



Northwest (HHS Region 10)

MHTTC

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

W



NORTHWEST MHTTC

YEAR 4

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 roles 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).

We are proudly housed within the SPIRIT Lab at the University of Washington, School of Medicine, Department of Psychiatry and Behavioral Sciences in Seattle.



[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.

LAND ACKNOWLEDGEMENT

Based in Seattle, the University of Washington acknowledges the Coast Salish peoples of this land, the land which touches the shared waters of all tribes and bands within the Suquamish, Tulalip and Muckleshoot nations.

May we always honor their spirit and heritage while working for justice in their communities.

To identify the stewards of your land, visit <https://native-land.ca/>

YEAR 4 CORE GRANT

BY Numbers



8,756

RESOURCES
ACCESSED



7,503

PARTICIPANTS



768

PODCAST
LISTENS



84

PRODUCTS



51,221

VISITORS



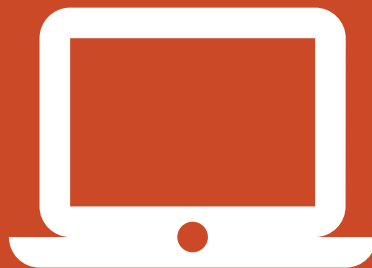
87

EVENTS



50,964

VIDEO VIEWS



395

E-COURSE
COMPLETIONS



17,652

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.



8 virtual consultation meetings



1,200+ providers & stakeholders



1 online, self-paced course, [Introduction to Assertive Community Treatment \(ACT\)](#)



Integrated Care



Dr. Lydia Chwastiak collaborated with psychiatrists from the Integrated Care Training Program at UW to co-facilitate a regional Psychiatric Consultant Learning Collaborative (PCLC). Aimed at psychiatric prescribers who are members of integrated care teams in primary care settings.



6 monthly virtual sessions



The program focused on advanced topics in integrated care, including management of psychosis in primary care settings.



Dr. Lydia Chwastiak collaborated with the Washington AIDS Education and Training Center (WA AETC) and Behavioral Research Center for HIV (BIRCH) to host 2 listening sessions on HIV and mental health with the goal of forming a regional community of practice.

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



300+



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.

Online Courses through HEALTHEKNOWLEDGE.ORG



5 Self-paced Courses



6000+ 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](#)

Supporting Intensive Training & Technical Assistance


STRIDE



EBP Lifestyle Program Implementation Support, Washington State, CCBHC

In this intensive technical assistance project, **Dr. Lydia Chwastiak** continued her collaboration with researchers from **Kaiser Permanente Center for Health Research, Portland, OR**, to support the implementation of the evidence-based STRIDE lifestyle program in a certified community behavioral health center (CCBHC) in Washington State.

This project involved several implementation strategies including:

1. Transforming the foundational, academically focused manual of the clinical evidence and principles underpinning STRIDE, into the online course **Empowering Wellness in Mental Health: Helping People with their Lifestyle Changes** which has seen over 1400 people enroll in the course. 

2. Organizational readiness exploration and support with the leadership of the CCBHC.

3. Due to COVID-19, existing training materials from clinical trials were adapted for an engaging live, virtual, 8-hour skills training sessions, delivered over two days.

4. Longitudinal training and coaching of STRIDE group leaders.

These activities resulted in a curriculum package that is freely available on our website and could support organizations to implement this evidence-based program.



 KAISER PERMANENTE.
Center for Health Research

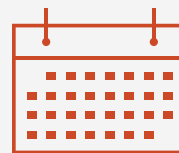
L: Bobbi Jo Yarborough, PsyD.
Senior Investigator
R: Christine Catlin, BS
Research Associate



Partnered with the Kaiser Permanente Center for Health Research, Portland, OR




9



- 2 live virtual sessions
- 6 months of coaching calls

[Learn more about this training and view resources](#)





96%

OF OUR
PARTICIPANTS
WOULD
RECOMMEND
OUR TRAINING!

“

So many of our clients are in crisis. Knowing how to recognize the signs and calculate the risk to their mental health is beneficial. I find that sometimes I will brush these actions aside as they are having an 'off day.' Now I know to take this much more seriously.

Participant of Essentials of Care for Supporting
Individuals with Serious Mental Illness Learning Lab Series

”

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 2021 Regional Needs Assessment.

Trauma and Trauma-Informed Care

- Truth, Trauma & Equity-Informed Solutions webinar, reaching 196 attendees.
- Offered in Fall and Spring, a 2-hour learning lab on trauma-informed care.



Supervisory and Leadership Support

- 4 webinars
- 2 x 4-week learning communities

Topics included:

- Grief and Finding Vitality
- Supervisor Well-being
- Multicultural Leadership
- Supervising Peer Specialists



Collaborating Towards Equity Topics



- Rural & Native Mental Health
- State-specific listening sessions for Native Communities
- Indigenized Motivational Interviewing

[View our archived webinars](#)



- 3-part clinical series on Increasing Cultural Connection with Hispanic and Latinx Clients



- Learning community on LGBTQ+ Youth/YA Suicide Awareness & Prevention
- 2 webinars on LGBTQ+ Youth/YA Suicide Awareness & Prevention



- Introduction of the National Culturally and Linguistically Appropriate Services Standards (NCLAS Standards) and their adaption for healthcare and educational systems



Notable Activities

Anchored in Our Roots Virtual Healing Session Series



Dr. Sabine Thomas and Katrice Thabet-Capin, M.Ed., Ed.S., NCSP

Building on the successful launch of the Anchored in Our Roots: A Wellness Series for BIPOC School Mental Health Providers, we continued our collaboration with the curriculum creators. Offering a small community of practice that included a six-session virtual healing experience, exclusively for BIPOC school mental health providers.



Each session focused on a specific element, such as fire and water, weaving in related rituals, works and resources. Within the safe space, participants also shared their ideas and practices, enriching the learning of the group.

[View resource page](#)



Managing Anxiety and the Return to School Series 2021



Dr. Kendra Read
Dr. Jennifer Blossom

Following on the success of the 2020 series, Dr. Read and Dr. Blossom addressed increasing student and staff anxiety around the return to in-person learning through evidence-based strategies to reduce problematic anxiety.



235+

School Mental Health Providers

[View resource page](#)



Oregon Classroom WISE

This online module was developed as a customized module that serves as the foundation for educators and school staff to understand Oregon's school mental health values and priorities. It serves as the pre-module to the National MHTTC Network's highly successful Classroom WISE curriculum.



Partnering with:

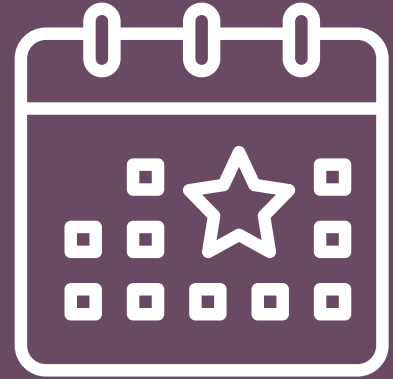
- Oregon Department of Education
- National MHTTC Network
- National Center for School Mental Health

[Go to course](#)



SCHOOL MENTAL HEALTH SUPPLEMENT

YEAR 4
BY
Numbers
.....→



59
EVENTS



5769
PARTICIPANTS



20
PRODUCTS

The Northwest MHTTC School Mental Health supplement 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

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[As a result of this training,] every time I show up in staff meetings or in my 1:1 meeting, I am working to gauge when certain responses arise and understanding what is informing my decision, as well as being open to acknowledge if I mess up or need to work through a problem with a team member to keep a healthy and open relationship as a supervisor.

Participant, Rebekah Demirel's
Knowing Head, Heart, and Gut:
A Live Learning Community for Supervisors

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The Northwest MHTTC was instrumental in connecting Oregon's migrant education programs with the National Hispanic Technology Transfer Center. The National Center staff have helped tremendously in connecting migrant family engagement specialists with necessary mental health training and resources.

Oregon Department of Education

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Putting It Together 

