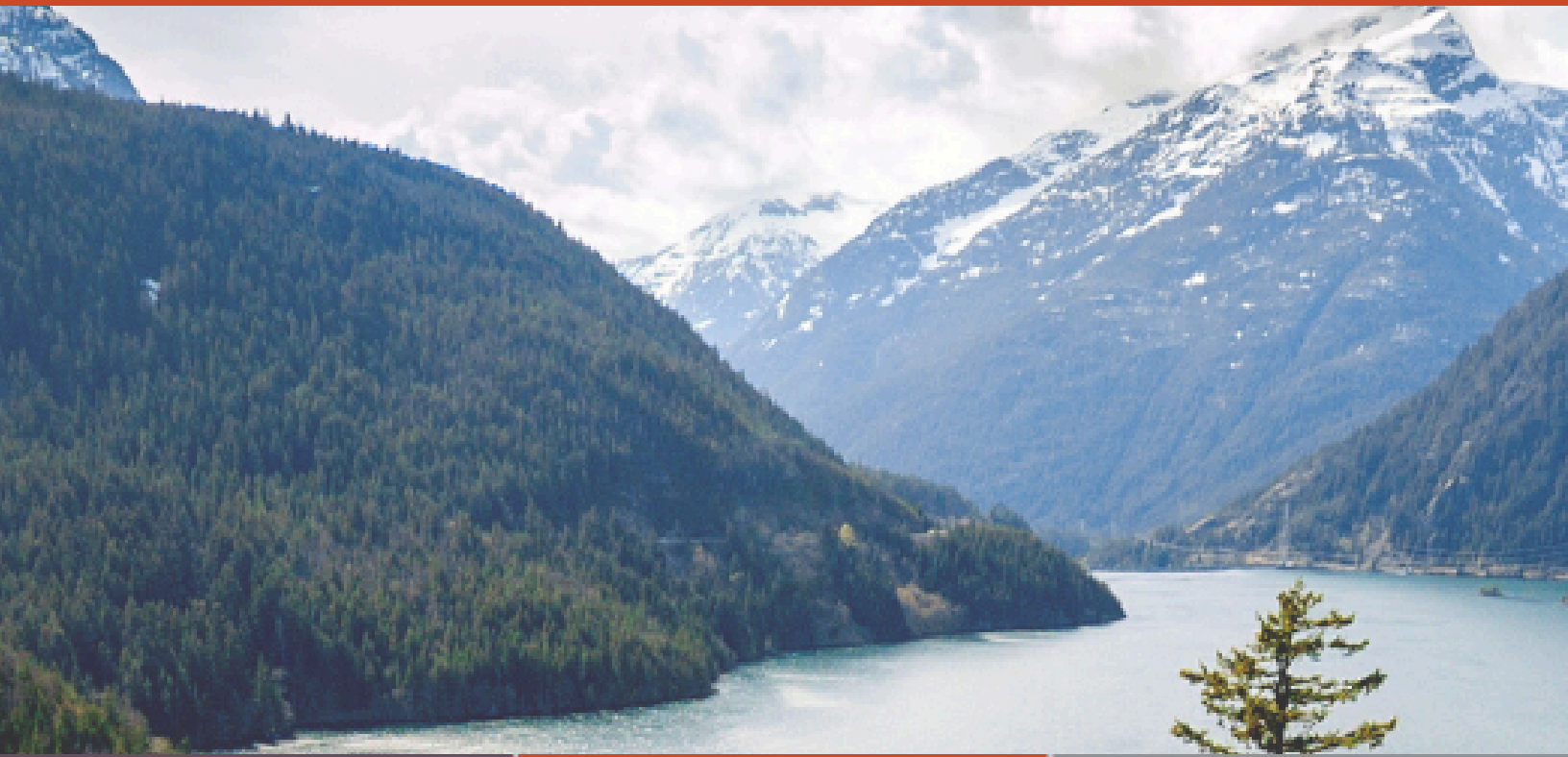




Northwest (HHS Region 10)

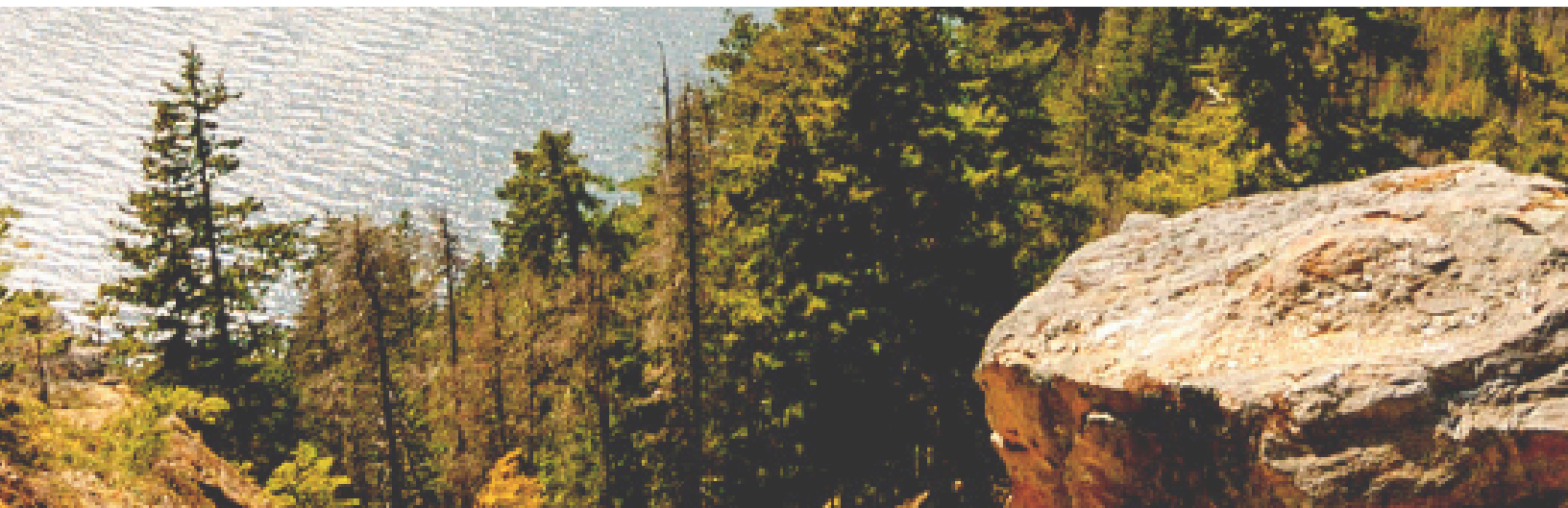
MHTTC

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



NEEDS ASSESSMENT REPORT

2023



About Us

OUR GOALS

Accelerate adoption and implementation of mental health-related EBPs.

Heighten awareness, knowledge, and skills of the workforce.

Foster alliances and address training needs among diverse partners.

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

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 workers, and social service staff. The Northwest MHTTC is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and we are proudly housed within the University of Washington Department of Psychiatry and Behavioral Sciences in Seattle, Washington.



We support people who work to improve behavioral health outcomes for individuals with or at risk of developing serious mental illness in SAMHSA's Region 10 (Alaska, Idaho, Oregon, and Washington).

Why a Needs Assessment?

In 2023, the Northwest MHTTC participated in the design and administration of a comprehensive assessment intended to gather information on the needs and priorities of behavioral health practitioners and administrators. This self-report survey gathered data about respondents' training and technical assistance (TA) needs, preferences on training format, and motivators and barriers to participating in training.

This report includes data drawn from the four states that comprise MHTTC Region 10: Alaska (n = 22), Idaho (n = 21), Oregon (n = 88), and Washington (n = 195). The findings presented in the following pages will be used to inform the planning of future training and TA events within the region.



Key Findings

1 Most common training needs:

- Trauma-informed
- Culturally responsive & community-centered
- Crisis response
- Evidence-based practices
- Suicide prevention

2 Workforce needs:

- Advanced clinical practices & in-depth support
- Providing foundational skills
- Hiring new staff

3 Respondents prefer:

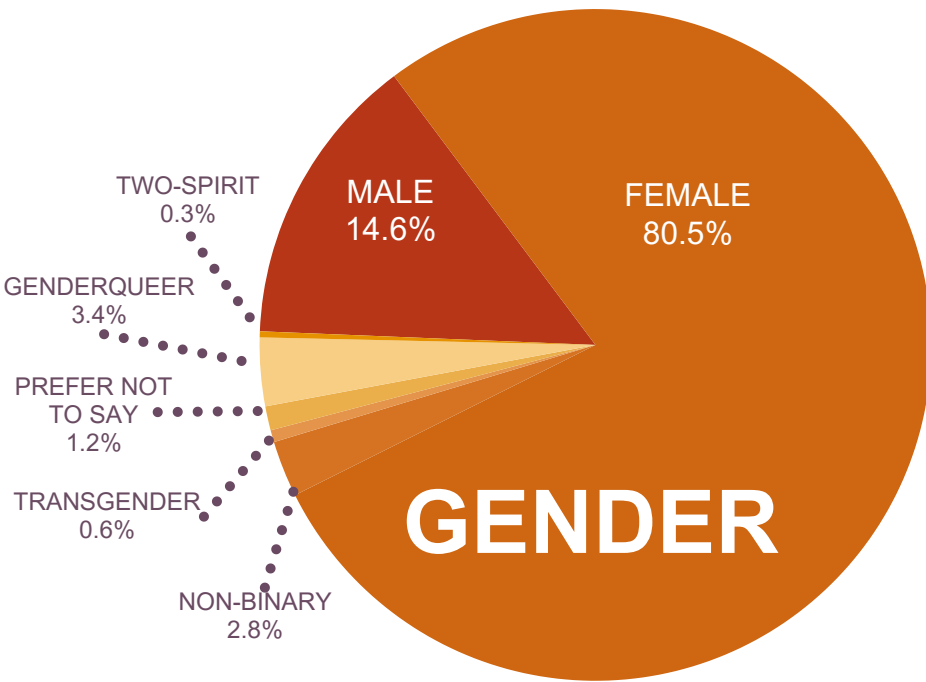
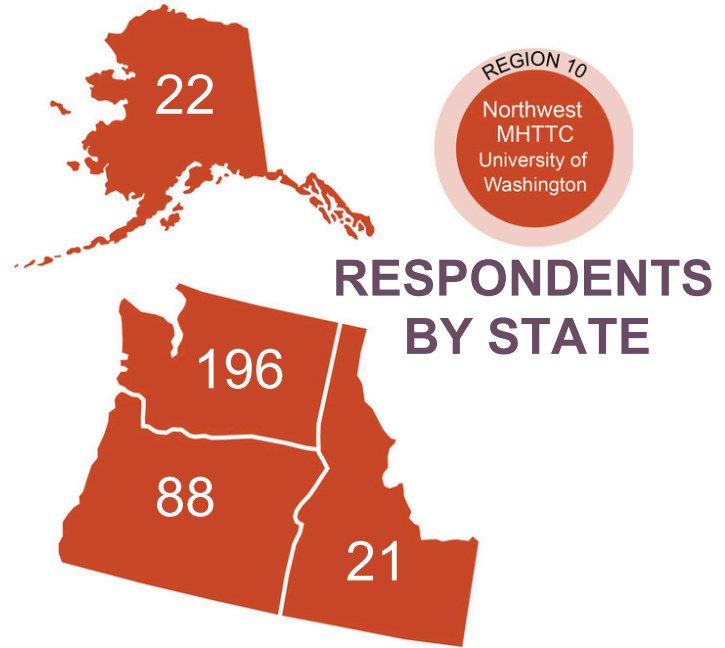
- Live in-person trainings, even though more barriers to participation exist
- Live virtual trainings for accessibility

4 Barriers to participation:

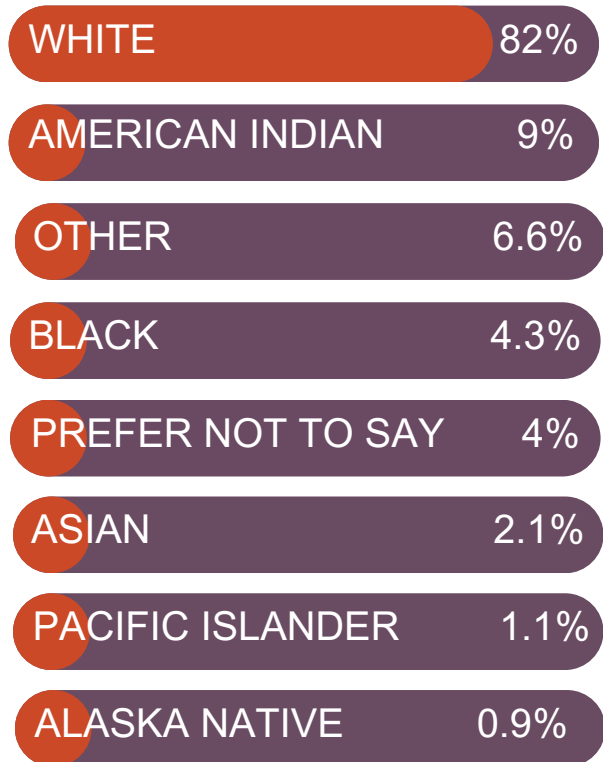
- Staffing and workload challenges
- Inability to travel
- High implementation costs
- Irrelevant offerings
- Lack of admin support

Respondent Demographics

YEARS IN MENTAL HEALTH FIELD



RACE



Technical Assistance Needs

Respondents were asked to rank a comprehensive list of topics according to their TA priorities. The following topics were chosen most frequently:

1**Trauma-informed approaches****2****Culturally responsive /
community-centered practices****3****Evidence-based practices****4****Suicide prevention; intervention****5****Crisis response****6****Co-occurring mental health
and substance use topics****7****Children/youth/families****8****Mental health education, recovery;
stigma reduction**

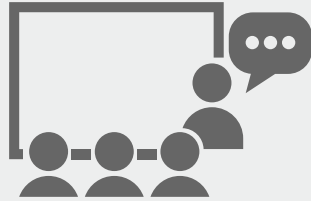
Participant Needs

The results of this needs assessment have several important implications for future training and TA efforts within SAMHSA's Region 10 (Alaska, Idaho, Oregon, and Washington).

TRAINING & TA NEEDS

Continued need for support to practitioners engaged in **trauma-informed care**, training & TA focusing on **evidence-based practices** and **culturally responsive/community-centered** topics.

Those engaging in trainings would prefer to learn more **specific, advanced skills** that apply directly to practice.



TRAINING PREFERENCES



Interactive trainings & TA, and online resources that are **easily accessible**.

Although live in-person trainings were ranked as most helpful, barriers to participating in-person exist.

Self-paced content (recordings, online course, readings, podcast) may supplement but should not replace in-person opportunities.

BARRIERS TO PARTICIPATION



Results underscore a **need for diverse training & TA opportunities**. High workloads, staffing challenges, lack of administrative support, and inability to implement costly systems change highlight the need for flexible and accessible training and TA.

Cost remains a concern for many, indicating a need for more free and low-cost training opportunities.

Diversity, Equity, & Inclusion

These crucial topics remain top-of-mind both in the workforce and in our planning of our work plan activities and events. We continue to collaborate within our network while building relationships with current and new presenters. We're committed to doing the necessary internal work to ensure we are meeting the needs of our diverse region and providing this content. We also strive to weave DEI topics throughout all our work, planning and activities.

Responding to Results

WEBINARS

- Co-occurring disorders, anti-racist & equity topics, suicide care, cultural adaptations for Native/Tribal and Latine communities

EVIDENCE-BASED PRACTICES FOR SERIOUS MENTAL ILLNESS

- Supporting teams and providers e.g., Assertive Community Treatment (ACT) national consultation meetings, ACT prescriber meeting series

SCHOOL MENTAL HEALTH

- Increasing cultural relevance of interventions, addressing the impact of racism and associated trauma

INTERACTIVE LEARNING COMMUNITIES

- Resilience for crisis response workers, holistic leadership, examining bias & stigma, cultural adaptations of EBPs, clinical supervision

PODCASTS

- Trauma-informed systems of care, de-escalation, trauma-informed decision-making, addressing stigma, crisis work, grief, suicide prevention

INTENSIVE TRAININGS

- Indigenized Motivational Interviewing



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