STRIDE

Empowering Wellness:

Implementing STRIDE from Research to Real Life

UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

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

AGENDA

- INTRODUCTIONS & AIMS
- PROJECT OVERVIEW
- IMPLEMENTING CHANGE
- STRIDE ILLUSTRATION
- SUPPORTING IMPLEMENTATION
- TOOLS YOU CAN USE
- Q & A

INTRODUCTIONS & AIMS

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

WERT
Wraparound Evaluation & Research Team

UW Medicine
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

CHRISTINA CLAYTON
LICSW, SUDP
She/her

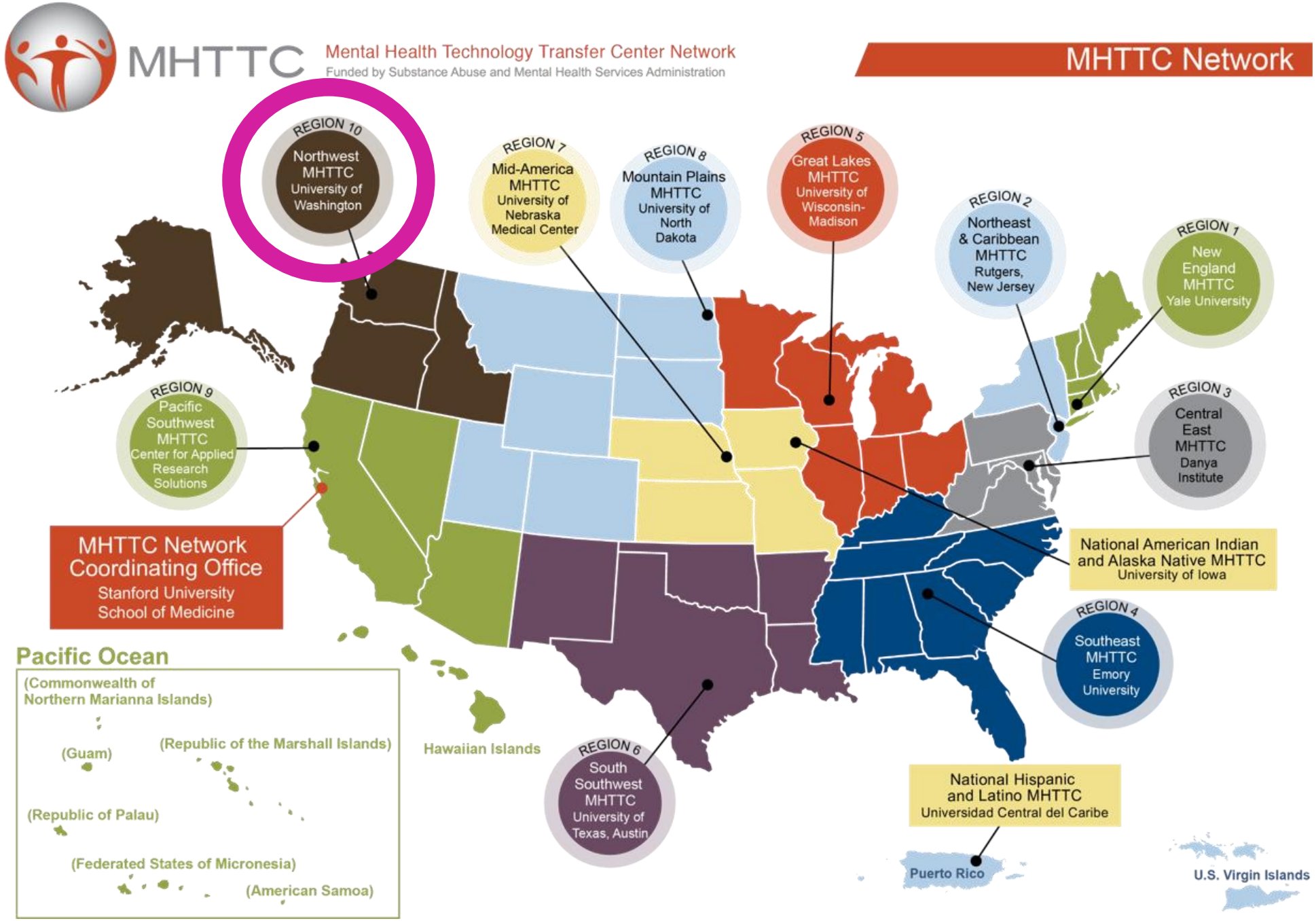
Co-Director, Northwest MHTTC
Clinical Assistant Professor
School of Social Work
UNIVERSITY OF WASHINGTON

JONATHAN OLSON
PHD
He/him

Senior Research Scientist
Northwest MHTTC
Wraparound Evaluation & Research Team
UNIVERSITY OF WASHINGTON

GABRIELLE ORSI
PHD
She/her

Program Manager
Northwest MHTTC
UNIVERSITY OF WASHINGTON


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

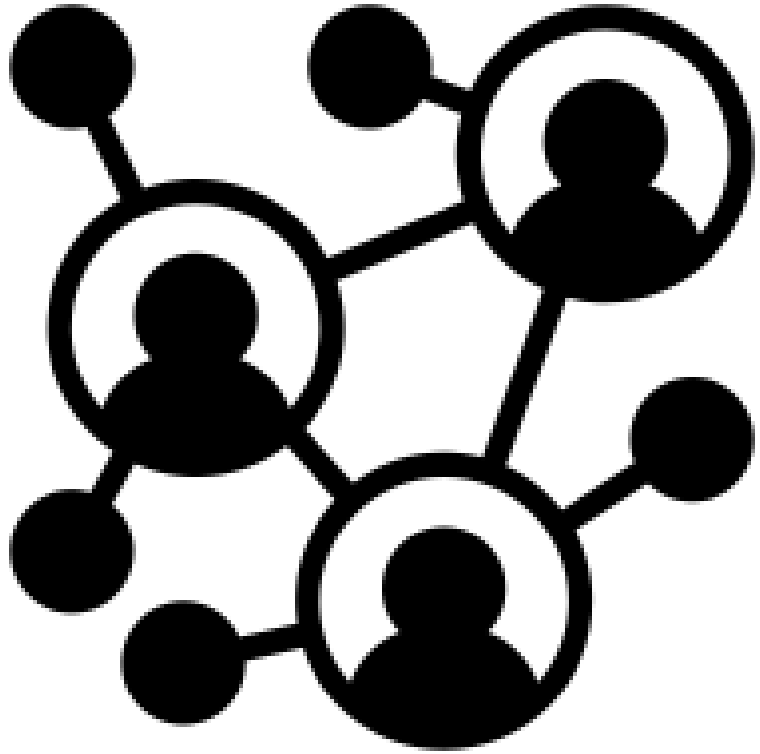
SAMHSA
Substance Abuse and Mental Health Services Administration

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.

Have you tried to implement a change at work?

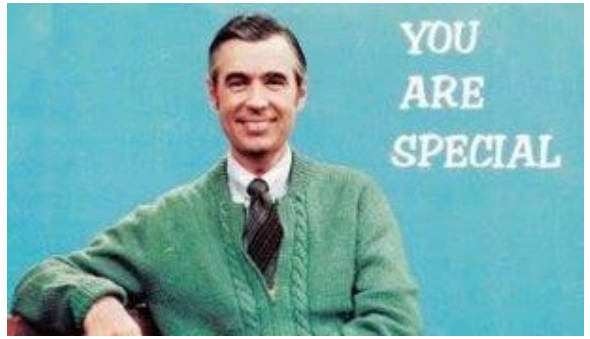
- *Professional Practice*
- *Team*
- *Agency*

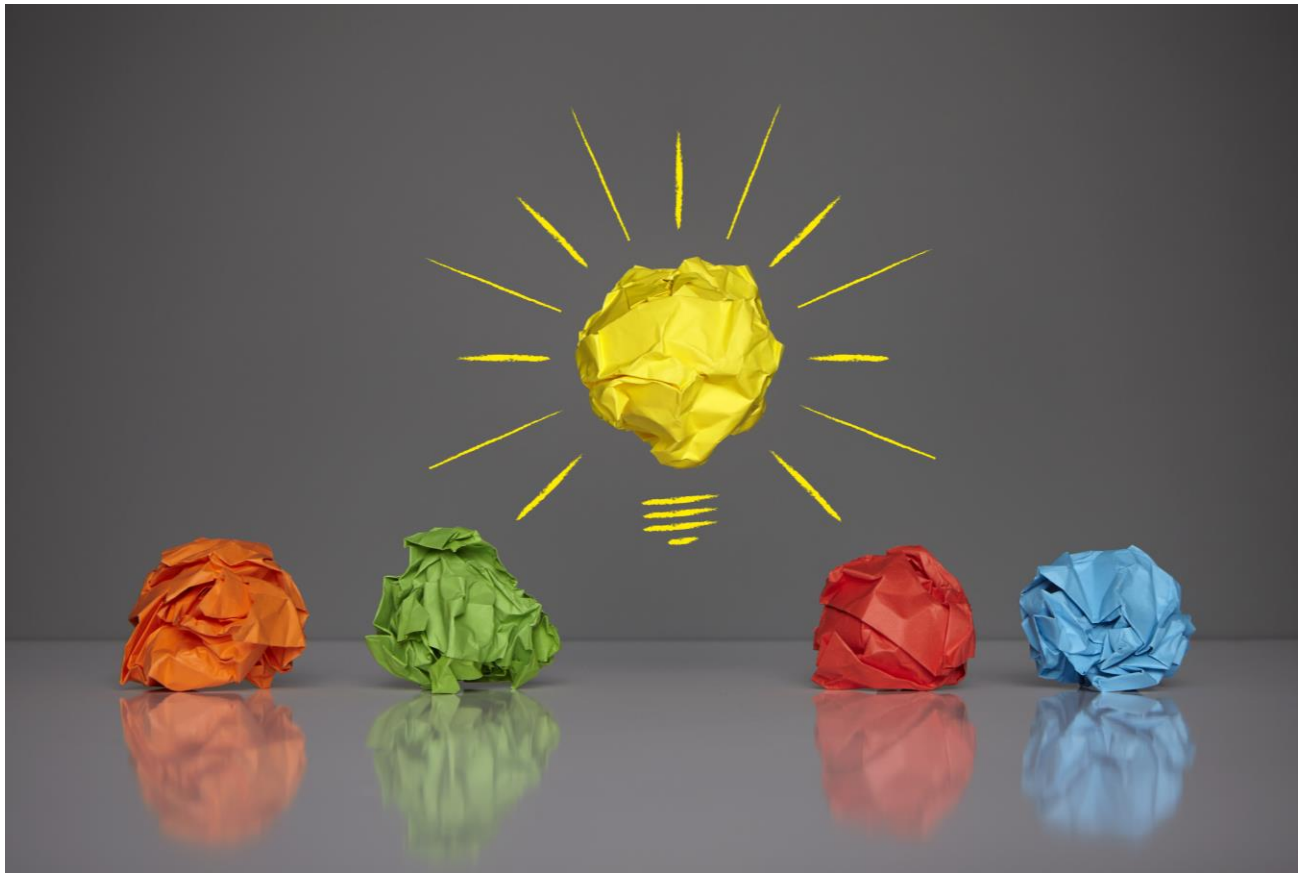


Learning Objectives & Aims

Examine	Learn	Anticipate	Discuss
Examine implementing a new practice	Learn how to adapt trainings	Anticipate barriers and facilitators	Discuss practical strategies

WHAT BRINGS YOU HERE TODAY?





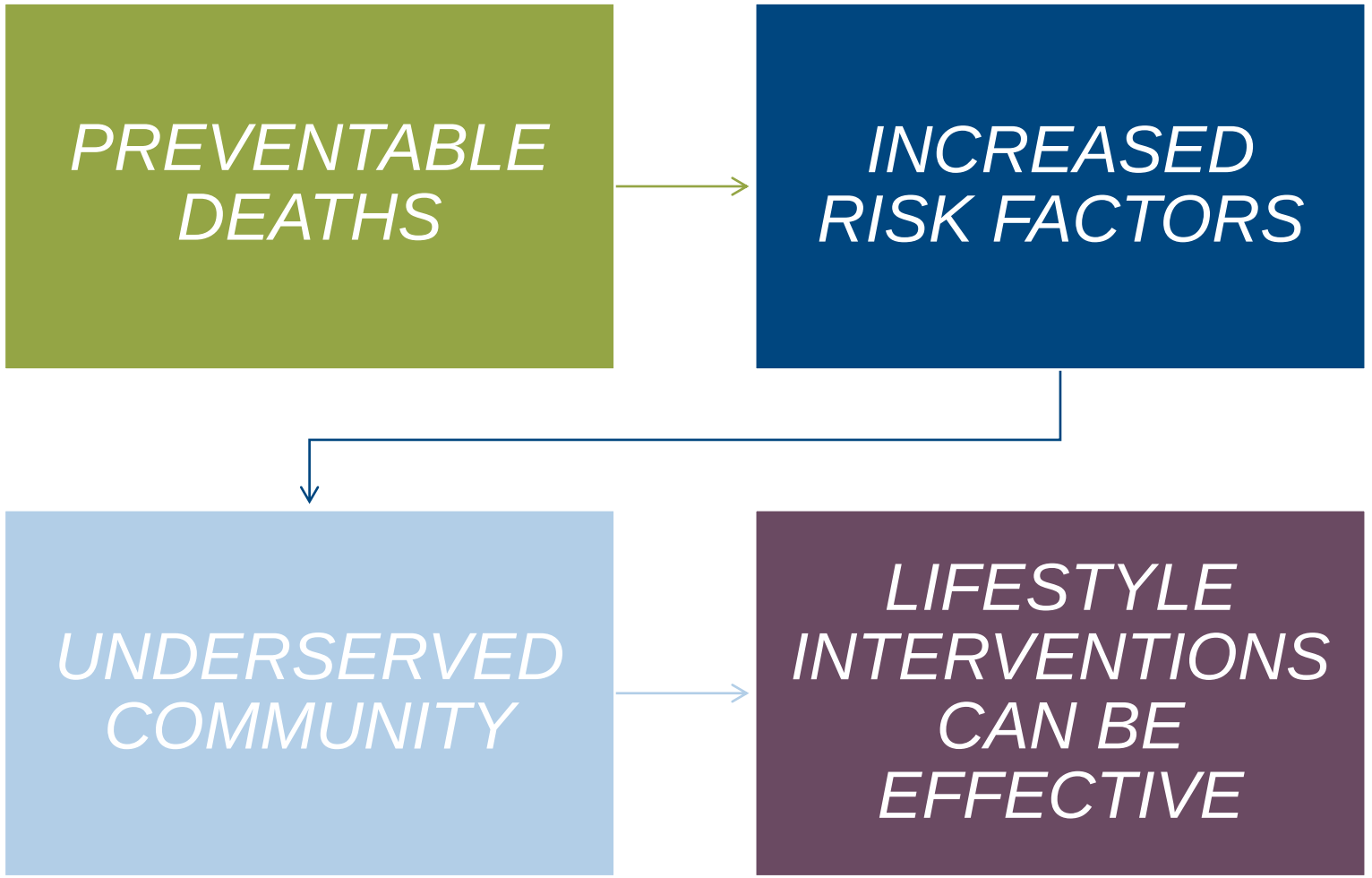
PROJECT OVERVIEW

LET'S TAKE A JOURNEY!

STRIDE

Why the STRIDE Program was created

KAISER PERMANENTE®
Center for Health Research



What is the STRIDE program?

- Lifestyle intervention for people with serious mental health issues
  - Weekly group meetings (6 mo)
  - Monthly maintenance meetings (6 mo)
- Small changes made over time
- Provide tools and information to help participants make their own choices
- Group leaders provide support and help with problem-solving

© Kaiser Permanente Center for Health Research, 2021. All Rights Reserved.

STRIDE

KAISER PERMANENTE®
Center for Health Research

Lifestyle Intervention Helps People Taking Antipsychotic Medications Lose Weight and Reduce Diabetes Risk

Press Release: Sep 15, 2014 -- American Journal of Psychiatry

People with serious mental illnesses already at higher risk for obesity; medications that control their symptoms often lead to additional weight gain.

- *200 people in study (half intervention, half control group)*
- *All classified as overweight or obese, and taking antipsychotic medications for serious mental illness*

OUTCOMES for intervention group at end of year-long study:

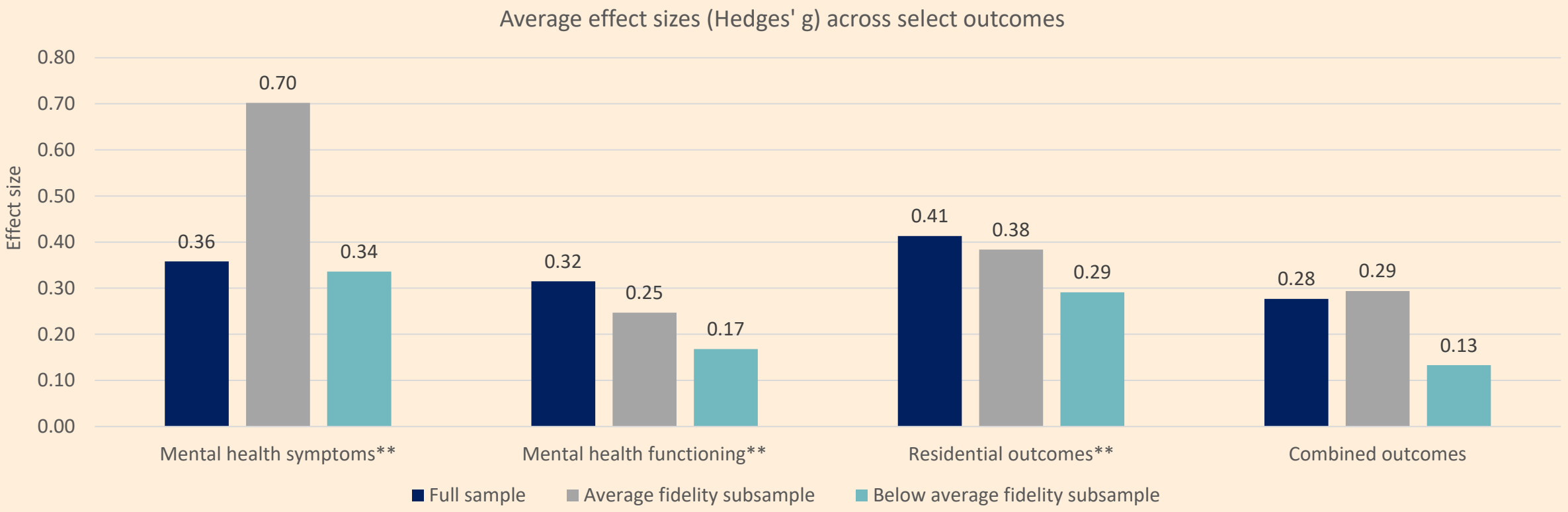
- lost weight & kept it off
- more than twice as likely to have normal fasting glucose levels
- 1/3 the rate of medical hospitalizations compared to control group

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

Collaborate with STRIDE Researchers & Trainers
Train a group of providers at a BH agency
Implement STRIDE model in real life!
ARE WE READY?

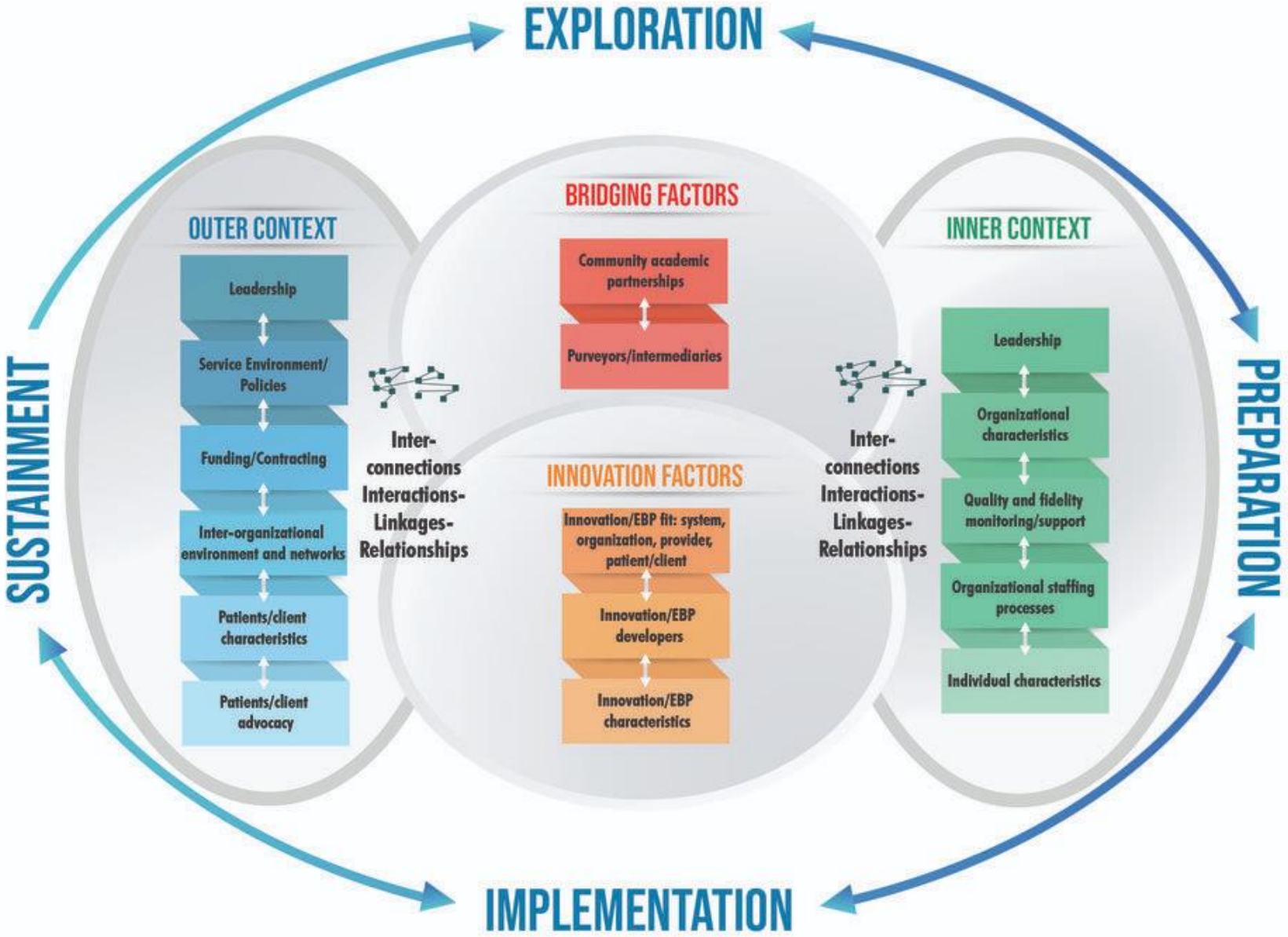
IMPLEMENTING PRACTICE CHANGE

Why should we care about implementation quality?



* Average fidelity subsample demonstrated adequate adherence to Wraparound practice elements across most Wraparound Fidelity Index subscales.
**Note: Only a single study assessed each individual outcome in either the average or below average fidelity subsamples

The EPIS model helps organize the many factors that influence implementation quality

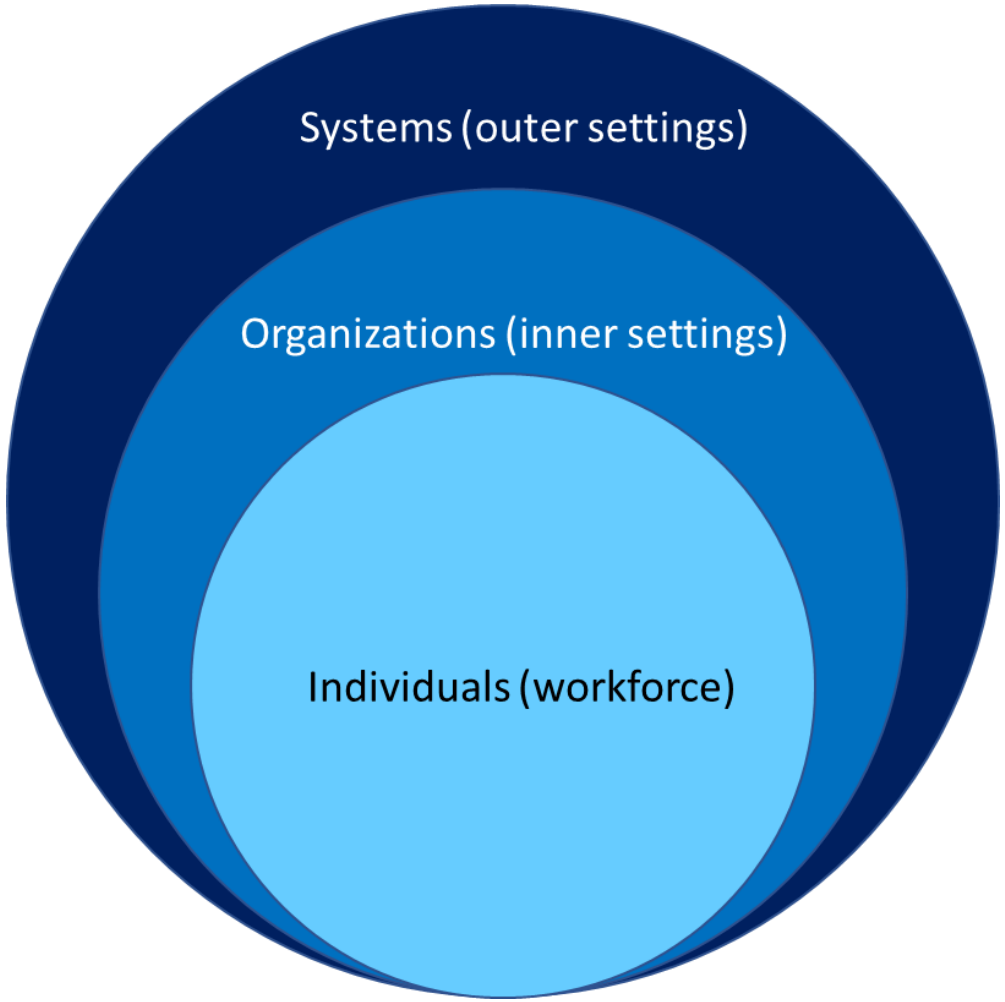


Implementation cannot be separated from context

At the simplest level, we can think of three levels of context:

- Individuals
- Organizations
- Systems

We see many barriers and facilitators to implementation within each of these settings



We can learn more about the impact of context from the fictional world of

Individuals

At the individual level, Mr. Rogers is surrounded by friendly neighbors who are committed to helping children learn and gain positive experiences

The individuals within Mr. Rogers' neighborhood are embedded within a cozy house that includes a creative world of make-believe that is filled with numerous resources including puppets, props, and educational materials

Inner Settings

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

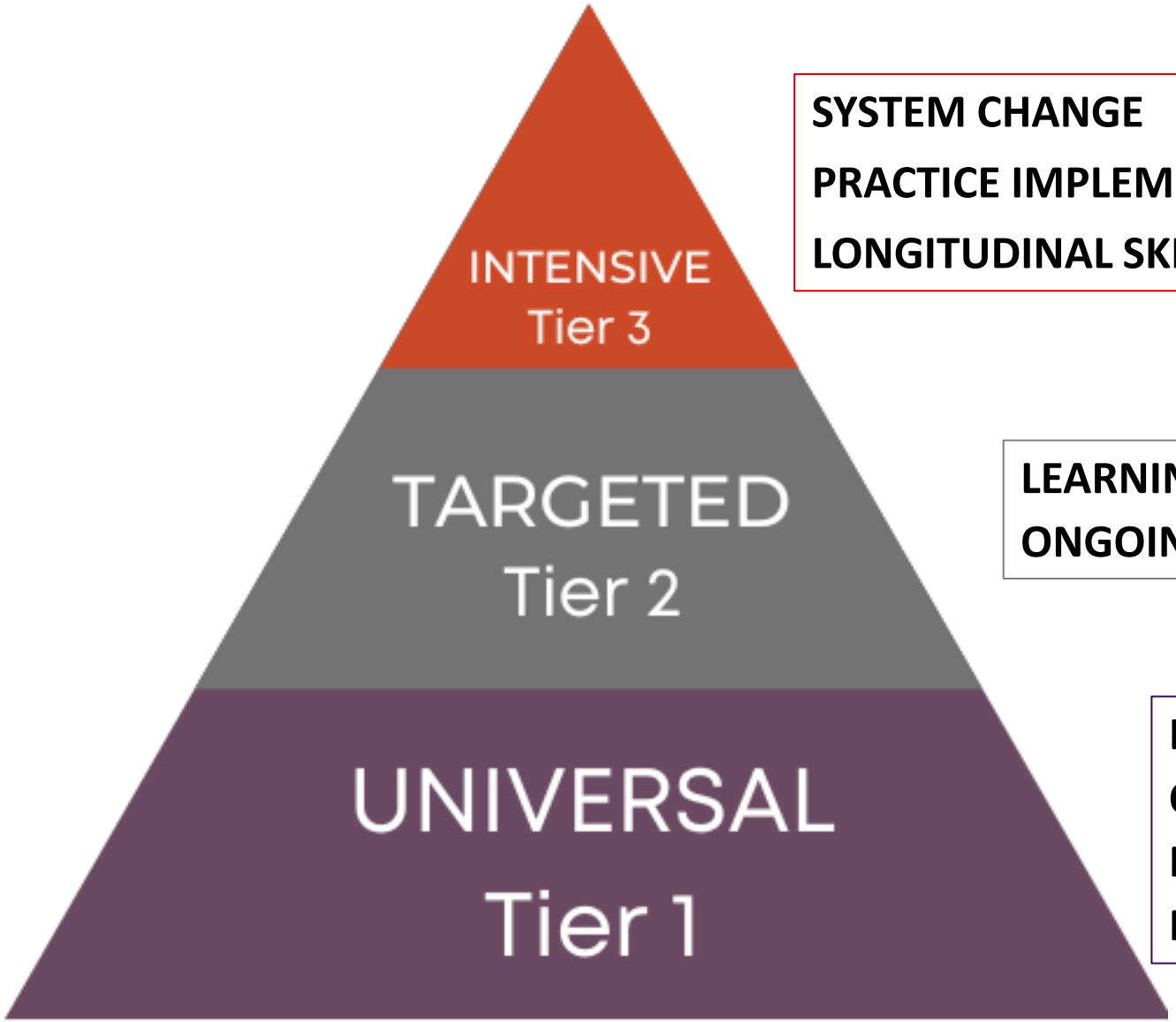
Outer Settings

Mr. Rogers' house is embedded within a resource-filled community that includes specialty shops, museums, a library, a post-office, and a bakery, among many other community assets. The community appears safe and provides a supportive environment that helps enable Mr. Rogers' efforts to support young people.

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

How is context similar across Mr. Rogers' neighborhood and EBPs?

	Mr. Rogers' Neighborhood:	EBPs:
Individuals	Friendly neighbors • Mr. Rogers • Mr. and Mrs. McFeely • Lady Aberlin • Officer Clemmons	Behavioral health professionals: • Clinicians • Supervisors • Administrators • Staff
Inner Settings	Mr. Rogers' house: • Living room • Land of make-believe • Culture, values, climate	Provider agencies: • Resources • Organizational culture, values • Leadership
Outer Settings	Mr. Roger's neighborhood • Stores • Museums • Parks, safe streets, etc.	Systems-level factors, including: • Policies • Financing structures • Government priorities



SYSTEM CHANGE

PRACTICE IMPLEMENTATION

LONGITUDINAL SKILL-BASED COHORTS

LEARNING COMMUNITIES

ONGOING CONSULT CALLS

LIVE WEBINARS & RECORDINGS

ONLINE COURSES

PUBLICATIONS

PODCASTS

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

KAISER PERMANENTE
Center for Health Research

COMPREHENSIVE LIFE RESOURCES

STRIDE

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

STRIDE INTENSIVE PROJECT:

- Asynchronous online foundational e-course
- Live training
- Evaluation
- Coaching sessions
- Curriculum package
- Training videos
- Full training e-course

ADMINISTRATOR
STUDENT
PEER
RESEARCHER
RECOVERY SPEC
COMMUNITY WORKER
CJ/LAW PROF'L
COUNSELOR
SOCIAL WORK
NURSE
OTHER
HEALTH EDUC
PSYCHIATRIST
DENTIST
ADDICTIONS
EDUCATOR
PHYSICIAN
NURSE PRACT
PHYS ASST
PSYCHOLOGIST
PHARMACIST

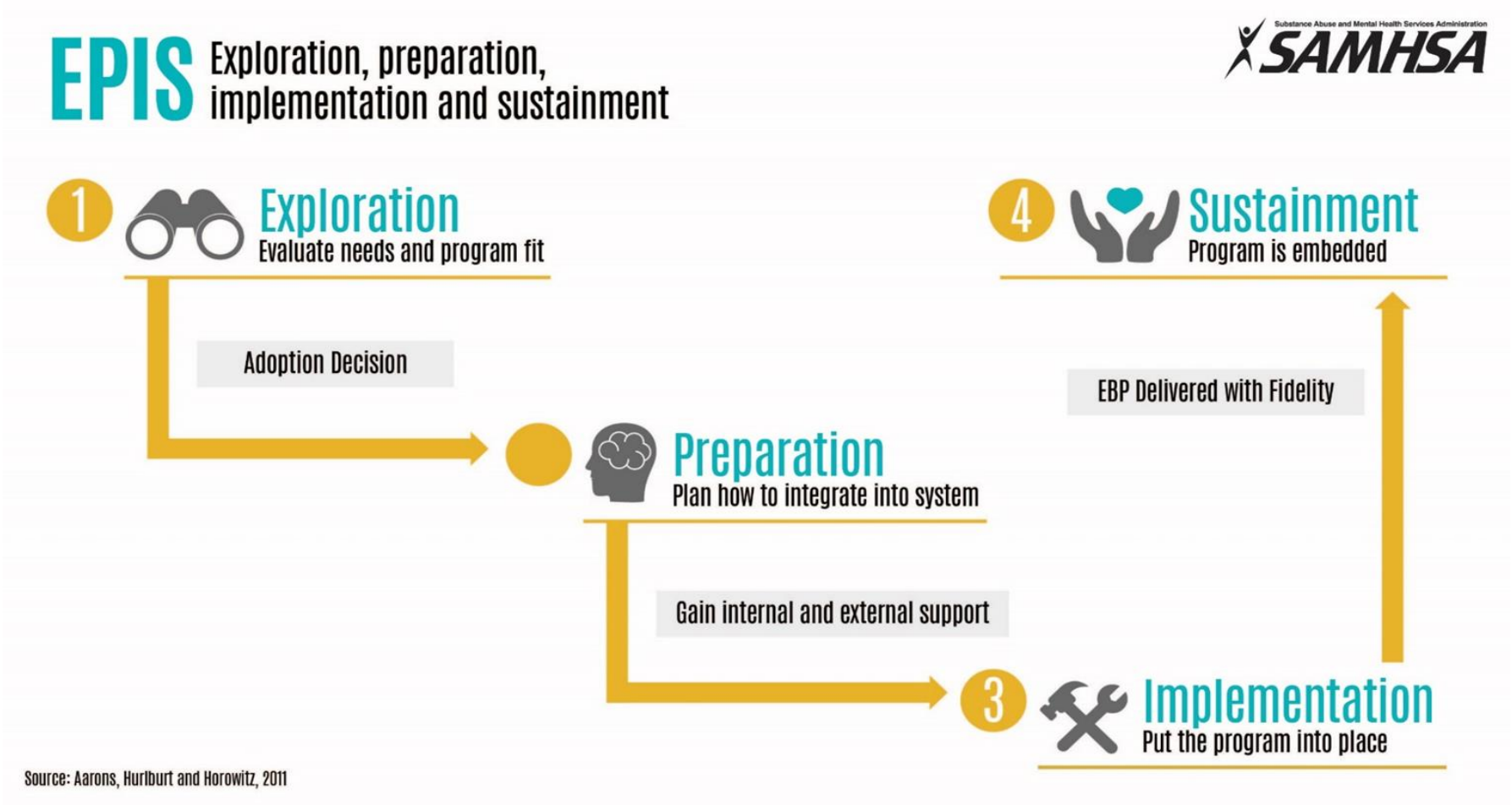
COMM-BASED ORG
OTHER
COMM COALITION
COMM HEALTH
HIGHER ED
SUD TX
PRIMARY CARE
MILITARY/VA
PRIVATE PRACTICE
MH COMM/TX
EDUCATION
TRANSIT/SUPP LIV/GROUP HOME/SNF
SUD PREV
PSYCH/GEN/FQHC HOSPITAL
COMM RECOV SUPP
CJ/CORRECTIONS

STRIDE ILLUSTRATION

EPIS & STRIDE

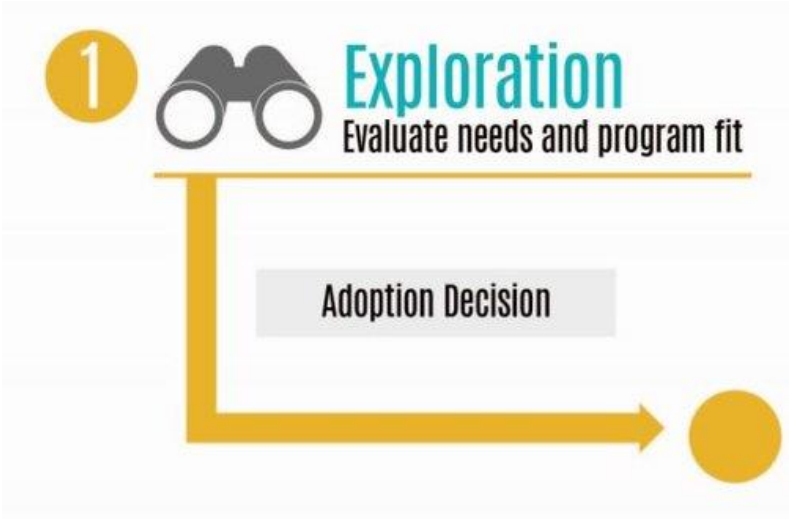
Northwest (HHS Region 10)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The Northwest MHTTC followed the EPIS stages in its support of STRIDE implementation



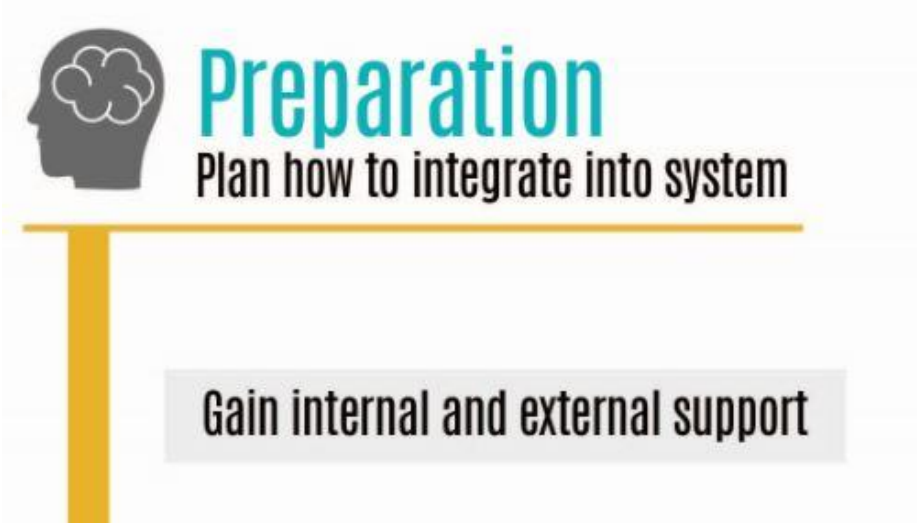
Exploration stage: Is STRIDE the right intervention?

- **Organizational consultation meetings** were held in March and June 2021 to review requirements for implementation
  - Explored **if the intervention fit** with organizational needs and overall vision
  - Our partners included:
    - A newly granted Certified Community Behavioral Health Clinic (CCBHC)
    - KPCHR developers of the STRIDE intervention



Preparation phase: Planning and implementing workforce training to support STRIDE implementation

- **Planning meetings** to develop an implementation blueprint and timeline
  Educational meetings to introduce STRIDE to stakeholders at clinical sites
- **Educational materials developed** and delivered in collaboration with subject matter experts (SMEs):
  - 30-minute online introduction to the topic
  - Live virtual training was conducted over two days in September 2021



Implementation stage: Supporting STRIDE group facilitators during implementation

- One of the developers of STRIDE provided **ongoing consultation** to support implementation:
  - Meetings to reinforce clinical skills and competence
  - Weekly meetings for first month, then bi-weekly for 6 months
- **Consultation calls** designed to troubleshoot challenges and guide adaptations to the intervention

Sustainment stage: Continued support designed to maintain STRIDE over time

- After the 6-month implementation phase, **monthly calls were continued** to provide ongoing support
  - Continue problem-solving
  - Brainstorm ways to promote the program to clinicians and potential participants
  - Support content changes, and transitions in frequency of meetings of STRIDE groups over time

STRIDE ILLUSTRATION

HOW DID IT GO?

We encountered numerous contextual barriers and facilitators across all EPIS stages

Contextual level	Barriers	Facilitators
Outer setting	• COVID-19 pandemic surge	• Medicaid focus on integrated care
Inner setting	• Funding necessitated rushed launch • Open staff positions • Competing org demands • No protocols for referrals • Staff turnover	• Buy-in from org leaders • Healthy lifestyle emphasized at org level • Grant funding • Data tracking tools • Enrollment targets established
Individual	• Challenges following manualized curriculum • Inconsistent attendance at coaching calls	• Staff engagement and interest
Intervention	• More time-intensive than other group interventions	• Structured curriculum • Engaging sessions

Responses to select barriers were varied:

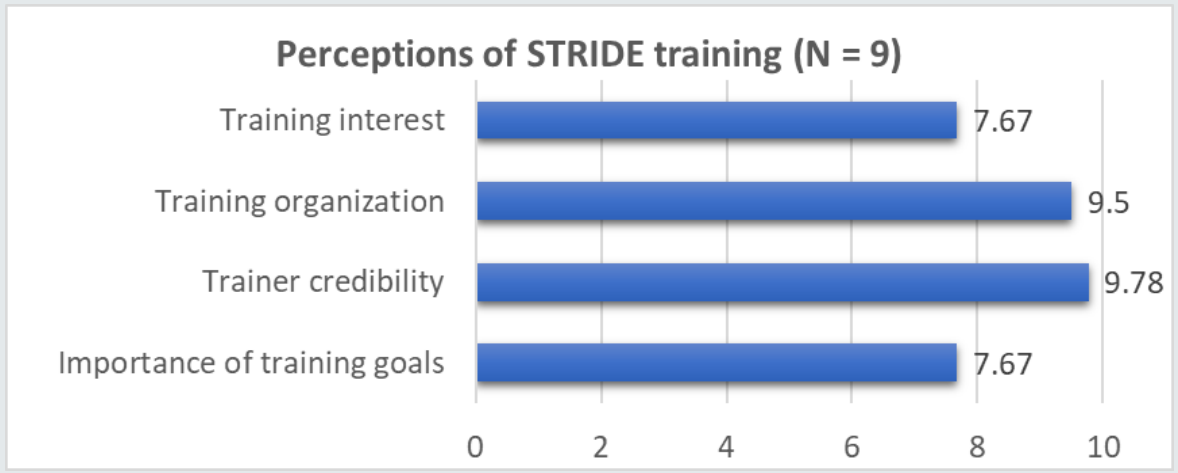
Contextual level	Barriers addressed	Responses
Outer setting	• Pandemic surge	• Curriculum was adapted to online/hybrid format
Inner setting	• Staffing • Lack of participant referrals	• Began STRIDE implementation with a single facilitator • Started STRIDE with participants from an existing wellness group
Individual	• Time constraints	• Some STRIDE session topics were skipped or carried over to future sessions
Intervention	• Length of curriculum	• STRIDE sessions were launched as open enrollment rather than following cohorts

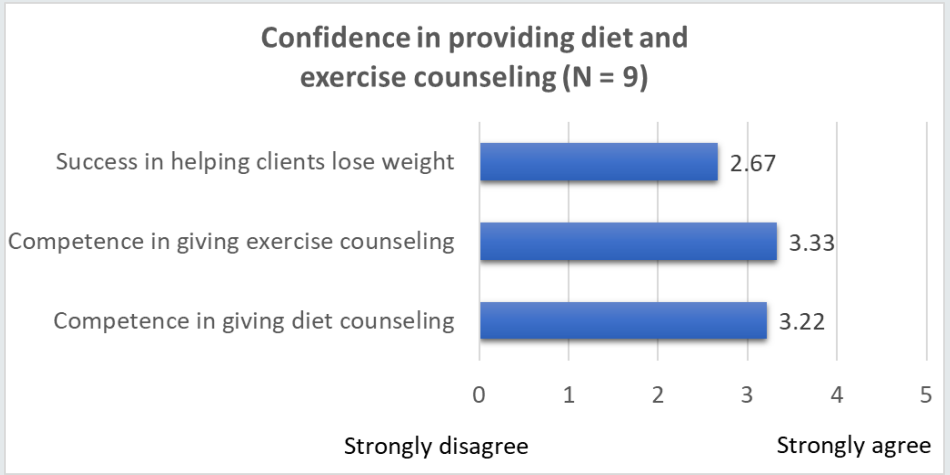
Reflections

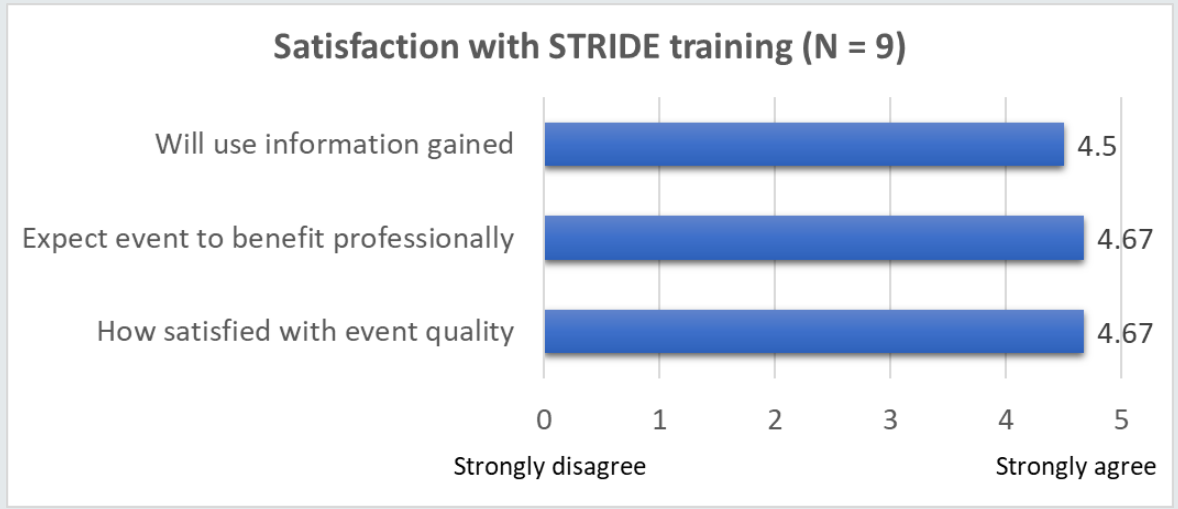
- *SETTING OUR INTENTION*
- *ASSESSING OUR IMPACT*
- *BEING ACCOUNTABLE*

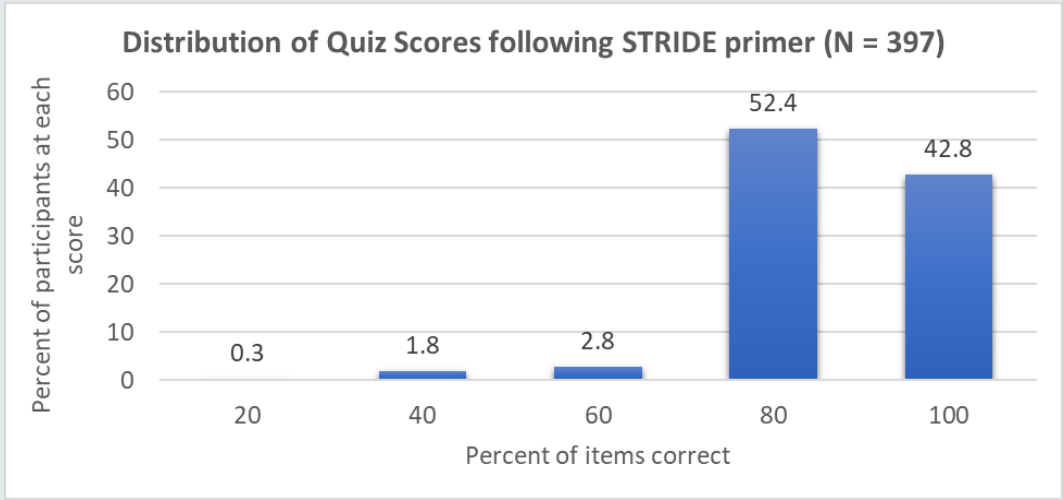
Northwest (HHS Region 10) MHTTC Mental Health Technology Transfer Center Network Funded by Substance Abuse and Mental Health Services Administration

Results from post-event survey indicate that the STRIDE training was well-received









What are ways we can better support implementation of practice change?

Examples of outer-context **facilitators**:

- Available funding
- Political priority
- Public demand

Examples of organization-level **facilitators:**

- Innovative organizational culture
- Supportive leadership
- Organizational resources

Examples of individual-level **facilitators**:

- Motivated workforce
- Skilled practitioners

TOOLS YOU CAN USE

Resources to support implementing practice change

- STRIDE summary & Curriculum Package
- Online resources
- Series from MHTTC
- SAMHSA publications
- Using resources more intentionally
  - *Virtual, group, cohort*

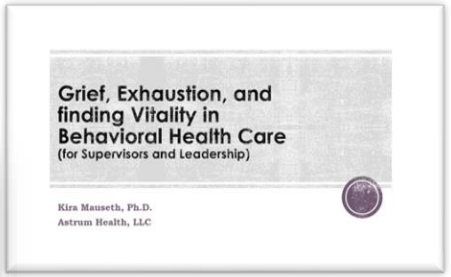
Making it Stick: A Guide to Using Dissemination and Implementation Science in Planning High-Impact Training and Technical Assistance

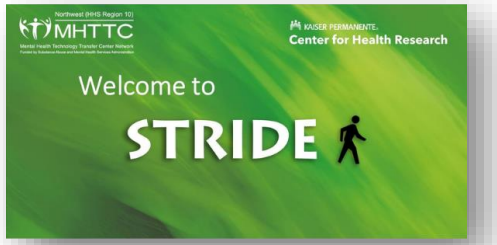
- Based on live learning community for MHTTC Regional Centers

Session Recordings and Slide Decks

- *Session 1 - D&I Science: Where do we start?*
- *Session 2 - Rollout: How do we decide what to do?*
- *Session 3 - Working Session: How do we put what we've learned into practice?*

Examples of Trainings



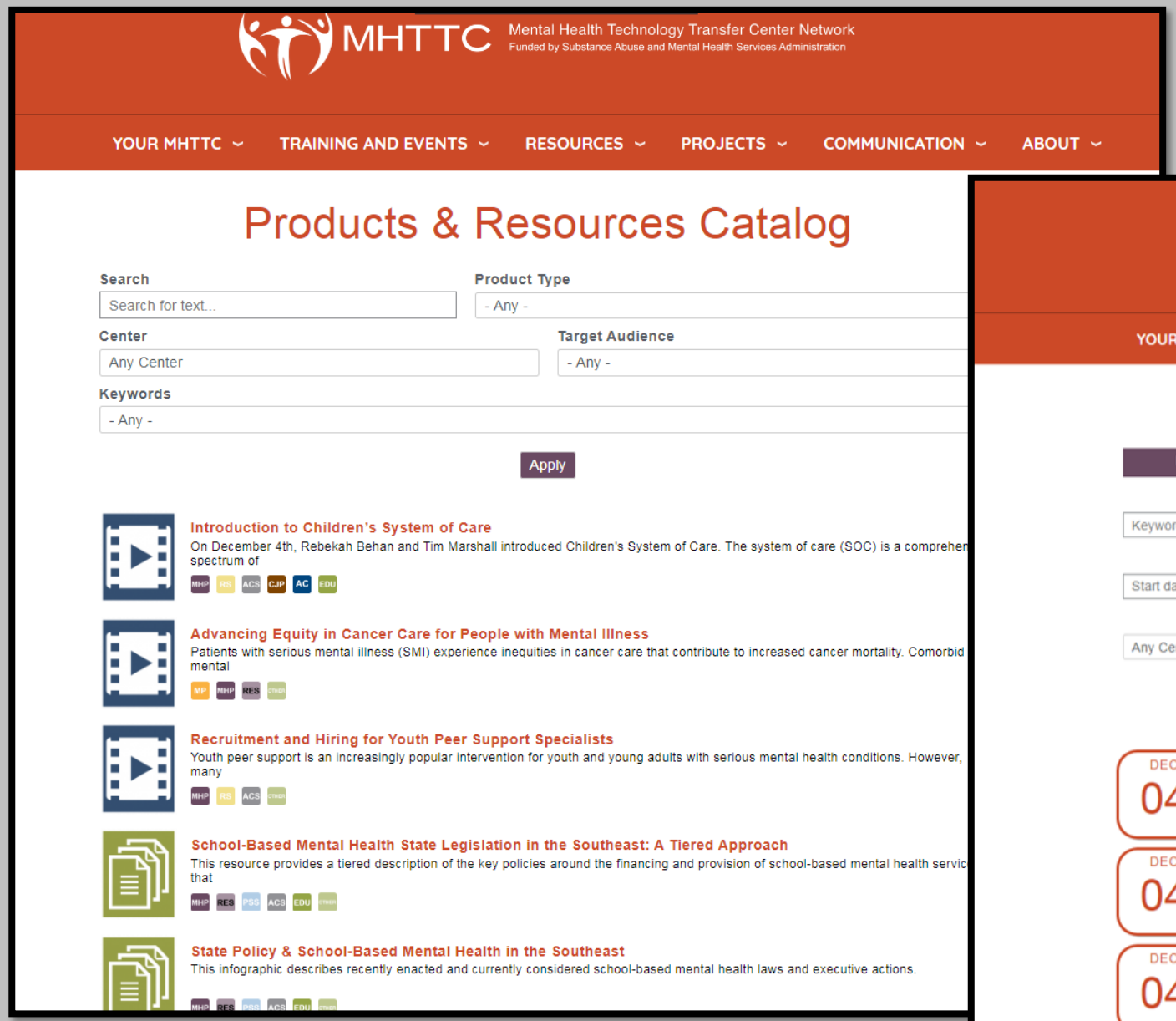


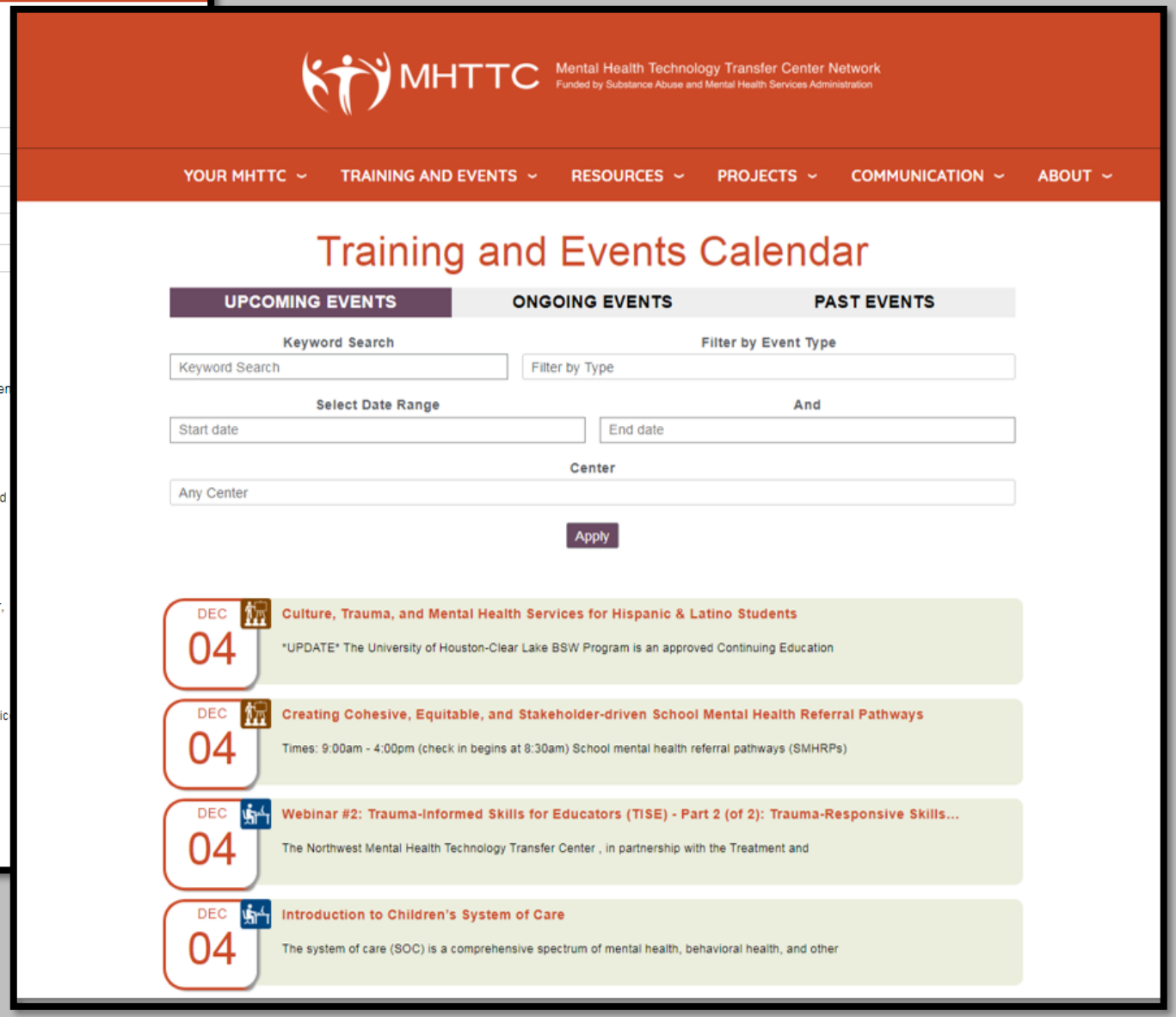
Topics

- 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

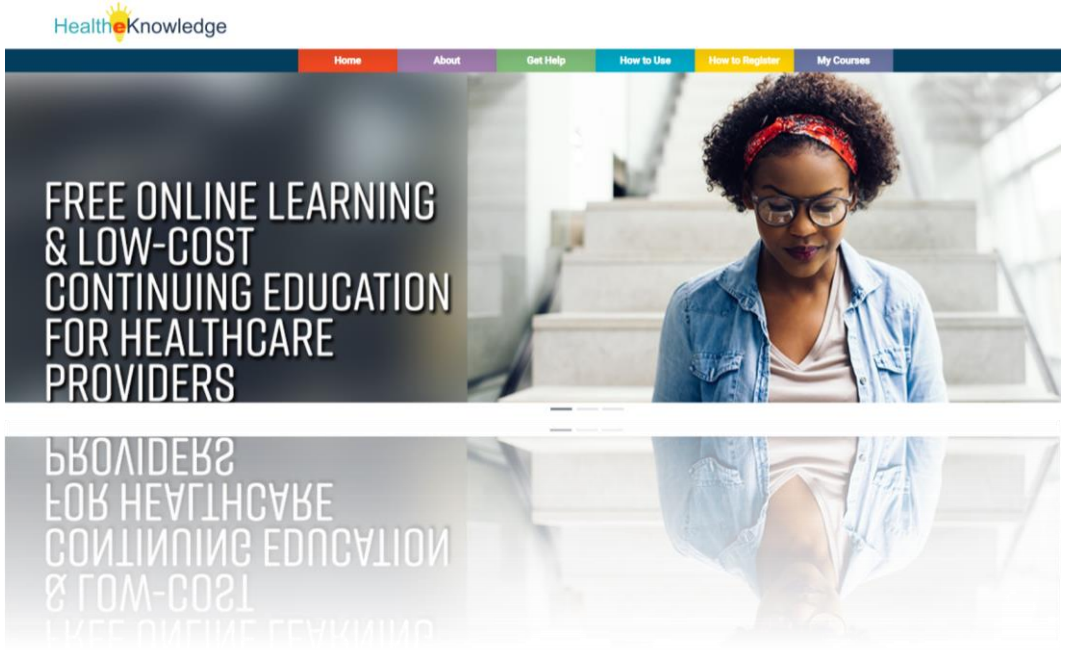
Products

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


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

CREATE OPTIONS



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/
- Making it Stick: A Guide to Using Dissemination and Implementation Science in Planning High-Impact Training and Technical Assistance
    - # 1 - D&I Science: Where do we start?
    - # 2 - Roll Out: How do we decide what to do?
    - # 3 - Working Session: How do we put what we've learned into practice?

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
- 988 Suicide & Crisis Lifeline
- HHS Think Cultural Health—CLAS Standards
- EVIDENCE-BASED RESOURCE GUIDE SERIES: Addressing Burnout in the Behavioral Health Workforce Through Organizational Strategies

Northwest MHTTC Integrated Care and STRIDE RESOURCES & WEBSITES

- Integrated Care Resource page
- Live Northwest MHTTC STRIDE training information
- Northwest MHTTC STRIDE Curriculum Package
- Empowering Wellness & STRIDE Group Facilitation e-courses
- Northwest MHTTC Research Brief

Training recordings:

- Integrated Care Webinar Series 2019-2020
- Integrated Care Webinar Series 2021
- Assessment of Psychosis and Behavioral Interventions
- Medication Management
- Management of Psychosis in Primary Care Settings: Medical Management of Psychosis
- Management of Psychosis in Primary Care Settings

Kaiser Permanente Center for Health Research (KPCHR)

- STRIDE information & facilitation materials (free!)
- KPCHR press release: STRIDE positive outcomes in American Journal of Psychiatry

OTHER RESOUCES RELATED TO INTEGRATED CARE

- Advancing Integrated Mental Health Solutions (AIMS) at UW
- SAMHSA - National Council Center of Excellence for Integrated Health Solutions

QUESTIONS & DISCUSSION

Northwest (HHS Region 10)

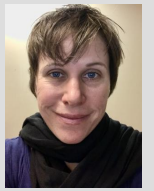
MHTTC Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

THANK YOU!

CHRISTINA CLAYTON
cclayton@uw.edu

JONATHAN OLSON
jro10@uw.edu



GABRIELLE ORSI
gorsi@uw.edu

mhttcnetwork.org/northwest