



Supporting American Indian & Alaska Native Communities

The Northwest MHTTC supports professionals working to improve behavioral health outcomes for those with or at risk of serious mental illness across Alaska, Idaho, Oregon, and Washington (SAMHSA's Region 10). Our region is home to many vibrant and diverse Native, Indigenous and Tribal communities, including the 272 federally recognized Tribes and many non-federally recognized Tribes.

Since receiving funding in 2018, the Northwest MHTTC has endeavored to establish and deepen connections with Native communities, governments, agencies and leaders in our region; understand Native-identified topics and priorities for mental health workforce training and technical assistance (TA); and generate collaborations honoring the strengths and priorities determined by Native communities.

21 **TOTAL LIVE
EVENTS****9** **INDIGENIZED MOTIVATIONAL
INTERVIEWING EVENTS****1,135** **TOTAL
PARTICIPANTS****“**

The most useful part of the training was gaining an understanding of both the Indigenous history of Motivational Interviewing and how to apply it within this broad community.

– Participant in Dr. Lonnie Nelson's training "Indigenized Motivational Interviewing"
Suquamish, WA

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COMMUNITY TRAINING OVERVIEW

INDIGENIZED MOTIVATIONAL INTERVIEWING (MI)

- Nine Indigenized MI events offered across Washington and Alaska, including both virtual and in-person trainings from 2018 - 2024
- Partnerships with Dr. Lonnie Nelson, [Partnerships for Native Health](#) at Washington State University, [Portland Area Indian Health Service](#), and other collaborators.



INDIAN HEALTH CARE PROVIDER SERIES

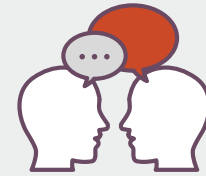


- Collaboration with WA DOH, UW Behavioral Health Institute, Tribal representatives & the Indian Health Service
- Focus on addressing barriers and highlighting innovations in tele-behavioral health
- Topics included defining telehealth, workflow considerations, configuring space and privacy issues, billing, reimbursement and special considerations

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LISTENING SESSIONS FOR NATIVE COMMUNITIES

- Collaboration with SAMHSA HHS Region 10 - Alaska, Idaho, Oregon and Washington States
- Open discussion on how to support learning opportunities for mental health professionals in native communities



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CULTURAL ELEMENTS OF NATIVE MENTAL HEALTH WITH A FOCUS ON RURAL ISSUES



- Provide an overview of rural mental health disparities in the United States
- Provide an overview of Native American mental health disparities
- Describe Native American cultural elements for improved rural mental health

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HEALTHY HEALERS

- Train-the-Trainer program in Alaska
- Targeted toward Indigenous rural providers
- Designed to increase job satisfaction and reduce burnout



PSYCHIATRIC SERVICES AT THE LUMMI NATION



- Describe and discuss the unique challenges to providing psychiatric care in a coordinated and collaborative way to a tribal community during the coronavirus pandemic.
- Topics include trauma experienced by Native Americans and understanding complexities of behavioral and medical health

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CULTURAL ADAPTATION OF A SUICIDE PREVENTION TRIAL FOR INDIAN COUNTRY

- Methods, results and implications of a community-based participatory research approach in Indian Country.
- [Learn more about Caring Contacts \(CARE\): A Strength-based, Suicide Prevention Trial in Four Native Communities](#)



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