



Northwest (HHS Region 10)

**MHTTC**

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

**W**



# **NORTHWEST MHTTC**

**YEAR 3**

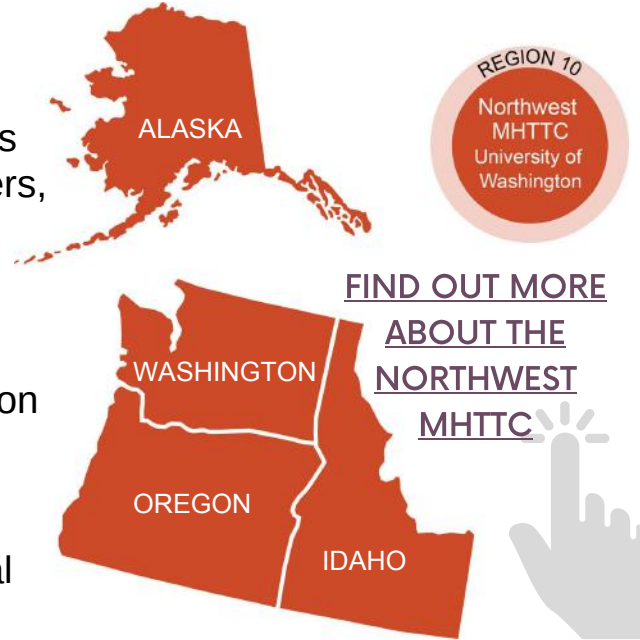
# **ANNUAL REPORT SUMMARY**

# 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 University of Washington Department of Psychiatry and Behavioral Sciences in Seattle.



## 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 & delivery of free, publicly available training and TA.

## LAND ACKNOWLEDGEMENT

The Northwest MHTTC acknowledges and honors that the University of Washington stands on the unceded land of the Coast Salish peoples, land which touches the shared waters of all tribes and bands within the Duwamish, Suquamish, Tulalip and Muckleshoot nations.

We acknowledge the ancestral homelands and traditional territories of Indigenous peoples who have been here since time immemorial across our Region spanning Alaska, Idaho, Oregon and Washington.

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



# OUR TEAM

## Northwest MHTTC Team

Core Grant

School  
Mental  
Health

Evaluation

Core  
Faculty



UNIVERSITY *of* WASHINGTON

PSYCHIATRY & BEHAVIORAL SCIENCES



YEAR 3

BY  
Numbers



123,268

VISITORS



2,072

DOWNLOADS



19,321

PARTICIPANTS



262

EVENTS



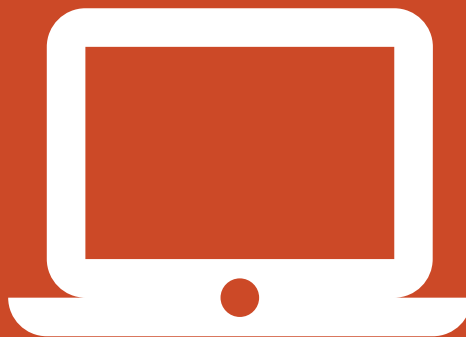
136

PRODUCTS



23,581

VIDEO VIEWS



3,122

E-COURSE  
PARTICIPANTS



20,138

SUBSCRIBERS

# SUPPORTING ADOPTION & IMPLEMENTATION OF EVIDENCE-BASED PRACTICES

## ASSERTIVE COMMUNITY TREATMENT (ACT) SUPPORT



Partnered with the **Institute for Best Practices at the University of North Carolina:**



**13** consultation calls with mini-didactic



**2,500+**



Partnered with **Great Lakes MHTTC: Team Leaders Making a Difference! Conversations on Leadership and Supervision in ACT.**



**2** Listening Sessions



**4** Webinars



**1** Tip Sheet

## FIRST EPISODE PSYCHOSIS

**Dr. Maria Monroe-DeVita** co-chairs the MHTTC Network group on First Episode Psychosis.



Sponsored **Training for Relatives and Friends in CBT-Informed Skills for Psychosis (Psychosis REACH - Recovery by Enabling Adult Carers at Home)**



**356**



**Psychosis REACH Family Ambassador Train-the-Trainer Project**



Monthly support calls



**12**

## CO-OCCURRING DISORDERS



Partnered with the **Northwest ATTC & UW's Behavioral Health Institute:**

**Enhanced Illness Management & Recovery**



**9** weeks training



**27**



**10** months

## ONLINE COURSES THROUGH HEALTHKNOWLEDGE.ORG



**4** Self-paced Courses



**6000+**

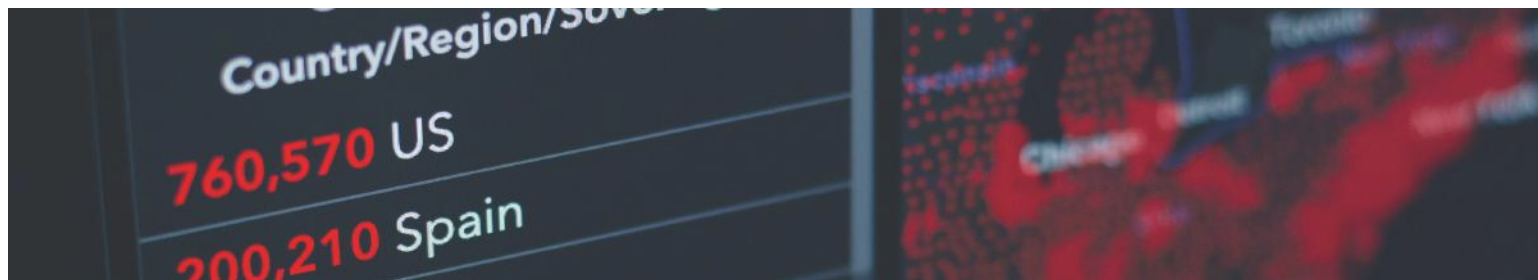
CBTp e-Primer

Violence Risk Assessment & Management

The Psychiatrist's Guide to Population Management of Diabetes

Empowering Wellness in Mental Health

# SUPPORTING INTENSIVE TRAINING & TECHNICAL ASSISTANCE



## SKILLS FOR PSYCHOLOGICAL RECOVERY (SPR)

### Learning Community for Region 10 Direct Service Providers

SPR is an evidence-informed, culturally sensitive intervention designed to help individuals gain skills to reduce ongoing distress, promote resilience, and effectively cope in the weeks and months after a disaster or crisis.

In addressing the impact of the ongoing pandemic, we hosted a 7-month learning community to support direct service providers who work with clients as a main role, such as:

- case managers
- outreach workers
- shelter/housing staff
- peer specialists
- other behavioral health staff

Participants learned SPR skills that focus on improving social support, helpful thinking, problem-solving, managing distressing responses to disaster reminders, and increasing positive activities.

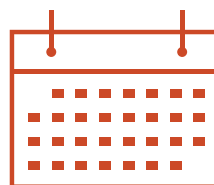


(L-R) Michele Bedard-Gilligan, PhD, Emily Dworkin, PhD, and Kristen Lindgren, PhD, ABPP



Partnered with the Program for Trauma Recovery Innovations, University of Washington

21



- 1 webinar
- twice-monthly consult calls
- 7 month duration

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







# 94%

OF OUR  
PARTICIPANTS  
WOULD  
RECOMMEND  
OUR TRAINING!

“

I have kept the "cheat sheets" in reach for use at a moment's notice with residents and staff/colleagues. The sheets with the steps have been a great resource and tool. The bi-monthly study guides and classes helped cement the information and make it easy to help those in need.

Participant of **Skills for Psychological Recovery**

”

# ADDRESSING EQUITY & HEALTH DISPARITIES

## INTEGRATED CARE WEBINAR SERIES ON ADDRESSING HEALTH DISPARITIES



Organized by our Co-Director, Dr. Lydia Chwastiak, this series featured presenters who addressed evidence-based practices for people with co-occurring physical and mental health conditions. Topics included:

- Reducing racial and ethnic disparities in accessing mental health care
- Primary care behavioral health strategies to serve rural populations
- Discussing the unique challenges to providing psychiatric care in a coordinated and collaborative way to a tribal community during the pandemic



**3**  
Webinars



**240**



- Lummi Tribal Health Center
- Dr. Phillip Hawley, Yakima Valley Farm Workers Clinic
- Dr. Pamela Collins, UW Dept. of Psychiatry & Global Health

## SUICIDE-RELATED RISK IN LATINX/HISPANIC YOUTH



Partnered with the **National Hispanic & Latino MHTTC**



**168**



**1 Webinar**

## TRIBAL TELEHEALTH

Supporting telehealth webinar series for Indian Health Care Providers in Region 10.



Partnered with the **Indian Health Service's Telebehavioral Health Center of Excellence (TBHCE) & UW's Behavioral Health Institute**



**77**



# SCHOOL MENTAL HEALTH SUPPLEMENT

## HIGHLIGHTED SESSIONS AND SERIES VIRTUAL AWSP & WASA SUMMER CONFERENCE 2021

Effective School Mental Health: Building Systems to Support the Mental Health and Well-being of the School District Community



Washington Association of School Administrators and Association of Washington School Principals

- An Interconnected Systems Framework: School Mental Health and Multi-Tiered System of Support (MTSS)
- Leading for Well-being: Using MTSS to Build a Culture of Wellness for All
- Research in School Mental Health: Priority Areas and Lessons Learned from the UW SMART Center

## SMART CENTER 2021 VIRTUAL SPEAKER SERIES



Co-sponsored with  
**UW SMART Center**



**993**

**5 Sessions**

[View presentation recordings and resources](#)

## CONNECTIONS WE NEED: SUPPORTING THE RESILIENCY OF YOUTH & YOUNG ADULTS

This webinar featured 4 BIPOC youth sharing personal journeys. Offering shrewd observations, painful realities, and messages of hope and resilience.



Also kicked off WA state campaign 'A Mindful State', partnering with the Dept. of Health and others to build connection among Washingtonians during a time of isolation.



**86**

# SCHOOL MENTAL HEALTH SUPPLEMENT

## YEAR 3 BY *Numbers* →



**47,000+**

VISITORS



**2,000+**

DOWNLOADS



**7,800+**

PARTICIPANTS



**60**

EVENTS



**44**

PRODUCTS



**5,000+**

VIDEO VIEWS



**7,526**

SUBSCRIBERS

“

I can't say enough how this training has just been at the perfect time for me. It's revisiting information for clients and self-care. This work is so needed and just beautiful. I love the complement of science with practice and energy/feeling.

Participant of Rebekah Demirel's  
**We Make the Path by Walking** series

”

“

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

”



# PROVIDER WELL-BEING SUPPLEMENT

## WELL-BEING MISSION & EVENTS

A crucial grant opportunity from SAMSHA allowed us to offer specific events, resources, and guidance on best self-care practices to give providers additional support needed to be effective within their professional roles.



- 5 webinar series
- Podcasts
- Skills training modules
- Consultation calls
- Live learning communities



**3,700+**



- Aleks Martin, MSW, LSWAIC, SUDP
- Rebekah Demirel, L.Ac. MPCC
- C4 Innovations
- Dr. Kira Mauseth

[View more details](#)



## HEALTHY HEALERS

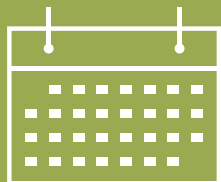
This crucial Train-the-Trainer event for rural providers from regions across Alaska aimed to promote staff sustainability. The target audience included Community Health Aides (CHAs), Behavioral Health Aides (BHAs), Dental Health Aide Therapists (DHATs), health educators, mental health clinicians and other support staff working in rural clinics across Alaska.



Partnered with the **Alaska Native Tribal Health Consortium (ANTHC)**



**18**



**3 days**

## ANCHORED IN OUR ROOTS:

A WELLNESS SERIES FOR BIPOC SCHOOL MENTAL HEALTH PROVIDERS

This series was designed to provide resources to navigate the intersectionalities of their work, and strategies for anchoring their well-being around their cultural and ancestral roots.



Partnered with **Dr. Sabine Thomas & Katrice Thabet-Chapin, M.Ed, Ed.S., NCSP**



**2 Webinars**



**2 Interactive workbooks**

# OUR COLLABORATORS

**C4 Innovations**

**UNIVERSITY of WASHINGTON**  
PSYCHIATRY & BEHAVIORAL SCIENCES  
School of Medicine

**Care Connect**  
Washington

**SPiRiT**  
Supporting Psychosis Innovation through Research, Implementation & Training

**Integrated Care Training Program**  
UW Psychiatry & Behavioral Sciences

**WERT**  
Wraparound Evaluation & Research Team

**SMART**  
School Mental Health Assessment Research & Training Center

**KAISER PERMANENTE**  
**Center for Health Research**

**National Hispanic & Latino MHTTC**  
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**Rural PREP**  
Preparing for rural practice

**SCHOOL OF SOCIAL WORK**

**ALASKA NATIVE TRIBAL HEALTH CONSORTIUM**

**DEPARTMENT OF GLOBAL HEALTH**  
UNIVERSITY of WASHINGTON

**Northwest (HHS Region 10) ATTC**  
Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**Southeast (HHS Region 4) MHTTC**  
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**Washington State Department of Health**

**NORTHWEST PBIS**

**Aleks Martin**  
Clinical Services  
206.886.2627  
aleks@aleksmartin.com

**W FOREFRONT SUICIDE PREVENTION**

**HealthKnowledge.org**

**UW PACC**  
Psychiatry and Addictions Case Conference  
UW Medicine | Psychiatry and Behavioral Sciences

**Washington State Health Care Authority**

**OREGON DEPARTMENT OF EDUCATION**

**PATHWAYS**

**ALASKA DEPARTMENT OF EDUCATION & EARLY DEVELOPMENT**

**MHA/O**  
MENTAL HEALTH & ADDICTION ASSOCIATION OF OREGON

**AARC**  
Alaska Autism Resource Center

**UMKC** School of Nursing and Health Studies

**Yakima Valley Farm Workers Clinic**  
we are family

**WASHINGTON STATE Center of Excellence in Early Psychosis**

**WASH STATE**

**aihc**  
AMERICAN INDIAN HEALTH COMMISSION FOR WASHINGTON STATE

**WADSWORTH CITY SCHOOLS**  
WHERE THE MOUNTAINS MEET THE SEA

**SUMNER-BONNEY LAKE SCHOOL DISTRICT**

**Sandra Rosenbaum School of Social Work**  
UNIVERSITY OF WISCONSIN-MADISON

**Oregon Health Authority**

**New England (HHS Region 1) MHTTC**  
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**School of Social Work**  
PORTLAND STATE UNIVERSITY

**UNC** | SCHOOL OF MEDICINE  
Psychiatry

**OESD 114**  
Serving the Kitsap & Olympic Peninsulas

**Washington School Counselor Association**

**Medical Lake School District**

**Washington Office of Superintendent of PUBLIC INSTRUCTION**

**ASSOCIATION OF WASHINGTON SCHOOL DISTRICTS**

**Great Lakes (HHS Region 5) MHTTC**  
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**IDAHO**  
STATE DEPARTMENT OF EDUCATION

**Center for Practice TRANSFORMATION**  
UNIVERSITY OF MINNESOTA

**Washington Office of Superintendent of PUBLIC INSTRUCTION**

**AIMS CENTER**  
UNIVERSITY of WASHINGTON  
Psychiatry & Behavioral Sciences

**AZEVEDO consulting**

**CVAB**  
COMMUNITY VOICES FOR ALL

**Washington State PTA**  
everychild.onevoice.®

**EASA**  
Early Assessment & Support Alliance

**WEA**  
WASHINGTON EDUCATION

**OPG**  
OREGON PAIN GUIDANCE

**WEA**

**evoked**  
TRAINING AND CONSULTING, PLLC

**Oregon Family Support Network**

**Northwest (HHS Region 10) PTTC**  
Prevention Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**Newcastle University**

**Whole Child Whole School Whole Community**  
NORTH MASON SCHOOL DISTRICT

**CENTRAL SCHOOL DISTRICT**

**IDAHO DEPARTMENT OF HEALTH & WELFARE**

**SEATTLE COUNSELING SERVICE**

**OPTUM**

**ARCHWAY CONSULTING GROUP**

**WASA**  
LEADERSHIP | TRUST | ADVOCACY

**WE** WellEducator  
connection • compassion • curiosity

**BEHAVIORAL HEALTH INSTITUTE**

**HARBORVIEW MEDICAL CENTER**  
UW Medicine | King County

**School of Social Work**

**Pacific Southwest (HHS Region 9) MHTTC**  
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**SEA**  
SPECIAL EDUCATION SERVICE AGENCY





This publication was released in January 2022 by the Northwest MHTTC.

This product was prepared for the Northwest Mental Health Technology Transfer Center under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). This work is supported by grant SM 081721 from the Department of Health and Human Services, SAMHSA.

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No official support or endorsement of DHHS, SAMHSA, or the opinions described in this resource is intended or should be inferred.

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