



Northwest (HHS Region 10)

MHTTC

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



NORTHWEST MHTTC

YEAR 5



ANNUAL REPORT SUMMARY

ABOUT US

The Northwest Mental Health Technology Transfer Center (Northwest MHTTC) provides training and technical assistance (TA) in evidence-based practices (EBPs) to behavioral health and primary care providers, school and social service staff.

We support professionals who work to improve behavioral health outcomes for individuals with or at risk of developing serious mental illness in SAMHSA's Region 10, the states of Alaska, Idaho, Oregon, and Washington. We are proudly housed within the SPIRIT (Supporting

Psychosis Innovation through Research, Implementation, & Training) Lab at the University of Washington's Department of Psychiatry and Behavioral Sciences in Seattle, Washington.

Our center supports the behavioral health and allied workforce to implement specific evidence-based practices for psychosis, including Assertive Community Treatment (ACT); Cognitive Behavioral Therapy for Psychosis (CBTp); Coordinated Specialty Care for Early Psychosis (CSC); and evidence-based lifestyle programs.



[FIND OUT MORE ABOUT THE NORTHWEST MHTTC](#)



OUR GOALS

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

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

3 Foster alliances and address training needs among diverse partners.

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

YEAR 5 CORE GRANT NUMBERS



12,385
PARTICIPANTS



2,306
PODCAST
LISTENS



87
PRODUCTS



56,293
VISITORS



113
EVENTS



371
E-COURSE
COMPLETIONS



21,501
SUBSCRIBERS

Supporting Adoption & Implementation of Evidence-based Practices

Assertive Community Treatment (ACT)

Dr. Maria Monroe-DeVita partnered with Dr. Lorna Moser at the Institute for Best Practices at the University of North Carolina to support providers in the field.



6 virtual consultation meetings



1387 providers and stakeholders



Best and Promising Practices Fact Sheet: Assertive Community Treatment (ACT).



ACT Idaho Startup in collaboration with Idaho's Division of Behavioral Health to develop:

- 7 new ACT teams
- 1 ACT train the trainer session in Idaho including 12 team members who will lead ACT training and consultation

Foundational Training in EBPs

Dr. Sarah Kopelovich led development of two 8-week learning events:



Essentials of Care for Supporting Individuals with Serious Mental Illness



91 trained



Topics included recovery-based, trauma-informed and culturally responsive care, creating a supportive environment, and crisis response.



Feedback indicated these trainings were especially helpful for new providers to gain skills to help people living with serious mental illnesses.

Integrated Care

Dr. Lydia Chwastiak collaborated with psychiatrists from the Integrated Care Training Program at UW to organize the 2023 Integrated Care Conference, with the theme of Strengthening Integrated Mental Health: Building Trust in Relationships with Patients, Providers, and Community. Dr. Chwastiak also presented.



9 attendees sponsored through Northwest MHTTC



The conference brought together a community of stakeholders to share ideas and learn about community-level innovations relevant to integrated care.

Online Courses through HEALTHKNOWLEDGE.ORG



6 self-paced Courses



1500+ participants

[CBTp e-Primer](#)

[Empowering Wellness in Mental Health: Helping People with Their Lifestyle Changes](#)

[Introduction to Assertive Community Treatment \(ACT\)](#)

[The Psychiatrist's Guide to Population Management of Diabetes](#)

[Violence Risk Assessment & Management](#)

[STRIDE Group Facilitator Training](#)

Supporting Intensive Training & Technical Assistance: ACT Idaho Startup

Northwest MHTTC core faculty member **Dr. Maria Monroe-DeVita** brings international expertise in implementation and services research related to evidence-based practices for adults with serious mental illness to our center, particularly the Assertive Community Treatment (ACT) model and rural ACT. Several MHTTC ACT resources exist thanks to her work:

- Aided in developing an [Intro to ACT e-course](#)
- Held regular [National ACT Consultation Meetings](#)
- And produced an [ACT Best & Promising Practices Fact Sheet](#) among many other activities.

This foundation and depth of knowledge enabled us to forge a new partnership with Idaho's Division of Behavioral Health.

She provided technical assistance and consultation, working with their new Center of Excellence aiming to launch 7 new ACT teams. Using the e-course and strategic planning, **she then led an in-person ACT train-the-trainer session in Idaho including 12 team members who will lead ACT training and consultation** for the Idaho Division of Behavioral Health Center of Excellence in the future.

This partnership will implement, promote, and expand the use of effective, evidence-based ACT.



Maria Monroe-DeVita, PhD
Associate Professor
University of Washington

Want to learn more?

- [What is Assertive Community Treatment?](#)
- [ACT Toolkit](#)
- [ACT Implementation Resources](#)
- [Resources for serious mental illness \(SMI\)](#)
- [Our trainings and products](#)



Idaho Department of Health & Welfare
Division of Behavioral Health



“

I appreciated that this training made academic language accessible and focused on real-world work. I am so weary of trainings that continue to describe the problem and never get to the solution. This was fantastic and hands-on!

Participant of Cultural Adaptation of a Suicide Prevention Trial for Indian Country

”



96.7%

**OF PARTICIPANTS
WOULD RECOMMEND
OUR TRAINING!**

“

It contextualized and validated some experiences I had as a relatively new counselor in community mental health. Having the viewpoints of both academically based and community-based providers as speakers/facilitators is extremely helpful to me. It helps me to find the overlap and legit discrepancies in those viewpoints, and feel more solid in my own.

”

Participant in the Intellectual and Developmental Disabilities (IDD) track of the Mental Health Institute

Responding to Regional Needs & Fostering Diverse Alliances

Our annual training plan is informed by our Advisory Board and ongoing conversations with local, state, regional and national partners. In addition, specific training activities were developed in response to our 2022 Regional Needs Assessment.

Crisis Workforce Support Topics

- Suicide & overdose prevention
- Tribal cultural interventions
- Addressing stigma
- Trauma-informed supervision
- Crisis line workers
- In-person responders
- 988 & WA's Native and Strong Lifeline 988
- De-escalation skills



Mental Health Institute

We held four multi-session live learning tracks to expand the knowledge and skills of the workforce regarding:

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



Collaborating Towards Equity Topics

[View our archived webinars](#)



- 5-hour training on the Role of the Mental Health Practitioner in Decolonial Practices



- Examining Bias and Ideologies to Improve Care
- How to Bring Up Race in Therapeutic Conversations and Not Come Undone




- Queer and Trans Youth Mental Health: Trauma-Informed & Anti-Racist Co-Conspiratorship
- Queering Psychotherapy: Narrative Therapy Values in Action




- Cultural Adaptations of EBPs in Treating Hispanic & Latinx with MH Disorders
- Cultural Adaptation of a Suicide Prevention Trial for Indian Country

School Mental Health Supplement: Notable Activities

Alaska Workshops: Effective Practices to Support Mental Health In Schools



In spring 2023, the School Mental Health Team sent six professionals with expertise in school mental health, crisis behavioral health response, and trauma-focused care on a weeklong visit to provide training and technical assistance across Alaska.



The team provided one-day workshops in Sitka, Anchorage, and Nome for school and district teams in collaboration with the Alaska Autism Resource Center and the Alaska Special Education Services Agency (SESA). The team enjoyed the return to Alaska for in-person trainings for the first time since the pandemic.



184 trained across the state

[Learn more](#)



New Product Release



Addressing the Impact of
Racism and Associated
Trauma

The School Mental Health Team, in partnership with the UW SMART Center and Midwest PBIS Network, released a new collection of resources to support youth in schools and at home. Designed for use by caregivers and educators, this collection will help students process feelings and stress associated with racial trauma.

[View resource page](#)



Brief Intervention for School Clinicians (BRISC) Hybrid Training

In December 2022, the NWMHTTC SMH Team hosted its first hybrid BRISC Intensive Training for the Battle Ground Public Schools counseling staff in Washington State. A second school district, Salem-Keizer School District in Oregon, was trained in January 2023.

This effort included the launch of an e-learning course to maximize availability of training and professional development on BRISC and its core concepts.

[Go to course](#)

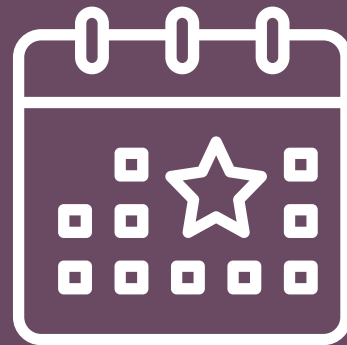


SCHOOL MENTAL HEALTH SUPPLEMENT YEAR 5 NUMBERS



2,158

PARTICIPANTS



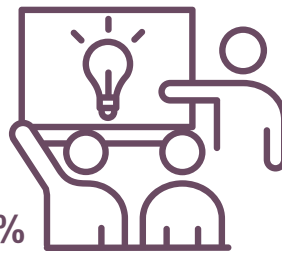
37

EVENTS



94%

Would recommend trainings to others



91%

Intend to use what was learned



88%

Had shared what they learned with others

The **Northwest MHTTC School Mental Health** supplement is proudly housed within the University of Washington **School Mental Health Assessment, Research, and Training (SMART) Center**, a national leader in developing and supporting implementation of evidence-based practices (EBPs) in schools, including prevention, early intervention, and intensive supports.



SMART
School Mental Health Assessment
Research & Training Center



“

The Northwest MHTTC provided invaluable training for school districts in southeast Alaska, south-central Alaska, and western Alaska. All of these regions have distinct needs, which require customizing training. It was impressive how they could assess each region's needs, make onsite changes, and focus the training to support school and regional behavioral health staff needs. We hope to collaborate further with the Northwest MHTTC in Alaska!

”

**Participant in School Mental Health's
Alaska Workshops**



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[Putting It Together](#) 

