



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

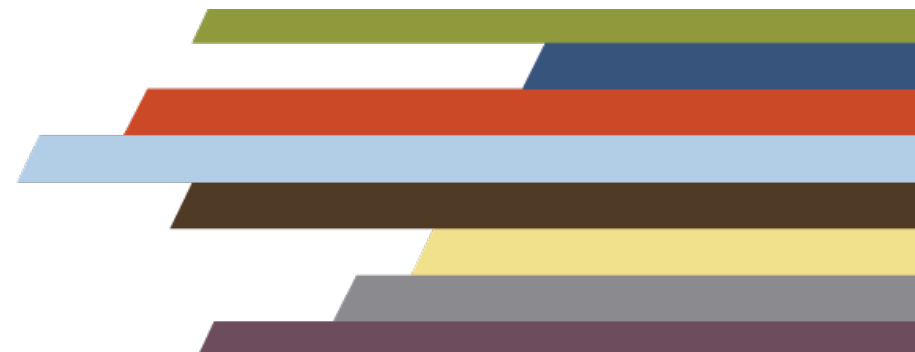
MHTTC Network

Heather J. Gotham, PhD

Director, MHTTC Network Coordinating Office

Clinical Associate Professor

Stanford University School of Medicine



TTC

Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration

The purpose of the SAMHSA-funded Technology Transfer Centers (TTC) is to develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides prevention, treatment, and recovery support services for substance use disorders and mental illness. The TTC program is comprised of three networks: the Addiction Technology Transfer Centers (ATTC), the Mental Health Technology Transfer Centers (MHTTC), and the Prevention Technology Transfer Centers (PTTC).



www.techtransfercenters.org

MHTTC Network Goals

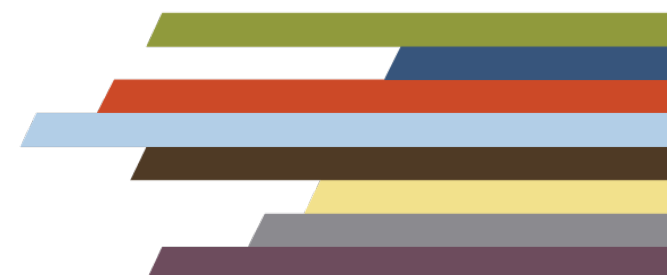
Regional and population-focused, tailored training and technical assistance

- **Accelerate the adoption and implementation** of mental health prevention, treatment, and recovery support evidence-based practices.
- **Heighten the awareness, knowledge, and skills of the workforce** that addresses the needs of individuals living with mental illness.
- **Foster regional and national alliances** among culturally diverse practitioners, researchers, policy makers, family members, and consumers of mental health services.
- Ensure the availability and delivery of **publicly available, free of charge, training and technical assistance** to the mental health field.
- www.mhttcnetwork.org



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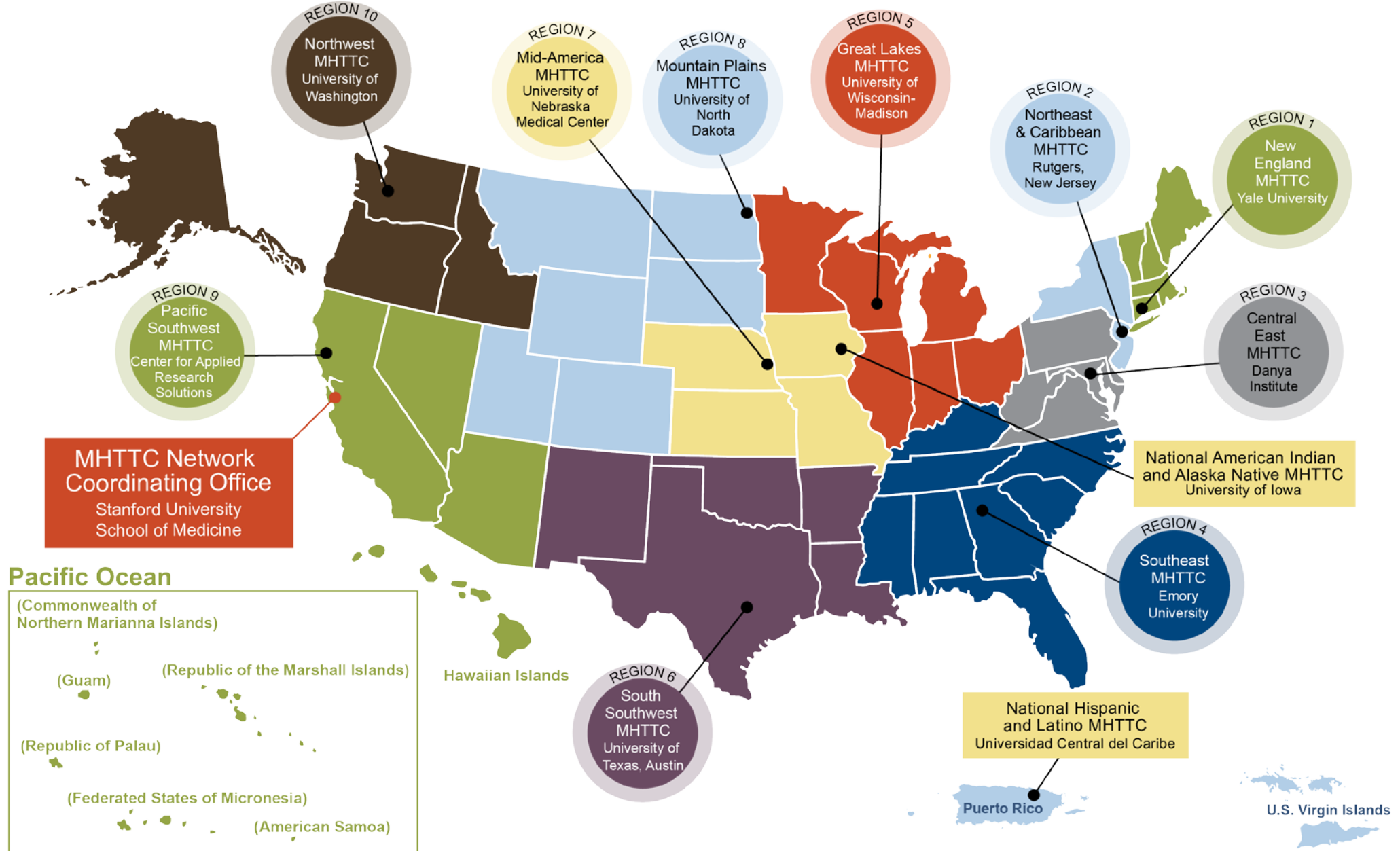


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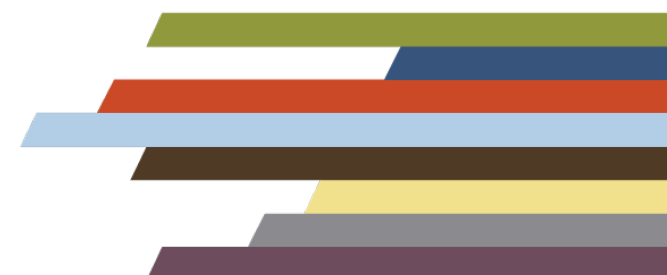
How We Provide Training and TA

- Each Center develops an annual project plan based on regional or population needs
 - Spread of services across the region/population
 - Intensity of services: universal, targeted, and intensive
 - Flexibility to respond to emerging needs
- Implementation science informs our strategies
 - Consider the context - what is really needed to move an evidence-based practice forward?
 - Organizational development, systems work, policy, training, technical assistance
 - Use implementation strategies specific to the need
 - Training, coaching, coalition building, implementation facilitation, learning collaboratives, Project ECHO
 - Maximize impact on service delivery systems



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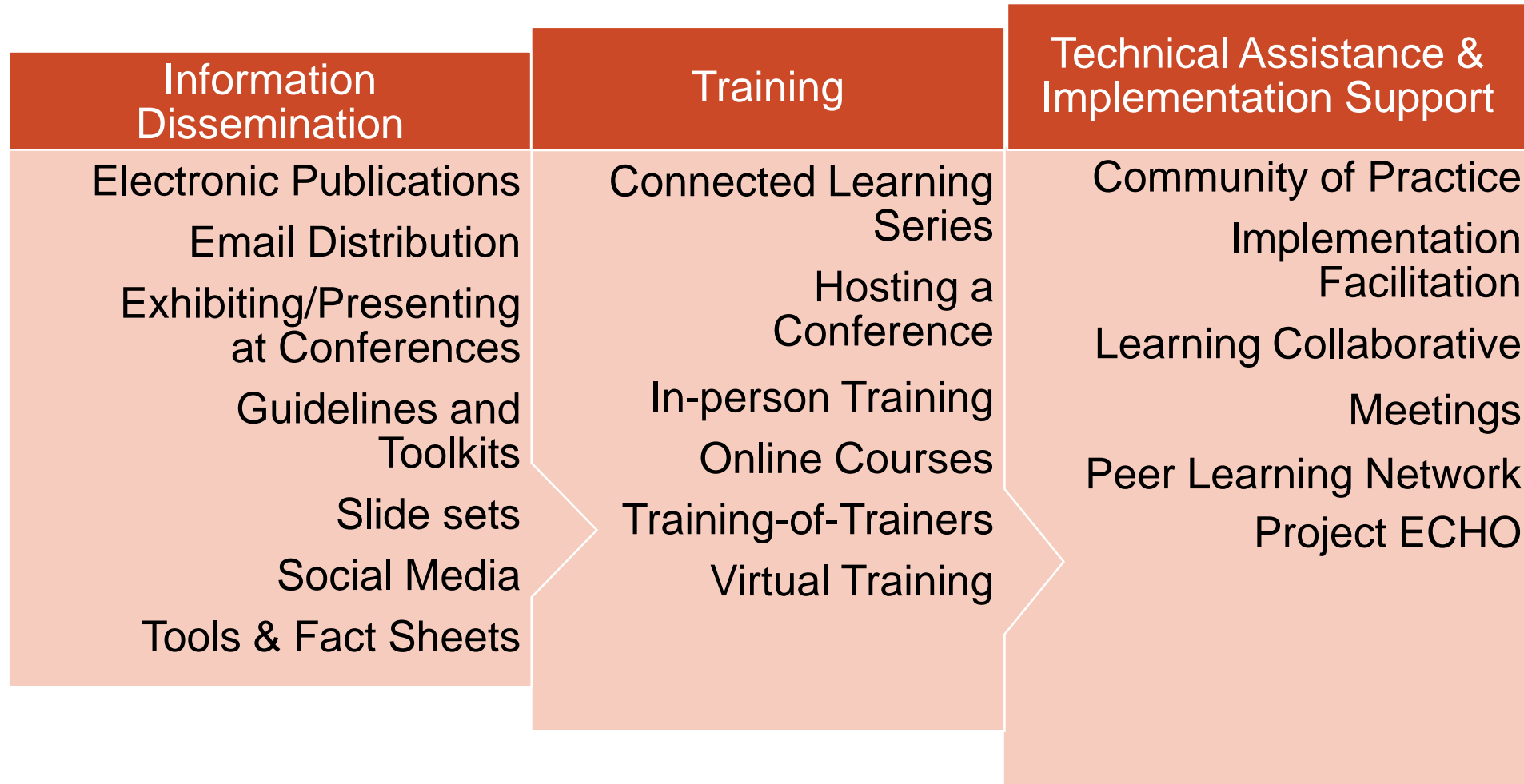


MHTTC Network's Areas of Focus

Serve as consultants to the Network, develop national products, host webpage

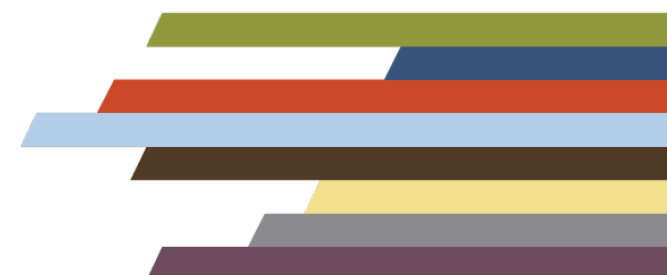
MHTTC Center	Area of Focus
National American Indian & Alaska Native MHTTC	Culturally informed, EBPs in treatment and assessment of mental health disorders in Native populations
National Hispanic & Latino MHTTC	Mental health promotion, prevention, intervention, and recovery support services for Hispanic and Latino populations
New England MHTTC	Recovery-oriented practices, including recovery support services
Northeast & Caribbean MHTTC	EBPs for serious mental illness (SMI): supported employment, illness management & recovery, supported housing, and supported education
Central East MHTTC	Suicide prevention in the context of race, ethnicity, age and sexual orientation
Southeast MHTTC	Population-based/public health approaches to managing SMI
Great Lakes MHTTC	Process improvement for mental health care delivery systems
South Southwest MHTTC	Early childhood mental health
Mid-America MHTTC	Integration of primary and mental health care
Mountain Plains MHTTC	Rural mental health
Pacific Southwest MHTTC	Youth and young adults of transitional age with or at risk for SMI
Northwest MHTTC	EBPs for psychosis including CBT for psychosis and assertive community treatment (ACT)

Types of Services We Provide



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Responding to COVID

- Pivoted our in-person to virtual events
- Developed listening and support sessions to help states, systems, and providers
 - Southeast MHTTC - *Administrators Consultation Office Hours: Navigating Financial Concerns and Consequences*
 - Northeast & Caribbean MHTTC - *Mental Health Mutual Support Calls for Thriving at Work During COVID-19 for Mental Health Providers*
 - National American Indian and Alaska Native MHTTC - *Strategies of Support for Mental Health Providers*
 - Pacific Southwest MHTTC - *Leadership in Times of Chaos*

COVID-19

Grief, Loss, & Bereavement

IPV and Child Abuse

Mental Health Disparities

School Mental Health

Telehealth Basics

Provider Wellness

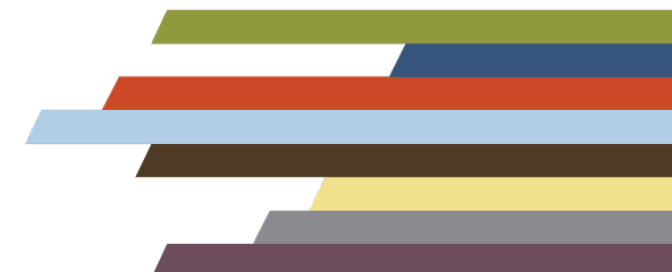
Clinical Innovations in Telehealth

Back to School



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Responding to COVID

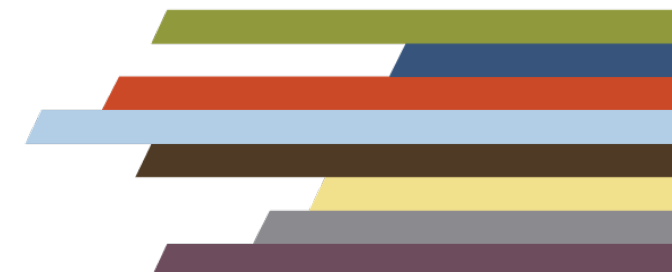
- Gauged need for new clinical topics
 - Great Lakes MHTTC - *Clinical Depression and COVID-19: Expanding on Mental Health Promotion*
 - Northwest MHTTC - *National ACT Virtual Meetings to Address Impact of COVID-19*
 - MHTTC Network - *Clinical Innovations in Telehealth*
 - *Telehealth and Suicide Care*
 - *Telehealth and CBT for Psychosis*
 - *Providing Culturally Relevant Telehealth Services for Latino Populations During a Pandemic*
 - *Treating PTSD in the Context of COVID-19*
- Responded to SAMHSA Leadership requests for specific resources

COVID-19	Grief, Loss, & Bereavement	IPV and Child Abuse
Mental Health Disparities	School Mental Health	Telehealth Basics
Provider Wellness	Clinical Innovations in Telehealth	Back to School



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National Series

CLINICAL INNOVATIONS IN TELEHEALTH LEARNING SERIES



MHTTC
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Funded by Substance Abuse and Mental Health Services Administration

▶ 4 SESSIONS
▶ STARTING TUESDAY, MAY 19
▶ EVERY TUESDAY, 10-11am PT / 1-2pm ET

SAMHSA
Substance Abuse and Mental Health Services Administration

Working at the Intersection of Intimate Partner Violence and Mental Health

- 3 sessions
- July 8, August 12, September 9
- 10am PT / 11am MT / 12pm CT / 1pm ET
- Register at bit.ly/IPV-series



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NATIONAL Center on Domestic Violence, Trauma & Mental Health



National ACT Virtual Meetings to Address Impact of COVID-19

12:00pm - July 20, 2020 | Timezone: US/Pacific


Hosted By: **Northwest MHTTC** Collaborating TTC: Northwest MHTTC

Registration Deadline: July 20, 2020

REGISTER Need more information?
Contact us at northwest@mhttcnetwork.org

Webinar Series

Preventing and Responding to Family Violence During COVID-19



AMERICAN PSYCHOLOGICAL ASSOCIATION

MHTTC Mountain Plains (HHS Region 8)
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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

12 – 1:00 pm CT July 14 | July 21 | July 28 | August 11

<https://bit.ly/family-violence-series>

NCTSN The National Child Traumatic Stress Network

SAMHSA Substance Abuse and Mental Health Services Administration

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Four-part Series Addressing Mental Health Care in Farming and Rural Communities

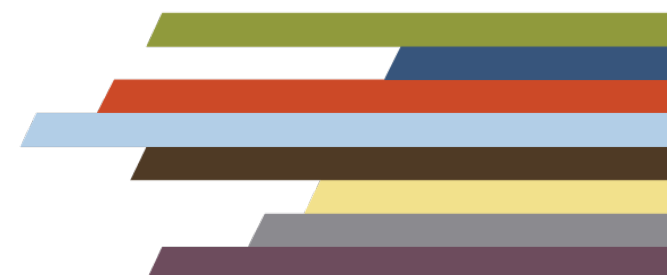
COVID-19 Response - Website

- Six COVID-19 pages on the Network website updated daily with MHTTC events and products, and a curated list of resources
 - [Responding to COVID-19](#)
 - [Responding to COVID-19 – Grief, Loss, & Bereavement](#)
 - [Responding to COVID-19 – IPV and Child Abuse](#)
 - [Responding to COVID-19 – Mental Health Disparities](#)
 - [Responding to COVID-19 – School Mental Health](#)
 - [Responding to COVID-19 – Telehealth](#)



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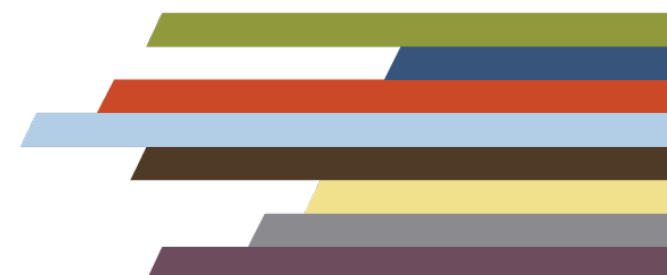
Responding to COVID: March-May 2020

Number of live virtual events created	125
Number of participants on live virtual events	31,984
Number of people who watched recorded sessions	17,519
Number of products (guides, tools, information packages, etc.) developed	100
Number of product downloads	18,159



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Mental Health Equity

- The TTCs have been and are working internally within our Centers, and externally in the field, to promote mental health equity and discuss the negative effects of racism, discrimination, and violence on mental health and substance use.

Supporting School Mental Health in the Context of Racial Violence
A TWO-PART LEARNING FORUM —
12-1:30 p.m. CT
Friday, July 31 | Friday, Aug. 7
<https://bit.ly/SMHRacialEquity2020>



MHTTC Mental Health Technology Transfer Center Network
SAMHSA Substance Abuse and Mental Health Services Administration

WEBINAR: BARRIERS IN MENTAL HEALTH SERVICES FOR TRANS, QUEER AND NON-BINARY LATINO COMMUNITIES



by Miguel Vázquez, PhD



South Southwest (HHS Region 6)

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Cultural and Linguistic Responsiveness in Telehealth

Liberty, Humiliation, and Identity: Race and the Suffering of America

Publication Date: June 17, 2020

Developed By: **Great Lakes MHTTC**



Elevating Language through COVID-19 Part I - The Power of Language

The Intersection of Racism, Discrimination and Mental Health in Communities of Color

1:00pm - July 23, 2020 | Timezone: US/Eastern

Hosted By: **National Hispanic and Latino MHTTC**

How Implicit Bias Affects Our Work: Organizational Culture and Climate

3:00pm - July 22, 2020 | Timezone: US/Pacific

Hosted By: **Pacific Southwest MHTTC**

MHTTC Online Courses



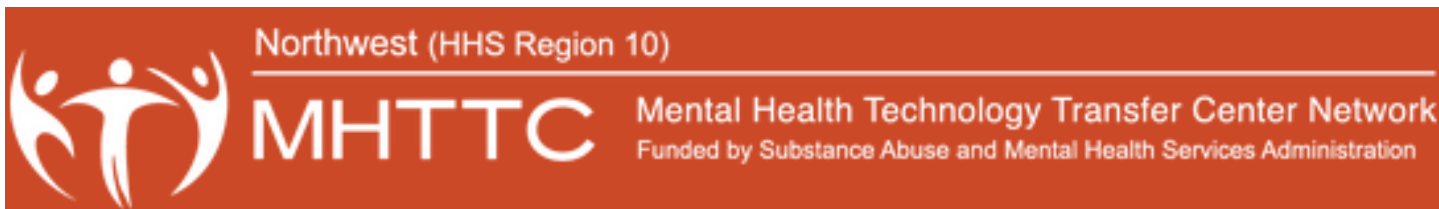
www.HealthKnowledge.org - under *Mental Health Services*

Courses in Development

- ABCs of Cultural & Linguistic Competence
- Addressing Pediatric Internalizing Issues in Integrated Care Settings
- NIATx Change Leader Academy - Easy & Powerful Process Improvement for Behavioral Health
- Cultivating Compassionate School Communities that Respond to Trauma Effectively
- Wellness Matters



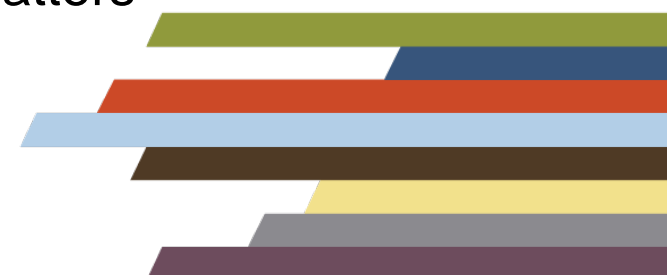
[Building Capacity of School Personnel to Promote Positive Mental Health in Children and Youth \(Self-Paced\)](#)



[Violence Risk Assessment and Management](#)

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

[CBT for Psychosis](#)



Over 360 Pre-Recorded Trainings



Archived Trainings

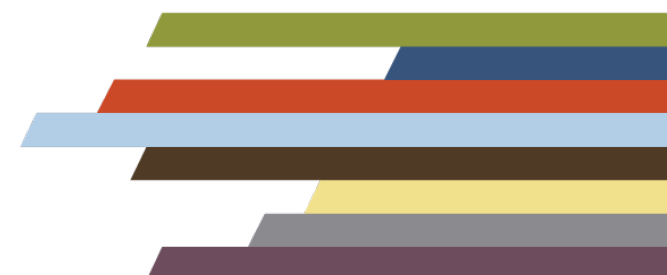
Looking for recorded webinars, trainings, training videos, or podcasts for professional development? Check out our Products and Resources Catalog!

www.mhttcnetwork.org



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MHTTC National Focus Area Centers



National Hispanic and Latino

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- *Culture is Prevention: Postcard Series*
- Clinical Applications of Cultural Elements: Developing Culturally Centered Interventions
- Tailoring Treatment for Gender and Sexually Diverse Latinx Youth with Suicidal Behaviors
- *Mental Health Disparities among Hispanic and Latino Populations* booklet
- *Increased Risks for IPV in Latinas During the COVID-19 Pandemic* booklet



National American Indian and Alaska Native

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- *Culture is Prevention: Postcard Series*
- Native Youth Telehealth Initiative
- American Indian & Alaska Native Leadership Academy
- Suicide Task Force providing TA for suicide clusters
- Open forum - *Strategies of Support for Mental Health Providers: Empowering one another during times of crisis*



COVID-19 Related School Mental Health Resources

- Access COVID-19 related SMH resources on our website, including:
 - Upcoming MHTTC Webinars
 - MHTTC Products
 - Resources from other reputable SMH organizations

<https://bit.ly/mhttc-smh-covid-19>

Responding to COVID-19 School Mental Health

Public health emergencies such as COVID-19 have a significant impact on students and their families, educators and the school mental health workforce, as well as the school mental health system.

Here we highlight MHTTC products and resources specific to school mental health that can be useful when coping with the effects of widespread public health crises. A compilation of school mental health resources from other reputable organizations is also available below.

MHTTC Upcoming Events:



School Mental Health Wellness Wednesdays | Pacific Southwest MHTTC

All sessions take place at 2pm PT / 5pm ET

July 22 > Register August 5 > Register



Leading Trauma Informed School Systems Change - Before, During & After Pandemic Times | Southeast MHTTC

Session 1: July 28, 8:30am PT / 11:30am ET > Register

Session 2: July 30, 8:30am PT / 11:30am ET > Register

***The foundational content framing trauma informed practice will be the same for each session; the leadership spotlights will be different each session.

MHTTC Back-to-School Planning & Resources

Financing School-Based Mental Health Services during a State Budget Crisis

Collaborating TTC: Southeast MHTTC
Publication Date: July 7, 2020

Developed By: **Southeast MHTTC**



New England (HHS Region 1)

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WEBINAR SERIES

Making a Good Connection: Engaging Students and Families in School Tele-Mental Health

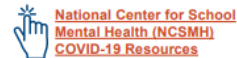
12-1 p.m. CST May 22 | May 29 | June 5

<https://bit.ly/SMHTelehealth20>



1 How to Navigate Privacy and Technology

- ▶ **Identify** whether your organization suggests a platform for tele-services



[National Center for School Mental Health \(NCSMH\) COVID-19 Resources](#)

- ▶ **Find** regulations that your school or agency may have for privacy
 - At this time, HIPAA-compliant platforms are not federally required
- ▶ **Determine** the platform that meets your service and student needs
- ▶ **Consider:**

*Is it safe and necessary to see one another?
Does the student have access to a cell phone or computer?
Are there other barriers to technology?*

- ▶ **Pick a platform.** Use professional accounts (e.g. email/phone) to the greatest degree possible. Practice using the platform with colleagues to gain support
- ▶ **Determine** when you need to obtain **consent** from parents and keep them informed as best you can

2 How to Engage Your Team

- ▶ **Identify** relevant team members to contact (e.g. administrators, school counselors, school psychologists, school social workers)
 - **Consider** how you can partner with colleagues with telehealth experience, such as home-school providers

- ▶ **Set** a weekly or biweekly virtual meeting time
- ▶ **Set** an agenda and send it out prior to meeting
- ▶ **Troubleshoot** how to use the telehealth platform, and consider:

*Who is going to contact students and families?
Who can provide support to staff?
How can you share helpful tools and tips with each other on how to conduct telehealth?*

- ▶ **Talk** with team members about their current needs and perceived needs of students, families and school staff
- ▶ **Set** reasonable expectations for your team and divide tasks among members
 - ▶ **Set** plan to monitor tasks and date/time for follow-up meeting



Back to School After COVID-19: Supporting Student and Staff Mental Health

Childhood-Trauma Learning Collaborative Toolkit

Dana Asby, MA, MEd; Kaela Farris, MA; Christine Mason, PhD;
All Sumski, MA; John Crocker, MEd; Rachel Santa, EdD, and
Martha Staeheli, PhD



Supporting School Mental Health in the Context of Racial Violence

A TWO-PART LEARNING FORUM

12-1:30 p.m. CT

Friday, July 31 | Friday, Aug. 7

<https://bit.ly/SMHRacialEquity2020>



TELEHEALTH TOOLBOX

• for school personnel •

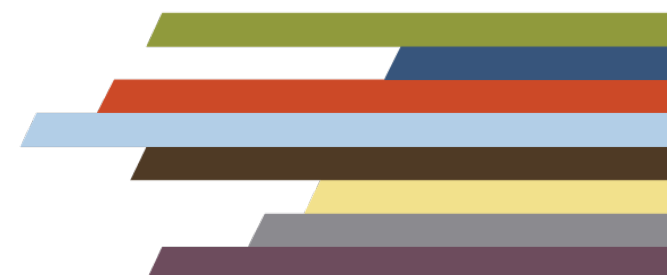
SMH Online Course and Website - In Progress

- The MHTTC Network and the NCSMH are developing a free 3.5-hour online course and accompanying website
- The purpose of the course is to equip educators with the understanding and strategies to:
 - Promote student mental health and well-being
 - Support students experiencing adversity, distress, and mental health challenges
- Launching later this year!



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Regional Crisis Services Events

Crisis Care with Individuals with Behavioral Health Disorders: Assessment, Prevention, and De-escalation, Session 2



11:00am - January 28, 2020 | Timezone: US/Mountain

Hosted By: Mountain Plains MHTTC

Crisis De-escalation 101



11:00am - November 13, 2019 | Timezone: US/Eastern

Hosted By: Central East MHTTC

Topics in Mental Health Session 3: Mental Health Crisis Intervention



11:00am - July 24, 2019 | Timezone: US/Mountain

Hosted By: Mountain Plains MHTTC

Behavioral Health Crisis Response Systems Live Webinar Series: Creating and Sustaining High Quality Crisis Services: Lessons from Arizona

10:30am - March 20, 2020 | Timezone: US/Pacific

Hosted By: Northwest MHTTC

Ohio Crisis Academy: Crisis Stabilization & Residential Treatment



9:00am - June 25, 2020 | Timezone: US/Central

Hosted By: Great Lakes MHTTC

Behavioral Health Crisis Response Systems Live Webinar Series: Designing and Implementing Ideal Behavioral Health Crisis Systems

10:30am - March 30, 2020 | Timezone: US/Pacific

Hosted By: Northwest MHTTC



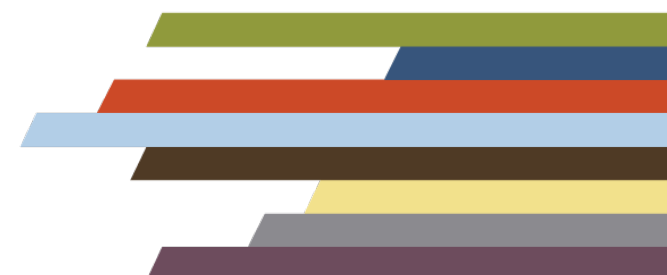
Collaboration with Other National Experts and Centers

- SMI Adviser – regular calls and co-sponsored activities
- Collaboration and planning with:
 - Disaster TA Center
 - NASMHPD
 - National Center on Domestic Violence, Trauma, and Mental Health
 - National Child Traumatic Stress Network
 - National Council
 - National Training and Technical Assistance Center for Child, Youth & Family Mental Health (NTTAC)
 - Psychosis-Risk and Early Psychosis Program Network (PEPPNET)
 - Suicide Prevention Resource Center



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How to Reach Us

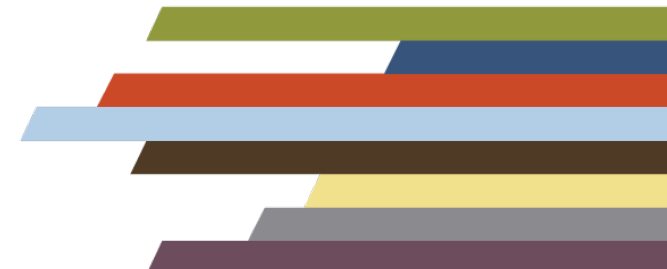
GET CONNECTED!
The *MHTTC Pathways* is a monthly e-pub with information and news relevant to the

GET INFORMED!
Search our Products & Resources Catalog to find tools you can use to improve services!

GET TRAINED!
Search our calendar of upcoming trainings and events to find a training to fit your needs!

www.MHTTCnetwork.org

-   @MHTTCNetwork
- *MHTTC Pathways*
 - Monthly eNewsletter





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Find Your Center – www.mhttcnetwork.org



National American
Indian and Alaska
Native MHTTC



National Hispanic
and Latino MHTTC



HHS
Region 1

New England
MHTTC



HHS
Region 2

Northeast &
Caribbean MHTTC



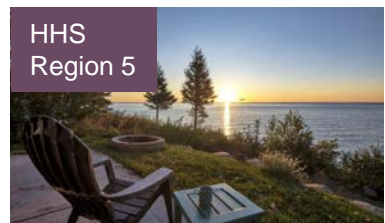
HHS
Region 3

Central East
MHTTC



HHS
Region 4

Southeast MHTTC



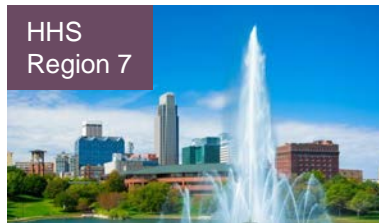
HHS
Region 5

Great Lakes
MHTTC



HHS
Region 6

South Southwest
MHTTC



HHS
Region 7

Mid-America
MHTTC



HHS
Region 8

Mountain Plains
MHTTC



HHS
Region 9

Pacific Southwest
MHTTC



HHS
Region 10

Northwest MHTTC

Contact Information

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Stanford
HEALTH CARE
STANFORD MEDICINE

