



## Year 1 Summary Report to Advisory Board Members

September 12, 2018

*Thanks for participating on the Mountain Plains ATTC Advisory Board. We are 11 months into the MPATTC efforts and are pleased to share some of our Year 1 achievements.*

*-- Co-Directors Thomasine Heitkamp and Nancy Roget*

### Advisory Board Feedback

The following three themes emerged as a result of discussions and activities conducted at the Advisory Board meeting on December 7, 2017 in Denver:

1. Importance of integrated care focus
2. Expanded training and education on evidence-based practices
3. Use of technology to enhance services

These priority areas have been used to inform Year 1 training and technical assistance events to date. For example, Enhanced Professional Learning Series (EPLS) on SBIRT, MI, Skill-based Videoconferencing (SbVC), and Technology-based Clinical Supervision (TBCS) have been conducted throughout the Region.

### Needs Assessment Data

A Needs Assessment Survey was conducted in March 2018. In general, between 90-95% of respondents indicated it was *important* or *extremely important* that they receive training and/or technical assistance on:

1. Trauma-informed care (95.38%)
2. Co-occurring disorders (92.85%)
3. Support for recovery and crisis stabilization (91.99%)
4. Strategies to reduce stigma toward individuals with SUD (90.76%)
5. Suicide assessment and prevention (90.76%)

Results will be discussed at the meeting and state-specific reports are forthcoming.

### Training Provided

1. *Enhanced Professional Learning Series (EPLS)* are structured online learning opportunities that include an introductory webinar, online group skill-building sessions, and online group performance evaluation/consultation. EPLs were provided in all six Region 8 states, with participation open in several cases to any provider in the Region regardless of which state she/he resides/practices. EPL topics offered to date include:

- Colorado – Skills-based Videoconferencing for Behavioral Health Professionals
- Montana – Technology-based Clinical Supervision
- North Dakota – Motivational Interviewing for Behavioral Health Professionals
- South Dakota – ASAM Integration for Behavioral Health Professionals
- Utah – Screening, Brief Intervention, and Referral to Treatment (SBIRT)
- Wyoming – ASAM Integration for Behavioral Health Professionals

2. Mountain Plains ATTC was invited to send participants to the *Family Centered Behavioral Support for Pregnant and Postpartum Women* event sponsored by Region 7.

## University of Wyoming Project ECHO Sessions

- Provided/sponsored speakers for the Opioid-Specific ECHO Sessions
- Did an ECHO session on August 29<sup>th</sup> in collaboration with Recover Wyoming on using technology to enhance recovery support services

## Technical Assistance

Most states in Region 8 requested MPATTC assistance on a variety of topics. Listed below are several examples of technical assistance provided in the Region and one international opportunity.

- Montana – billing and structure for psychoeducational/process groups for providers; Consultation regarding Residential ASAM Level 3 providers
- North Dakota – alternative response for mothers with substance use disorders during pregnancy and immediately post-partum
- South Dakota – survey development and continuum of care to expand treatment and recovery for the Great Plains Tribal Epidemiology Center
- Utah – responded to a request for *Skill-Based Video Conferencing* for counselors working in the Juvenile Justice system. Date is pending.
- Kiev, Ukraine - provided intensive technical assistance for four program components

## Presentations

- North Dakota Department of Human Services Child Protection Program – child welfare
- UND Discovery Grand Challenge Event held in Grand Forks in collaboration with HHS Region 8 SAMHSA RA – academics
- SAMHSA Primary and Behavioral Health Care Integration – Regional meeting for Regions 6, 7, and 8 held in Denver
- Second Year Medical Students at the University of North Dakota – students
- HIV Case Managers/Grantees in Jackson, WY – providers
- Dakota Conference on Rural and Public Health – Mountain Plains ATTC provided professionals for the agenda in two breakout sessions – public health
- IHS Tribal Meeting/Presentation, *Exploring the Intersection of Criminal Justice, Lakota Culture and Behavioral Health* – tribal
- Enabling our Communities through Research Partnerships, Midwest Big Data Hub – regional

## GPRA Measurement

As shown on the tables included as Attachment A, the Year 1 proposed targets to date for events (18) and participants (357) have been exceeded (27 events completed and 364 participants served), resulting in 150% and 102% coverage rates respectively as of September 5, 2018. Data collected at these events using the SAMHSA-required GPRA measures indicate that participants rated Mountain Plains ATTC-sponsored training and technical assistance events quite high. Overall, the majority (~90%) of participants were *Very Satisfied* or *Satisfied* with the quality of the event, materials, and information presented; *Strongly Agreed* or *Agreed* that they would recommend the event to a colleague (89.3%); and that the information received was *Very Useful* or *Useful* (93.2%).

## Workgroups

Five workgroups were formed to guide activities, with each state having representation:

- Opioid Treatment Providers
- Behavioral Health Treatment Providers/Treatment Provider Associations
- Health Professions Educators
- Frontier Treatment Providers and Tribal Behavioral Health Treatment Providers
- Recovery Community Organizations

All workgroups will have met at least once prior to the end of Year 1.

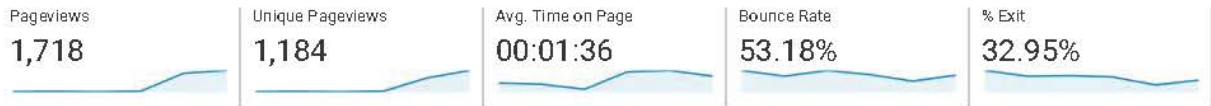
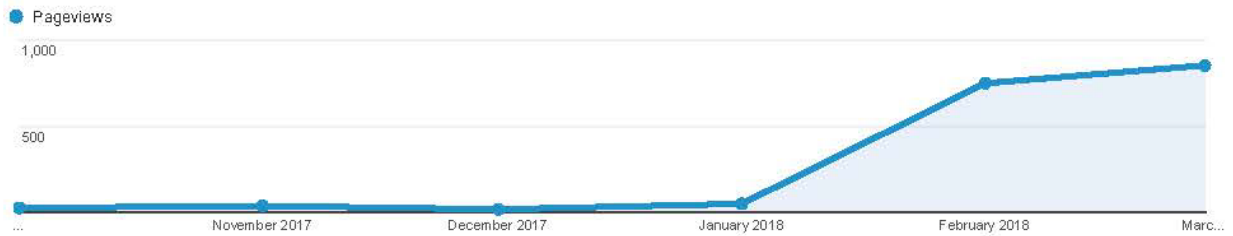
## Mountain Plains ATTC Website

The Mountain Plains webpages, which reside within the ATTC Network website, was developed to host regional/state specific tools, resources, and products. Recently added content/products include:

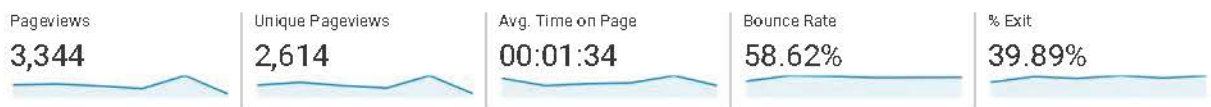
- Video Documentary, “The Fatal Fentanyl: From China to American Small Town”  
<https://www.voachinese.com/a/opioid-20180227/4273229.html>
- Peer Support Specialist 101, a 40-hour self-paced online course  
<http://attcnetwork.org/regional-centers/content.aspx?rc=mountainplains&content=DISTCUSTOM1>
- Spirit Lake Construction of Community Addiction Treatment Center  
<http://www.grandforksherald.com/lifestyle/health/4484206-spirit-lake-starts-construction-community-addiction-treatment-center>
- Mountain Plains article in ATTC Messenger  
<http://attcnetwork.org/communications/ATTCMessengerArticles/July2018article.asp>
- Trauma-Informed Care Training Video – Dr. Tami DeCoteau, Licensed Clinical Psychologist  
<http://attcnetwork.org/regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM5>
- slideDecks4U topics posted:
  - Opioid Overdose: 2016 Statistics for Region 8
  - Language Matters
  - Recovery Benchmarks
  - Stigma and Substance Use Disorders
  - Rural Impact on Stigma and Substance Use Disorders
  - Integrated Care and Substance Use Disorders
  - Recovery Capital

slideDecks4U are intended to highlight a topic in less than 10 slides (similar to ‘pitch decks’ used in the business world to give a short summary of a company and its start-up vision). Unrestricted slide decks that include presenter notes and references will be available. Additional learning resources (e.g., original research articles, case studies, and learning exercises) will also be included when possible. These are the current slide decks that are available for download.

The following images show the analytics for Mountain Plains ATTC webpage views over the past year. An explanation of these data will be provided during the Advisory Board meeting.



Page	Pageviews	% Pageviews
1. /regional-centers/?rc=mountainplains	660	38.42%
2. /regional-centers/staff.aspx?rc=mountainplains	111	6.46%
3. /resources/results.aspx?regionalcenter=28&from=rc&id=28&cbShowPreviousGrantCycles=on	94	5.47%
4. /calendar/search.aspx?rc=mountainplains	84	4.89%
5. /regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM8	83	4.83%
6. /regional-centers/content.aspx?rc=mountainplains&content=CUSTOM1SUB1	78	4.54%
7. /regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM2	73	4.25%
8. /regional-centers/content.aspx?rc=mountainplains&content=TOPICS&header=Special+Topics	68	3.98%
9. /regcenters/index_mountainwest.asp	46	2.68%
10. /regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM1	45	2.62%



Page	Pageviews	% Pageviews
1. /regional-centers/?rc=mountainplains	1,305	39.03%
2. /regional-centers/staff.aspx?rc=mountainplains	212	6.34%
3. /calendar/search.aspx?rc=mountainplains	187	5.59%
4. /resources/results.aspx?regionalcenter=28&from=rc&id=28&cbShowPreviousGrantCycles=on	174	5.20%
5. /regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM1	152	4.55%
6. /regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM2	97	2.90%
7. /regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM5	94	2.81%
8. /regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM4	88	2.63%
9. /regional-centers/content.aspx?rc=mountainplains&content=STCUSTOM3	79	2.36%
10. /regional-centers/content.aspx?rc=mountainplains&content=CUSTOM1SUB1	72	2.15%