



## General Mental Health Archived Webinars

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### Community-Defined Evidence: A Culturally-Appropriate Approach to Meeting the Mental Health Needs of Diverse Populations

<https://youtu.be/VMJ92Jh0psk>

**Presenters: Christina Bobbely and Shannon Crossbear, Pacific Southwest MHTTC**

This pre-recorded webinar session celebrates culture and communities, and explores community programs and practices that work and are helping people. The session explores how we collectively approach the concept of evidence, effectiveness of practices, and the role of communities in achieving positive outcomes for individuals experiencing mental health conditions. This discussion is intended for clinicians, mental health program providers, evaluators, and others.

### Integrating Cultural and Linguistic Competence: Leading from Where You Are

[https://youtu.be/0jOPOk\\_WnD0](https://youtu.be/0jOPOk_WnD0)

**Presenters: Rachele Espritu and Naomi Ortega Tein, Pacific Southwest MHTTC**

All health service systems are undergoing fundamental changes in order to embrace the diversity of populations in the U.S. today. Many health systems continue to grapple with the numerous challenges of implementing systemic change to respond effectively to the multiple needs of diverse cultural and linguistic groups. Organizations working together as part of a broader system often do not know where to start the work of integrating cultural and linguistic competence.

To do this work, organizations first need to come to a common understanding of culture and cultural competence, and then they must adopt a systemic framework for its integration into services and supports. This presentation provides a conceptual framework for cultural competence in health. Participants will be able to define and identify the framework and underlying principles, as well as begin to explore how these principles influence their roles and functions.

### Building a Diverse Workforce from the Ground Up

<https://youtu.be/yCcxORKWOkE>

**Presenters: Suganya Sockalingam and Naomi Ortega Tein, Pacific Southwest MHTTC**

Expanding workforce diversity is a critical strategy to support improved access to health and health care for communities of color. To support this work, the PS MHTTC created a self-assessment tool to help mental health organizations explore their implementation of workforce diversity strategies: [Assessing Workforce Diversity: A Tool for Mental Health Organizations on the Path to Health Equity](#). This workshop explores each of the tool's six key domains to build workforce diversity: Leadership and Governance; Recruitment; Orientation, Onboarding, and Ongoing Training; Retention and Professional Development; Communication; Partnership and Community Goals.

### The Why, What, and How: Addressing the Social Determinants of Mental Health in the Pacific Southwest Region

<https://youtu.be/rMJH4EkzccY>

**Presenter: Tamu Nolfo**

This webinar recording provides foundational knowledge on what are the social determinants of health, why they should be assessed, and how mental health service providers can leverage them for better outcomes. Hear how providers throughout the Pacific Southwest region are addressing the social determinants of health through broad initiatives, service assessments, and strategic partnerships. Journey with us as you gain an understanding of how to identify appropriate partners and collaborate with them on the shared interest of achieving mental health equity. There are many tools and resources highlighted to support your local efforts, as well as questions and answers with participants.

### Understanding and Advancing Mental Health Equity for Young Adults

[https://youtu.be/\\_kSffNI0IXk](https://youtu.be/_kSffNI0IXk)

**Presenters: Kristin Thorp and Lydia Proulx, Youth MOVE National**

Young adults of transition age have elevated rates of mental health challenges, yet they often do not receive services, and few interventions have been designed or found effective for this population. This puts young adults of transition age at greater risk for

homelessness, justice involvement, and education and employment challenges. These challenges are even more acute for youth from vulnerable populations. This webinar recording focuses on strategic practices that health departments and mental health agencies can take to begin eliminating health disparities by advancing mental health equity.

### **Low Barrier Access to Mental Health Services for Youth and Young Adults: What Works with What We've Got**

<https://youtu.be/xPKL2JiXd0E>

**Presenters: Caitlin Baird, Pathways Research and Training Institute; Kristin Thorp, Youth MOVE National**

This webinar recording explores low-barrier services for young adults of transition age experiencing or at risk for behavioral health challenges. Presenters discuss how low-barrier services can improve engagement and identify strategies for integrating low-barrier policies and practices into organizational standards. Throughout the discussion, presenters provide examples of promising approaches that have been adopted by local communities, including the development of drop-in centers and peer-to-peer programs.

### **Ethical Considerations and Strategies for Improving Shared Decision-Making in Civil Commitment and Involuntary Hospitalization**

<https://youtu.be/sSwjZkZ7CaU>

**Presenters: Amanda Lipp, Pacific Southwest MHTTC; Kristin Thorp, Youth MOVE National**

Though the practice of civil commitment and involuntary hospitalization has markedly changed since the middle of the 20th century, it remains one of the most controversial procedures in behavioral healthcare. This webinar recording explores civil commitment law through the lens of civil liberties for young adults of transition age. We consider the ethical tensions between a provider or family member's desire to help a young person experiencing serious mental illness and the young person's autonomy. Presenters discuss the importance of shared decision making and will provide strategies for improving the process of civil commitments for youth and their families.

### **What We Know and What We Want to Know Regarding Co-Occurring Disorders (COD): A Conversation for Figuring out Real Needs**

<https://youtu.be/cJLUwRAuvXY>

**Presenters: Heather Gotham, MHTTC Network Coordinating Office / Stanford University; Christina Borbely, Pacific Southwest MHTTC**

The purpose of this peer learning forum was to build collective awareness regarding the region's needs and opportunities for effectively identifying and addressing Co-occurring Disorders (COD). Led by Dr. Heather Gotham of Stanford University School of Medicine's MHTTC Network Coordinating Office, participants shared their perspectives, queries, recommendations, and examples around the following aspects of their work: What's the problem we're trying to address? What's the impetus for building capacity? What needs to be different? What training and technical assistance would be helpful to achieve that change?

### **Delivering Mental Health Services Through a Cultural Lens: What Can We All Do?**

<https://youtu.be/OqugrcWfJP8>

**Presented by the Pacific Southwest MHTTC**

Integrating cultural and linguistic considerations in our mental health services requires shifts in values, beliefs, attitudes, and behaviors. If we are truly invested in improving the client's experience as they enter our organizations and in creating equitable systems for services, we need to be open to changes. We can all lead and engage in a change process to integrate cultural and linguistic considerations into our policy, infrastructure, workforce, community engagement, and programs and services. Presenters Suganya Sockalingam and Annie Guo VanDan provide a conceptual foundation of the importance of culture, including definitions, frameworks, and concepts. We look at a self-assessment tool to examine cultural and linguistic competence (CLC) in our organization, and explore the leadership required to motivate and integrate CLC into systems and service delivery.

### **TAKE ACTION: Implement Workforce Diversity Strategies to Effectively Address Disparities in Mental Health**

<https://meet60318086.adobeconnect.com/mhttcwebinarrecordingimplementworkforcediversitystrategies/event/registration.html>

**Presented by the Pacific Southwest MHTTC**

As our population becomes increasingly diverse, mental health organizations and providers see the value of employing diverse staff that reflect the people they serve. The Pacific Southwest MHTTC has developed a self-assessment instrument to help mental health organizations identify and implement workforce diversity strategies in six critical areas. This presentation highlights the importance of increasing workforce diversity for achieving health equity. Presenters briefly outline the purpose of the six

<https://mhttcnetwork.org/pacificsouthwest>

areas in strengthening workforce diversity. Then participants have the opportunity to complete the tool and explore the different aspects of each area. This session is geared towards those in mental health organizations who are interested in assessing the importance of a culturally responsive workforce and taking action.

## Virtual Learning Guide Study Sessions

### **Presented by the Pacific Southwest MHTTC**

The Pacific Southwest MHTTC released a [Virtual Learning Guide](#) that includes tips, examples, and reflective questions for those leading online professional development and other group learning events. In response to requests from the field, two study sessions were offered to explore the guide's content together. Each session covers different sections of the guide.

### **Session 1: Technology Practice**

[https://zoom.us/rec/share/uJx1M5WgqE5JaKfxw1DeC6snRITqea8gCQW\\_gZfxRqmN-btGX4OsWbGqprJjutE?startTime=1587151832000](https://zoom.us/rec/share/uJx1M5WgqE5JaKfxw1DeC6snRITqea8gCQW_gZfxRqmN-btGX4OsWbGqprJjutE?startTime=1587151832000)

In this session, Virtual Learning Guide Study Session 1: Technology Practice, we'll cover Technology Guidance, including technical set up and delivery and Virtual Facilitating Strategies, including ensuring accessibility and matching learning outcomes to technology platforms.

### **Session 2: Facilitation Practice**

[https://zoom.us/rec/share/yN1OKrfi32NIR7OS-GjwCukjPZT-T6a80CVL\\_KYOzE1\\_ggJWy4c-Vff2-Aj15G8?startTime=1587494895000](https://zoom.us/rec/share/yN1OKrfi32NIR7OS-GjwCukjPZT-T6a80CVL_KYOzE1_ggJWy4c-Vff2-Aj15G8?startTime=1587494895000)

In this session, Virtual Learning Guide Study Session 2: Facilitation Practice, we'll cover Content Guidance for Content Creators, including leading trauma-informed virtual learning events; Facilitation Guidance, including support for optimal facilitator/presenter experience; and Learning Guidance: Priming the participant for an effective learning experience.

## TeleSupervision: Clinical Supervision for Pandemic Times

<https://meet60318086.adobeconnect.com/mhttcrecordedwebinartele supervision/event/registration.html>

### **Presented by the Westcoast Children's Clinic**

This presentation provides a brief overview of best practices and strategies for telesupervision: clinical supervision provided via video or phone. Participants learn how to shift the frame of supervision and lay a clear foundation for expectations. Presenters address best practices for communicating through tele-modalities to ensure that supervisors can recreate nuanced communication practices akin to in-person approaches. This session explores ethical and legal considerations across a range of topics, from informed consent to managing crises that arise in supervisees' clinical encounters. The context of the current global pandemic is woven in throughout the training.

## How Implicit Bias Affects our Work: Starting with the Individual

<https://meet60318086.adobeconnect.com/mhttcrecordedwebinarimplicitbias1/event/registration.html>

### **Presented by the Pacific Southwest MHTTC**

Implicit bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. Everyone has them, and becoming mindful of how implicit and explicit biases impact our work with others is important. Implicit biases can lead to unfair differences in the expectations we hold for those we serve, how we interact with them, and the learning opportunities we provide. This webinar is part of a four-part series that explores the dynamics of implicit bias and its impact on our work in mental health. Starting with the individual, this webinar challenges you to reflect on your own implicit biases and learn ways to become self-aware regarding your own biases and microaggressions. Additional sessions in this series will focus on relationships with clients, organizational culture and climate, and engagement with communities.

## Trauma-Informed, Resilience-Oriented Leadership During a Pandemic

<https://meet60318086.adobeconnect.com/mhttcrecordedwebinartiroleadership/event/registration.html>

### **Presented by the Pacific Southwest MHTTC**

Moving towards a trauma-informed and resilient organization involves intentional and equitable approaches to systemic and organizational change. This includes focusing on the well-being of all the adults within a system so that they can bring their whole, human selves to the important work they do to care for others. Join the Pacific Southwest MHTTC for a webinar on systems and agency leadership approaches that embrace trauma-informed care. This session will help leaders to understand the fundamentals of leading their organization towards becoming more trauma-informed and resilience-oriented. The content will blend brain science, principles for building a safe environment, and promising practices for trauma-informed systems.

## Navigating risk of suicide in the context of substance use: Best practices for supporting youth and young adults

<https://meet60318086.adobeconnect.com/mhttrecoredwebinarnavigatingriskofsuicide/event/registration.html>

### ***Presented by the Pacific Southwest MHTTC and PTTC***

Substance misuse and its relationship to suicide among youth and young adults continues to be of concern to public health practitioners. This panel discussion highlights real world intersections of substance misuse prevention and mental health best practices to reduce risk of suicide among youth and young adults. Panelists offer expertise and perspective on how to impact populations who are at risk for substance misuse and suicide. The session examines shared risk and protective factors for vulnerable populations, outlines college campus programs for behavioral health, and explores a state systems approach to advancing the capacity of the mental and behavioral health workforce to prevent substance misuse and suicide risk. There is a focus on effectively supporting youth and young adult populations.

## Leadership in Times of Chaos

<https://meet60318086.adobeconnect.com/mhttrecoredwebinarnavigatingriskofsuicide/event/registration.html>

### ***Presented by the Pacific Southwest MHTTC***

Leadership during change is, at best, a constant learning and adapting process. It requires leaders to reflect and learn about existing challenges; find solutions collaboratively with other leaders and team members; and determine new solutions, recognizing that finding solutions is an iterative process. In times of chaos and turbulence, the work of leading through change is further buffeted by the unpredictability and severity of the challenges being confronted. At times like this, leaders need different strategies to continue to “weather the storm” and lead effectively. This presentation explores these new strategies, including foresight thinking, foresight planning, and ongoing communications at all levels.

## Self and Collective Care for Healthy Workplaces

<https://attendee.gotowebinar.com/recording/7908280670749650188>

### ***Presented by the Pacific Southwest MHTTC and hosted by the California Primary Care Association***

Health center staff are constantly asked to prioritize the patients’ need, sometimes resulting in overwhelming feelings of stress, compassion fatigue, and burn-out. In order to fully show up for those they serve, professionals need structural policy supports and practice changes that balances self and collective wellbeing. This archived webinar explores how we can create and maintain health care work cultures - now and always - where staff are resourced and ready to care for patients. Presenters discuss frameworks for why supporting health care professionals through practice and policy changes is critical to preventing burn-out, secondary stress, and compassion fatigue.

## Wellbeing Through Crisis: Emotional PPE

<https://register.gotowebinar.com/recording/6623577200150554882>

### ***Presented by the Pacific Southwest MHTTC and hosted by the California Primary Care Association***

Times of crisis necessitate health care leaders to balance competing priorities, including patient need, staff wellbeing, and one’s own health. While it can be difficult to reflect in the midst of a crisis - like in the case of the COVID-19 pandemic - this session will dedicate time to exploring strategies for improving leadership’s response in times of crisis. This session explores the Crisis Leadership Continuum (readiness, response, recovery, and renewal), highlighting health care leadership approaches and strategies integral to ensuring staff wellbeing through crisis.

## Suicide Prevention: Assessing the Environment and Culture for Risk

<https://meet60318086.adobeconnect.com/mhttrecoredwebinarsuicideprevention/event/registration.html>

### ***Presented by Tiara Peterkin, LCSW***

This presentation focuses on understanding the environment in which suicidality is possible. The presenter reviews key elements of the psychological and social environment that increase likelihood of suicidality. To make a nuanced assessment, we must understand relevant cultural factors and their impact on an individual’s suicide risk. To that end, the presenter also provides a brief review of special risk factors for populations at increased risk for suicide. The target audience for this presentation is mental health professionals, including licensed and non-licensed staff.