



Mountain Plains (HHS Region 8)

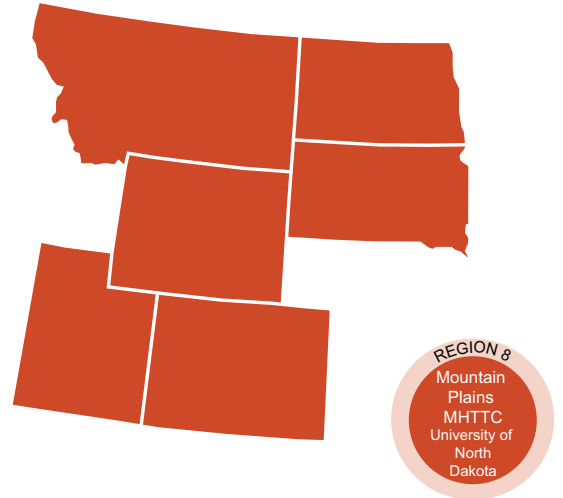
MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

## Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (MHTTC) serves the states of Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. The primary focus of the center is to provide free training, resources, and technical assistance to individuals working with and serving persons with mental health disorders. The center is funded by the Substance Abuse and Mental Health Services Administration.



## Access Free Trainings and Resources

Some of the free mental health resources and trainings that are currently available on the Mountain Plains Mental Health Technology Transfer Center's website include:



- Self-paced courses on school-based mental health (with CEUs).
- Free CEUs for mental health providers on the topic of addressing the needs of citizen soldiers.
- A guide on how to address mental health for students in rural schools.
- Onsite and online training on compassion fatigue.
- A video with a national expert on the topic of adverse childhood events.
- Research and products on addressing mental health stigma in rural and urban communities.
- Archived slides and videos on first episode psychosis, serious emotional disturbance, and serious mental illness.

## Connect with the Mountain Plains MHTTC

There are several ways to connect with the Mountain Plains MHTTC. Visit the website to access upcoming trainings, products, toolkits, mental health curriculum, or archived training slides and recordings. Follow the MHTTC on social media, or join the listserv to receive an email notification when there are new free trainings or products.



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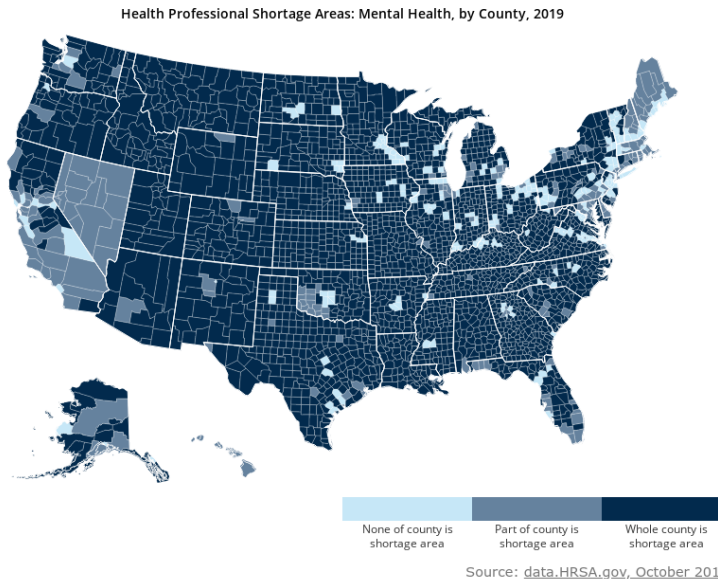
## School-based Mental Health

The Mountain Plains MHTTC has a focus on addressing school-based mental health. Goals of the school-based program include:

1. Provide training and technical assistance on implementation of evidenced-based mental health services, supports, and programs in schools and districts.
2. Establish communities of practice in rural schools.
3. Provide resources and trainings to create trauma sensitive classrooms.
4. Advance mental health curriculum in teacher preparation.

## Focus Area: Rural Mental Health

The Mountain Plains MHTTC's rural mental health vision is to support increased access to, and awareness of, mental health services for the more than 60 million Americans living in rural communities. To achieve this vision, the Mountain Plains MHTTC develops and promotes rural-specific training and technical assistance to both support the existing rural behavioral health workforce and to prepare other rural community members to address mental illness.



## Additional Resources, Trainings, and Technical Assistance

Mental health activities, training topics, and materials provided are guided by input from a 30 person advisory board as well as a needs assessment conducted across the six-state region every two years.

The Mountain Plains MHTTC has already provided trainings and resources on the following topics:

- School mental health
- Psychiatric advance directives
- Shared decision-making
- Crisis de-escalation
- Trauma sensitive schools
- Intellectual disabilities and mental illness
- Farm stress
- Rural mental health workforce
- Social emotional learning
- Suicide prevention training
- Videoconferencing tele-mental health
- Co-occurring disorders during pregnancy

*The Mountain Plains Mental Health Technology Transfer Center is a partnership between the University of North Dakota (UND) and the Western Interstate Commission for Higher Education (WICHE). The program is co-led by Thomasine Heitkamp (UND) and Dennis Mohatt (WICHE).*