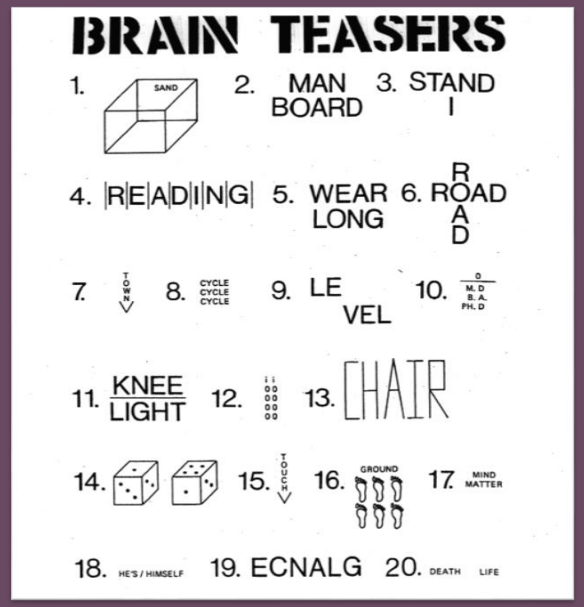
Virtual learning works!

Building resilience, supporting leadership and connecting our field



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

AGENDA

- INTRODUCTIONS & AIMS
- MODELS OF VIRTUAL LEARNING
- EFFECTIVE COMPONENTS
- EQUITY AS A PRIORITY
- EXAMPLES
- OUTCOMES & FEEDBACK
- TOOLS YOU CAN USE
- PLAN
- Q & A

LAND & LABOR ACKNOWLEDGEMENT

The Northwest MHTTC acknowledges the Native and Indigenous peoples who are tied to this land through history, legends, and culture since time immemorial, and whose lands were forcibly taken. This acknowledgment is a commitment to show respect, build relationships, learn and remember tribal history and sovereignty, and work for justice in these communities.

We also acknowledge that like most modern-day U.S. institutions, the University of Washington benefits from the unaddressed legacy of stolen labor and slavery, which is at the foundation of this nation and its vast and inequitable wealth. We recognize our debt to exploited workers past and present whose labor was and continues to be stolen through unjust practices.

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

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

SPIRIT
Supporting Psychosis Innovation through Research, Implementation & Training

UW Medicine
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

CHRISTINA CLAYTON
LICSW, SUDP

She/her

Co-Director, Northwest MHTTC
SPIRIT Lab
Clinical Assistant Professor

AKANSHA VASWANI-BYE
PHD

She/her

Acting Assistant Professor
SPIRIT Lab

SARAH FIKRE
BA

She/her

Research Coordinator
SPIRIT Lab

KEY POINTS: *sneak peek!*

- START STRONG
- GREET WARMLY
- SET CLEAR EXPECTATIONS
- ENGAGE EARLY & OFTEN
- CONNECT LEARNERS
- SUSTAIN ENGAGEMENT

WE ARE JUMPING RIGHT IN!

Please bring out your cell phone or other device

No, seriously...we mean it.

GO TO: bit.ly/WBHCmhttc

What DOESN'T WORK or HASN'T WORKED for virtual learning?

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

Mentimeter

Paste the link to the slide you want to display here:

https://www.mentimeter.com/app/presentation/asdfakn3290874y/dfvh873/

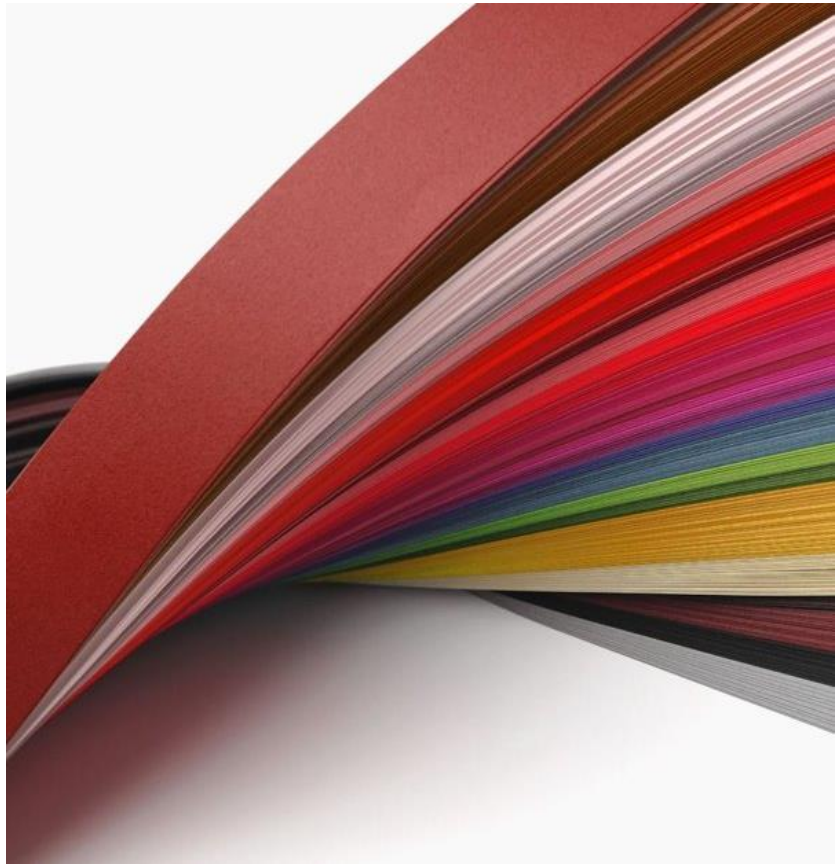
Select

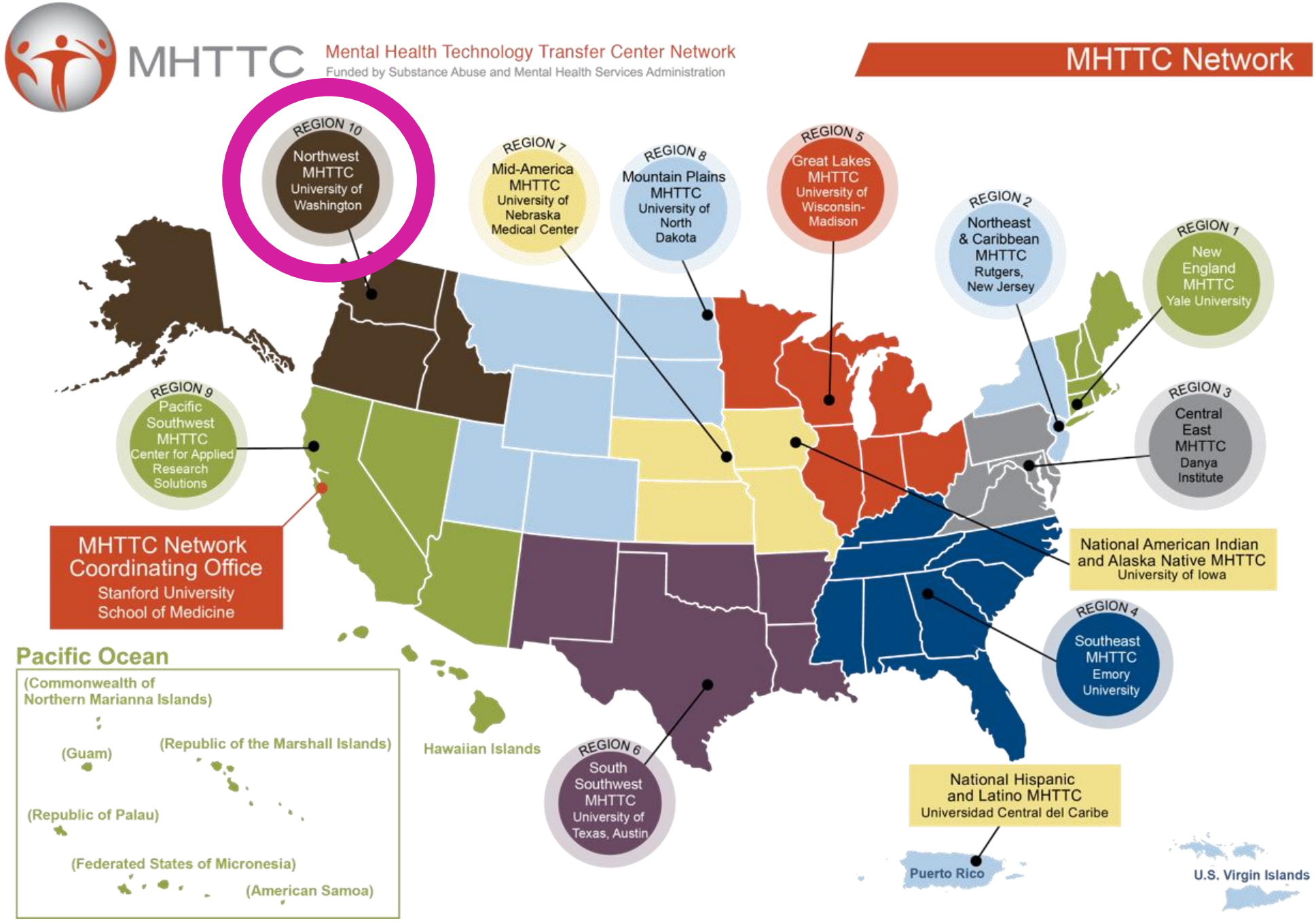
How does it work?

Log out

Version 1.6.70

INTRODUCTIONS & AIMS




MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration
MHTTC Network
REGION 10
Northwest MHTTC
University of Washington
REGION 7
Mid-America MHTTC
University of Nebraska Medical Center
REGION 8
Mountain Plains MHTTC
University of North Dakota
REGION 5
Great Lakes MHTTC
University of Wisconsin-Madison
REGION 2
Northeast & Caribbean MHTTC
Rutgers, New Jersey
REGION 1
New England MHTTC
Yale University
REGION 9
Pacific Southwest MHTTC
Center for Applied Research Solutions
REGION 3
Central East MHTTC
Danya Institute
MHTTC Network Coordinating Office
Stanford University School of Medicine
National American Indian and Alaska Native MHTTC
University of Iowa
REGION 4
Southeast MHTTC
Emory University
Pacific Ocean
(Commonwealth of Northern Marianna Islands)
(Guam)
(Republic of the Marshall Islands)
(Republic of Palau)
(Federated States of Micronesia)
(American Samoa)
Hawaiian Islands
REGION 6
South Southwest MHTTC
University of Texas, Austin
National Hispanic and Latino MHTTC
Universidad Central del Caribe
Puerto Rico
U.S. Virgin Islands

UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES

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

LIVE & RECORDED WEBINARS

VIRTUAL LEARNING COMMUNITIES

ONLINE, SELF-PACED COURSES

OUR GOALS

Support mental health-related EBPs and best practices.

Heighten awareness, knowledge, and skills

Foster alliances and address diversity of training needs

Share FREE, publicly available training and TA.

NETWORK AREA OF FOCUS: Evidence-based practices (EBPs) for psychosis

Including CBT for psychosis (CBTp) & Assertive Community Treatment (ACT)

ADDITIONAL TRAINING TOPICS

Integrated Care ~ Peer Support ~ Leadership ~ Co-occurring Substance Use Disorders
Provider Well-being ~ Suicide Prevention ~ Equity & Inclusion ~ Families ~ Trauma-Informed
Addressing Stigma ~ Culturally Responsive ~ Crisis Work ~ Grief & Loss

PRIORITIZING EQUITY, DIVERSITY, INCLUSION & PROVIDER WELL-BEING

LYDIA CHWASTIAK, MD, MPH
PI & CO-DIRECTOR

CHRISTINA CLAYTON, LICSW, SUDP
CO-DIRECTOR

@NorthwestMHTTC
mhttcnetwork.org/northwest

NEWSLETTERS & OPPORTUNITIES

RESOURCE LIBRARY

"PUTTING IT TOGETHER" *PODCAST*

Northwest (HHS Region 10)
MHTTC
Mental Health Technology Transfer Center Network

SAMHSA
Substance Abuse and Mental Health Services Administration

This presentation is supported by the Northwest Mental Health Technology Transfer Center under a cooperative agreement by grant SM 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

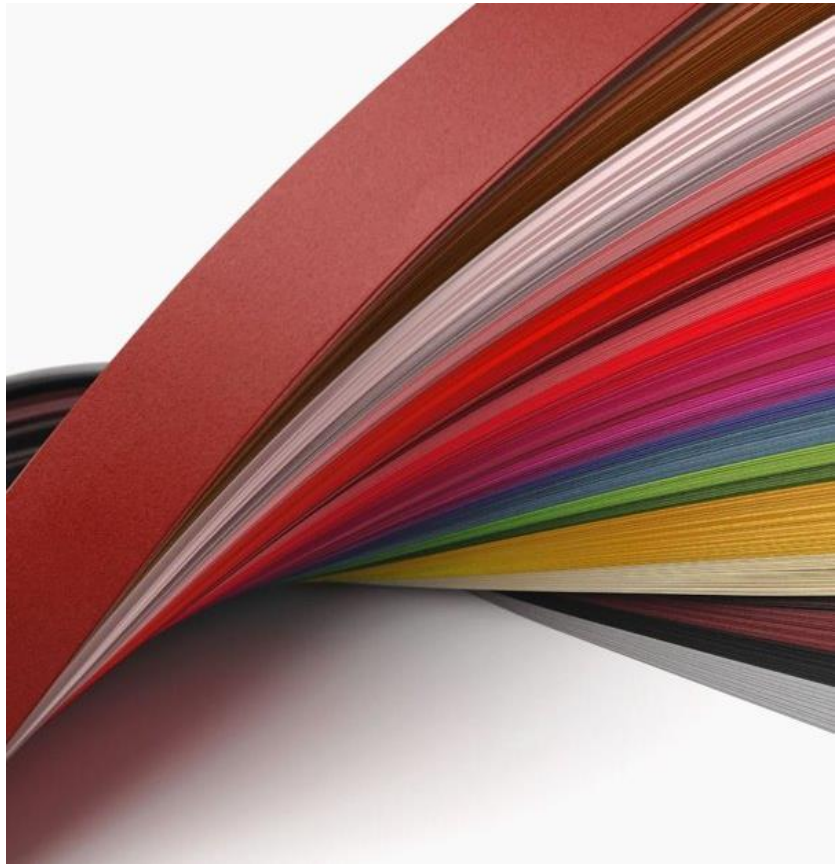
At the time of this presentation, Miriam Delphin-Rittmon served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

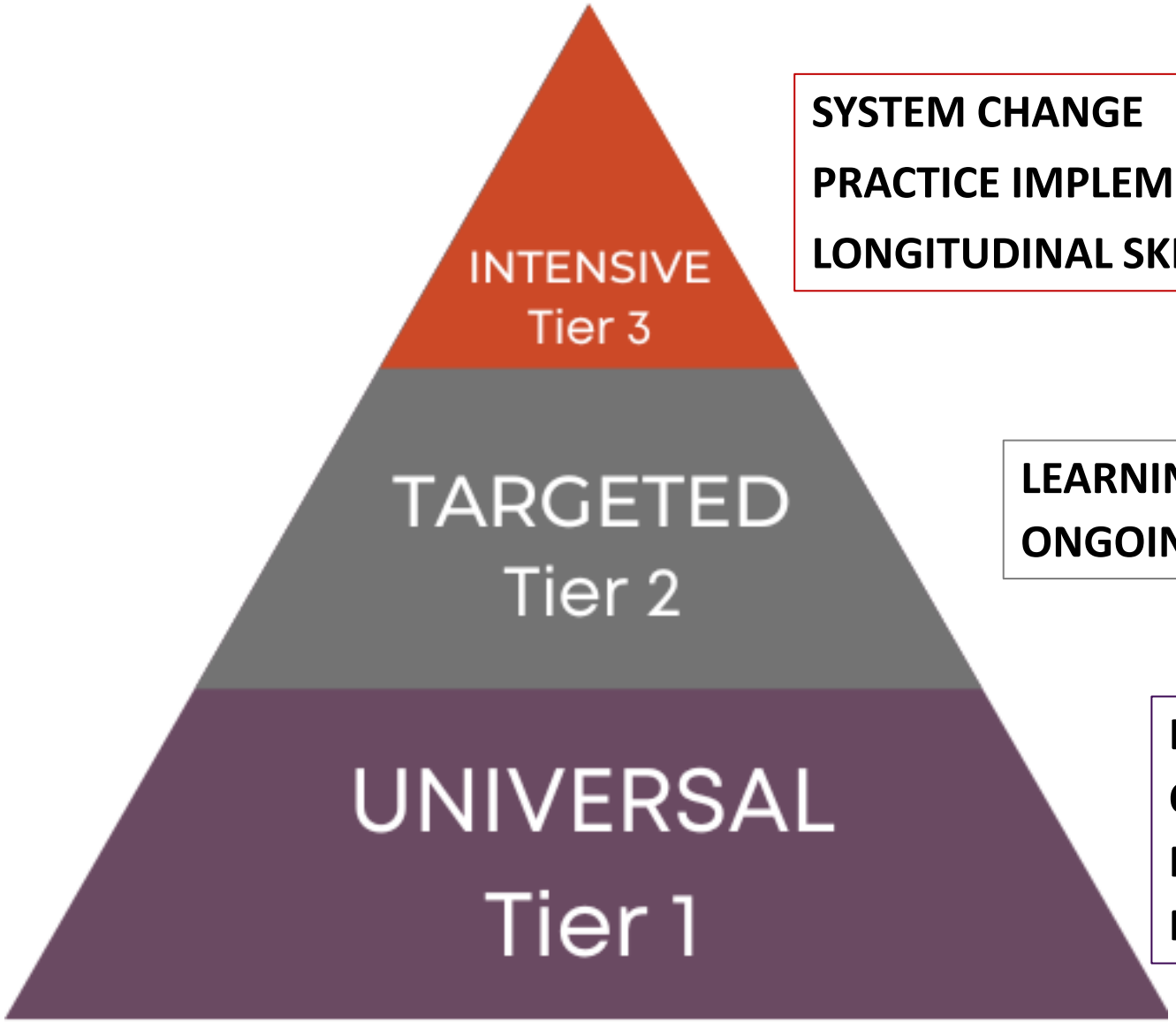
- Models & components
- Benefits & challenges
- Examples
- Plan an activity
- Practical tools & free resources

What are your goals for virtual learning?

- *Biggest challenge*
- *Wishes for something different*
- *What do you hope to take away today?*

MODELS OF VIRTUAL LEARNING





SYSTEM CHANGE

PRACTICE IMPLEMENTATION

LONGITUDINAL SKILL-BASED COHORTS

LEARNING COMMUNITIES

ONGOING CONSULT CALLS

LIVE WEBINARS & RECORDINGS

ONLINE COURSES

PUBLICATIONS

PODCASTS

Virtual Training & Technical Assistance Models

Universal	Pros	Cons	Examples

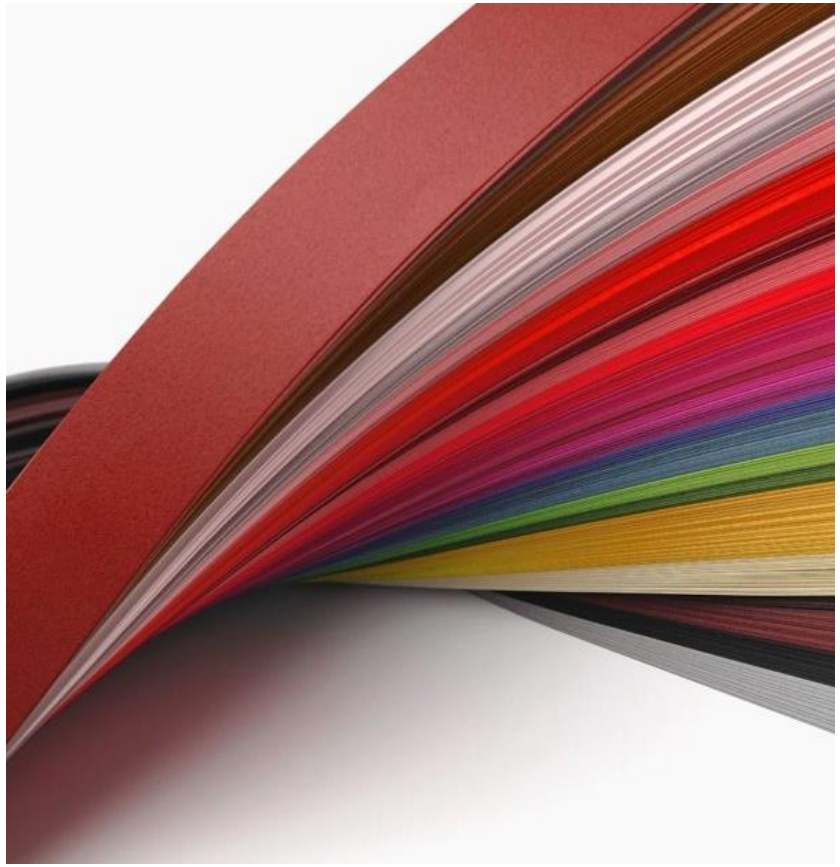
Webinar	• Easily accessed & viewed later
	• Often can hold large group
		• Didactic, less or not-at-all interactive	• ***Queer and Trans Youth Mental Health:***
			  ○ *Trauma-Informed & Anti-Racist Co-Conspiratorship*
			• ***More than a DSM Code:***
			  ○ *Addressing Stigma Experienced by Families*

E-Course	• Self-paced, on demand	• Relies on learner to proceed and complete	• ***Introduction to Assertive Community Treatment (ACT)*** • ***Violence Risk Assessment and Management***
Targeted	**Pros**	**Cons**	**Examples**
Learning Community	• Targets specific needs • Cumulative focus	• Requires attend most/all to benefit • More time commitment but can be short	• ***Examining Bias and Ideologies to Improve Care*** • ***LGBTQ+ Suicide Awareness & Prevention for Families*** • ***Vitality for Behavioral Health Care Leadership***
Training + Consultation Calls	• Role plays, skill practice, clinical discussion	• Can be hard to attend regularly • Aren't usually recorded	• ***When All The Time You Have Is Now:*** ○ *Brief Narrative Therapy Practices* • ***Skills for Psychological Recovery for direct care staff***
ECHO Model	• Didactic & In-depth clinical case consultation • Feedback & recommendations	• Takes effort to organize, facilitate • Plan for didactic by organizers • Participants need to prepare examples	• ***Program for Assertive Community Treatment ECHO*** • ***First Episode Psychosis ECHO*** • ***PACC ECHO (Psychiatry & Addictions)***
Intensive	**Pros**	**Cons**	**Examples**
Implementation Project	• Dissemination of EBP/practice • Coaching & Feedback over time • Truly supports practice change	• Requires highest level of commitment from participants, leadership AND organizations • Takes most time and financial resources	• ***Cognitive Behavioral Therapy for psychosis*** • ***STRIDE Integrated Care Group Facilitation***

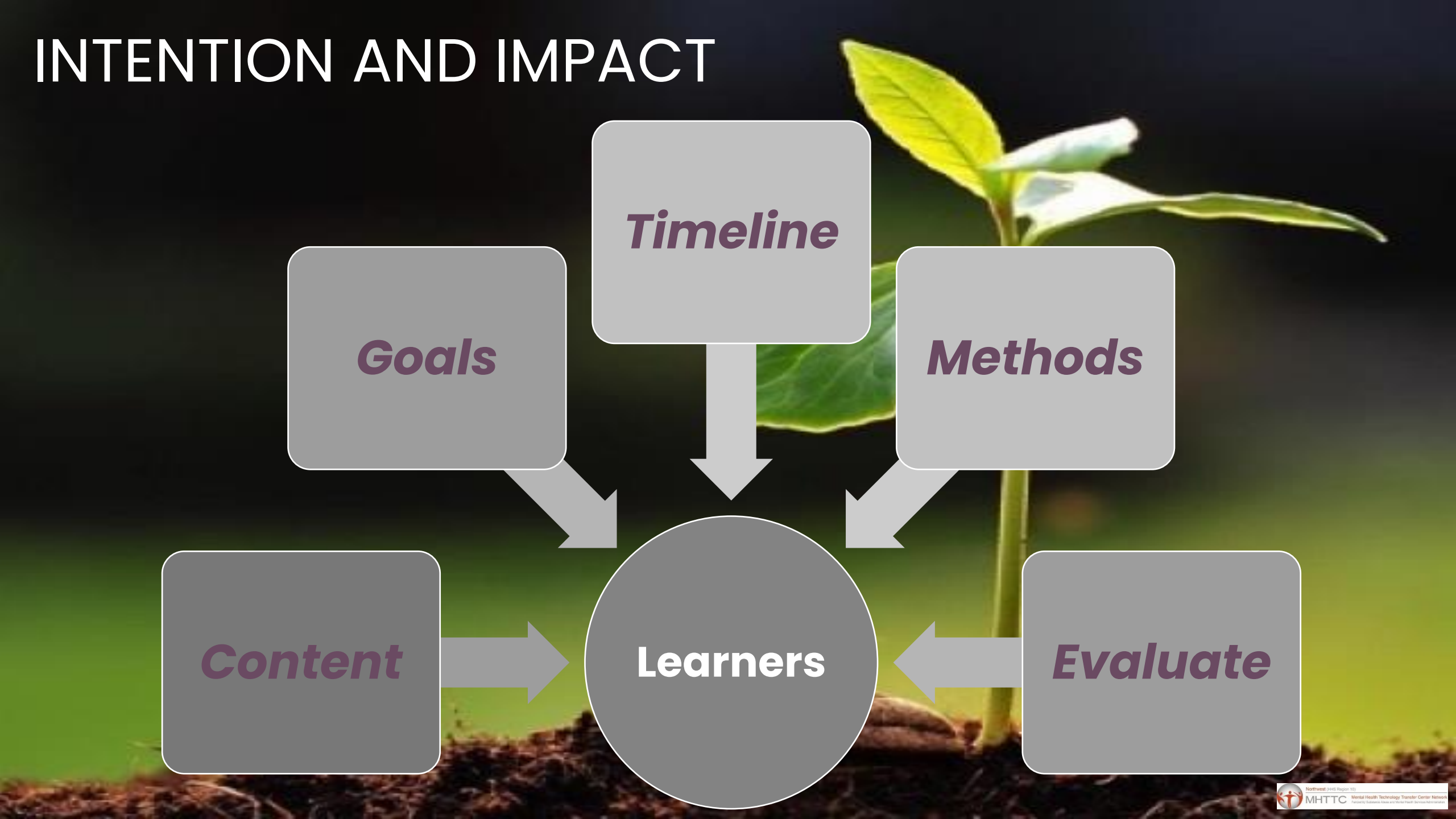
What WORKS for you, your teams and agencies for virtual learning?

How does this COMPARE to in-person learning & training?

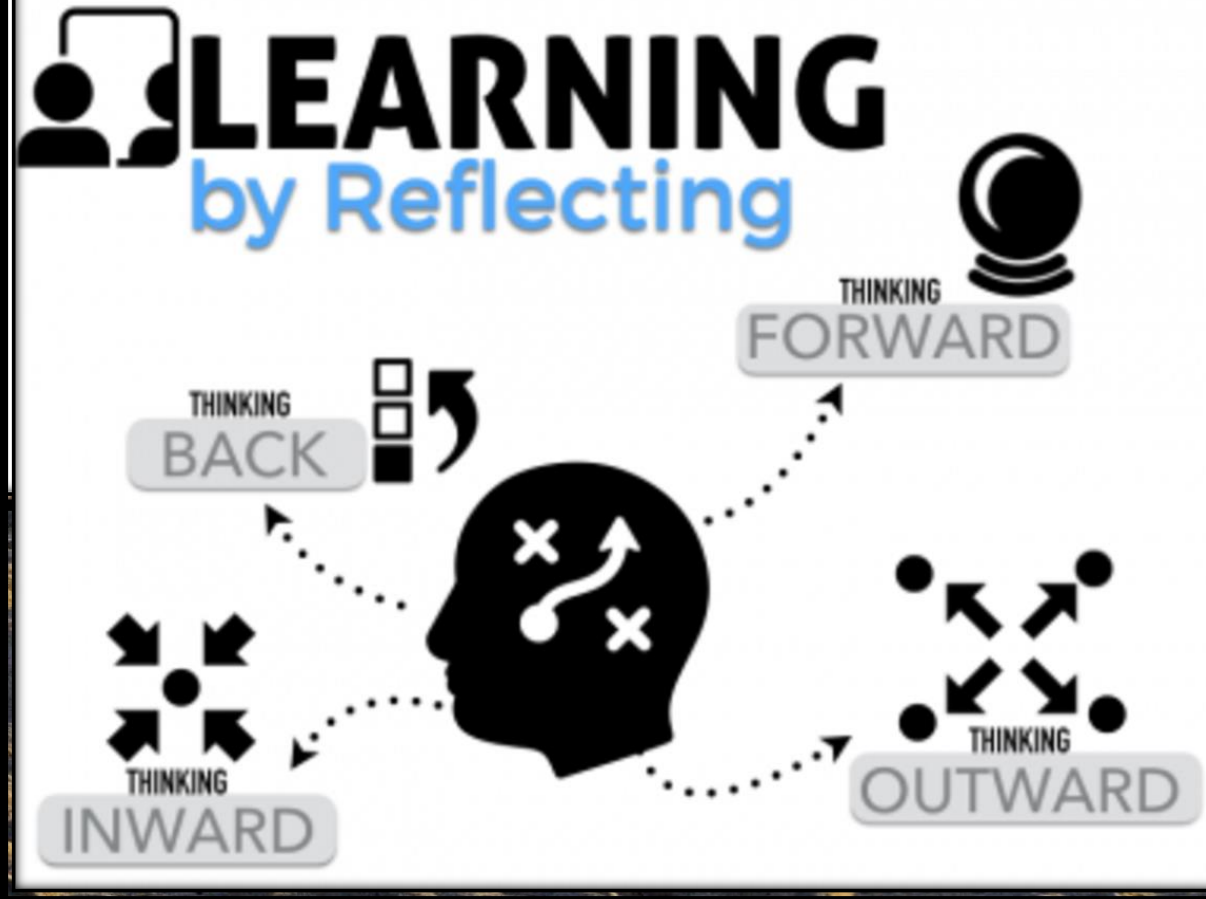
EFFECTIVE COMPONENTS



INTENTION AND IMPACT



Modern Learners are...	Therefore, Virtual Training must be...
Remote	Social
Distracted	Engaging
Overwhelmed	Purposefully-Designed
Overloaded	Simple
Unique	Personalized



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

LEARNING PRINCIPLES AND SUGGESTIONS

CONNECTION

- Motivations
- Importance
- Relevance

ENGAGED

- Planned
- Compelling
- Creative

CLARITY

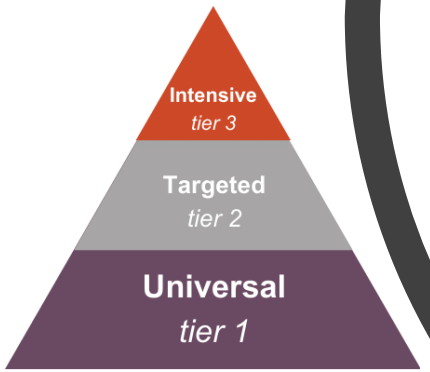
- Expectations
- Process
- Anticipatory

GOALS

- Defined
- Reviewed
- Recapped

IMPACT

- Measured
- Shared
- Used

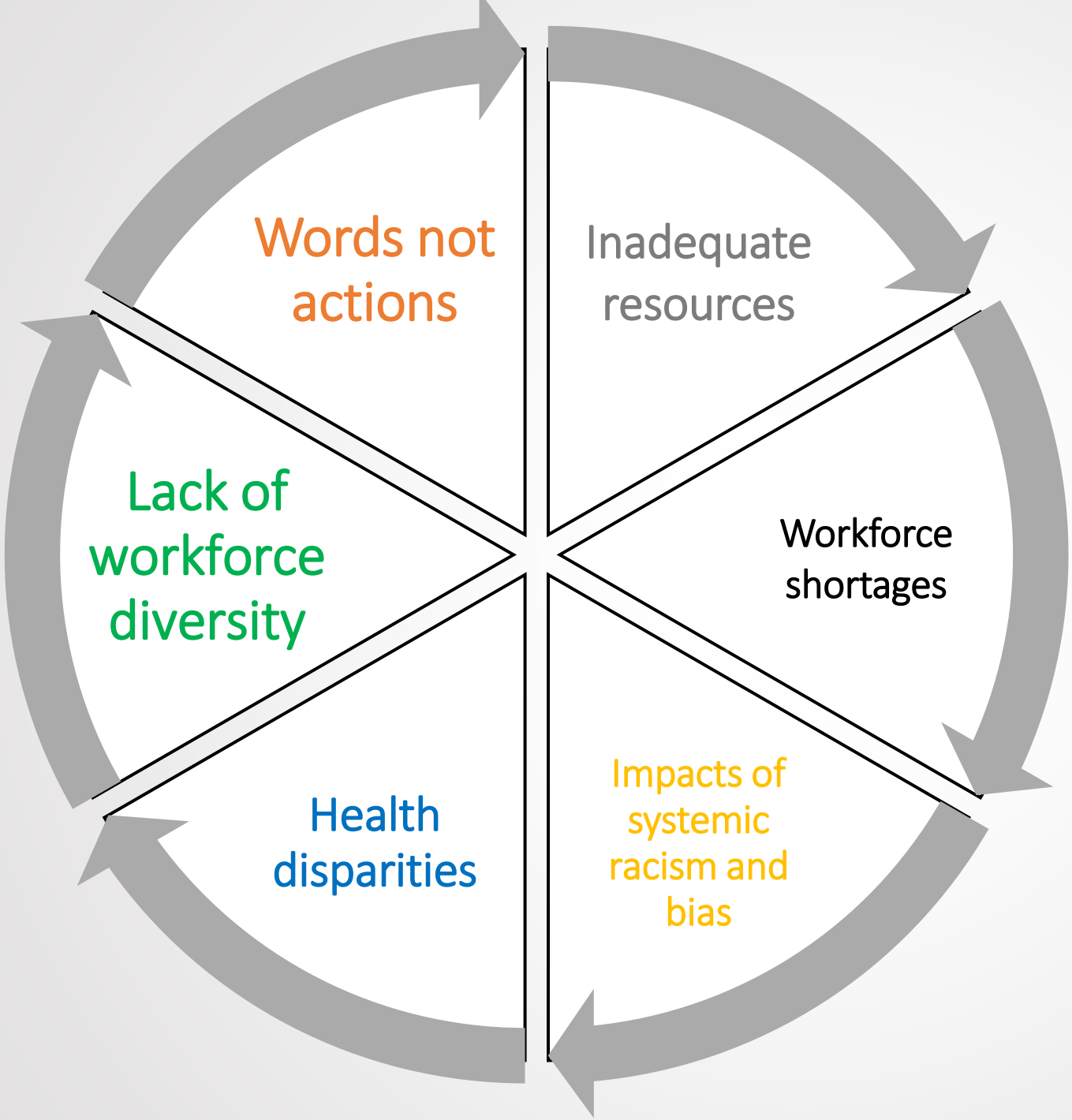


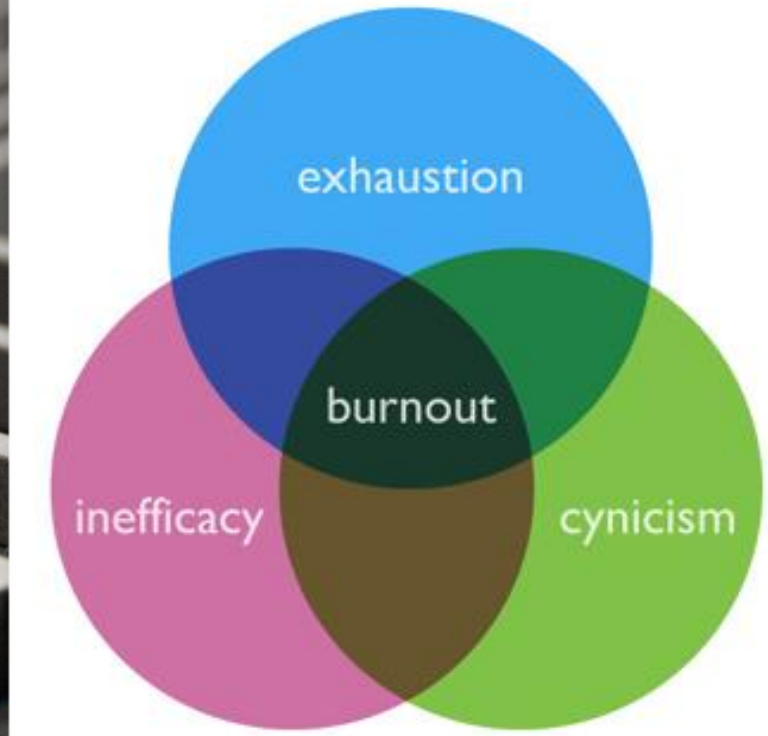
Time
Energy
Investment
Support

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

COMMON CHALLENGES

- Poorly defined objectives
- Unengaged learners
- Lack of preparation
- Ineffective facilitation
- Technology hiccups
- Distractions


Words not actions
Inadequate resources
Workforce shortages
Impacts of systemic racism and bias
Health disparities
Lack of workforce diversity


exhaustion
burnout
inefficacy
cynicism

START STRONG:
create the learning hook, be relatable

GREET WARMLY:
sincere, humble, enthusiastic

SET CLEAR EXPECTATIONS:
relieve anxieties, anticipate questions

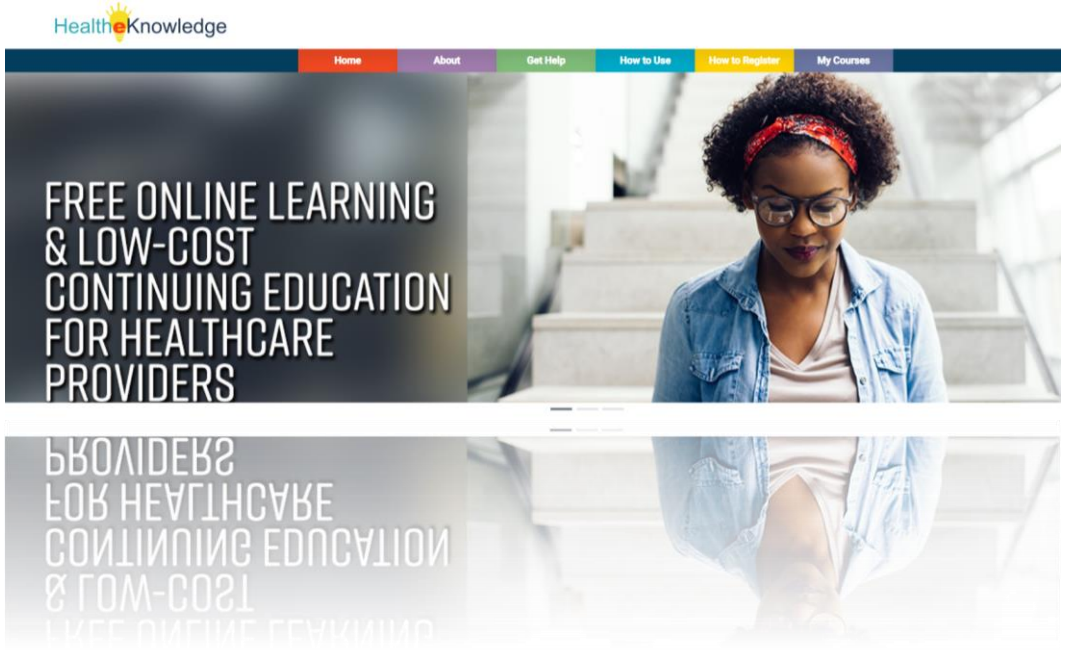
ENGAGE EARLY AND OFTEN: *don't let time fly, make space*

CONNECT LEARNERS:
topic, each other, consciously include

SUSTAIN ENGAGEMENT:
steady, varied, end actively

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

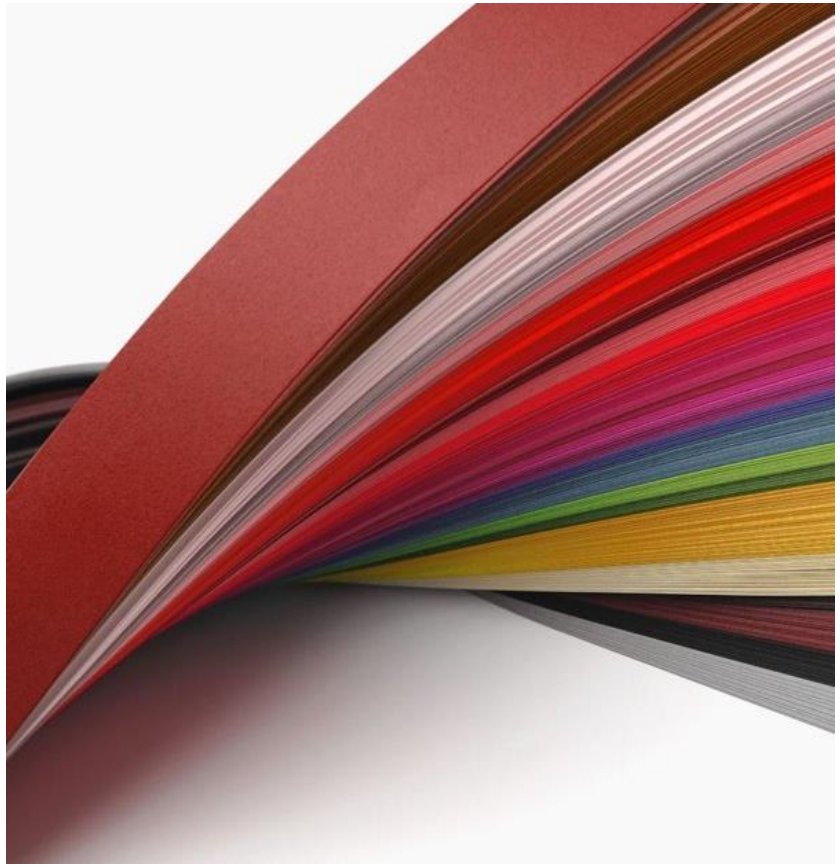
CREATE OPTIONS



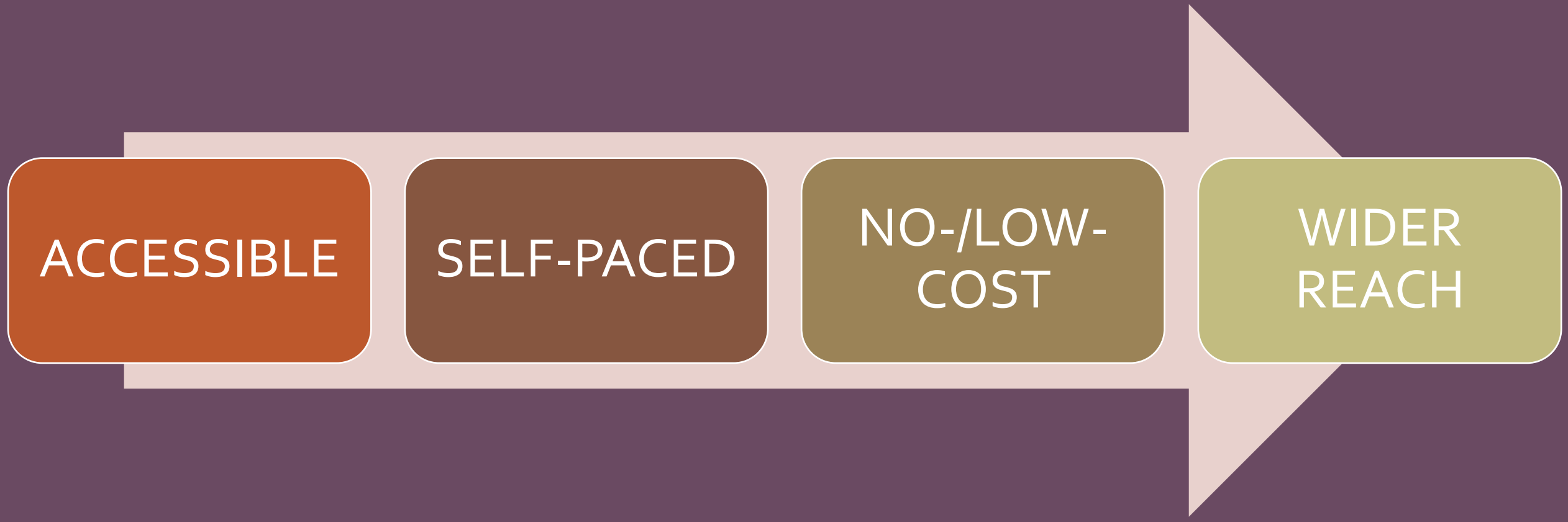
LESSONS LEARNED

- When adapting in-person to virtual, satisfaction can remain high
- Can result in wider reach, more diverse audience
    - *e.g. locales, demographics, roles, education, settings*
- Planning and protocols help ensure consistency
- Support needed varies for presenters based on experience
- Not a perfect sole model, especially if not paired with discussion
- Free is great, and no-shows or non-completes are common

EQUITY AS A PRIORITY



VIRTUAL LEARNING CAN BE MORE EQUITABLE



COMMON VIRTUAL TRAINING EQUITY CHALLENGES

- Establishing trust and safe space.
- Effective facilitation & moderation for inclusion.
- Fear that topic & emotions will derail conversation.
- Chat gone sideways. Reading tone.
- Comfort with discomfort. Staying engaged.
- Having enough time for process. Leaving before closure may occur.

Examples from the TTC Racial Equity Tool

How are diverse communities included in sharing their priorities for training activities?

Is our Advisory Board representative of the communities and fields that we serve?

How do we ensure we are responsive to current and emerging issues in communities of color?

A FREE WEBINAR
WITH
ASHLEY STEWART, MSW, PHD
DEVELOPING
ANTI-RACISM
STRAGEGIES IN
BEHAVIORAL HEALTH
AGENCIES

LUMMI NATION
TREATY OF 1855
NORTHWEST MHTTC PRESENTS
A FREE WEBINAR WITH
LUMMI HEALTH
IT TAKES A VILLAGE:
PSYCHIATRIC SERVICES
AT THE LUMMI NATION

The Mental Health Training Insitute

The Mental Health Training Insitute

Intellectual Development Disabilities Track

- People with intellectual and developmental disabilities and mental health needs

Social Justice and Inclusion Track

- Underserved populations (e.g., racial/ethnic/gender/sexual minority communities)

Co-occurring Disorders Track

- Individuals managing substance use and mental health challenges

Older Adults Track

- Individuals 60 years and older

Equity as a priority: Mental Health Insitute

Diversity of topic areas

Collaborative learning environment

Training materials and resources provided

Free trainings

Continuing Education credits offered

Incorporation of novel evidence-informed frameworks

Mental Health Insitute Equity Focused Outcome: Attendee Diversity

Intellectual and Developmental Disabilities Track	Co-Occurring Disorders Track	Social Justice and Inclusion Track
• **28%** BIPOC attendees • **29%** LGBTQIA+ Attendees • **75%** Metropolitan or Suburban Community • **18%** Rural or Frontier Community • **5%** Tribal Community	• **29%** BIPOC Attendees • **20%** LGBTQIA+ Attendees • **81%** Metropolitan or Suburban Community • **16%** Rural or Frontier Community • **1%** Tribal community	• **43%** BIPOC Attendees • **34%** LGBTQIA+ Attendees • **79%** Metropolitan or Suburban Community • **16%** Rural or Frontier Community • **3%** Tribal community

Impact of Equity Informed Trainings

- Facilitated cultural pride and confidence among clinicians
- Encouraged open-mindedness and cultural curiosity
- Reduced burnout by encouraging therapist creativity and cultural flexibility
- Provided models for shared decision making and collaborative practice with clients
- Increased feelings of empowerment
- Appreciation of community and connection with other providers
- Learning from lived experiences and personal stories shared
- Increased proficiency and comfort working with underserved communities

Qualitative Interview Story

Clarissa

Impact of Equity Informed Trainings on Clinicians

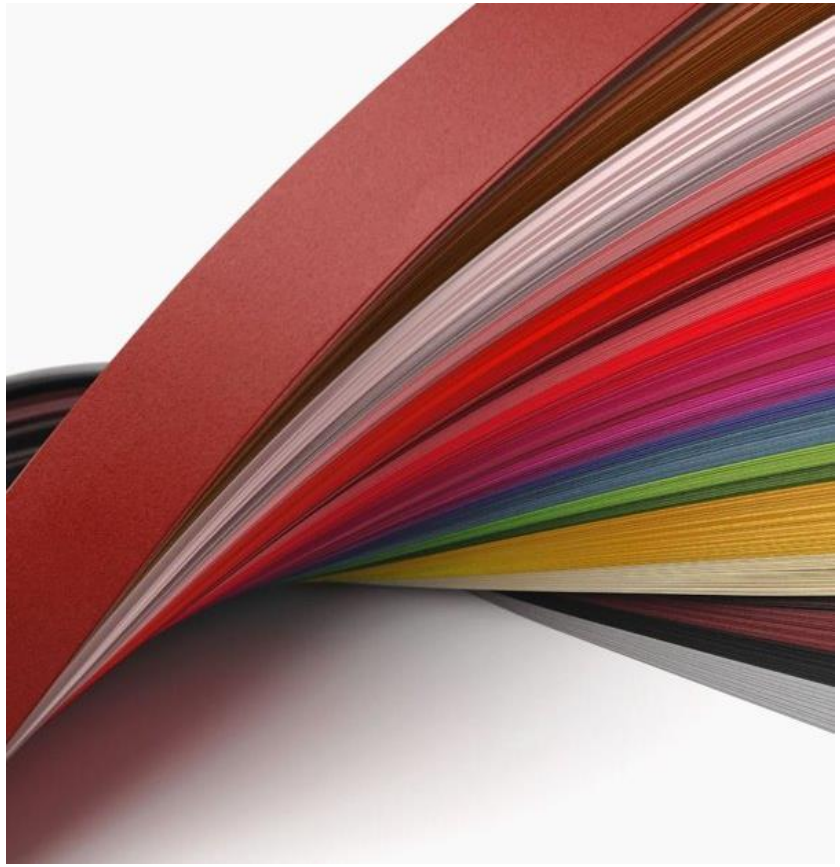
" ...when you feel like you, as a clinician, have all the answers and you have everything-- everything is your responsibility, and the other person's problems are your responsibility... **It can be a lot, and especially with the high demand and the type of problems people come with, it can be very overwhelming.** So it was inspiring in a way that I want to do more of that – **I want to co-create more, and I want to co-design more...because I trust that the people...can bring their own things into session."**

Impact of Equity Informed Trainings

"And I think that's part of what I learned from the liberatory ideas [training]... **You invite people to have critical thinking of their own experiences** and so they can see themselves not only as victims of what happened to them but also as part of a system that can be criticized and can be changed"

"I think **people trust this process more.** I think **people feel more understood. They feel less pathologized... As a therapist, I feel more comfortable doing this.** I feel more secure and more comfortable of my own practice and how am I providing services to people... And in relation to clients...I think that has been **impacting how they trust me more and the process more.** "

TRAINING PROJECT EXAMPLES



Whole Person Care Practices

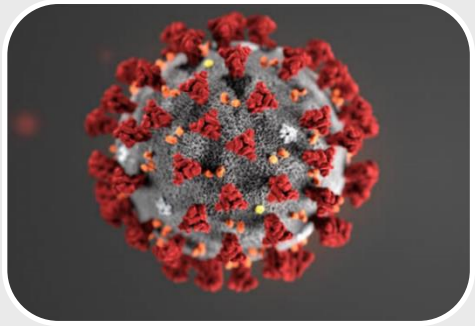
Alaska Native Rural Providers

Disaster Response Skills

Trauma-Informed Supervision

ADAPT & THRIVE for Leadership

Mindfulness for LGBTQI2+ & BBIPOC staff



National ACT Consultation Calls

Stress response & resilience

Anti-Racism in Supervision

Leadership Through Disasters

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

BUILDING CONNECTIONS:
VIRTUAL LEARNING COMMUNITIES

ENGAGING

STRATEGIES

PRACTICAL

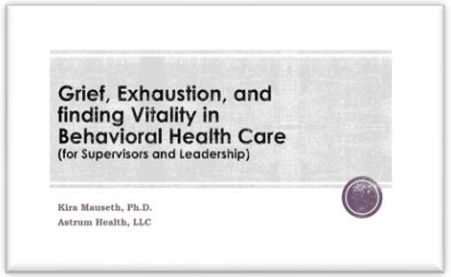
TOOLS

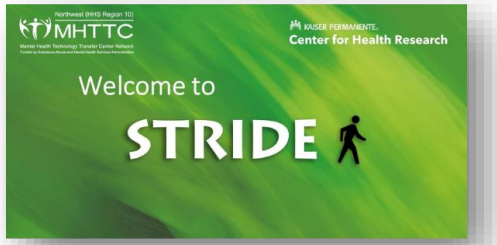
LASTING

CONNECTIONS

- ***Before: engagement & welcoming***
- ***During: learning between sessions***
- ***After: "make it stick" communications***

Examples of Trainings





Topics

- Evidence-Based Practices for Psychosis
- Integrated Care
- School Mental Health
- Culturally-responsive Practices
- Suicide Prevention
- Peer Support
- Supervision Topics
- Provider Well-Being &Resilience
- Native &Tribal Projects

Products

- Podcast “Putting It Together”
- Recorded Webinars
- Publications

INTENSIVE IMPLEMENTATION PROJECT: COGNITIVE BEHAVIORAL THERAPY FOR PSYCHOSIS

A **partnership** with the Early Assessment and Support Alliance (EASA) of Oregon (State-wide network of teams doing coordinated psychosis care)

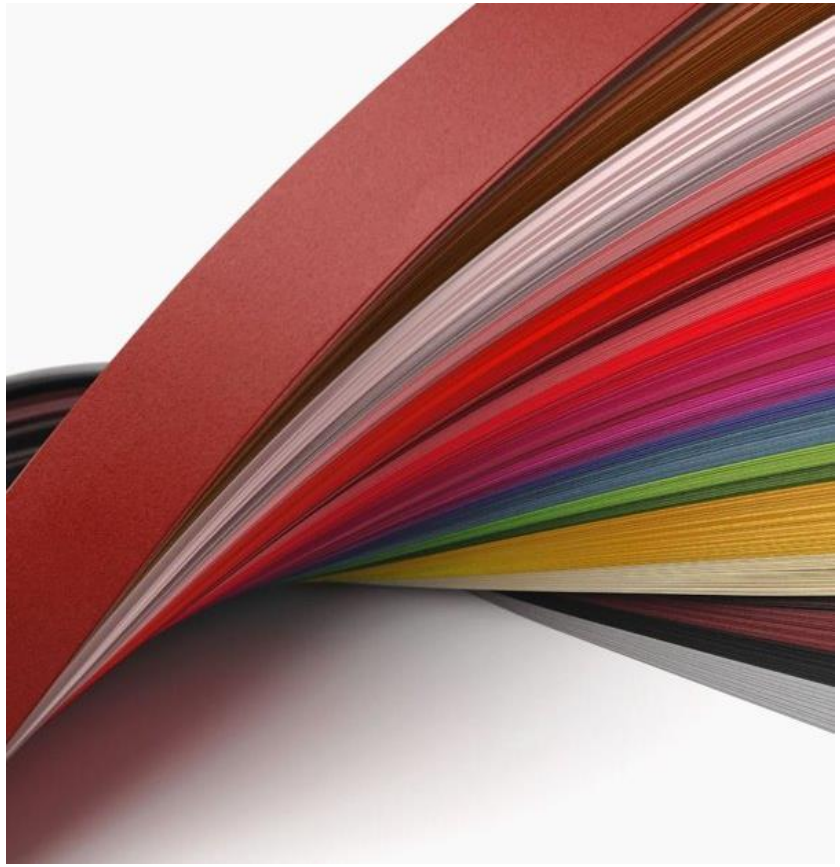
Train practitioners to implement CBTp for first episode psychosis

- **Self-paced, Online e-Primer created**
- **Multi-day, In-person training provided**
- **Ongoing consultation & feedback over months**

CBTp **train-the-trainer** program with the Director of EASA

Evaluations of all elements: e-primer, impact of live training, consultation calls

TRAINING OUTCOMES & LEARNER FEEDBACK



Quotes from learners

I valued sharing our thoughts and feelings, I felt less alone.

The warmth, relatability and authenticity of the instructor made it so easy to participate.

I felt truly connected with a community that got exactly how I am feeling!

Having experts sharing their experiences always makes webinars more interesting.

I gained insight how this impacts working relationships and ways to talk about this with our supervisors.

Pushing me to see things from various perspectives.

I have seen already the improvement in my client's relationship with their family and with themselves.

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

WHAT PEOPLE WISHED FOR:

I wish my whole department was here at this training!

A longer training to be able to go deeper on the subject

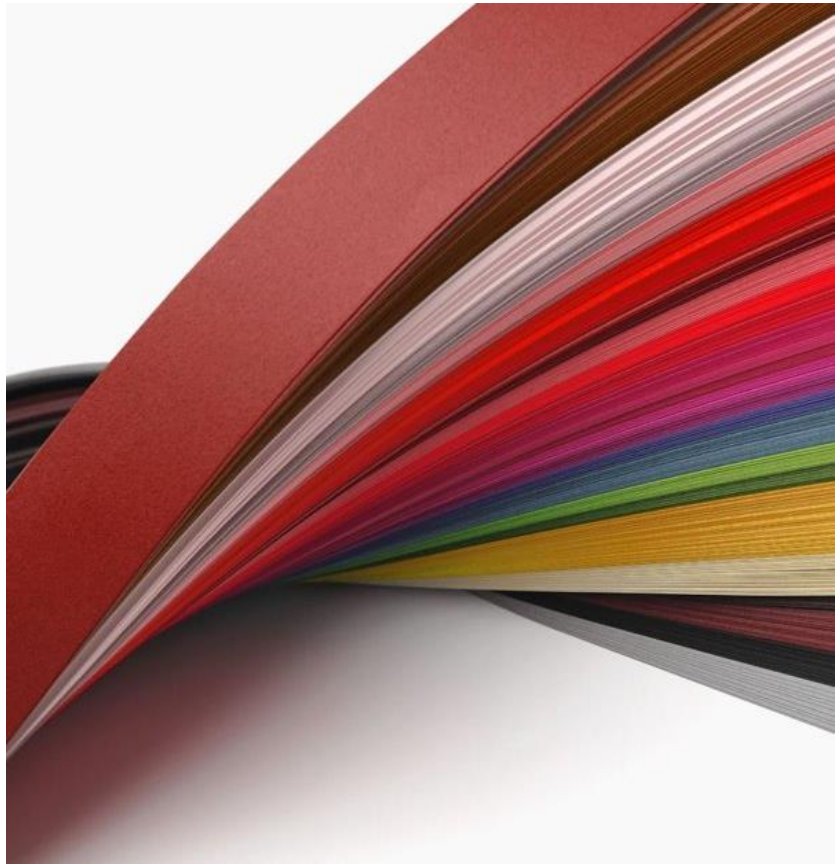
Real hands-on examples for policy and practice change

More concrete ideas on how to create the culture shift we discussed

Specific examples of effective ways to interrupt implicit bias in the clinical setting

More of this! We come together through talking about these issues openly, honestly, and fearlessly.

TOOLS YOU CAN USE



Interactive Ideas for Virtual Sessions

What is the learning goal?

Best strategy to accomplish?

Simple is best

Select a tool / activity

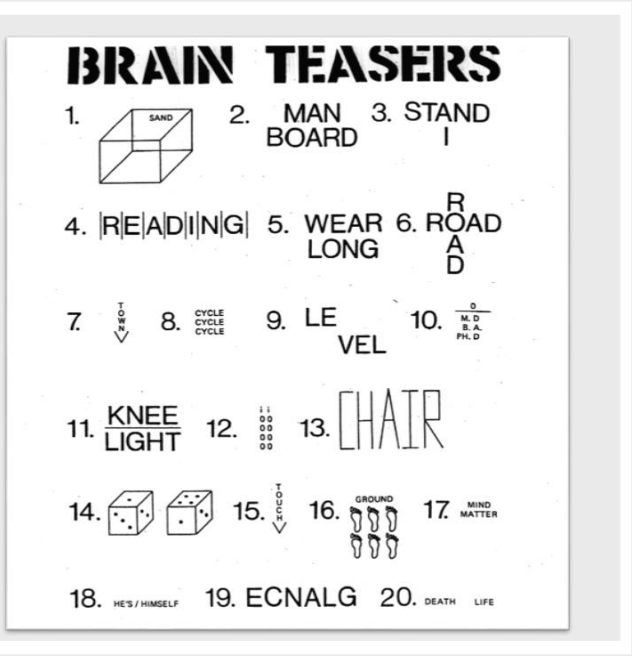
Tools are always updating!

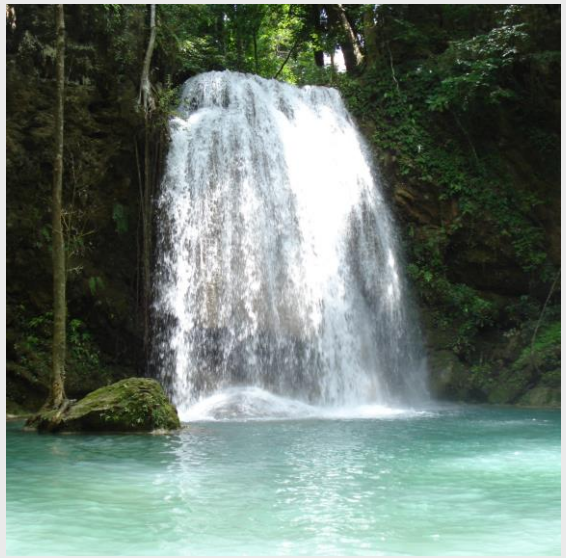
Northwest (HHS Region 10)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Learning Goals & Activity Options

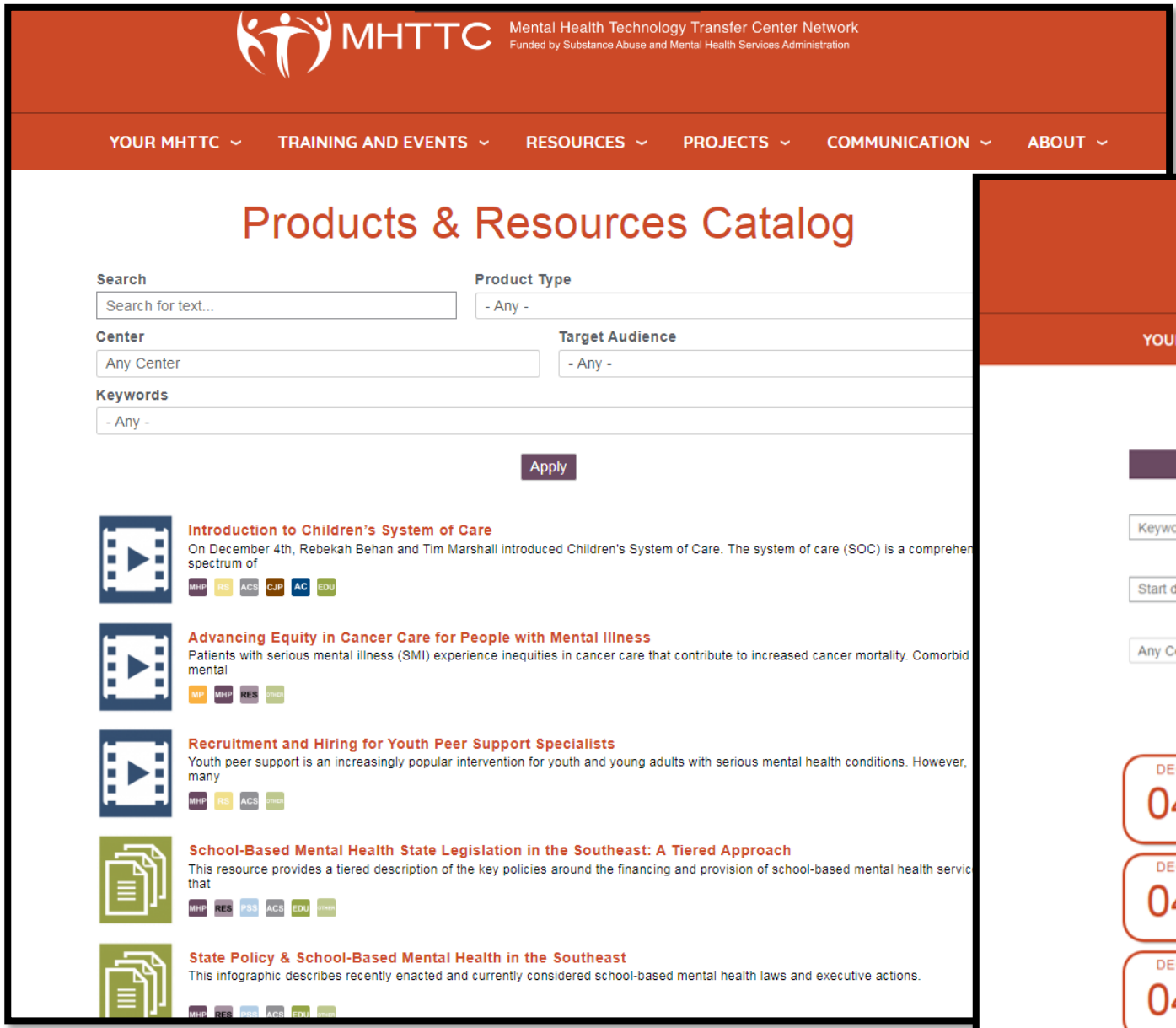
Ice breakers & who's present	Word cloud, comment wall
Connecting with audience	Chat, emoji reactions, signal your response (camera, hand raise)
Assessing & activating prior knowledge	Polls, quizzes
Brainstorming ideas or sharing associations	Whiteboard, annotating a slide together
Connect audience with each other	Breakout rooms
Assessing or reviewing the session's learning, emphasizing take-aways	Responding to knowledge questions
Reactions or responses to shared content	Pause screentime, riddles, puzzles
Brain breaks to refresh	

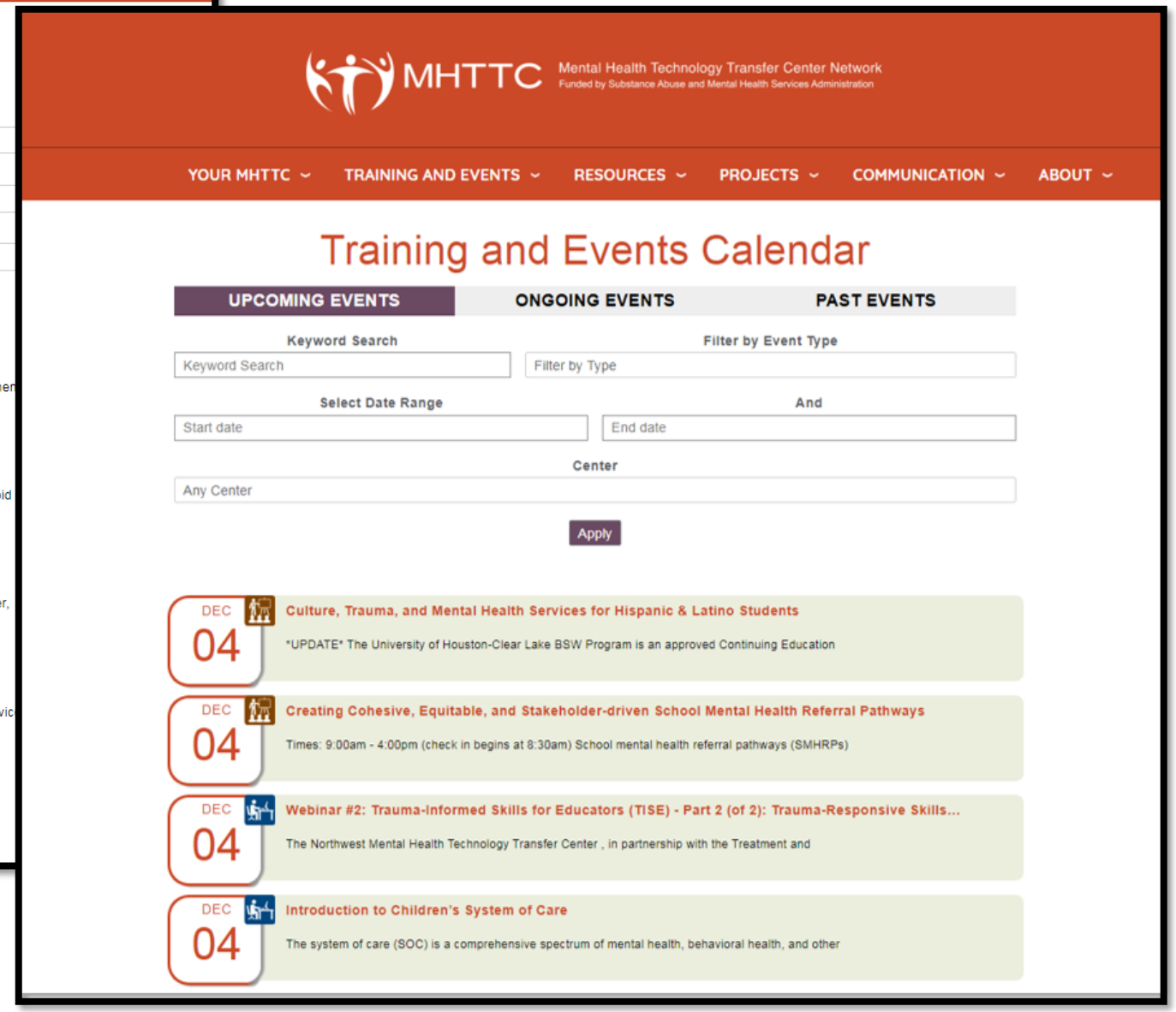
Northwest (HHS Region 10)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration





Tool	Use
Poll	*Ask challenging questions*
Chat	*Encourage dialogue*
Raise Hand	*Ask yes/no or agree/disagree questions*


MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration
YOUR MHTTC
TRAINING AND EVENTS
RESOURCES
PROJECTS
COMMUNICATION
ABOUT
Products & Resources Catalog
Search
Search for text...
Product Type
- Any -
Center
Any Center
Target Audience
- Any -
Keywords
- Any -
Apply
Introduction to Children's System of Care
On December 4th, Rebekah Behan and Tim Marshall introduced Children's System of Care. The system of care (SOC) is a compreher
spectrum of
Advancing Equity in Cancer Care for People with Mental Illness
Patients with serious mental illness (SMI) experience inequities in cancer care that contribute to increased cancer mortality. Comorbid
mental
Recruitment and Hiring for Youth Peer Support Specialists
Youth peer support is an increasingly popular intervention for youth and young adults with serious mental health conditions. However,
many
School-Based Mental Health State Legislation in the Southeast: A Tiered Approach
This resource provides a tiered description of the key policies around the financing and provision of school-based mental health servic
that
State Policy & School-Based Mental Health in the Southeast
This infographic describes recently enacted and currently considered school-based mental health laws and executive actions.


MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration
YOUR MHTTC
TRAINING AND EVENTS
RESOURCES
PROJECTS
COMMUNICATION
ABOUT
Training and Events Calendar
UPCOMING EVENTS
ONGOING EVENTS
PAST EVENTS
Keyword Search
Keyword Search
Filter by Event Type
Filter by Type
Select Date Range
Start date
And
End date
Center
Any Center
Apply
DEC 04
Culture, Trauma, and Mental Health Services for Hispanic & Latino Students
UPDATE The University of Houston-Clear Lake BSW Program is an approved Continuing Education
DEC 04
Creating Cohesive, Equitable, and Stakeholder-driven School Mental Health Referral Pathways
Times: 9:00am - 4:00pm (check in begins at 8:30am) School mental health referral pathways (SMHRPs)
DEC 04
Webinar #2: Trauma-Informed Skills for Educators (TISE) - Part 2 (of 2): Trauma-Responsive Skills...
The Northwest Mental Health Technology Transfer Center , in partnership with the Treatment and
DEC 04
Introduction to Children's System of Care
The system of care (SOC) is a comprehensive spectrum of mental health, behavioral health, and other

YOUR MHTTC ⌄ TRAINING AND EVENTS ⌄ RESOURCES ⌄ PROJECTS ⌄ COMMUNICATION ⌄

CENTRAL EAST MHTTC NAVIGATION (Select to expand / collapse menu) Go to Center

« Back to Product & Resources listing

Diversity, Equity, & Inclusion: Resources for Organizations & Front Line Staff

Collaborating TTC: Central East MHTTC
Publication Date: November 10, 2021

DOWNLOAD

MP MHP RES PSS ACS EDU OTHER

This publication is designed to help organizations and staff address issues of diversity, equity, and inclusion in the workplace. It includes an array of resources that provide guidance about raising awareness, assessing competencies, implementing strategic planning, and advanced training opportunities.

Central East (HHS Region 3)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

TTC Racial Equity Tool 2020.pdf

TTC Technology Transfer Centers
Funded by Substance Abuse and Mental Health Services Administration

A culturally responsive organization is one that is dynamic, on a committed path to addressing power relationships and improving racial equity, and is purposefully designed to be responsive to the interests of communities of color, customers of color, and staff of color. The Addiction Technology Transfer Center (ATTC) Network Coordinating Office (NCO), Prevention Technology Transfer Center (PTTC) NCO, and Mental Health Technology Transfer Center (MHTTC) NCO, developed this document to support the TTCs as we work separately within each of our Centers and collaboratively across networks to build cultural responsiveness and eliminate behavioral health disparities.[1]

"Racial equity is defined as just and fair inclusion into a society in which all people can participate, prosper, and reach their full potential. Said another way, a racially equitable society is one in which racial disparities in health, education, wealth, and other areas do not exist."[2] TTCs must work across two fronts to advance racial equity as well as culturally and linguistically appropriate behavioral health services: (1) internally within our own Centers and networks and (2) externally in our public facing efforts.

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

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

RESOURCES

SAMHSA
Substance Abuse and Mental Health Services Administration

NORTHWEST MHTTC

- Website
  - Note that anything on the orange bar at the top beyond "your MHTTC" is the NATIONAL centers' combined info
  - Our info is under the grey navigation menu that expands
- Areas of Focus
- Our Publications
- Our Podcast "Putting It Together"
- Staff & Faculty Directory
- Regional Advisory Board members
- Online Courses
- Our Learning Communities
- Archived Webinars
- School Mental Health

MHTTC NETWORK

- https://mhttcnetwork.org/

Other Region 10 TTCs

- Addiction TTC
- Prevention TTC
- https://techtransfercenters.org/landing
- https://techtransfercenters.org/events

HealtheKnowledge (free online courses in behavioral health)

- https://healtheknowledge.org/

UW SPIRIT Lab

https://uwspiritlab.org/

University of Washington

Department of Psychiatry & Behavioral Sciences
University of Washington Race & Equity Initiative Anti-Racism Resources

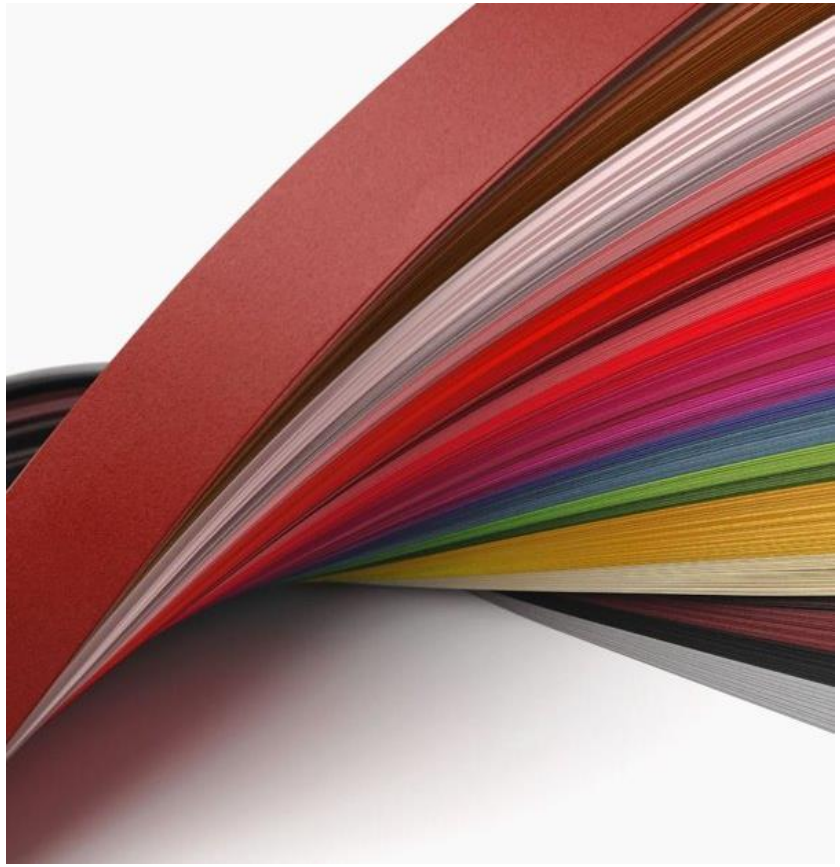
SAMHSA TRAINING & OTHER RESOURCES

- Practitioner Training & Centers
- National Network to Eliminate Disparities in Behavioral Health (NNED)
- https://www.samhsa.gov/behavioral-health-equity
- OMH National Standards on Culturally and Linguistically Appropriate Services in Health and Health Care (National CLAS Standards)
- 988 Suicide & Crisis Lifeline
- HHS Think Cultural Health—CLAS Standards
- Health Equity Guiding Principles for Inclusive Communication
- EVIDENCE-BASED RESOURCE GUIDE SERIES: Addressing Burnout in the Behavioral Health Workforce Through Organizational Strategies

OTHER WEBSITES & RESOURCES OF INTEREST

- 21 Day Equity Challenge
- Pronouns Matter
- Region 9 MHTTC publications:
  - "Assessing Workforce Diversity: A Tool for Mental Health Organizations on the Path to Health Equity"
  - Integrating Cultural and Linguistic Competence: Leading From Where You Are (slides)
  - Virtual Learning Guide
  - Virtual Learning Study Guide recordings: Technology practice & Facillitation practice
- Region 3 MHTTC publication:
  - Diversity, Equity, & Inclusion: Resources for Organizations and Front Line Staff
- Liberating Structures
- Circle Up Conscious Conversations
- Beginning Courageous Conversations about Race
- Norms for Facilitating Courageous Conversations –Cultures Connecting
- NORMS FOR COURAGEOUS CONVERSATIONS handout worksheet—Cultures Connecting
- Establishing An Equity Team—Cultures Connecting
- National Equity Project Virtual Facilitation Guidelines & Resources
- American Psychiatric Association: Mental Health Disparities
- Project Implicit
- White Privilege: Unpacking the Invisible Knapsack by Peggy McIntosh (1989)

PLAN SOMETHING!



TRY SOMETHING NEW

GOAL: What do you want to achieve?

PLAN: How should you try it?

SET DUE DATE: When to do it?

DO IT: You never know until you try!

EVALUATE: What happened? Assessment of process & outcomes

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

WAS SOMETHING USEFUL?

- Models & components
- Benefits & challenges
- Examples
- Plan an activity
- Practical tools & free resources

QUESTIONS?

We might have answers,

and so might you!

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

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

SPIRIT
Supporting Psychosis Innovation through Research, Implementation & Training

UW Medicine
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

THANK YOU FOR LEARNING WITH US!

CHRISTINA CLAYTON
cclayton@uw.edu

AKANSHA VASWANI-BYE
avb9@uw.edu

SARAH FIKRE
fikres@uw.edu