate and teach since ancient times, are much more powerful. Film and other audiovisual media are essential ways to promote mental health, reduce stigma, and help enhance emotional and intellectual harmony. Presenter: Mohan Agashe, MD.		8/28/2023	View on Website
Tips for Families, Parents, & Caregivers to Address Bullying Behaviors	Print Media (Brochure, Monograph, Report, Poster)	A joint project of the National Federation of Families, National Family Support Technical Assistance Center, and the New England Mental Health Technology Transfer Center, this tip sheet provides vetted resources and links for school, family, and community leaders to address school culture and climate. Access this publication for tips on what families, parents, caregivers, individual educators, family peer specialists, and mental health providers can do to address the young person engaging in bullying behavior while school and family leaders address school culture and climate and support the child being bullied.		8/25/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Racial Equity and Advancing Cultural Humility (REACH) Inclusive Engagement Guide	Toolkit	<p>Issues stemming from race and other cultural matters are broad and varied. Individuals and organizations will find they are knowledgeable and proficient in some aspects of cultural competence yet may neglect to ask crucial questions in another area. For instance, we may be acutely aware of making focus group (or other) accommodations for those who are a part of the deaf or hard of hearing community but may not have a cache of options to make public health programs accessible to non-native English speakers. When considering your approach to engagement with diverse communities, you can gauge how and why mainstream strategies are less effective and work from a more culturally responsive foundation. Ultimately, the more your work stems from relevant aspects of racial and cultural identity, the greater your chances for effective outcomes and increased, sustainable engagement from a broader, more diverse community. In assessing your agency/organization's capacity for cultural responsiveness, it is helpful to have a tool focused on core ways to interpret the wide range of behaviors and attitudes expressed in an organization's policies and practices. Our Process of Gaining Cultural Competence represents a continuum where we can place behaviors, perspectives, policies, and procedures. This is intended to be a dynamic tool since individuals, organizations, and standardized policies and practices always have room for growth and development.</p>		8/23/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Compassion in Action: 9 Principles for Compassionate Conversations	Print Media (Brochure, Monograph, Report, Poster)	Compassionate Listening is... A personal practice – to cultivate inner strength, self-awareness, self-regulation, and wisdom. A skill set – to enhance interpersonal relations and navigate challenging conversations. A process – to bring individuals or groups together to bridge their differences and transform conflict. A healing gift – to offer a compassionate listening session to a person who feels marginalized or in pain. These principles, adapted with permission from the Compassionate Listening Project, guide the engagements of the New England MHTTC’s Racial Equity and Advancing Cultural Humility (REACH) for Organizational Change Learning Collaborative. We encourage you to use these principles as you engage in frank conversations in the workplace. The principles are designed to keep the dialogue grounded so that you can focus on cultivating compassion and respect for others, serving as a witness to another’s truth, and listening and speaking from the heart.		8/23/2023	View on Website
Racial Equity and Advancing Cultural Humility (REACH) Organizational Readiness Assessment	Toolkit	At the New England MHTTC, we believe agencies and organizations can benefit from applying a racial equity lens to their structure and activities. An equity lens helps us see where challenges and opportunities exist so that we can make intentional steps to ensure more equitable outcomes for all individuals and communities. Asking meaningful questions is critical. By providing this resource, we are not signifying that this is a complete list of questions to consider to achieve racial equity. We aim to spur thinking and action among our community’s agencies, organizations, and collaborators. We acknowledge this is just one step in a longer, more integrated, comprehensive process.		8/23/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Competencies for Peer Workers on Crisis Triage Teams	Multimedia (Video, Webinar Recording, Podcast)	This three-hour webinar deep dives into the core competencies previously drafted and shared during the Competencies for Peer Support Workers in Crisis Services webinar hosted in March 2023. The co-facilitators – including a youth peer with recent experience working in the field in a crisis setting – explore each competency and allow participants to apply the competencies in peer crisis work scenarios. We present detailed information about how each competency is applicable in peer crisis work and then use breakout rooms and case studies to prompt discussion on how to utilize a specific competency. Participants gain knowledge about the complexities of working as a peer in crisis settings and how to maintain the ethical standards of the peer role; gain a detailed understanding of the 5 Core Competencies and how the MHTTC team developed them; develop a practical understanding of how the competencies will show up in their work in crisis settings; and learn about practices and tools that can be used to assist with becoming comfortable and skilled in the competencies.		8/9/2023	View on Website
Reclaiming Native Psychological Brilliance: Wise Practices- July Event	Multimedia (Video, Webinar Recording, Podcast)	The one-hour Reclaiming Native Psychological Brilliance virtual series allows participants to Gain skills in strength-based approaches in partnership with Native People to enhance Native behavioral health. Discuss ways that Native brilliance is demonstrated and supports behavioral health. Learn about Native brilliance examples to share with behavioral health, healthcare staff, and local Tribal Nation citizens. The concept of Native psychological brilliance will be celebrated through Native music videos and Native spoken word performances as part of each session of the Reclaiming Native Psychological Brilliance series. July's topic was "Native Crisis Response: Tribal 988 Successes and Challenges."		8/9/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
State of Minority Mental Health in Connecticut	Multimedia (Video, Webinar Recording, Podcast)	<p>In collaboration with the Connecticut State Department of Mental Health and Addiction Services (DMHAS) and its Office of Multicultural Health Equity, the New England MHTTC supported a training and technical assistance activity highlighting the stats and statistics around the state of minority mental health in Connecticut. While the statistics help to validate that the rates of mental health illness are similar across racial groups, they also conceal a more profound inequity. What you can't tell from the numbers is how the severity, persistence, contributing factors and implications for the overall well-being of mental health conditions vary widely across demographic groups. This event aims to raise awareness, foster dialogue, and share strategies that support optimal behavioral health treatment, care, and recovery for minoritized populations. Featured Speakers Nancy Navarretta, MA, DMHAS Commissioner Charles Dike, FRCPsych, MBChB, MPH, DMHAS Medical Director Karin Haberlin, Behavioral Health Program Manager, DMHAS Jessica Isom, MD, MPH, Keynote Speaker, Vision for Equity, LLC Taylor Bryan Turner, Assistant Regional Director, SAMHSA Region 1.</p>		8/4/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Management of Comorbid Physical Disorders in Young People with Psychosis	Multimedia (Video, Webinar Recording, Podcast)	<p>Individuals recovering from a first episode of psychosis are prone to high rates of comorbid medical disorders due to a combination of lifestyle, medication, and self-management factors. This presentation provides practical guidance regarding promoting a healthier lifestyle and integrated training in mental health and physical illness self-management. Principles of practical support to improve physical health in persons with FEP and multi-episode clients are illustrated with clinical vignettes. Presenter: Kim T. Mueser, Ph.D., is a Professor of Occupational Therapy and Psychological and Brain Sciences, a researcher at the Center for Psychiatric Rehabilitation at Boston University, and an Adjunct Professor of Psychiatry at the Geisel School of Medicine at Dartmouth. His research interests are in the development and evaluation of psychosocial interventions for persons with serious mental illnesses. This webinar was co-hosted by the Massachusetts Psychosis Network for Early Treatment (MAPNET).</p>		8/1/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Wellness I COVID-19 Pandemic and Mental Health	Multimedia (Video, Webinar Recording, Podcast)	The onset of the COVID-19 pandemic decreased both economic well-being and mental health. Using a survey of a diverse, representative sample of Boston residents in the first months of the pandemic, we identified sources of vulnerability and resilience in mental health during the pandemic's early months. Persons of color, who reported more significant economic impact than white residents, reported less decline in mental health, a pattern consistent with prior research on what has been termed the "black-white mental health paradox" and the "Latino health paradox." Women, younger and more educated persons reported more adverse mental health impact, in part due to changes in social connection. Loneliness and more online activity predicted a more significant decline in mental health, except when online engagement was with friends and family or was part of a religious community. Our findings help explain the mental health effects of the pandemic. They can guide planning to lessen adverse mental health effects of future pandemics—presenters: Matcheri Keshavan, MD, Russell K. Schutt, Ph.D., and Dr. B.S. Keshava.		7/24/2023	View on Website
Reclaiming Native Psychological Brilliance – June Event	Multimedia (Video, Webinar Recording, Podcast)	The one-hour Reclaiming Native Psychological Brilliance virtual series provides an opportunity for participants to gain skills on strength-based approaches in partnership with Native People to enhance Native behavioral health and discuss ways that Native brilliance is demonstrated and supports behavioral health, and Learn about Native brilliance examples to share with behavioral health and other health care staff, as well as with local Tribal Nation citizens The concept of Native psychological brilliance will be celebrated through Native music videos and Native spoken word performances as part of each session of the Reclaiming Native Psychological Brilliance series. June's topic was "Healing Family Trauma Connected with Misuse of Drugs and Alcohol."		7/20/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Changing the Conversation: Belonging in the Workplace	Multimedia (Video, Webinar Recording, Podcast)	Ronitia Hodges and Ashley Stewart discuss the importance and benefits of fostering an authentic and inclusive environment in the workplace.		7/18/2023	View on Website
EPLC: Mapping the Terrain: Understanding Massachusetts' Evolving System of Early Psychosis Resources for Families and Providers	Multimedia (Video, Webinar Recording, Podcast)	2023 marked a significant expansion of behavioral health resources for Massachusetts individuals, families, and providers. This year, Massachusetts implemented critical components of its Behavioral Health Roadmap while the Massachusetts Psychosis Access & Triage Hub (M-PATH) began providing services. Community Behavioral Health Centers (CBHCs), DMH's Behavioral Health Help Line (BHHL), and M-PATH have vastly expanded access to behavioral health services across the Commonwealth. This overview details the who-what-when-where-why-and-how (to access) these critical new resources. Presenters: Dr. Margaret Guyer, PhD, Michael Stepansky, MPP This webinar was co-hosted by the Massachusetts Psychosis Network for Early Treatment (MAPNET)		7/7/2023	View on Website
Changing the Conversation: Engaging Native Youth	Multimedia (Video, Webinar Recording, Podcast)	Cedric Woods shares strategies for reaching and engaging Native youth.		6/28/2023	View on Website
Changing the Conversation: Mental Health Advocacy: Honoring Lived Experience	Multimedia (Video, Webinar Recording, Podcast)	Dina Coughlan shares her experience as a mental health advocate with host Ashley Stewart, and they discuss how to support mental wellness in the workplace.		6/28/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Mental Health Matters Infographic: Equitable School Practices	Print Media (Brochure, Monograph, Report, Poster)	Fostering inclusivity in our schools means recognizing, valuing, and celebrating the unique cultural, racial, and socio-economic backgrounds that each student brings to the classroom. This foundational principle supports the delivery of an anti-racist curriculum that illuminates the value and importance of racial equality and justice and highlights the richness and uniqueness of diverse histories. Educators can encourage critical thinking and nurture empathy by challenging stereotypes and expanding the perspectives of their students. Additionally, accessibility to quality education for all students, irrespective of race, ethnicity, or socio-economic status, is vital for the growth and success of individual students and the larger society. It requires equipping underrepresented students with adequate resources and support. This product is part of the Mental Health Matters Lead with Equity series. Check out other products in this series: Supporting LGBTQ Students in Schools Supporting Diverse Educators.		6/28/2023	View on Website
Supporting LGBTQ Students in Your Classroom	Print Media (Brochure, Monograph, Report, Poster)	Pride Month is a month-long celebration of the history, culture, and contributions of lesbian, gay, bisexual, transgender, and queer people and their communities. Here are a few ways to support and affirm LGBT students in your classroom. Remember that these activities and displays should be implemented in a way that respects the individual comfort and privacy of LGBTQ students and seeks to create an inclusive and affirming environments for all students.		6/28/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Preventing Teacher Burnout	Print Media (Brochure, Monograph, Report, Poster)	<p>Amid competing priorities, staff shortages, and tense environments, teachers have less time to prepare lessons, collaborate with colleagues, and assess student work than ever. With little balance between time spent with students and preparatory activities, teachers have relatively limited time to engage in the work key to successful teaching. This lopsided distribution of time places extraordinary pressure on our teachers. Insufficient time to complete tasks integral to successful education and other stressful conditions often lead to exhaustion. Use our “Awareness to Action” tips to inform school/workplace structures to combat burnout, reduce stress and fatigue, and implement systems and policies that help these community stewards do the work that matters most.</p>		6/28/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Mental Health Matters Infographic: Supporting LGBTQ Students in Schools	Print Media (Brochure, Monograph, Report, Poster)	<p>In today’s diverse and evolving world, understanding, and addressing the needs of all students, including those who identify as lesbian, gay, bisexual, transgender, queer/questioning (LGBTQ), is essential. Despite strides toward equality and acceptance, many LGBTQ youth face unique challenges in school settings. These challenges can include stigmatization, peer rejection, and violence. The 2019 National School Climate Survey by GLSEN found that nearly 70% of LGBTQ students experienced verbal harassment at school because of their sexual orientation and over half because of their gender expression. Educators, parents, and advocates can create a supportive, inclusive, and affirming environment for LGBTQ students to support their well-being, confidence, and academic success. Because of the many challenges faced by LGBTQ youth, many rely on their schools to be safe and affirming places. LGBTQ students who are supported at home or school and those whose gender identities are established and respected have significantly lower rates of mental health symptoms and suicide. Inclusive policies and practices designed to support our LGBTQ students enrich our school culture and foster empathy, understanding, and respect among all our students. This product is part of the Mental Health Matters Lead with Equity series. Check out other products in this series: Equitable School Practices to Support Youth Mental Health Supporting Diverse Educators.</p>		6/28/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
New England MHTTC Year Four At-a-Glance Summary	Print Media (Brochure, Monograph, Report, Poster)	<p>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, including 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 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. This report describes our work in Year 4 from August 15, 2021, through August 14, 2022.</p>		6/28/2023	View on Website
Supporting the Mental Health of Transgender People	Multimedia (Video, Webinar Recording, Podcast)	<p>Transgender people experience higher levels of depression, anxiety, and suicidality than cisgender people and the highest rates of mental health challenges among people who identify as LGBTQIA+. Presenters speak about their work in New England, share their strategies for and experiences with supporting mental health for transgender populations, and answer questions from participants. Presenters: Layne Alexander Gianakos (he/him), Program Coordinator, Office of Health Equity Research at Yale School of Medicine Kirill Ivan Staklo (he/him), Program Director, PeerPride Dr. Heather Kim, MD (she/they), Department of Psychiatry at Massachusetts General Hospital.</p> <p>This series was hosted as a part of our Diversity and Inclusion Project Showcase series.</p>		6/27/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Reclaiming Native Psychological Brilliance — May Event	Multimedia (Video, Webinar Recording, Podcast)	The one-hour Reclaiming Native Psychological Brilliance virtual series provides an opportunity for participants to: Gain skills on strength-based approaches in partnership with Native People to enhance Native behavioral health, discuss ways that Native brilliance is demonstrated and supports behavioral health, and learn about Native brilliance examples to share with behavioral health and other health care staff, as well as with local Tribal Nation citizens The concept of Native psychological brilliance will be celebrated through Native music videos and Native spoken word performances as part of each session of the Reclaiming Native Psychological Brilliance series. May's topic was "Healing Family Trauma Connected with Misuse of Drugs and Alcohol."		6/8/2023	View on Website
Reclaiming Native Psychological Brilliance - April Event	Multimedia (Video, Webinar Recording, Podcast)	The one-hour Reclaiming Native Psychological Brilliance virtual series provides an opportunity for participants to: Gain skills on strength-based approaches in partnership with Native People to enhance Native behavioral health, discuss ways that Native brilliance is demonstrated and supports behavioral health, and learn about Native brilliance examples to share with behavioral health and other health care staff, as well as with local Tribal Nation citizens The concept of Native psychological brilliance will be celebrated through Native music videos and Native spoken word performances as part of each session of the Reclaiming Native Psychological Brilliance series. April's topic was "Native Post-Traumatic Growth from Decolonized Perspective."		6/8/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
<p>Vamos a Conversar Sobre Trauma, Abuso E Violência</p> <p>(Let's Talk About Trauma, Abuse, and Violence)</p>	<p>Print Media (Brochure, Monograph, Report, Poster)</p>	<p>This resource seeks to guide Brazilian families residing in Massachusetts on the importance of recognizing what trauma is, learning about the different forms of violence, understanding how recovery strategies help to promote resilience, discussing stigma, and providing information about the network of services available to the Brazilian community. The guide results from a series of technical assistance requests to develop webinars, community conversations, and presentations at conferences about mental health, trauma, and recovery. It represents four years of collaboration between New England MHTTC and the Federation for Children with Special Needs.</p>		<p>6/5/2023</p>	<p>View on Website</p>
<p>EPLC: Helping Youth on the Path to Employment: Preventing Long-term Disability in Youth and Young Adults through Career Development</p>	<p>Multimedia (Video, Webinar Recording, Podcast)</p>	<p>In this interactive presentation, the Training Director for HYPE (Helping Youth on the Path to Employment) discusses HYPE as a service model that aims to prevent long-term disability in youth and young adults through a strong and early emphasis on higher education and employment. HYPE's origins, creation, philosophy, current offerings, and future directions were discussed. The Training Director at the University of Massachusetts Chan Medical School Transitions to Adulthood Center for Research, Debbie Nicolelis, is keenly interested in supporting people with mental health conditions to succeed in work and school and have productive, meaningful careers. Debbie has a Master's in Rehabilitation Counseling focusing on Supported Employment and Psychiatric Rehabilitation from Boston University and is certified nationally as a Rehabilitation Counselor. This webinar was co-hosted by the Massachusetts Psychosis Network for Early Treatment (MAPNET).</p>		<p>5/30/2023</p>	<p>View on Website</p>

Title	Product Type	Description	Related Topics	Publication Date	View link
Wellness I Spirituality in Practice (SiP) - A Framework for Health Care Professionals	Multimedia (Video, Webinar Recording, Podcast)	<p>We are alone if we choose to be, but we are also seamlessly part of everything since that is nature's way! This is the True knowledge, to see ourselves as an integral part of the eternal and ever-present universe. The goal is to feel good through self-compassion and work limitlessly towards peace and harmony. We are subjective when we see ourselves as isolated individuals. We become increasingly objective when we are under self-control (in our physical/ material world), with non-attachment (in our emotions), and liberated in our thoughts from all that bind and isolate us as "I" or individuals. We gain this knowledge when we realize that all that is cognitive and all their enablers (laws of nature) are like two sides of a coin, like the waves on the surface and the deep ocean below - coexisting, inseparable, and enabling the other. This talk was based on the recent book (2023) by Dr. Krishnamoorthy (Subbu) Subramanian Spirituality In Practice: Exploration for Peace and Harmony within and Collaboration and Cohesiveness with all that surrounds us. Presenters: Dr. Krishnamoorthy (Subbu) Subramanian, born and raised in Southern India, received his Ph. D from MIT, Cambridge, MA. USA in 1977. He has over 45 years of experience working in the global manufacturing sector. His work has focused on research, new business development, innovation, and mentoring. Dr. Matcheri Keshavan is a Stanley Cobb Professor of Psychiatry at the Beth Israel Deaconess Medical Center (BIDMC) and Harvard Medical School (HMS), a position he assumed in April 2008. He is also the academic head of psychiatry at BIDMC and a senior psychiatric advisor for the Massachusetts Mental Health Center. This webinar was presented in collaboration with the Massachusetts Mental Health Center Grand Rounds series.</p>		5/19/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Motivational Interviewing for Loved Ones: Empowering Families with Therapists' Best Tools for Encouraging Behavior Change	Multimedia (Video, Webinar Recording, Podcast)	Motivational interviewing is an evidence-based technique for engaging ambivalent patients in conversations about behavior change. Dr. Kline presents her research on adapting motivational interviewing for family caregivers of adolescents and young adults with first-episode psychosis and other mental health and substance use disorders. Dr. Emily Kline is a clinical psychologist and assistant professor of psychiatry at Boston University School of Medicine. She is the Director of Psychological Services for the Wellness and Recovery After Psychosis team and leads the Motivational Interviewing for Loved Ones lab at Boston Medical Center. This webinar was co-hosted by the Massachusetts Psychosis Network for Early Treatment (MAPNET).		5/2/2023	View on Website
Think Trauma Training (Module Four): April 27, 2023	Multimedia (Video, Webinar Recording, Podcast)	Think Trauma: A Training for Working with Justice-Involved Youth aims to make creating trauma-informed juvenile justice systems more accessible to implement. Many youth in the juvenile justice system have survived horrific traumatic experiences, including chronic exposure to violence that has profoundly shaped how they think, behave, and respond. Direct care professionals working with youth in juvenile justice-related facilities have very challenging and emotionally draining roles; they are responsible for preserving their safety and the safety of others and serve as parent, counselor, mentor, role model, disciplinarian, and advocate. Day four's theme was "Staff Wellness and Addressing Organizational Stress."		4/28/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Think Trauma Training (Module Three): April 25, 2023	Multimedia (Video, Webinar Recording, Podcast)	<p>The aim of Think Trauma: A Training for Working with Justice Involved Youth is to make creating trauma-informed juvenile justice systems easier to implement. Many youth in the juvenile justice system have survived horrific traumatic experiences including chronic exposure to violence that has profoundly shaped how they think, behave, and respond. Direct care professionals working with youth in juvenile justice-related facilities have very challenging and emotionally draining roles; they are responsible for preserving their safety and the safety of others and serve as parent, counselor, mentor, role model, disciplinarian, and advocate.</p> <p>Day three's theme was "Coping in Context."</p>		4/28/2023	View on Website
Think Trauma Training (Module Two): April 13, 2023	Multimedia (Video, Webinar Recording, Podcast)	<p>Think Trauma: A Training for Working with Justice-Involved Youth aims to make creating trauma-informed juvenile justice systems more accessible to implement. Many youth in the juvenile justice system have survived horrific traumatic experiences, including chronic exposure to violence that has profoundly shaped how they think, behave, and respond. Direct care professionals working with youth in juvenile justice-related facilities have very challenging and emotionally draining roles; they are responsible for preserving their safety and the safety of others and serve as parent, counselor, mentor, role model, disciplinarian, and advocate.</p> <p>Day two's theme was "Understanding Trauma's Impact on Development."</p>		4/28/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Think Trauma Training (Module One): April 11, 2023	Multimedia (Video, Webinar Recording, Podcast)	<p>Think Trauma: A Training for Working with Justice-Involved Youth aims to make creating trauma-informed juvenile justice systems more accessible to implement. Many youth in the juvenile justice system have survived horrific traumatic experiences, including chronic exposure to violence that has profoundly shaped how they think, behave, and respond. Direct care professionals working with youth in juvenile justice-related facilities have very challenging and emotionally draining roles; they are responsible for preserving their safety and the safety of others and serve as parent, counselor, mentor, role model, disciplinarian, and advocate.</p> <p>Day one's theme was "Trauma and Justice." Involvement."</p>		4/28/2023	View on Website
EPLC: Transcultural Psychiatry: The Impact of Culture on Mental Health in a Globalization Era	Multimedia (Video, Webinar Recording, Podcast)	<p>Among the medical specialties, Psychiatry is one of the most sensitive to cultural influences. In this era of globalization, with more access to communication, the world is more interconnected. People migrate more than before, and they bring with them their culture, values, and traditions. For mental health providers, diagnosing and treating some unexplained symptoms or syndromes can be, at times, very challenging. But it can be understood in a cultural context. Culture provides a framework to understand people's cognitive, emotional, and overall behavioral expressions that could be pathological for one culture and not for another. With the cooperation of anthropology, social psychiatry, and cultural psychiatry, among others, we can understand the influence of culture in regulating thoughts, feelings, emotions, and idioms of distress. Upon completing this webinar, participants can: Become familiar with the critical role of culture in psychiatry diagnosis and treatments. Be familiar with expressions of distress and somatization in psychiatry. Be familiar with some strategies and interventions through a clinical case of applying cultural principles to treat patients with mental illness.</p>	Intensive TA Efforts	4/21/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Reclaiming Native Psychological Brilliance — March Event	Multimedia (Video, Webinar Recording, Podcast)	The one-hour Reclaiming Native Psychological Brilliance virtual series provides an opportunity for participants to: Gain skills on strength-based approaches in partnership with Native People to enhance Native behavioral health, discuss ways that Native brilliance is demonstrated and supports behavioral health, and learn about Native brilliance examples to share with behavioral health and other health care staff, as well as with local Tribal Nation citizens The concept of Native psychological brilliance will be celebrated through Native music videos and Native spoken word performances as part of each session of the Reclaiming Native Psychological Brilliance series. March's topic was "Native Trauma and Healing: Releasing the Trauma Our Body Holds, Part 2."		4/13/2023	View on Website
Peer Support and Intersectionality	Multimedia (Video, Webinar Recording, Podcast)	Listen to this new podcast episode, sponsored by New England MHTTC, as Jonathan Edwards and host Ashley Stewart discuss intersectionality in the context of the peer support workforce. We were lucky to hear from Dr. Edwards during the 2023 Innovations training event about honoring workforce solutions to support care for communities of color, and we appreciate the opportunity to continue to learn from him. Stay tuned: Dr. Stewart will return with more exciting and informative podcast episodes later this spring!		4/13/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Diagnosis and Treatment of Psychosis in Autism Spectrum Disorder	Multimedia (Video, Webinar Recording, Podcast)	Differentiating between autism and schizophrenia spectrum disorder can be quite difficult, particularly in adolescents and young adults. This educational webinar reviews the two diagnoses and how to distinguish between them. For individuals who have both disorders, figuring out which one is contributing to the patient's impairment can be challenging, and this webinar will address this concern. Finally, how to treat those with autism, those with psychosis, and those with both disorders is reviewed. Presenter: Dr. Jean A. Frazier is the Executive Director of the Eunice Kennedy Shriver Center at UMass Chan Medical School. This event was in collaboration with MAPNET.		3/27/2023	View on Website
Competencies for Peer Support Workers in Crisis Services	Multimedia (Video, Webinar Recording, Podcast)	Peer support workers are increasingly serving in roles within the crisis care continuum. With the 988 roll-out, states are working in integrated peer support services within crisis care call centers, mobile crisis response teams, and crisis stabilization units. Peer support workers strengthen engagement and improve outcomes for people experiencing a crisis. Peer support workers provide crisis prevention and post-crisis services like peer navigation and community support, essential for people who have recently experienced a crisis. In this 60-minute webinar, participants Learned how the New England MHTTC worked with partners to learn more about the competencies used by peer support workers in crisis services. Discussed workforce preparation needs in crisis services. They described organizational structures that support crisis teams that include peer support workers.	SMI / SED	3/20/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: The role of psychotherapy and new ways of prescribing medication to improve medication non-adherence	Multimedia (Video, Webinar Recording, Podcast)	Despite having multiple new medications every year for the treatment of depression, schizophrenia, and mood disorders, the outcomes have not improved as expected. We have moved from a psychodynamic-oriented framework to a biological one but still do not have the desired outcome. Medication non-adherence and treatment resistance remain significant issues daily. It is well known that people with a trauma history have more tendency to be non-adherence to treatment. Considering the psychodynamic and psychosocial aspects at the time of prescribing can significantly improve the treatment outcome.		3/9/2023	View on Website
2023 Innovations Regional Training Event (Day Four): February 16, 2023	Multimedia (Video, Webinar Recording, Podcast)	Learn more about innovative approaches to supporting better outcomes for those who provide care and those seeking and receiving behavioral health care in communities of color in New England! Presenters--including clinicians, researchers, faith and community leaders, and people with lived expertise--will explore strategies for Delivering culturally competent care, Creating recovery-ready workplaces, Integrating peer support in the workforce, Building career ladders for existing staff, and retaining early career staff, Day four's theme was "Innovations for a Sustainable Workforce."		3/2/2023	View on Website
2023 Innovations Regional Training Event (Day Three): February 15, 2023	Multimedia (Video, Webinar Recording, Podcast)	Learn more about innovative approaches to supporting better outcomes for those who provide care and those seeking and receiving behavioral health care in communities of color in New England! Presenters--including clinicians, researchers, faith and community leaders, and people with lived expertise--will explore strategies for Delivering culturally competent care, Creating recovery-ready workplaces, Integrating peer support in the workforce, Building career ladders for existing staff, and retaining early career staff. Day three's theme was "Peer Recovery Workforce: Multiple Pathways."		3/2/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
2023 Innovations Regional Training Event (Day Two): February 14, 2023	Multimedia (Video, Webinar Recording, Podcast)	Learn more about innovative approaches to supporting better outcomes for those who provide care and those seeking and receiving behavioral health care in communities of color in New England! Presenters--including clinicians, researchers, faith and community leaders, and people with lived expertise--will explore strategies for Delivering culturally competent care, Creating recovery-ready workplaces, Integrating peer support in the workforce, Building career ladders for existing staff, and retaining early career staff. Day two's theme was "Building Community and Developing Pathways in Prevention."		3/2/2023	View on Website
2023 Innovations Regional Training Event (Day One): February 13, 2023	Multimedia (Video, Webinar Recording, Podcast)	Learn more about innovative approaches to supporting better outcomes for those who provide care and those seeking and receiving behavioral health care in communities of color in New England! Presenters--including clinicians, researchers, faith and community leaders, and people with lived expertise--will explore strategies for Delivering culturally competent care, Creating recovery-ready workplaces, Integrating peer support in the workforce, Building career ladders for existing staff, and retaining early career staff, Day one's theme was "Defining the Workforce and Visioning for the Future."		3/2/2023	View on Website
Reclaiming Native Psychological Brilliance - February Event	Multimedia (Video, Webinar Recording, Podcast)	The one-hour Reclaiming Native Psychological Brilliance virtual series provides an opportunity for participants to: Gain skills on strength-based approaches in partnership with Native People to enhance Native behavioral health, Discuss ways that Native brilliance is demonstrated and supports behavioral health, and Learn about Native brilliance examples to share with behavioral health and other health care staff, as well as with local Tribal Nation citizens The concept of Native psychological brilliance will be celebrated through Native music videos and Native spoken word performances as part of each session of the Reclaiming Native Psychological Brilliance series. February's topic was "Native Trauma and Healing: Releasing the Trauma Our Body Holds."	Tribal Communities	3/2/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Social Determinants of Health for Psychotic Disorders: Why Are They Important and How to Assess Them?	Multimedia (Video, Webinar Recording, Podcast)	Social determinants of health (SDoH) are social and environmental factors significantly impacting mental, physical, and cognitive health. Dilip V. Jeste, MD, discusses the literature on SDoH for schizophrenia-spectrum disorders, such as early-life adversities, social connections, racism, and other forms of discrimination, etc. He also briefly discusses their clinical impact, assessment measures, relationship with biology, and possible interventions to address them. This event was conducted in collaboration with MAPNET.	SMI / SED	3/2/2023	View on Website
Self-care of Mental Health Professionals: Taking care of ourselves	Multimedia (Video, Webinar Recording, Podcast)	This presentation by Dr. Frank D'Attilio addressed mental health professionals' propensity to give less priority to their self-care when working with others. Emphasis was placed on how they can become more mindful of this shortcoming and employ strategies and interventions for change. Upon completion of this activity, participants were able to: Become familiar with the signs and symptoms of distress or burnout in themselves, Become familiar with some of the strategies and interventions for self-help, Learn how to identify when it is time for them to consult professional mental health treatment for themselves.		2/24/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Wellness Using Science-Backed Strategies to Thrive in a Life with Multiple Demanding Roles	Multimedia (Video, Webinar Recording, Podcast)	Participating in a demanding professional life while maintaining healthy engagement in non-work roles can be overwhelming, frustrating, and riddled with guilt. It can also be a source of joy, inspiration, and creativity. This session explored how multiple demanding roles can be mutually beneficial, helping us improve our creativity, rest, and happiness. Using tools from the therapy room and behavioral science, attendees learned how to actively enhance their well-being while maintaining a foothold in multiple demanding roles. Presenter: Yael Schonbrun, Ph.D., assistant professor at Brown University, co-host of the Psychologists Off the Clock podcast, and author. This event was presented in collaboration with the Massachusetts Mental Health Center Grand Rounds series.		2/16/2023	View on Website
Reclaiming Native Psychological Brilliance: Wise Practices- Native Traditional Practices: Culture IS Treatment (January 2023 Event)	Presentation Slides	The January 2023 session of “Reclaiming Native Psychological Brilliance: Wise Practices” was titled “Native Traditional Practices: Culture IS Treatment.” View a recording of the session. This Tribal Behavioral Health ECHO webinar series is held on the fourth Tuesday of every month and provides an opportunity for participants to Gain skills in strength-based approaches in partnership with Native People to enhance Native behavioral health. Discuss ways that Native brilliance is demonstrated and supports behavioral health. Learn about Native brilliance examples to share with behavioral health and other healthcare staff and local Tribal Nation citizens. United South and Eastern Tribes, Inc. and New England MHTTC sponsor the series.		2/8/2023	View on Website
Think Trauma Curriculum Overview Session	Multimedia (Video, Webinar Recording, Podcast)	The Think Trauma curriculum helps mental health and well-being providers who work with justice-involved youth in a variety of contexts. This learning session was a brief overview of the Think Trauma curriculum and a Q&A opportunity about stressors for this population and their association with trauma. The 4-day training dates and registration links are coming soon.	SMI / SED	2/7/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Diversity and Inclusion Project Showcase (DIPS): Deaf Awareness-Supporting the Mental Health Needs of Deaf & Hard of Hearing Populations	Presentation Slides	Breaking Down Barriers to Care: Know the Facts The deaf and hard of hearing community is a cultural and linguistic minority with variations in the type and severity of hearing loss (Pertz). Researchers estimate that 35 million people in the United States identify as having some hearing trouble, ranging from having a little difficulty hearing to profound deafness (Gallaudet). Of the 35 million, 300,000-500,000 use American Sign Language (ASL) (Mitchell). Despite the significant need for interpretation services, the United States only has about 16,000 ASL interpreters (Nimdzi). Learn more about our efforts to amplify the work of community-based organizations (CBOs) in the New England region supporting mental health and advancing substance use prevention, treatment, and recovery for those who are deaf/hard of hearing. Celebrate innovation! In a “Round-Robin-style” presentation, CBOs and local nonprofits in New England showcase their goals, growth, outcomes, and visions for the future in their efforts to support the behavioral health needs of underserved populations. Featured Organizations Greater Nashua Mental Health Mental Health Connecticut Massachusetts Commission for the Deaf and Hard of Hearing.		2/1/2023	View on Website
Providing Culturally Relevant Services to Families of LGBTQ+ Youth	Presentation Slides	This December 7, 2022, presentation dove into what it means to have culturally responsive services and critical strategies for working with families of LGBTQ+ young people. Findings from a recent systematic review on cultural adaptations and essential insights from SAMHSA's guide on Adapting Evidence-Based Practices for Under-Resourced Populations were shared. Presenters were Angela Weeks and Leah Love from the Center of Excellence on LGBTQ+ Behavioral Health Equity.		1/3/2023	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Mental Health Literacy for Students, Families, and School Staff	Presentation Slides	This webinar provided school staff with a guide to help them improve mental health literacy among students, educators, and their peers. Our roadmap focuses on Understanding how to foster and maintain mental health, Understanding mental health challenges and their treatments, and Decreasing stigma. View a recording of the event and the “6 Steps to Guide Your Mental Health Literacy Action Plan.” This community of practice is an extension of our Healthcare workers and Educators Addressing and Reducing Trauma (HEART) Collective—an intentional effort to enhance collaborations between community health centers and schools to support positive mental health and well-being for youth in school-based settings.		12/21/2022	View on Website
EPLC: Caring for Psychoses: The Art & The Science	Presentation Slides	Providing care for patients with psychotic disorders is both an art and a science. In this presentation, Dr. Matcheri Keshavan provided An overview of approaches to providing care for patients with early-course psychosis. This includes developing a therapeutic alliance, sharing diagnoses and understanding the disease with the patients and families, and using shared decision-making. Principles of psychopharmacological management of psychotic disorders will be discussed. Approaches to psychotherapy of early-cause psychosis patients will be addressed. Dr. Keshavan is Stanley Cobb, Professor of Psychiatry at the Beth Israel Deaconess Medical Center, Harvard Medical School. This event was a collaboration with the Massachusetts Mental Health Grand Rounds lecture series.	SMI / SED	12/21/2022	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Improving Clinical Competencies in Providing Whole-Person Care for Muslim People with Serious Mental Illness	Multimedia (Video, Webinar Recording, Podcast)	Spirituality and religion can significantly promote health promotion for patients from faith communities. Yet, these aspects of our patients' identity are often not integrated into their care. For example, many Muslim Americans believe their mental health issues may be linked to spiritual or metaphysical causes and seek clinicians to incorporate spirituality and religion into their treatment plans. However, current literature suggests clinicians often feel inadequate at integrating religious and spiritual nuances into patient care. This workshop with Dr. Rania Awaad, M.D., Clinical Associate Professor of Psychiatry at the Stanford University School of Medicine, aimed to provide clinicians with the knowledge and framework to better address their Muslim patients' needs. To facilitate this goal, this workshop included research-informed, critical concepts in improving clinical reports with Muslim patients. The goal was for participants to leave this training with improved competency, comfort, and skill in meaningfully providing whole-person care for their Muslim patients with serious mental illness.		12/13/2022	View on Website
EPLC: Evidence-based Strategies for Addressing Social Isolation & Loneliness in People with Psychosis Spectrum Disorders	Presentation Slides	This talk with Jasmine Mote, Ph.D., a licensed clinical psychologist, research assistant, and professor at Boston University, reviewed current knowledge on social isolation and loneliness for individuals with psychosis spectrum disorders and discussed evidence-based strategies for addressing loneliness in treatment. Watch a recording of this event on December 2, 2022. Access additional resources from the presenter. This event was co-sponsored by MAPNET.	SMI / SED	12/13/2022	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Wellness Creativity: An Antidote to Healthcare Worker Burnout?	Presentation Slides	Once considered the product of genius or divine inspiration, creativity--the ability to spot problems and devise innovative solutions--is now recognized as a prized and teachable skill. Unfortunately, the study of creativity is not part of the formal curricular instruction in most academic healthcare settings. Creativity positively impacts clinical care, teaching effectiveness, and breakthroughs in research. However, time constraints, limited opportunities for fresh observations, and emotional exhaustion have restricted our ability to cultivate creativity in our chore-filled and task-oriented lives. Creativity thus becomes a valuable tool to mitigate the destructive impact of burnout in healthcare workers.		12/13/2022	View on Website
Supporting Refugee Families' Mental Health through Prevention & Community Partnerships	Multimedia (Video, Webinar Recording, Podcast)	In this discussion, a refugee community leader and pediatric health service researcher shared challenges and opportunities to support the mental health needs of refugee and immigrant families. They highlighted promising opportunities for partnership and support for immigrant and refugee children and families through direct connection and communication with community partners and families.		12/13/2022	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
New England Hispanic Heritage Month Diversity and Inclusion Project Showcase	Multimedia (Video, Webinar Recording, Podcast)	In recognition of Hispanic Heritage Month, the New England MHTTC amplified the work of community-based organizations (CBOs) and nonprofits supporting mental health and advancing substance use prevention, treatment, and recovery in Hispanic/Latino communities. In a “Round-Robin-style” presentation, CBOs and local nonprofits throughout the New England region showcased their goals, growth, outcomes, and visions for the future in their efforts to support the behavioral health needs of underserved populations. Celebrate innovation! Review our Diversity and Inclusion Project Showcase video recording and the presentation. Show Hosts: Taylor Bryan Turner, Assistant Regional Administrator, SAMHSA Region 1 and Maria E. Restrepo-Toro, MS, Co-Director, New England MHTTC Featured Organizations: Brazilian Women’s Group (MA), Gandara Center (MA), Hispanic Health Council (CT), Maine Mobile Health Program, Inc. (ME), and Progreso Latino (RI)		11/15/2022	View on Website
Awareness, Access, and Action for Psychosis Interventions in MA	Website	This two-day hybrid conference explored progress and updates on the Massachusetts Strategic Plan for Early Psychosis (Mass-STEP). With a core theme of Awareness, Access, and Action for Psychosis Interventions in MA, the conference spotlighted community efforts that support individuals and families experiencing psychosis. This includes partners from many different backgrounds, including individuals and families, government stakeholders, researchers, clinicians, teachers, faith leaders, emergency responders, and all others who are invested in improving our statewide care system for psychosis. New England MHTTC was a proud supporter of this conference.	SMI / SED	11/14/2022	View on Website
Treating Youth with Early Psychosis and Trauma-Related Disorders	Multimedia (Video, Webinar Recording, Podcast)	Dr. Casey Cragin reviews treatment approaches and clinical guidelines for clients experiencing comorbid psychosis and trauma-related Disorders.	SMI / SED	11/3/2022	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
Shared Decision Making: Measurement and Practice	Multimedia (Video, Webinar Recording, Podcast)	On September 28, Maria O’Connell, PhD, Associate Professor, Yale School of Medicine, Department of Psychiatry, shared an overview of shared decision-making (SDM) tools and ways to inform practice. SDM interventions enable people to manage their health actively. We examined research on the effects of SDM and reviewed best practices, including advancing SDM practice.	SMI / SED	9/28/2022	View on Website
Person-Centered Recovery Planning: Partnering for Wellness and Recovery	Multimedia (Video, Webinar Recording, Podcast)	<p>This interactive webinar provided an overview of key strategies to move person-centered care from theory to reality through the practice of Person-Centered Recovery Planning (PCRP). The Critical components of PCRP include philosophy, process, planning documentation, and purpose. Practical coaching was offered for maintaining a strengths-based, person-centered orientation within a comprehensive plan that simultaneously meets rigorous fiscal and regulatory standards. Participants had the opportunity to “build” a recovery plan through interactive polls and breakout groups. They will hear directly from individuals with lived experience about the necessity of person-centered approaches in supporting self-determination and recovery.</p> <p>Various take-home tools and resources are available for more intensive learning.</p>		9/14/2022	View on Website
EPLC: Discussing Diagnosis of Early Psychosis with Youth and Families	Print Media (Brochure, Monograph, Report, Poster)	Providing diagnostic feedback and psychoeducation to Y-EP and families is essential and can benefit young people and their families. When provided thoughtfully, with attention to the youth and family’s culture and experience, feedback can help them better understand their experiences and reduce misconceptions, worry, and shame about symptoms. Feedback can help the youth learn and practice practical coping skills and strategies.	SMI / SED	9/2/2022	View on Website

Title	Product Type	Description	Related Topics	Publication Date	View link
EPLC: Partnering with Prescribers: The Role of Medication in CSC for Early Psychosis	Multimedia (Video, Webinar Recording, Podcast)	<p>This talk reviewed the team-based approach to medication management in early psychosis treatment, including the role of non-prescribers in supporting positive health behaviors for patients experiencing early-course psychosis. The speakers presented recent updates in our understanding of psychiatry for early-course psychosis and led a discussion on medication management with two individuals with lived experiences of psychosis.</p> <p>This webinar is part of an initiative by the Substance Abuse and Mental Health Services Administration (SAMHSA)'s New England Mental Health Technology Transfer Center Network (MHTTC), which provides training, technical assistance, and tool and resource development to enable states and mental health practitioners to offer recovery-oriented practices within the context of recovery-oriented systems of care (see https://mhttcnetwork.org/centers/new-england-mhttc/home). This webinar was co-hosted by the Massachusetts Psychosis Network for Early Treatment (MAPNET).</p>	SMI / SED	8/26/2022	View on Website
Product Count: 70					

5. Collaborations:

- African American Behavioral Health Center of Excellence
- Behavioral Health and Research Services
- Center of Excellence on LGBTQ+ Behavioral Health
- Connecticut Department of Health and Addiction Services
- Health and Human Services Office of Behavioral Health Equity
- HRSA, Region 1
- Maine Behavioral Healthcare
- Maine Department of Health and Human Services
- Massachusetts Department of Elementary & Secondary Education
- Massachusetts Office of Health and Human Services
- National Alliance on Mental Illness of Connecticut (NAMI)
- NAMI New Hampshire
- National Center on Advancing Person-Centered Practices and Systems
- National Latino and Hispanic Mental Health Technology Transfer Center
- National Network to Eliminate Disparities in Behavioral Health (NNED)
- New England Addiction Technology Transfer Center
- New England Prevention Technology Transfer Center
- New Hampshire Department of Health and Human Services
- Northeast and Caribbean Mental Health Technology Transfer Center
- Northwest MHTTC
- Oasis Wellness and Recovery Centers
- Pacific Southwest MHTTC
- Passamaquoddy Health Center
- SAMHSA
- SAMHSA Region 1 Office of the Administrator
- U.S. Department of Housing and Urban Development
- United South and Eastern Tribes, Inc.
- Vermont Department of Mental Health
- We R H.O.P.E., Inc.
- WestBridge
- William James College

6. Data Analysis:

» Number of events held during Year 5:

In the fifth project year from 8/15/2022 to 9/29/2023, the New England MHTTC organized and sponsored a total of 50 events, including four meetings, 40 trainings, and six technical assistance projects, 5 HealthKnowledge (HEK) courses, and one national webinar. We produced a total of 83.75 contact hours and offered 21 hours of CE credits to licensed professionals—which can, in turn, be submitted to a variety of accrediting entities toward continuing education units.

» Total number of participants:

4,529 attended these events, including 13 who completed the HEK courses and ten who met the national webinar.

» Number of participants who responded to the GPRA forms:

Between 9/30/22 and 9/29/23, we received 1,251 responses to post-event surveys and 11 responses to follow-up surveys. Additionally, we received 13 responses to the HEK courses and 10 to the national webinar. In summary, we exceeded this year’s planned number of events and participants by over three times (See Table 1 below).

	Event Target to date	# of FY23 Events Completed	Event Coverage	Participant Target to Date	# FY23 Post-Event Responses	% Participant Coverage	Actual # of Participants
FY 2023	18	56	310%	360	1261	350.3%	4605

Table 1: FY 2023 SAMHSA target coverage on a level of the center, including the SMH initiative.

» Demographic information:

The respondents identified predominantly as female (76.5%), White (67.7%), and heterosexual (74.2%). Fifteen percent of respondents identified as Hispanic or Latino, and 13.7% as Black or African American. People with a master’s degree were most likely to attend the events (59.2%). Healthcare professionals and social workers were the most likely to participate in events, with most respondents working in a community mental health program. All the frequencies are reported using the SPARS data. Most respondents describe their community as metropolitan/suburban (81.6%), followed by rural or frontier (12.9%).

WHO ARE WE REACHING?		Count	Percent
GENDER	Female	875	76.5%
	Male	196	17.1%
	Transgender (Male to Female)	1	0.1%
	Transgender (Female to Male)	2	0.2%
	Gender non-conforming	17	1.5%
	Prefer not to answer	17	1.5%
	MISSING DATA	35	3.1%
RACE	Black or African American	160	13.70%
	White	794	67.7%
	American Indian	44	3.8%
	Alaska Native	3	0.3%
	Asian Indian	14	1.2%
	Chinese	19	1.6%
	Filipino	6	0.5%
	Japanese	4	0.3%
	Korean	2	0.2%
	Vietnamese	6	0.5%
	Other Asian	17	1.5%
	Samoan	1	0.1%
	Other Pacific Islander	3	0.3%
	Other (please specify)	38	3.2%
	Prefer not to answer	61	5.2%

HISPANIC, LATINO/A OR SPANISH ORIGIN?	Count	Percent
Yes	170	14.9%
No	901	78.8%
Prefer not to answer	33	2.9%
MISSING DATA	40	3.5%

SEXUAL ORIENTATION	Count	Percent
Straight or Heterosexual	849	74.2%
Homosexual (Gay or Lesbian)	58	5.1%
Bisexual	65	5.7%
Queer, Pansexual, and Questioning	42	3.7%
Other	9	0.7%
Prefer not to answer	86	7.5%
MISSING DATA	35	3.1%

PRIMARY PROFESSION	Count	Column %
Health Care Professional	503	43.7%
Social worker	270	23.5%
Community and natural supports	132	11.5%
Educator	21	1.8%
Researcher	24	2.1%
Public or Business Administrator	30	2.6%
Student	30	2.6%
Other	141	12.2%

EMPLOYMENT SETTING	Count	Column %
Community-based organization (including faith-based organizations)	80	8.5%
Community health and recovery support	56	5%
Community mental health clinic	317	33.7%
Education setting	60	6.4%
Government	39	4.1%
Healthcare facility (Primary, FQHC, Hospital)	158	16.8%
Substance Use Prevention and Treatment Program	63	6.7%
Solo/group private practice	38	4%
Other	129	14.8%

» **Any additional data that shows the program’s impact**

Satisfaction: Most of our respondents were satisfied or very satisfied with the overall quality of our events (90%). 85% of respondents expected the event they attended to benefit themselves or their community. Most respondents (87.5%) expected the event to improve their ability to work effectively, and 90% of them would recommend these activities to a colleague.

Usefulness: Besides the overall satisfaction and perceived professional benefit, the respondents elaborated on the usefulness of the information acquired during the events they attended. The resources shared, the outline of the steps for mental health literacy in a school setting, and the connection with other mental health providers were highlighted as some of the most valuable aspects of the events attended.

» **Respondent Testimonials**

The abundance of resources in my area pertaining directly to my place of work that I was unaware of. Also, the links to the resources - especially the toolkits and more training.

Reinforcement of awareness that is most valuable purposed for self and community betterment, to help others be encouraged, knowing there is support for us all! The resources and tools shared, and most importantly, the fellowship of like-minded mental health advocates who wish to fulfill goals of bettering each other and those we serve.

School Mental Health Supplement Award Report Sections:

Our School Mental Health Initiative is a pivotal program providing public and private K-12 schools across New England with access to evidence-based mental health resources. These resources are meticulously curated to enrich the school culture and comprehensively prepare the school's mental health workforce to integrate trauma-skilled practices effectively.

The core aim of our initiative is to assist schools in nurturing compassionate and empathetic school communities. Such environments are instrumental in mitigating the adverse impacts of trauma. Additionally, our efforts are geared towards fostering resilience among all students, thereby creating a more supportive and nurturing educational atmosphere.

Moreover, the initiative strongly emphasizes promoting stress relief and enhancing the overall well-being of the students, teachers, and other school personnel. By doing so, we contribute to creating a holistic and supportive educational environment where mental health and well-being are prioritized for every school community member.

1. Notable Activities:

- **“Take HEART” Ambassador Program**

The HEART Collective, established through a collaborative effort with the Region 1 SAMHSA and HRSA Administrators' offices, is a strategic initiative designed to foster intentional and impactful collaboration among school communities, Federally Qualified Health Centers, and community healthcare centers. The primary objective of this collaboration is to share and implement best practices that significantly enhance and improve school-based mental health and wellness.

In its fifth year, the New England MHTTC School Mental Health initiative successfully conducted an intensive training and technical assistance activity from November 2022 to March 2023. This initiative was meticulously designed to educate and empower every school community member about the critical importance of school-based mental health. The “Take HEART” Ambassador Program is a vital component of this initiative, synergistically aligning with the efforts of the Healthcare workers and Educators Addressing and Reducing Trauma (HEART) Collective.

This comprehensive program included a series of four webinars, each offering a range of strategies, tactics, and tools to promote the well-being of all school community members. Our specially curated training suite is an essential resource for anyone eager to enhance their understanding of mental health and actively advocate for effective school-based mental health collaborations. This suite is designed as a learning tool and a guide for implementing practical and sustainable mental health initiatives within educational settings.



- **Prioritizing Racial Equity in the Workplace**

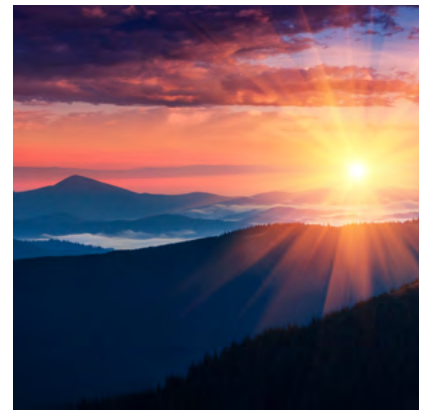
The School Mental Health (SMH) and Racial Equity and Advancing Cultural Humility (REACH) teams are collaborating with the Mental Health Technology Transfer Centers (MHTTCs) in Regions 1, 7, and 9 to develop an innovative online learning course. This course facilitates and promotes meaningful dialogues on diversity, equity, inclusion, and belonging within various professional contexts, encompassing community, faith-based, and educational settings.



A significant component of this initiative is its focus on school-based mental health. This aspect involves a comprehensive set of action steps meticulously crafted in alignment with the National CLAS (Culturally and Linguistically Appropriate Services) Standards. These steps aim to foster educational equity, enhance the quality of services, and address learning disparities. The course provides a strategic framework for school administrators, educators, and staff, guiding them in implementing culturally and linguistically appropriate educational services. This approach supports diverse learning environments and creates inclusive and equitable educational systems.

- **“Mental Health Matters” Series**

Our School Mental Health (SMH) initiative has developed a comprehensive series of infographics designed to disseminate essential facts and statistics concerning the mental health experiences of various demographic groups. These infographics also provide practical strategies to foster recovery and resilience through empathetic and informed school practices. To broaden the scope of this series, we are incorporating additional content focused on supporting the mental health and well-being of students who are deaf or hard of hearing and those from historically underrepresented groups. This includes African American, Asian American/Pacific Islander, Hispanic/Latine, and Indigenous youth.



Furthermore, the series is set to expand its offerings with resources specifically tailored for educators. These resources aim to equip teachers with self-care strategies for maintaining their mental well-being. Additionally, the series will guide district leaders and school administrators in optimizing school processes, policies, and procedures. A key focus of this guidance is to enhance the recruitment and retention of school staff, ensuring a stable and supportive educational environment for both students and educators. This expansion reflects our commitment to addressing a wide range of needs within the school community, ultimately contributing to a more inclusive and supportive educational environment.

- **Healthcare Workers and Educators Addressing and Reducing Trauma (HEART) Collective on Groupsite**

To enhance the efficiency of programming, leverage the unique strengths of each regional center, and capitalize on our collective expertise, our school mental health team is actively collaborating with fellow Mental Health Technology Transfer Centers (MHTTCs) and the MHTTC Network Coordinating Office (NCO). This collaboration aims to provide targeted and specialized training and technical assistance to Project AWARE grantees. As part of this initiative, we have initiated a shared online space on Groupsite, integrated with the NCO's platform. This space facilitates collaboration on implementing school-based mental health (SMH) services, guided by the National SMH Implementation Guidance Modules.



The HEART Collective Groupsite platform is a pivotal tool for our school mental health team to promote events, training, and technical assistance (T/TA) resources and provide focused support. It also offers opportunities for engagement in a Community of Practice for Project AWARE grantees. Additionally, our team is committed to supporting frequently asked questions, ensuring seamless access to training, technical assistance, and a wide array of resources developed by the MHTTC Network. These resources are available to educators, school staff, and professionals in the behavioral health workforce who have chosen to join the platform. Through these efforts, we aim to enrich the knowledge and skills of those involved in advancing mental health initiatives in educational settings.

2. Status Update on Workplan Objectives:

E. Provide direct T/TA on the implementation and delivery of mental health services in schools - Provide direct technical assistance (TA) and training on the implementation and delivery of mental health services in schools and school systems, including training and TA provided to Project AWARE grantees. This will involve TA in the general field and direct and tailor TA to grantees on implementing school-based mental health services.

Objective Number	Objective	Objective Description	Objective Performance Measures	Activity Description	Progress Update
1	Provide direct TA to New England regional Project AWARE grantees	Continuing our work from Year 4, we will provide individualized TA and coaching to New England AWARE grantees on topics ranging from funding mechanisms and sustainability to workforce retention and development collaborations between behavioral health and education systems	<ul style="list-style-type: none"> *Number of events *Number of participants *Number of products *GPRA results 	<ul style="list-style-type: none"> • Provide training, coaching, and consulting to the New England AWARE grantees through a regional AWARE community of practice focused on providing targeted technical assistance for systems change. This CoP will allow grantees and invited stakeholders to build and share implementation resources and advice by role and across teams and access peer support and collaboration. • Provide proactive, responsive, and intensive coaching and consulting to New England AWARE grantees on self-identified areas of need based on our Year 4 needs assessment and AWARE grantees' needs to be identified within the CoP and by request. • Continue disseminating and offering training on the MHTTC National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, Schools, Classroom WISE, and CIE-WISE. 	<ul style="list-style-type: none"> • Based on our regional needs assessment and grantee feedback, we engaged grantees in ongoing networking and support offerings, transforming the CoP into an event and product series. Offered and provided consulting and responded to grantee TA requests, including topics on mental health literacy, referral, resource guide, and funding/sustainability. Created a Mental Health Matters series of tip sheets to address existing regional needs. • We have disseminated all NCO announcements/national events, including those for the Guidance Modules, Classroom WISE, and CIE-WISE, via newsletters, e-blasts, products, and events.

E. Provide direct T/TA on the implementation and delivery of mental health services in schools - Provide direct technical assistance (TA) and training on the implementation and delivery of mental health services in schools and school systems, including training and TA provided to Project AWARE grantees. This will involve TA in the general field and direct and tailor TA to grantees on implementing school-based mental health services.

Objective Number	Objective	Objective Description	Objective Performance Measures	Activity Description	Progress Update
2	Provide T/TA on the implementation and delivery of mental health services in schools and school systems	Provide school mental health Year 5 programming and training on the implementation and delivery of mental health services in schools and school systems for the New England region	<ul style="list-style-type: none"> *Number of events *Number of participants *Number of products *GPRA results 	<ul style="list-style-type: none"> • Provide a learning series in collaboration with our parent New England MHTTC grant on applying equity and cultural responsiveness to school mental health and education systems. • Provide proactive, responsive, and intensive TA and coaching focused on collaborations between school communities and community health providers via our Healthcare Workers and Educators Addressing and Reducing Trauma (HEART) Initiative. 	<ul style="list-style-type: none"> • Co-sponsored an equity-focused learning series in coordination with the REACH initiative. • We provided TA opportunities, event series, and products via the HEART Collective website and SMH events.

F. Provide training to the SMH workforce—Provide training through webinars, consultation, and group learning communities to the SMH workforce and Project AWARE grantees

Objective Number	Objective	Objective Description	Objective Performance Measures	Activity Description	Progress Update
1	Provide specific programming for New England's SMH workforce populations and professions.	Provide training through webinars, consultation, and group learning communities to the field and Project AWARE grantees on various SMH topics.	<ul style="list-style-type: none"> *Number of events *Number of participants *Number of products *GPRA results 	<ul style="list-style-type: none"> • Expand the Health-care Workers and Educators Addressing and Reducing Trauma (HEART) Collective developed in Year 4 to facilitate collaborations between community mental health providers and schools to provide SMH services, programming, and Project AWARE initiatives. • Further, expand, disseminate, and implement Childhood Trauma Learning Collaborative's (C-TLC) resources and products developed in Years 1-4. Publish and disseminate a quarterly SMH/Region 1-focused newsletter • Maintain and update our regional school mental health webpage, a school-focused page on our region's website as a resource clearinghouse for school-based mental health best practices that reflect the regional interest and link the audience to content from our Center to our partners. • Disseminate the SMH Initiative's HealthKnowledge (HEK) online training course on creating compassionate and trauma-informed school communities. 	<ul style="list-style-type: none"> • Expanded the heartcollective.info website with a variety of resources and events. Created the Groupsite hub for the HEART collective offerings, network, and community. Offered the Take HEART Ambassador Program webinar series and the HEART Awareness Week series of resources and events. • Offered group learning opportunities/webinars on mental health literacy, advocacy for school mental health, engaging stakeholders, and progress monitoring. Revised and disseminated previously created C-TLC resources. • We developed and disseminated our quarterly newsletter, Compassionate Action. • We maintained and updated the New England MHTTC SMH webpage, completing a site-wide equity audit. We created and revised the HEART Collective website. Additionally, we created a Project AWARE Groupsite hub. • We disseminated our HEK course via events, products, and websites.

G. Work with the MHTTC network and NCO to deliver T/TA on school violence and SMH - Work collaboratively with the MHTTC Network Coordinating Office (NCO) to develop and implement a coordinated and integrated cross-MHTTC network approach in delivering training and technical assistance related to the intersection of school violence and mental health to strengthen the impact of the overall program and prevent duplication of efforts

Objective Number	Objective	Objective Description	Objective Performance Measures	Activity Description	Progress Update
1	Work within the MHTTC network to develop a process for identifying current needs and existing resources related to SMH and school violence.	To reduce the duplication of programming, maximize the strengths of each regional Center, and utilize collective expertise, Region 1 will collaborate with peer MHTTCs, with the support of the MHTTC Network Coordinating Office, to develop a process for identifying current needs and existing resources related to school violence and the school mental health workforce throughout the grant year and set aside resources (including FTE) by August 14th, 2023.	<ul style="list-style-type: none"> *Development of an action plan * Number of products planned * Participation in teams * Number of meetings attended * Number of events planned 	Identify the process for identifying needs and existing resources on school violence and workforce mental health.	Offered ongoing support to NCO and network colleagues on several initiatives. Participated and attended all NCO-sponsored SMH Initiative meetings, including monthly meetings, quarterly Project AWARE meetings, and teams.

G. Work with the MHTTC network and NCO to deliver T/TA on school violence and SMH - Work collaboratively with the MHTTC Network Coordinating Office (NCO) to develop and implement a coordinated and integrated cross-MHTTC network approach in delivering training and technical assistance related to the intersection of school violence and mental health to strengthen the impact of the overall program and prevent duplication of efforts

Objective Number	Objective	Objective Description	Objective Performance Measures	Activity Description	Progress Update
2	Work within the MHTTC network to amplify and disseminate existing programming and resources related to SMH and school violence.	Identify opportunities for collaboration across Centers and with external organizations, with support from the MHTTC Network Coordinating Office, to amplify and disseminate existing programming and resources related to school violence and the school mental health workforce (e.g., crisis intervention teaming, school violence trauma, and grief response, cultural considerations for school violence), and develop responsive technical assistance to additional needs identified	<ul style="list-style-type: none"> *Development of an action plan * Number of products planned * Participation in teams * Number of meetings attended * Number of events planned 	Identify opportunities for collaboration to amplify and disseminate resources related to school violence.	We supported the NCO and network partners by participating in meetings and teams to develop and implement the school violence resource guide.

G. Work with the MHTTC network and NCO to deliver T/TA on school violence and SMH - Work collaboratively with the MHTTC Network Coordinating Office (NCO) to develop and implement a coordinated and integrated cross-MHTTC network approach in delivering training and technical assistance related to the intersection of school violence and mental health to strengthen the impact of the overall program and prevent duplication of efforts

Objective Number	Objective	Objective Description	Objective Performance Measures	Activity Description	Progress Update
3	Work within the MHTTC network to compile and maintain a resource collection about SMH and school violence.	Collaborate with the MHTTCs, with support from the MHTTC Network Coordinating Office, to compile and maintain a resource collection highlighting Centers' activities about school violence and the school mental health workforce development (e.g., through a new webpage focusing on highlighted resources to support Project AWARE grantees and the broader fields access).	<ul style="list-style-type: none"> *Development of an action plan * Number of products planned * Participation in teams * Number of meetings attended * Number of events planned 	Compile and maintain a resource collection on school violence and mental health.	We participated in planning, developing, and identifying school violence-related resources via meetings and teams.

3. Critical Issues:

During the fifth year of our initiative, we encountered two significant challenges that considerably impacted our operations. The first issue arose from the need to revise our work plan and adjust our objectives, necessitated by the delayed reinstatement of funding for the School Mental Health (SMH) Initiative. This situation was further complicated by a reduction in our budget and the departure of a key staff member, presenting substantial operational hurdles.

The second major challenge was engaging Project AWARE grantees in delivering training and technical assistance (T/TA) on school mental health. This difficulty was primarily due to the delayed reinstatement of funding, which led to uncertainty regarding the format and timing of T/TA for this group. Moreover, the regional Project AWARE grantees were undergoing a transition period marked by numerous staff changes and concurrent involvement in other T/TA initiatives related to their work and implementing Project AWARE objectives.

Fortunately, these critical issues have been effectively addressed and resolved. We secured an additional year of funding, which provided much-needed stability and resources. Additionally, there is now greater clarity regarding our role in supporting Project AWARE grantees, allowing us to move forward more effectively in our mission to enhance school mental health services.

4. MHTTC Center Products:

- See our Center’s table of products from the Hub in the appendix section of this report. The table lists products added to the website by our Center for this reporting period, including events supported by our Center’s parent and supplemental grants.

5. Collaborations:

- Center for Educational Improvement
- MHTTC Network & National Coordinating Office
- National Federation of Families
- New England Addiction Technology Transfer Center
- New England Prevention Technology Transfer Network
- SAMHSA Region 1 Office
- HRSA Region 1 Office

6. Data Analysis:

- Number of events and participants

In the fifth project year, from 8/15/2022 to 9/29/2023, the New England MHTTC School Mental Health initiative organized and sponsored seven events, including 5 TAs, one meeting, and one training, summing to 7.25 contact hours. Our team also hosted one HEK course, “Cultivating Compassionate School Communities that Respond to Trauma Effectively.” Two hundred and twelve people attended these events.

Event Code	Event Title	Event Date	Response Count	Number of Participants
2201MT5010	Take the HEART Ambassador Training Program	11/3/2022	11	36
2201TA5012	Supporting Refugee Families’ Mental Health through Prevention and Community Partnerships	11/16/2022	7	34
2023WBL1207SH	Providing Culturally Relevant Services to Families of LGBTQ+ Youth	12/7/2022	17	25
2201TA5017	Mental Health Literacy for Students, Families, and School Staff	12/8/2022	15	62

Event Code	Event Title	Event Date	Response Count	Number of Participants
2201TA5018	Take HEART Community of Practice-Compassionate School Practices: Vision, Plan, and Monitor for Success	1/12/2023	5	32
2201TA5032	Take HEART Community of Practice - Activate Your Power: Ways to Operationalize Stakeholder Engagement	2/9/2023	2	22
	Take HEART Community of Practice-Compassion in Action: School-Based Mental Health Advocacy Strategies & Tips	3/9/2023		34

- **Number of responses**

We received 57 post-event survey responses. No follow-ups were distributed.

- **Participants’ demographic information**

Most of the participants who responded to our survey were women (85%). The respondents identified predominantly as White (53.5%), followed by Black or African American (20.9) and Hispanic or Latino (27.5%). This indicates a significant increase in reaching the minority population compared to the previous years – the reach of the Hispanic or Latino population almost doubled (by 83.3%), and the reach of African Americans increased by 34%. People with a master’s degree were most likely to attend the events (50%). Social workers (29.7%) and educators (18.9%) were the most likely to participate in events, with most respondents working in education settings. Over 70% of people describe their community as metropolitan or suburban, 19% as rural or frontier, and 5% as tribal. All the frequencies are reported using the SPARS data.

WHO ARE WE REACHING?		Count	Percent
Gender	Female	34	85%
	Male	4	10%
	MISSING DATA	2	5%
Race	American Indian	3	7.0%
	Black or African American	9	20.9%
	Other Asian	2	4.7%
	White	23	53.5%
	Other	3	7%
	Prefer not to answer	3	7%

Hispanic, Latino/a, or Spanish origin?	Count	Percent
Yes	11	27.5%
No	25	62.5%
Prefer not to answer	1	2.5%
MISSING DATA	3	7.5%

Ethnicity	Count	Percent
Central American	1	2.5%
Dominican	1	2.5%
Mexican	2	5%
Puerto Rican	2	5%
South American	2	5%
Other (please specify)	3	7.5%
MISSING DATA	29	72.5%

Sexual orientation	Count	Percent
Straight or Heterosexual	32	80%
Homosexual (Gay or Lesbian)	2	5%
Queer, Pansexual, and Questioning	1	2.5%
Prefer not to answer	2	5%
MISSING DATA	3	7.5%

PRIMARY PROFESSION	Count	Column %
Health Care Professional	4	10.8%
Social worker	11	29.7%
Educator	7	18.8%
Community and natural supports	5	13.5%
Other	10	27%

EMPLOYMENT SETTING	Count	Column %
Community-based organization (including faith-based organizations)	5	16.1%
Community health and recovery support	2	6.5%
Education setting	14	45.1%
Healthcare facility	2	6.5%
Substance Use Prevention and Treatment Program	1	3.2%
Solo/group private practice	2	6.5%
Other	5	16.1%

- **Satisfaction:**

Most of our respondents were satisfied or very satisfied with the overall quality of our events (90%). 85% of respondents expected the event they attended to benefit themselves or their community. Most respondents (87.5%) expected the event to improve their ability to work effectively, and 90% would recommend these activities to a colleague.

- **Usefulness:**

Besides the overall satisfaction and perceived professional benefit, the respondents elaborated on the usefulness of the information acquired during the events they attended. The resources shared, the outline of the steps for mental health literacy in a school setting, and the connection with other mental health providers were highlighted as some of the most valuable aspects of the events attended.

- **Respondent Testimonials**

I loved the emphasis on family engagement as they hold the answers to the youth's concerns.

I think the event was great in giving a plan of action to successfully implement skills learned so that we can help others and encourage wellness for all!

- **Suggestions for improvement:**

Finally, the respondents gave some suggestions for improvement of future events in the area of school mental health, including “specific interventions to use with students,” more focus on “practice and rehearsal,” as well as sharing a “compilation of links emailed to participants at the end of the event.”

Appendix: List of Events:

Note: Our appendix includes events held in Year 5, including those of the parent and supplemental grants.

Event Title	Event Date	Participant Count	Event Type	Link to Content
EPLC I: Advancing Equity in Healthcare for Individuals with Serious Mental Illness	9/22/2023	27	Webinar/Virtual Training	https://mhttcnetwork.org/node/15030
Reclaiming Native Psychological Brilliance: Wise Practices—September Event	9/26/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14984
Vermont Suicide Prevention Symposium	9/27/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14982
Understanding Mental Conditions: What they are, how they manifest, and strategies for engagement	9/20/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14981
Competencies for Peer Support Workers in Crisis Services: Listening Session	9/19/2023	5	Webinar/Virtual Training	https://mhttcnetwork.org/node/14975
Person-Centered Recovery Planning: Partnering for Wellness and Recovery	9/13/2023	12	Webinar/Virtual Training	https://mhttcnetwork.org/node/14909
Recovery and Citizenship in Treatment Court Setting	9/20/2023		Face-to-Face Training	https://mhttcnetwork.org/node/14903
31st Annual Virtual New England School of Best Practices in Addiction Services: Opening Plenary Session	8/28/2023 – 9/1/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14870
Wellness I: Learning Mental Health Through the Lens of Film	8/25/2023	38	Webinar/Virtual Training	https://mhttcnetwork.org/node/14746
Reclaiming Native Psychological Brilliance: Wise Practices- August Event	8/22/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14745
Lived Experience as Expertise: How NAMI Can Support Patients and Families	9/13/2023	40	Webinar/Virtual Training	https://mhttcnetwork.org/node/14696
Management of Comorbid Physical Disorders in Young People with Psychosis	7/28/2023	110	Webinar/Virtual Training	https://mhttcnetwork.org/node/14693
Competencies for Peer Workers on Crisis Triage Teams	7/31/2023	25	Webinar/Virtual Training	https://mhttcnetwork.org/node/14677
Enhancing Awareness of Positive Emotions to Reduce Risk for Suicidal Behavior in Youth	7/31/2023		Face-to-Face Training	https://mhttcnetwork.org/node/14671

Event Title	Event Date	Participant Count	Event Type	Link to Content
Reclaiming Native Psychological Brilliance: Wise Practices	7/25/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14601
Mapping the Terrain: Understanding Massachusetts Evolving System of Early Psychosis Resources for Families and Providers	6/30/2023	69	Webinar/Virtual Training	https://mhttcnetwork.org/node/14566
COVID-19 Pandemic and Mental Health	7/21/2023	78	Webinar/Virtual Training	https://mhttcnetwork.org/node/14528
Reclaiming Native Psychological Brilliance: Wise Practices- June Event	6/27/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14359
Supporting the Mental Health of Transgender People	6/21/2023	101	Webinar/Virtual Training	https://mhttcnetwork.org/node/14358
New England School of Addiction and Prevention Studies: Summer School	6/5/2023 - 6/8/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14259
Helping Youth on the Path to Employment: Preventing Long-term Disability in Youth and Young Adults through Career Development	5/26/2023	48	Webinar/Virtual Training	https://mhttcnetwork.org/node/14258
Wellness I Spirituality in Practice - A Framework for Health Care Professionals	5/17/2023	39	Webinar/Virtual Training	https://mhttcnetwork.org/node/14225
Neurodiversity: Acknowledging Differences, Leveraging Strengths, and Navigating the Nuances of Advocacy	5/24/2023	78	Webinar/Virtual Training	https://mhttcnetwork.org/node/14182
Reclaiming Native Psychological Brilliance: Wise Practices- May Event	5/23/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14181
EPLC I: Motivational Interviewing for Loved Ones: Empowering Families with Therapists' Best Tools for Encouraging Behavior Change	4/28/2023	160	Webinar/Virtual Training	https://mhttcnetwork.org/node/14094
Reclaiming Native Psychological Brilliance: Wise Practices	4/25/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/14008
Transcultural Psychiatry: The Impact of Culture on Mental Health in a Globalization Era	4/19/2023	50	Webinar/Virtual Training	https://mhttcnetwork.org/node/14005
Lived Experience as Expertise: How NAMI Can Support Patients and Families	4/12/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/13960
Considerations for Peer Supporters Working with Older Adults	4/5/2023	101	Webinar/Virtual Training	https://mhttcnetwork.org/node/13927

Event Title	Event Date	Participant Count	Event Type	Link to Content
Diagnosis and Treatment of Psychosis in Autism Spectrum Disorder	3/24/2023	344	Webinar/Virtual Training	https://mhttcnetwork.org/node/13885
EPLC I: Wellness I From Schizophrenia and Homelessness to Co-Founder of the CURESZ Foundation	3/22/2023	69	Webinar/Virtual Training	https://mhttcnetwork.org/node/13790
Competencies for Peer Support Workers in Crisis Services	3/16/2023	107	Webinar/Virtual Training	https://mhttcnetwork.org/node/13771
The Role of Psychodynamic and Psychosocial Factors in Improving Medication Adherence and Outcome	3/8/2023	58	Webinar/Virtual Training	https://mhttcnetwork.org/node/13770
Think Trauma Training	4/11/2023 - 4/27/2023	34	Webinar/Virtual Training	https://mhttcnetwork.org/node/13737
Self-Care of Mental Health Professionals: Taking Care of Ourselves	2/22/2023	95	Webinar/Virtual Training	https://mhttcnetwork.org/node/13680
Reclaiming Native Psychological Brilliance: Wise Practices	3/28/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/13667
Reclaiming Native Psychological Brilliance: Wise Practices	2/28/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/13666
Social Determinants of Health for Psychotic Disorders: Why Are They Important and How to Assess Them?	2/24/2023	180	Webinar/Virtual Training	https://mhttcnetwork.org/node/13539
Introduction to Nutritional Psychiatry	2/21/2023	83	Webinar/Virtual Training	https://mhttcnetwork.org/node/13492
Using Science-Backed Strategies to Thrive in a Life with Multiple Demanding Roles	2/15/2023	71	Webinar/Virtual Training	https://mhttcnetwork.org/node/13483
Think Trauma Training Overview	2/2/2023	84	Webinar/Virtual Training	https://mhttcnetwork.org/node/13482
Reclaiming Native Psychological Brilliance: Wise Practices	1/24/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/13444
Take HEART Community of Practice- Compassion in Action: School-Based Mental Health Advocacy Strategies & Tips	3/9/2023		Webinar/Virtual Training	https://mhttcnetwork.org/node/13442
Take HEART Community of Practice-Activate Your Power: Ways to Operationalize Stakeholder Engagement	2/9/2023	22	Webinar/Virtual Training	https://mhttcnetwork.org/node/13441

Event Title	Event Date	Participant Count	Event Type	Link to Content
Diversity and Inclusion Project Showcase (DIPS): Deaf Awareness-Supporting the Mental Health Needs of Deaf & Hard of Hearing Populations	1/25/2023	209	Webinar/Virtual Training	https://mhttcnetwork.org/node/13381
2023 Innovations Regional Training Event: Honoring Workforce Solutions to Support Care for Communities of Color	2/13/2023 - 2/16/2023	79	Webinar/Virtual Training	https://mhttcnetwork.org/node/13348
Take HEART Community of Practice-Compassionate School Practices: Vision, Plan, and Monitor for Success	1/12/2023	32	Webinar/Virtual Training	https://mhttcnetwork.org/node/13346
Mental Health Literacy for Students, Families, and School Staff	12/8/2022	62	Webinar/Virtual Training	https://mhttcnetwork.org/node/13265
Caring for Psychoses: the Art & the Science	12/14/2022	126	Webinar/Virtual Training	https://mhttcnetwork.org/node/13215
Improving Clinical Competencies in Providing Whole-Person Care for Muslim People with Serious Mental Illness	12/7/2022	120	Webinar/Virtual Training	https://mhttcnetwork.org/node/13213
EPLC Evidence-based Strategies for Addressing Social Isolation & Loneliness in People with Psychosis Spectrum Disorders	12/2/2022	141	Webinar/Virtual Training	https://mhttcnetwork.org/node/13163
New Hampshire Behavioral Health Summit	12/5/2022 - 12/6/2022		Face-to-Face Training	https://mhttcnetwork.org/node/13125
Supporting Refugee Families' Mental Health through Prevention and Community Partnerships	11/16/2022	34	Webinar/Virtual Training	https://mhttcnetwork.org/node/13107
Providing Culturally Relevant Services to Families of LGBTQ+ Youth	12/7/2022		Webinar/Virtual Training	https://mhttcnetwork.org/node/13076
Reclaiming Native Psychological Brilliance	11/22/2022		Webinar/Virtual Training	https://mhttcnetwork.org/node/13075
Creativity: An Antidote to Healthcare Worker Burnout?	11/18/2022	54	Webinar/Virtual Training	https://mhttcnetwork.org/node/13074
Take the HEART Ambassador Training Program	11/3/2022	36	Webinar/Virtual Training	https://mhttcnetwork.org/node/13016
Cafe ConNEct: The Bridge to Belonging	11/2/2022		Webinar/Virtual Training	https://mhttcnetwork.org/node/12996
Awareness, Access, and Action for Psychosis Interventions in MA	10/31/2022 - 11/1/2022	139	Meeting	https://mhttcnetwork.org/node/12990

Event Title	Event Date	Participant Count	Event Type	Link to Content
Treating Youth With Early Psychosis and Trauma-Related Disorders	10/21/2022	97	Webinar/Virtual Training	https://mhttcnetwork.org/node/12865
Commitment with the Community/ Comprometidos con la Comunidad Hispanic Heritage Month Diversity and Inclusion Project Showcase	10/12/2022	56	Webinar/Virtual Training	https://mhttcnetwork.org/node/12833
Shared Decision-Making: Measurement and Practice	9/28/2022	15	Webinar/Virtual Training	https://mhttcnetwork.org/node/12618
Person-Centered Recovery Planning: Partnering for Wellness and Recovery	9/14/2022	21	Webinar/Virtual Training	https://mhttcnetwork.org/node/12616
Virtual 2022 New England School of Best Practices in Addiction Services	8/29/2022 - 9/2/2022		Webinar/Virtual Training	https://mhttcnetwork.org/node/12538
Partnering with Prescribers: The Role of Medication in CSC for Early Psychosis	8/26/2022	90	Webinar/Virtual Training	https://mhttcnetwork.org/node/12530
Reframing Native Mental Health	10/25/2022		Webinar/Virtual Training	https://mhttcnetwork.org/node/12565
Inspiring Native Life Transformation Plans	9/27/2022		Webinar/Virtual Training	https://mhttcnetwork.org/node/12564
Role of Indigenous Healing Practices in Native Life Re-balance	8/23/2022		Webinar/Virtual Training	https://mhttcnetwork.org/node/12143