

Pathways Transition Training Video Briefs: Evaluation Report



Abstract

Ten 5–7 minute video briefs on identified areas of needed skill development with accompanying discussion questions and online resource lists were developed for transition service providers. A total of 47 peer support and non-peer service providers participated in an online evaluation. On average, participants rated the entire video brief series, clips of peer support providers, and online resources as “very helpful.” Ratings of segments featuring other

service providers and discussion questions were between “somewhat helpful” and “very helpful.” Qualitative comments described the usefulness of specific topics such as trauma informed care, youth cultures, and shared decision making. The video briefs may be viewed by individuals or used in team-based workforce development activities where there are opportunities to apply learning to practice issues encountered by staff members.

Introduction

As part of workforce development efforts undertaken by the Research and Training Center for Pathways to Positive Futures, a research team recently conducted a national survey designed to capture service providers' assessment of their training needs for providing effective interventions with youth with mental health challenges in the transition years (14–29), preferred training modalities, and obstacles to participating in training.¹ Employing a youth participatory action (YPAR)² approach, researchers from the Pathways Transition Training Partnership (PTTP), and youth advocates from Youth MOVE National (YMN), collaborated on the identification of core competencies and skills needed by transition service providers working with young people who had mental health challenges and developed a training needs survey instrument. The survey was designed to capture service providers' ratings of the importance of, and training needs for these competencies and skills, and the training modalities most preferred by the survey participants. It also explored the acceptability of in-person and online training modalities for the national sample of 254 survey participants. Finally, it identified time and budget constraints as key obstacles for service providers who needed additional training.

Using the survey results as a guide, the PTTP developed and tested ten **Pathways Transition Training Video Briefs (PTTVBs)**, a series of online short trainings designed to meet the needs of transition service providers for accessible trainings that focus on high demand training areas. Each video brief was accompanied by discussion questions and relevant online resources to facilitate application of learning in work with youth, young adults, and families.

As part of the YPAR collaborative effort PTTP researchers and YMN young adults examined the survey results, and identified key areas that needed additional training materials developed. Based on these discussions, and available video recordings of peer support providers, family support providers, and transition service providers created for a national online training program,³ PTTP identified ten video brief topics each lasting 5 to 7 minutes and created a cross-walk table (Table 1) linking the topics with survey priorities.⁴ For each video brief, the team created accompanying discussion questions for use in trainings or staff meetings, and a list of relevant online resources.

Method

The ten PTTVBs were made available through the Pathways website through a portal⁴ that requested participants to supply an email address so that they could participate in an evaluation of the program. Less than two weeks after they accessed one or more PTTVB, a brief online evaluation was sent to those who supplied a working email address.

A total of 47 peer support and non-peer service providers participated in the evaluation. Those who

completed the online evaluation survey included 29 students who participated in a pilot study, five peer support providers from a statewide network, and 13 service providers who accessed the training modules after they responded to an online announcement. The majority of participants (89.2%) indicated that they were female, less than 40 years of age, and had at least one college degree. Nineteen participants identified being Hispanic or Latino in ethnicity (40.4%), with 46.8% identifying themselves as White, 4.3% as Black

Table 1. Pathways Transition Training Video Briefs: Content and Corresponding Ratings in a National Survey of Service Providers

Video Brief Title	Ranking of Training Need Ratings
1. Trauma Informed Care: Creating a Safe Space for Working with Youth Affected by Trauma	Training need for “Employing trauma informed principles for work with young people” ranked 1.
2. Engaging Young People through Understanding Youth Cultures	Training need for “Engaging young people effectively by understanding youth culture” ranked 2.
3. Engaging Youth in Treatment: Advice for Mental Health Service Providers	Training need for “Engaging young people effectively by understanding youth culture” ranked 2.
4. Promoting Family Support for Youth with Mental Health Needs	Training need for “Promoting natural supports” ranked 3.
5. Supporting Youth Empowerment through Shared Decision Making	Training need for “supporting youth empowerment” ranked 7.
6. Working with Native American Youth	Training need for “Using culturally responsive practices” ranked 4.
7. Working with LGBTQ Youth: Supporting their Identity Exploration and Becoming an Ally	Training need for “Applying positive youth development principles in your work” ranked 6. Also, 31 participants listed LGBTQ youth as an underserved group in the open-ended questions.
8. Supporting Young People as they Form Healthy Adult Relationships	Training need for “Helping young people to navigate transitions” ranked 5.
9. Collaborating with Peer Support Providers	Training need for “collaborating with peer support providers” ranked 9.
10. Supporting Young People in their Advocacy	Skills training needs for “supporting young adult peer support providers” ranked 2, “advocating for program improvements” ranked 3, and “increasing youth-driven practice in my organization” ranked 4.

Note. Rankings obtained from ratings given by N = 254 service providers completing *Supporting You in Supporting Youth Survey*.

or African American, and 48.9% as another race or biracial. Their experience working with transition-aged youth ranged from a few months to nearly 20 years, with the average years of experience reported as 5.6 ($SD = 5.14$).

Participants were asked to rate their ease of accessing the video briefs and the helpfulness of the series itself, and its four major components: video clips of peer service providers, video clips of other

service providers, discussion questions, and lists of relevant online resources. Additionally, we asked viewers open-ended questions about each individual video brief, including what they found difficult to understand and what was particularly useful. Finally, participants were invited to share what else they needed to learn to be more effective in their work with young people who were experiencing mental health challenges.

Findings

Evaluation participants rated the video brief series as well as the clips of peer support providers and online resources as “very helpful” (Table 2) and “very easy” to access ($M = 4.87$, $SD = .49$, on a 5-point scale where 5 = very easy to access and 1 = very difficult to access). Their average ratings of the helpfulness of the segments featuring other service providers and of the discussion questions were between “somewhat helpful” and “very helpful.” Participant ratings of overall series helpfulness were positively correlated with their ratings of the helpfulness of the video clips featuring peer support providers and other transition service providers.

The usefulness of the topical information available in the video briefs was reflected in participant comments. On *trauma-informed care*, one evaluation participant said: “Talking about the importance of safety, and the biology behind feeling safe, was very helpful.” Another stated that the key thing gained from the video brief on *youth culture* was “...communicating to youth that services are FOR them and making easy changes in the environment to make them feel more comfortable and empowered.” When reflecting on *shared decision making* a participant noted that the goal was to strive for “Empowerment through including youths in decisions being made about them.”

Practice Implications

Participant responses underscore the ease of access and helpfulness of the Pathways Transition Training Video Briefs. The selection of the topics for this series was based on issues identified as crucial by peer support providers and other service providers working with young people facing mental health difficulties. Comments supplied by participants revealed the knowledge they gained from each of the video briefs, and the ways that they would use what they learned

to make changes in their practice. Participants also revealed that they needed more “hands on training with oversight.” The video briefs have the potential to be used by individual service providers to enhance their skills or as part of team-based workforce development activities⁵ with the video training being viewed, discussed, and applied to practice issues encountered by staff members.

Table 2. Correlations of Helpfulness Ratings for Pathways Transition Training Video Briefs and Components

	Video Briefs Helpfulness	Peer Support Video Clips Helpfulness	Other Service Provider Video Clips Helpfulness	Discussion Questions Helpfulness	Online Resources Helpfulness
Video Briefs Helpfulness					
Peer Support Video Clips Helpfulness	.462**				
Other Service Provider Video Clips Helpfulness	.524**	.856**			
Discussion Questions Helpfulness	.256	.273	.364*		
Online Resources Helpfulness	.212	.396**	.453**	.872**	
Scale Mean	4.62	4.53	4.43	4.41	4.56
Standard Deviation	0.74	0.93	0.96	0.87	0.85

Note. * $p < .05$, ** $p < .01$. $N = 47$ evaluation participants. Scale ratings ranged from 5 = very helpful to 1 = very unhelpful.

References

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Suggested Citation

Brennan, E. M., Grover, L., & Jivanjee, P. (2019). *Pathways Transition Training Video Briefs: Evaluation Report*. Portland, OR: Research and Training Center for Pathways to Positive Futures, Portland State University.



Produced by Pathways Transition Training Partnership, Research and Training Center for Pathways to Positive Futures, Portland State University, Portland, OR.

www.pathwaysrtc.pdx.edu



The contents of this product were developed under a grant with funding from the National Institute of Disability, Independent Living, and Rehabilitation Research, and from the Center for Mental Health Services Substance Abuse and Mental Health Services Administration, United States Department of Health and Human Services (NIDILRR grant 90RT5030). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this product do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.