



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Advanced Topics in Strengthening Youth/ Young Adult Peer Support

Creating Safety and Self Care Plans

December 17, 2020

In collaboration with Pathways Research and Training Center

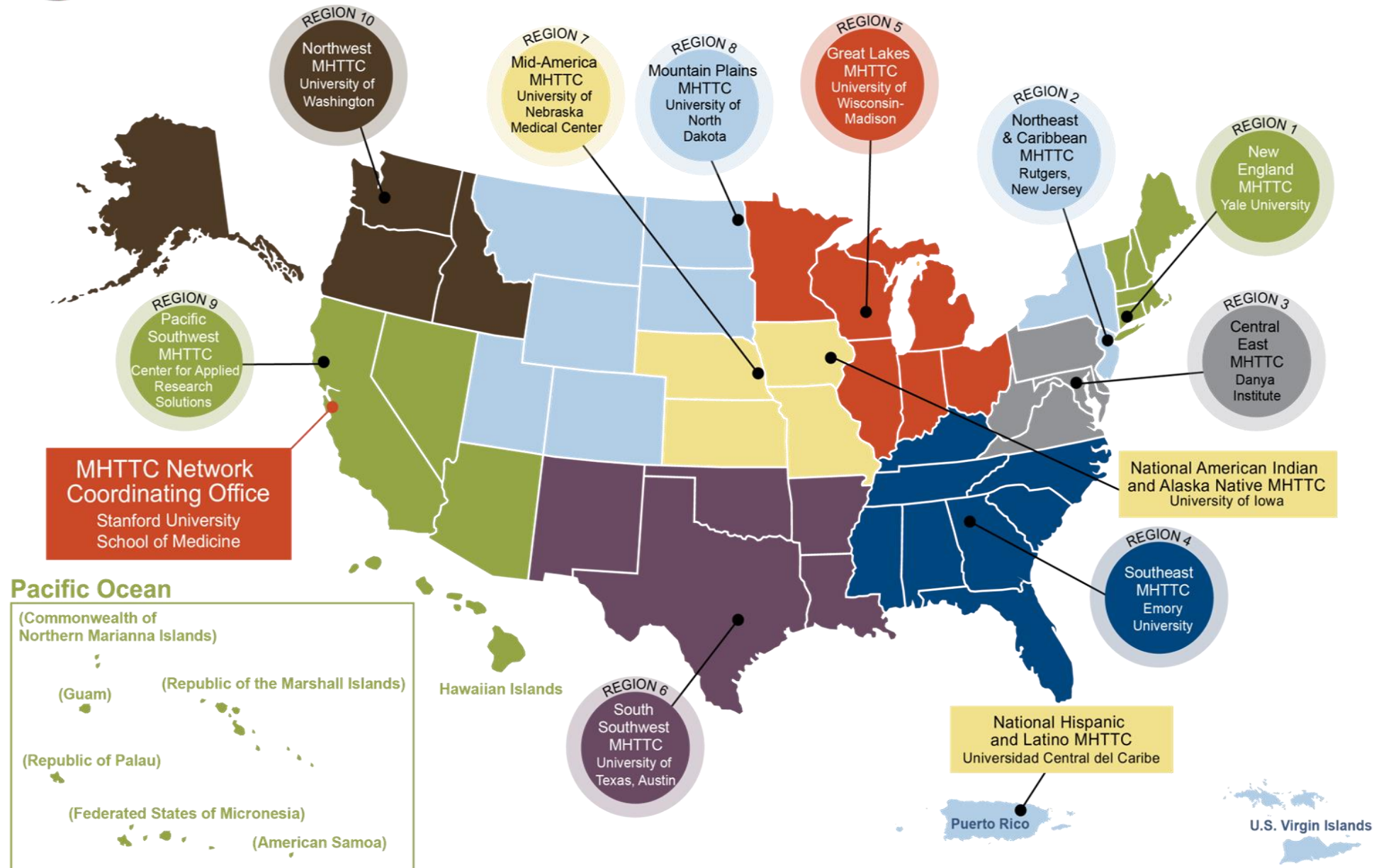




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Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



About the Northwest MHTTC



Lydia Chwastiak, MD, MPH
PI and Co-Director



Christina Clayton, LICSW, CDP
Co-Director

The Mental Health Technology Transfer Center (MHTTC) Network is about technology transfer.

We disseminate and implement evidence-based practices for mental disorders into our field.

Our target workforce includes:

behavioral health and primary care providers, school and social service staff, and others whose work has the potential to improve behavioral health outcomes for individuals with or at risk of developing serious mental illnesses.

PROUDLY SERVING
ALASKA, IDAHO, OREGON & WASHINGTON



Northwest (HHS Region 10)

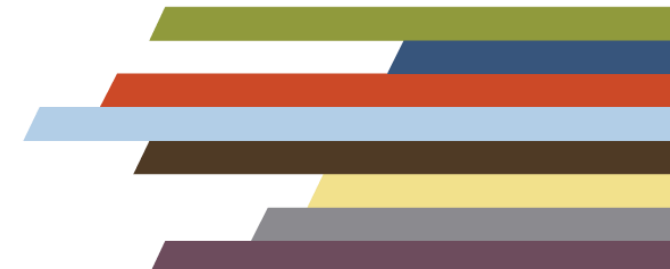
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UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

SAMHSA
Substance Abuse and Mental Health
Services Administration



Northwest Mental Health Technology Transfer Center

Our Role:

Provide training and technical assistance (TA) in evidence-based practices (EBPs) to behavioral health and primary care providers, and school and social service staff whose work has the potential to improve behavioral health outcomes for individuals with or at risk of developing serious mental illness in SAMHSA's Region 10 (Alaska, Idaho, Oregon, and Washington).

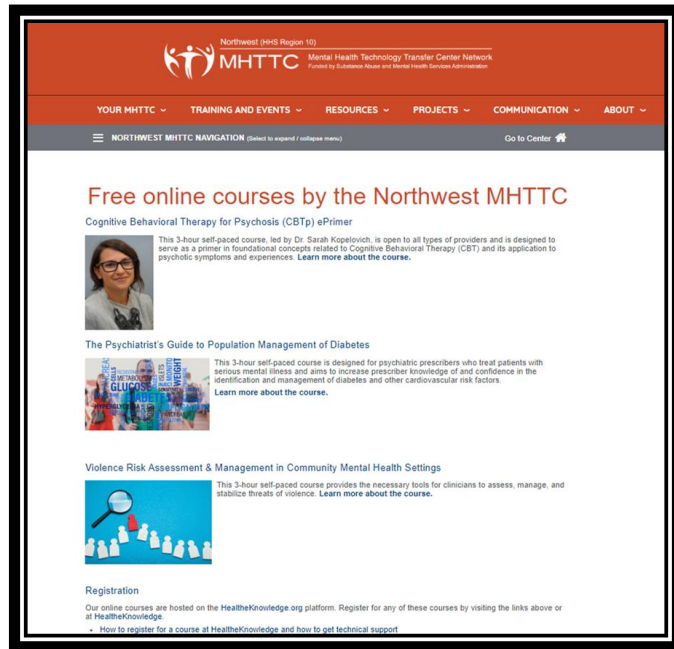
Our Goals:

- Accelerate the adoption and implementation of mental health related evidence-based practices including area of focus (EBPs for serious mental health issues) across Region 10
- Heighten the awareness, knowledge, and skills of the workforce that addresses the needs of individuals with serious mental health issues in Region 10
- Foster alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers of mental health services
- Ensure the availability and delivery of publicly available, free of charge, training and technical assistance to the mental health workforce in Region 10



About the Northwest MHTTC

Online Courses



Northwest (HHS Region 10) 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

NORTHWEST MHTTC NAVIGATION (select to expand / collapse menu) Go to Center

Free online courses by the Northwest MHTTC

Cognitive Behavioral Therapy for Psychosis (CBTp) ePrimer

This 3-hour self-paced course, led by Dr. Sarah Kopelowich, is open to all types of providers and is designed to serve as a primer in foundational concepts related to Cognitive Behavioral Therapy (CBT) and its application to psychotic symptoms and experiences. [Learn more about the course.](#)

The Psychiatrist's Guide to Population Management of Diabetes

This 3-hour self-paced course is designed for psychiatric prescribers who treat patients with serious mental illness and aims to increase prescriber knowledge of and confidence in the identification and management of diabetes and other cardiovascular risk factors. [Learn more about the course.](#)

Violence Risk Assessment & Management in Community Mental Health Settings

This 3-hour self-paced course provides the necessary tools for clinicians to assess, manage, and stabilize threats of violence. [Learn more about the course.](#)

Registration

Our online courses are hosted on the HealthKnowledge.org platform. Register for any of these courses by visiting the links above or at HealthKnowledge.

- How to register for a course at HealthKnowledge and how to get technical support

Website with Events, Products & News



NEWS

Recovery LIVE! Supporting the Resilience of Black Men: Culturally Affirming and...

UPCOMING EVENTS

JUN 09 DBT STEPS-A Online Lesson 10: Distress Tolerance - Radical Acceptance
Click here to tune into the DBT STEPS-A YouTube Channel every Tuesday and Thursday morning at 10am

JUN 11 DBT STEPS-A: Summary Q&A for Students - Putting It All Together & Preparing for Summer
Click here to tune into the DBT STEPS-A YouTube Channel every Tuesday and Thursday morning at 10am

JUN 11 Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19
Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19

[View All](#)

PRODUCTS

Educator Wellness Webinar #4: Cultivating a Practice of Gratitude and Appreciation in Your School Community
The Northwest Mental Health Technology Transfer Center and the Northwest PBIS Network are collaborating to bring you a FREE, 4-part webinar

Ambiguous Loss: Grieving in the Time of COVID-19, Followed by Live Q&A Session
About this Resource: Life, as we knew it just a few weeks ago, has been completely turned upside down. That feeling you are feeling but can't...

SMART Center 2020 Virtual Speaker Series - Dan Losen, JD, MEd
The school mental health supplement to the Northwest MHTTC is excited to co-sponsor the UW SMART Center's 2020 Virtual Speaker Series.

[View All](#)

Live Training



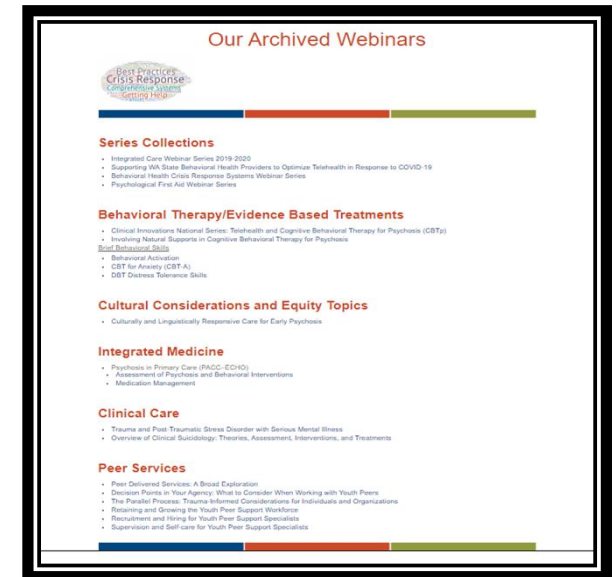
Psychological First Aid for Service Providers

1:00pm - May 19, 2020 | Timezone: US/Pacific
Hosted By: Northwest MHTTC

Registration Deadline: May 18, 2020

[REGISTER](#) Need more information? Contact us at nwmhttc@uw.edu

Archived Webinars



Our Archived Webinars

Series Collections

- Integrated Care Webinar Series 2019-2020
- Supporting WA State Behavioral Health Providers to Optimize Telehealth in Response to COVID-19
- Behavioral Health Crisis Response Systems Webinar Series
- Psychological First Aid Webinar Series

Behavioral Therapy/Evidence Based Treatments

- Clinical Innovations National Series: Telehealth and Cognitive Behavioral Therapy for Psychosis (CBTp)
- Involving Natural Supports in Cognitive Behavioral Therapy for Psychosis
- Build Behavioral Skills
- Behavioral Activation
- CBT for Anxiety (CBT-A)
- DBT Distress Tolerance Skills

Cultural Considerations and Equity Topics

- Culturally and Linguistically Responsive Care for Early Psychosis

Integrated Medicine

- Psychosis in Primary Care (PACC-EDHO)
- Assessment of Psychosis and Behavioral Interventions
- Medication Management

Clinical Care

- Trauma and Post-Traumatic Stress Disorder with Serious Mental Illness
- Overview of Clinical Subspecialty: Trauma, Assessment, Interventions, and Treatments

Peer Services

- Peer Delivered Services: A Broad Exploration
- Decision Points in Your Agency: What to Consider When Working with Youth Peers
- The Parallel Process: Trauma Informed Considerations for Individuals and Organizations
- Retaining and Growing the Youth Peer Support Workforce
- Recruitment and Hiring for Youth Peer Support Specialists
- Supervision and Self-care for Youth Peer Support Specialists

Research/Practice Briefs



Integrated Care for Older Adults with Serious Mental Illness and Medical Comorbidity: Evidence-Based Models and Future Research Directions

Collaborating TTC: Northwest MHTTC
Publication Date: May 29, 2019
Developed By: Northwest MHTTC

[DOWNLOAD](#)

MHP RES PHS EDU



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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



Introductions





Pathways Research and Training Center

RESEARCH & TRAINING CENTER FOR PATHWAYS TO POSITIVE FUTURES



PORTLAND, OREGON

Research, training and dissemination focused on improving outcomes for youth and young adults who experience serious mental health conditions

www.pathwaysrtc.pdx.edu

Logistics

- Monthly virtual meetings on the third Thursday 10-11 Pacific Time.
- Registration required *each time*.
- In order to keep the meetings discussion-based and interactive, future registration will be limited to ~30 participants.
 - Participants from the previous month will get first notice to sign up for the next month.
- If you are unable to attend, notify PSU within **48 hours of the call** so staff can offer your spot to someone on the waitlist.
 - If participants fail to do this, their spot will be forfeited to someone on the waitlist.
- Calls will be recorded and made available on the Pathways RTC website.
 - To maintain confidentiality, do not use identifying details in your questions, and submit questions with sensitive details to organizers only in the chat.
- Please share any resources, questions, topics of interest, with facilitators.
We want to cover what is important to you!

Agenda

- Discussion
- Prioritizing safety as a team
- Introducing safety and self care
- Basics of safety planning
- Safety plan examples
- Scenarios
- Questions

Discussion

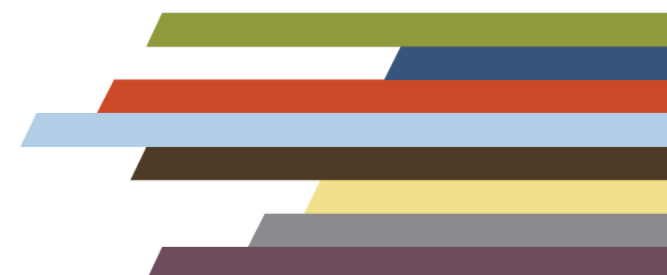
- How have you introduced safety plans to young people you have worked with in the past?

Prioritizing Safety as a Team

- Work with your team to identify young people who may be particularly vulnerable during the holidays (due to lack of support, new triggers, etc.) or at heightened risk of crisis, and work together to identify strategies to support them
- Figure out who will be available to provide support to youth via call, text, etc. during which times
- Identify local resources that will be providing food, housing and crisis support during the holiday

Prioritizing Safety as a Team

- What are some of the more vulnerable populations you work with?

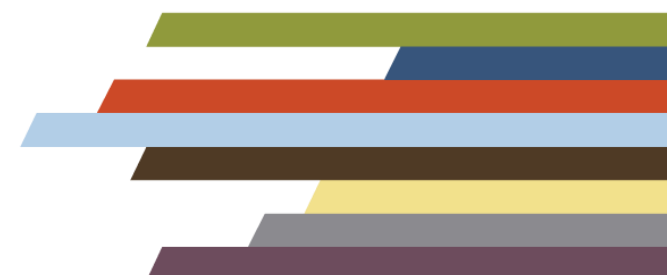


Introducing safety and self care

- Use your peerness: this is a weird time for everyone!
- Support the young person to identify their concerns, anxieties and triggers around the holidays
- Set expectations and boundaries around your own availability, especially if it will be less than usual
 - Set up connections with other staff if appropriate
- Help the young person to identify supports and coping strategies
 - How might these look different than in previous years?

Using your “Peerness”

- Peerness refers to a youth peer support specialist’s ability to relate to a young person using their lived experience, proximity in age/generational experience, and shared youth culture.
- How might one use their peerness to help a young person create a self care or safety plan?



Safety plan

- Safety plans can look different, but there are a few basic things you might want to include
 - Triggers/warning signs: how do I know I'm in crisis?
 - Things I can do to distract myself
 - Coping strategies (things I can do alone, and with others)
 - People I can reach out to (natural supports like friends and family as well as paid supports like therapists or peers)
 - Things I want to remind myself when I'm in crisis: what do I value about my life? What is my "reason for living?"
 - Crisis line numbers
- Does the youth want/need to share their plan with anyone? Who?
How will they do so

Safety Plans

- Safety plans can be creative!
- Ask a youth how they want to document their plan – artwork, journal, poetry, etc.
- Check in with the youth to see who they would like to share their plan with
- See if any adjustments need to be made to safety plans for the holidays.

Discussion: How might safety plans need to be adjusted for the holiday season?

MY PERSONAL CRISIS PLAN

I know I'm
triggered when
I notice:

Some good ways to distract myself are:

Things that help
me when I feel
this way are:

Ways to keep
myself and my
space safe:

- ---
- ---
- ---
- ---
- ---
- ---

Some safe people
I can reach
out to are:

1

2

3

Other resources I can
use to get myself care:

1

2

3

CRISIS TEXT LINE:
text HOME to 741741

from www.lindsayabraman.com

App “MY3” - identify 3 people to call in crisis and make a safety plan on your iPhone or android



Activity

- You will be put into breakout groups
- In your group, discuss what kinds of safety plan you would use with youth and how you would introduce such
- Come back to the larger group and share your reflections from your breakout group

Self-care

What are some activities you do for your own self-care?



Creating Self-care Plans

- Self-care is about sustaining a lifestyle that is healthy, brings joy, and allows one to face challenges – it's not just about “doing things you like.”
- Self-care can be difficult and is an important part of recovery.
- That said, self-care can also include treating yourself 😊

Tips for Creating Self-care Plans with Youth

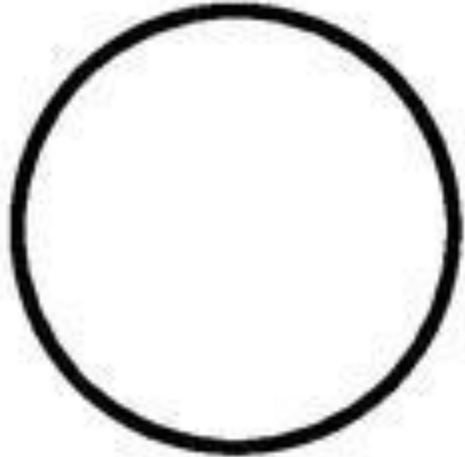
- Some young people don't like the term self-care.
- Use open-ended questions like:
 - “What are some things you can do daily to be healthy?”
 - “What do you enjoy doing?”
 - “What activities make you feel good?”
 - “What kind of music/art/exercise do you like?”



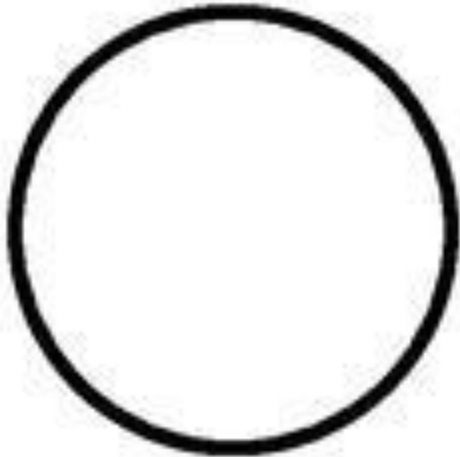
MY SELF CARE PLAN



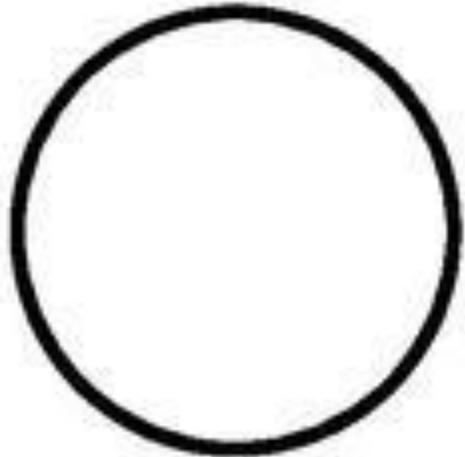
MENTAL



PHYSICAL



EMOTIONAL



EXAMPLES

TAKING DAILY MEDS
EATING HEALTHY FOOD
READING
DO ART
SKIN CARE

Bare bones example of a “self care plan” for young people who might not want/need as intensive safety planning

Tips to make a “coping skills toolbox” - a fun activity to do with youth and a useful resource!

Let's make a Coping Skills Toolbox!

What is it?

A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills, rather than using negative behaviors.

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration

(ex: looking at or drawing motivational statements or images)

2. Something funny or cheering

(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

Put it all together!

Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. Then USE IT!

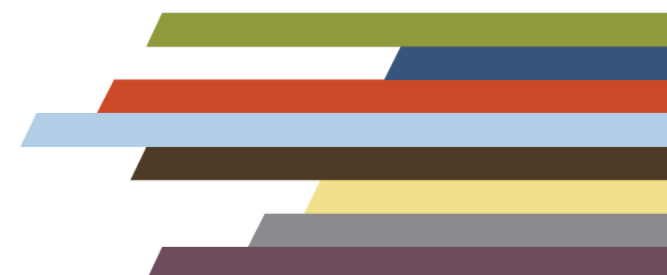
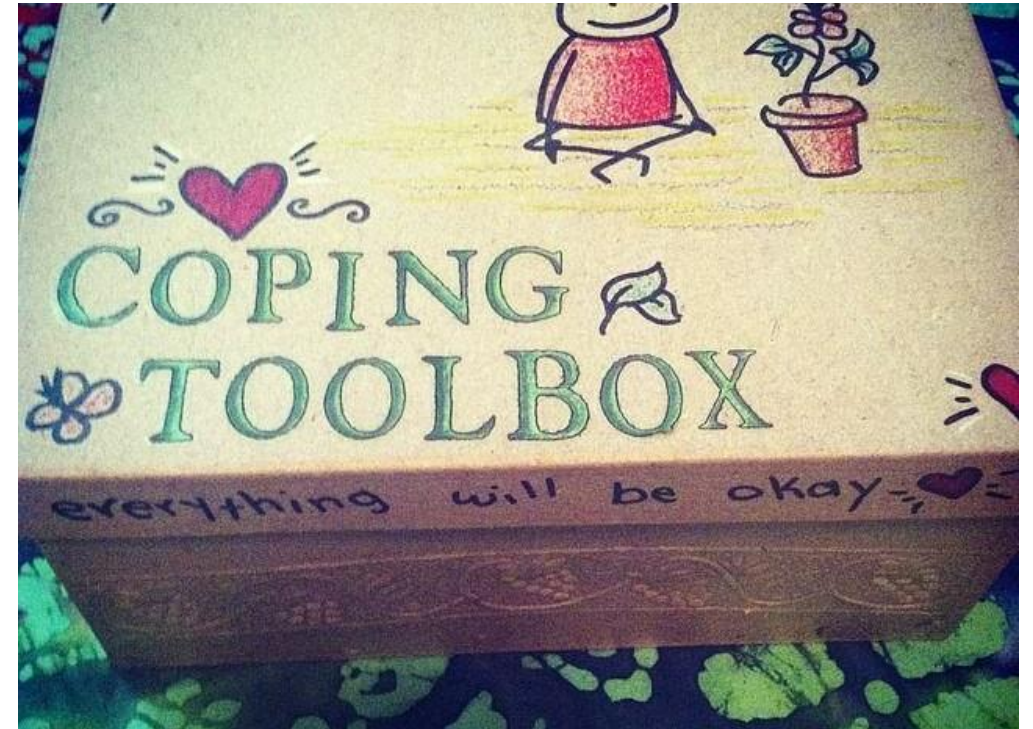
BROUGHT TO YOU BY:

*summerofrecovery
(aka false-spring-queen)*

Have a kickass recovery day!

Activity

- You will be separated into breakout groups
- With your group, discuss what you would put in your own coping box
- Come back and share with the larger group



Questions?

Scenarios

I am working with a youth and feel that their guardian consistently disrespects me. I am not sure how to address this without possibly impacting my work with the youth. Thoughts?

Scenarios

I am working with a young person who is gay, and their parents don't know. I am trying to encourage them to share this with their parents but they are reluctant to. What should I do to support the youth?

Wrap-up



Please write any ideas you have for upcoming topics in the chat



Please email or chat us if you are interested in being a recurring participant



Are there any final questions or comments?



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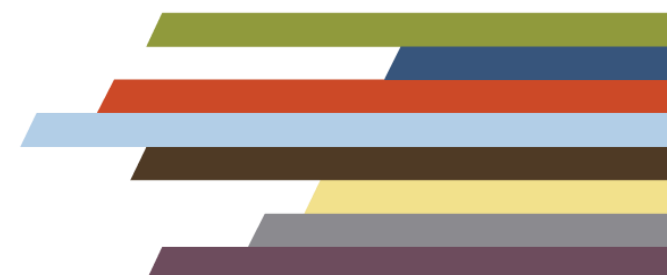
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After today's session, please complete the evaluation survey

- Will be shared in the chat box
- Helps our team plan future sessions as well as evaluate today's session

➤ *There will NOT be certificates or CEUs offered for today's session*

www.mhttcnetwork.org/northwest



Your Feedback is Important:

Post-event surveys are *critical* to our work!

- Please complete the confidential evaluation by following the link that will be emailed to you.
- Evaluation data is necessary for continued funding to offer programs

Your feedback helps us to improve and develop future programming.

We greatly appreciate your feedback!

Please complete the survey below.

Thank you!

Page 1 of 3

Participants - Please Write Your Unique Personal Code Here as Follows:

1) First Letter of Mother's First Name
2) First Letter of Mother's Maiden Name
3) First Digit of Social Security Number
4) Last Digit of Social Security Number

* must provide value

Please select the date of the meeting you attended.

* must provide value

What U.S. state or territory do you live in?

* must provide value

Burden Statement: This information is being collected to assist the Substance Abuse and Mental Health Services Administration (SAMHSA) for the purpose of program monitoring of the Technology Transfer Centers (TTC) Network Program. This voluntary information collected will be used at an aggregate level to determine the reach, consistency, and quality of the TTC Program. Under the Privacy Act of 1974 any personally identifying information obtained will be kept private to the extent of the law. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid Office of Management and Budget (OMB) control number. The OMB control number for this project is 0930-0383. Public reporting burden for this collection of information is estimated to average less than 10 minutes per encounter, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to SAMHSA Reports Clearance Officer, 5600 Fishers Ln, Room 15 E57B, Rockville, MD 20857.

What is your gender?

☐ Female
☐ Male
☐ Transgender
☐ None of these

reset

What is your race? (Select one or more):

☐ American Indian or Alaska Native
☐ Asian
☐ Black or African American
☐ Hispanic or Latino
☐ Native Hawaiian or Other Pacific Islander
☐ White

Keep in touch with the Northwest MHTTC

Upcoming training

New online training

Resources & Research Updates



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northwest@mhttcnetwork.org



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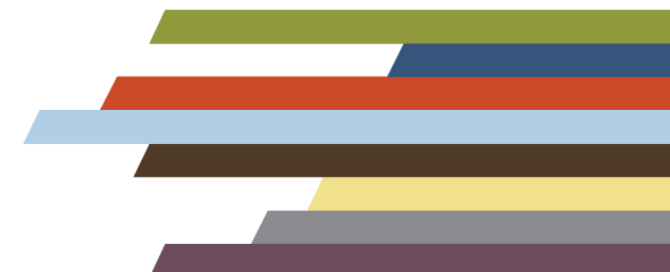
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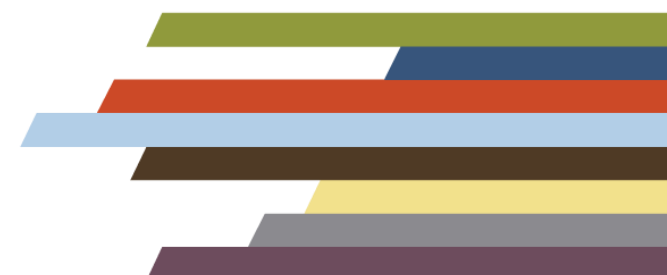
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Support and Disclaimer

This work is supported by grant SM 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.



Thank You!



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