



# Training Guide & Resource Archive

## Purpose

The Mental Health Technology Transfer (MHTTC) Network was a collaborative effort of 10 regional centers and a network coordinating office supported by the Substance Abuse and Mental Health Services Administration (SAMHSA). The MHTTC Network provided support for resource development, training and technical assistance, and workforce development in the mental health field. The Northwest MHTTC supported HHS region 10 (Alaska, Idaho, Oregon, Washington) from 2018 to 2024.

Since our website is no longer active, **we have curated a Training Guide & Resource Archive** for trainings, products and resources from the Northwest MHTTC, the MHTTC Network, as well as other training & TA centers at University of Washington Department of Psychiatry & Behavioral Sciences (PBSD) and UW Medicine (UWM). **Feel free to share this resource with your contacts!** All our materials are in the public domain so you can freely use and share them as long as you properly cite the MHTTC source/authors.

## Resource Overview

In this document you will find:

- Links to Northwest MHTTC webinars, podcasts, online courses, practice guides & tip sheets
- Where to find other MHTTC Network resources
- SAMHSA Practitioner Training, TA Centers and Centers of Excellence
- University of Washington PBSD & UWM trainings
- Future training & technical assistance opportunities

## Stay Connected

Starting in March 2025, the new SAMHSA National Center on Mental Health Dissemination, Implementation, and Sustainment (MHDIS) will begin operations, led by the Stanford University team formerly in charge of the MHTTC Network Coordinating Office. MHDIS will provide technical assistance specifically on “the how” or process of disseminating, implementing, and sustaining effective mental health services. Our UW team will lead the West Coast center, serving HHS regions 9 and 10. Stay tuned for more details! To learn more, please complete this form to get updates via email.

**For questions or feedback about the MHTTC Network, please contact Kimberly E. Reynolds, MPA, MEd, Public Health Advisor & Project Officer, Office of Technical Assistance & Coordination, Center for Mental Health Services, SAMHSA, or the former MHTTC Network Coordinating Office.**

# MHTTC Network Resources

SAMHSA will house a selection of MHTTC recordings via their [YouTube channel](#) and MHTTC written resources via the [SAMHSA Store](#). See how select centers will preserve resources below:

Center	HHS Region	Area of Focus	Resources
Network Coordinating Office	All	Coordinating dissemination & implementation best practices	<a href="#">YouTube</a>
Northeast & Caribbean	2	Evidence-based practices for serious mental illness	<a href="#">YouTube</a> & <a href="#">Rutgers University</a>
Central East	3	Suicide prevention within the context of race, ethnicity, age and sexual orientation	<a href="#">Danya Institute</a>
Southeast	4	Population-based approaches to SMI	<a href="#">YouTube</a>
Great Lakes	5	Process improvement for mental health care delivery systems	<a href="#">CHESS at University of Wisconsin</a>
South Southwest	6	Early childhood mental health	<a href="#">Texas Institute for Excellence in Mental Health</a>
Pacific Southwest	9	Youth, young adults of transitional age with or at risk for SMI	<a href="#">YouTube</a>
Northwest	10	Evidence-based practices for psychosis	<a href="#">YouTube</a> & <a href="#">Spotify</a> 

Network Resource Topics	Where to Access
BH Equity & Cultural Responsiveness	<a href="#">Yale Program for Recovery and Community Health</a>
Dissemination & Implementation	<a href="#">Stanford Center for Dissemination and Implementation (CDI)</a>
Early Psychosis	<a href="#">Massachusetts Psychosis Network</a> & <a href="#">YouTube</a>
School Mental Health	<a href="#">National Center for School Mental Health</a>

# SAMHSA Practitioner Training: Technical Assistance Centers

While the MHTTC Network has ended, SAMHSA supports many other training and technical assistance centers that can support training on specific topics related to behavioral health. Please visit SAMHSA's [Practitioner Training](#) page (updated regularly) or click center links below.

[Addiction Technology Transfer Centers \(ATTC\)](#)

[Prevention Technology Transfer Centers \(PTTC\)](#)

[Bringing Recovery Supports to Scale Technical Assistance Center Strategy \(BRSS TACS\)](#)

[CCBHC State Technical Assistance Center](#)

[The Crisis Systems Response Training and Technical Assistance Center \(CSR-TTAC\)](#)

[Disaster Technical Assistance Center \(DTAC\)](#)

[GAINS Center for Behavioral Health and Justice Transformation](#)

[The Homeless and Housing Resource Center \(HHRC\)](#)

[National Center on Substance Abuse and Child Welfare \(NCSACW\)](#)

[National Family Support Technical Assistance Center \(NFSTAC\)](#)

[National Institutes of Health \(NIH\) Training Resources](#)

[National Technical Assistance Centers for Mental Health Recovery](#)

[National Training and Technical Assistance Center for Child, Youth, and Family Mental Health \(NTTAC\)](#)

[National Training and Technical Assistance Center for Early Serious Mental Illness](#)

[Providers Clinical Support System \(PCSS\)](#)

[Rural Opioid Technical Assistance Regional Centers \(ROTA-R\)](#)

[SAMHSA Program to Advance Recovery Knowledge](#)

[Service Members, Veterans, and their Families Technical Assistance \(SMVF TA\) Center](#)

[SSI/SSDI Outreach, Access, and Recovery \(SOAR\)](#)

[State Opioid Response/Tribal Opioid Response Technical Assistance \(SOR/TOR-TA\)](#)

[Strategic Prevention Technical Assistance Center \(SPTAC\)](#)

[Suicide Prevention Resource Center \(SPRC\)](#)

[Tribal Training and Technical Assistance Center](#)



# SAMHSA Practitioner Training: Centers of Excellence

Please visit SAMHSA's [Practitioner Training](#) page (new Centers are updated regularly) or click the links below.

<a href="#">African American Behavioral Health Center of Excellence</a>	<a href="#">American Indian and Alaska Native Behavioral Health Center of Excellence</a>	<a href="#">Asian American, Native Hawaiian, and Pacific Islander Behavioral Health Center of Excellence (AANHPI-CoE)</a>
<a href="#">Center of Excellence for Building Capacity in Nursing Facilities to Care for Residents with Behavioral Health Conditions</a>	<a href="#">Center of Excellence for Protected Health Information (CoE-PHI)</a>	<a href="#">Center of Excellence on Social Media and Mental Wellbeing (SMMW-CoE)</a>
<a href="#">Historically Black Colleges and Universities Center of Excellence in Behavioral Health</a>	<a href="#">Hispanic/Latino Behavioral Health Center of Excellence</a>	<a href="#">E4 Center of Excellence for Behavioral Health Disparities in Aging</a>
<a href="#">LGBTQ+ Behavioral Health Equity Center of Excellence</a>	<a href="#">National Center of Excellence for Eating Disorders (NCEED)</a>	<a href="#">National Center of Excellence for Integrated Health Solutions</a>
<a href="#">Peer Recovery Center of Excellence</a>	<a href="#">National Center of Excellence for Tobacco-Free Recovery (National Center-TFR)</a>	

## UW Psychiatry & Behavioral Sciences (PBSci) Resources

Below are some examples of the many Centers, Labs and Initiatives housed at UW PBSci and related departments at UW Medicine. We hope you'll explore these and more **on this page**.

- [Grand Rounds Series](#)
- [UWM Harborview Ethics Forum](#)
- [Provider Consultation](#)



# Assertive Community Treatment (ACT)

Online Resource Type & Title	Description
<b>Online Course:</b> <a href="#">Introduction to Assertive Community Treatment (ACT)</a>	An overview of the origins, philosophy, & core elements of high-fidelity ACT, including for those new to or with limited experience with ACT.
<b>EBP Resource Guide:</b> <a href="#">Assertive Community Treatment (ACT)</a>	Essential information & guidance on ACT: implementation, staffing, funding, fidelity, & resources for both new and experienced teams.
<b>EBP Fact Sheet:</b> <a href="#">Assertive Community Treatment (ACT)</a>	A detailed overview of ACT principles and practices, research studies, implementation strategies, and evidence-based outcomes. It also describes target populations, training requirements, and fidelity assessments for effective delivery.
<b>Tip Sheet:</b> <a href="#">The Importance of the Team Leader in the Implementation of ACT</a>	Tips supporting successful implementation of ACT based on input gathered from working team leaders & subject matter experts.

Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<b>SERIES: Team Leaders Making a Difference! Conversations on Leadership and Supervision in ACT</b>						
<a href="#">The Pivotal Role of Team Leaders</a>	Learn how to implement the ACT model of care as it relates to the role of an ACT Team Leader.	Mimi Choy-Brown, PhD, MSW; Lynette M. Studer, PhD, MSW, LCSW & Maria Monroe-DeVita, PhD	12/3/2020			
<a href="#">"We are not going to fail!": ACT Team Leaders Focus on Team Well-Being</a>	Discover strategies focusing on team member well-being within the pandemic and beyond.	Mimi Choy-Brown, PhD, MSW; Lynette M. Studer, PhD, MSW, LCSW & Maria Monroe-DeVita, PhD	2/8/2021			
<a href="#">Keeping Our ACT Together: Team Leader Challenges &amp; Strategies in Sustaining ACT</a>	Learn insights, research outcomes, external challenges, and strategies in sustaining a high fidelity ACT team.	Mimi Choy-Brown, PhD, MSW; Lynette M. Studer, PhD, MSW, LCSW & Maria Monroe-DeVita, PhD	5/27/2021			

## National Assertive Community Treatment (ACT) Virtual Consultation Meetings

<a href="#">Being Too Assertive or Not Assertive Enough: Navigating Important but Challenging Space in ACT</a>	Discuss how to be communicative and supportive in client recovery while working within an inherently Assertive (ACT) practice model.	Lorna Moser, PhD & Christine Powers	2/5/2024			
<a href="#">Caring with intention: For yourself, your clients, and your coworkers</a>	Explore caring with intention and how to define, identify, and reduce emotional exhaustion or burnout.	Michelle P. Salyers, PhD	4/1/2024			
<a href="#">OCEFACT ACT Nursing Onboard Training</a>	Discover the ACT Nurse Onboard Training Curriculum from the Oregon Center of Excellence for Assertive Community Treatment.	Juli Templeton RN, BSN, QMHP, TTS, & Heidi Herinckx, MA	6/2/2024			
<a href="#">Psychosis REACH: A CBT-informed Care Approach for Families and Caregivers</a>	Learn about the Psychosis REACH (Recovery by Enabling Adult Carers at Home); a family/support system intervention model for supporting Psychosis in the home and community.	Sarah Kopelovich, PhD	2/6/2023			
<a href="#">Tools and Strategies for Using Cognitive Behavioral Therapy for Psychosis (CBT-p) within ACT Teams</a>	Discover how to optimize CBTp tools and strategies while working within a multidisciplinary ACT team.	Sarah Kopelovich, PhD	6/5/2023			
<a href="#">Building Engagement and Understanding through the ACT Comprehensive Assessment</a>	Understand how to use the ACT Comprehensive Assessment as a tool for engagement and treatment alignment.	Maria Monroe-DeVita, PhD	12/4/2023			
<a href="#">Forensic ACT (FACT) Panel Discussion</a>	Discussion on Forensic Assertive Community Treatment (FACT).	Steve Harker; Liz Middleton; Randy Plante & Robyn Wheeler	2/7/2022			
<a href="#">Cognitive Behavioral Social Skills Training (CBSST)</a>	Learn about the three modules of Cognitive Behavioral Social Skills Training (CBSST) and how to utilize these skills with ACT clients.	Eric Granholm, PhD	3/7/2022			
<a href="#">Principles &amp; Practices of Risk Assessment: Introducing the Short-Term Assessment of Risk &amp; Treatability</a>	#1 of a two-part session: An Introduction to Risk Assessment and Management in the Context of ACT.	Sarah Desmarais, PhD	5/2/2022			
<a href="#">Principles and Practices of Risk Assessment: Introducing the Short-Term Assessment of Risk &amp; Treatability (START)</a>	#2 of a two-part session: An introduction into the principles and practices of the Short-Term Assessment of Risk and Treatability (START).	Sarah Desmarais, PhD	6/6/2022			
<a href="#">What Your ACT Daily Team Meeting May Reveal About Overall Practice</a>	Understand what your ACT Daily Team Meeting (DTM) may reveal about overall practice and how to organize the DTM for success.	Lorna Moser, PhD	12/5/2022			

## SERIES: ACT Psychiatric Care Providers

<a href="#">What Makes ACT Psychiatry the Best Job on the Planet!</a>	Learn how an ACT psychiatrist can best advocate for the client while working within a multidisciplinary team setting.	Dr. Steve Harker & Dr. Ann Hackman	5/23/2024			
<a href="#">Prescribing Considerations: Clozapine and Long-Acting Injectable Antipsychotic Medications (LAIs)</a>	Hear best practices about prescribing Clozapine and long-acting injectables (LAI) for individuals with serious mental illness (SMI).	Dr. Robert Cotes and Dr. Donna Rolin	6/20/2024			
<a href="#">Cardiovascular Health for Individuals with SMI</a>	Learn about cardiovascular risk factors for individuals with SMI.	Dr. Martha Ward	7/18/2024			
<a href="#">Updating SUD Care for Fentanyl &amp; Stimulants: Implementation of Harm Reduction &amp; Treatment</a>	Hear about SUD care in the age of fentanyl and stimulants, with a focus on implementation of harm reduction and treatment.	Dr. Jeremy Weleff and Dr. Tumenta Terence	8/15/2024			

## Evidence-Based Psychotherapy for Psychosis

Online Product Resource Type & Topic	Description
<b>Online Course:</b> <a href="#">Cognitive Behavioral Therapy for Psychosis (CBTp) E-PRIMER</a>	Learn foundational concepts of CBT & its application to psychotic symptoms & experiences, known as CBTp.
<b>EBP Resource Guide:</b> <a href="#">Cognitive Behavioral Therapy for Psychosis (CBTp)</a>	Essential information & guidance on CBTp: implementation, staffing, funding needs, fidelity, & resources for practitioners.
<b>EBP Fact Sheet:</b> <a href="#">Cognitive Behavioral Therapy for Psychosis (CBTp)</a>	A detailed overview of CBTp principles and practices, research studies, evidence-based outcomes and implementation strategies. It also describes target populations, training requirements and fidelity assessments for effective delivery.
<b>Research Brief:</b> <a href="#">Human Relationships, Ethics, &amp; Recovery-Orientated Values in CBT for People with Psychosis</a>	A summary of research to determine if CBTp is able to meet the stated needs of individuals seeking mental health services.
<b>Practice Brief:</b> <a href="#">Culturally and Linguistically Responsive Care (CRC) for Early Psychosis</a>	Describes the principles & practices of CRC, designed for behavioral health providers working with individuals who experience psychosis.
<b>Practice Brief:</b> <a href="#">Cultural Considerations in Applying CBT to Racial/Ethnic Minority Groups with Serious Mental Illness</a>	Enhance approaches to CBT with cultural awareness & incorporate culturally relevant practices into their formulation and treatment.

Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
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### *Cognitive Behavioral Therapy (CBT) and CBT for Psychosis (CBTp)*

<a href="#">Clinical Innovations National Series: Telehealth and Cognitive Behavioral Therapy for Psychosis</a>	Learn critical intervention targets, high-yield motivational, cognitive, & behavioral strategies for telephonic encounters, telehealth, or digital accompaniment when delivering CBTp.	Sarah Kopelovich, PhD	5/27/2020			
<a href="#">Group CBTp by Teletherapy</a>	Issues with & tips to providing group CBTp via teletherapy.	Tania Lecomte, PhD	4/14/2020			
Essentials of Care for Supporting Individuals with Serious Mental Illness (podcast only)		Shannon Stewart, LMHC; Jeffery Roskelley, LICSW; Melvin LaBelle III, LMHC & Sarah Kopelovich, PhD		<a href="#">Supporting Individuals with Serious Mental Illness PODCAST</a>	Hear from the University of Washington's SPIRIT Center, who teach practical skills for those serving people living with serious mental health conditions.	9/8/2022
<a href="#">Involving Natural Supports in Cognitive Behavioral Therapy for Psychosis (CBTp)</a>	Hear from an international expert in CBTp who teaches how to incorporate natural supports into therapy.	Kate Hardy, Clin.Psych.D	6/19/2019			

### *SERIES: Brief Behavioral Skills Modules*

<a href="#">Behavioral Activation</a>	Learn about Behavioral Activation, an evidence-based treatment for depressive symptoms, and skills for intervention.	Kari Stephens, PhD & Patrick Raue, PhD	11/23/2019			
<a href="#">CBT for Anxiety (CBT-A)</a>	Learn about Cognitive Therapy for Anxiety (CBT-A) and skills for intervention.	Kari Stephens, PhD & Patrick Raue, PhD	11/23/2019			
<a href="#">DBT Distress Tolerance Skills</a>	Learn Dialectical Behavior Therapy (DBT) Distress Tolerance (DT) skills.	Kari Stephens, PhD & Patrick Raue, PhD	11/23/2019			

## Clinical Practice & Therapeutic Approaches

<a href="#">Motivation in Mental Health Recovery</a>	Focus on enhancing participants' ability to improve an individual's motivation and engagement in treatment by drawing out their meaning, importance, and capacity for change.	Lamarr Lewis, MA LAPC CPRP	4/17/2024			
<a href="#">The Geography of Grief</a>	Behavioral health professionals need to walk with grief as well as joy. Learn new approaches to caring for the grief of others, resulting in increased abilities to offer our skill and attention.	Jennifer Springsteen	4/7/2023	<a href="#">The Geography of Grief PODCAST</a>	Learn the importance of tending to our grief as mental and behavioral health professionals.	4/26/2023
<a href="#">Homelessness and Mental Health: Impacts and Strategies for Effective Care</a>	Explore risk factors exacerbating the potential for homelessness include adverse childhood experiences, substance use and mental illness. Learn the impacts and strategies for effective care.	Steven Samra, MPA, & Will Connelly	4/20/2022	<a href="#">Homelessness and Mental Health PODCAST</a>	Hear how lived experiences with homelessness, substance use & mental health issues can inform practice, challenging public misconceptions.	6/15/2022
<a href="#">Intersectionality of the Transitioning Veteran</a>	Learn from a former service member & current therapist on intersectionality, expectations, & veterans transitioning to civilian life.	Ahmad Bennett, MA, LMFTA, MHP	11/8/2022	<a href="#">Intersectionality of the Transitioning Veteran PODCAST</a>	Discuss transitioning veterans issues & identities, & how to be effective in supporting those who have served.	11/22/2022
<a href="#">Systems of Care for Mental Health: Voices of Lived Experience</a>	Hear a panel of speakers sharing their lived experiences navigating systems of care for mental health and recovery.	Karen Kelly, WA SPEAKS	11/17/2023			
<a href="#">A Framework for Community Action: The Seven Vital Conditions</a>	Explore this useful framework for conceptualizing holistic individual and community well-being.	Chris Kelleher & Jennifer Johnson	2/13/2024	<a href="#">The Seven Vital Conditions PODCAST</a>	Hear a framework addressing social determinants of health, & holistic individual and community well-being.	2/15/2024
<a href="#">Changing the Narrative: Mastering the Art of Storytelling in Behavioral Health</a>	Learn the skills and knowledge to leverage storytelling for effective communication and community engagement.	Lamarr Lewis, MA, LAPC, CPRP	7/23/2024			
<a href="#">Intersectional Feminist Approach to Therapy</a>	Explore the history of feminist therapy, how it has developed into modern therapy, and how to use it in practice.	Leah Post, LICSW, MSW, MPH	7/26/2024			

Integrated Care						
Online Resource Type & Title			Description			
<a href="#">Online Course: Empowering Wellness in Mental Health -- Helping People with their Lifestyle Changes</a>			Review specific risks & proven approaches to lifestyle changes for those living with serious mental health issues & taking antipsychotic medications.			
<a href="#">Online Course: STRIDE Group Facilitator Training</a>			<a href="#">Outlines the principles and evidence behind the STRIDE Program, developed by Kaiser Permanente Center for Health Research. Kaiser's STRIDE resources, facilitation materials and more are freely available.</a>			
<a href="#">Online Course: The Psychiatrist's guide to population management of diabetes</a>			Increases prescriber knowledge of and confidence in the identification and management of diabetes and other cardiovascular risk factors.			
<a href="#">Research Brief: Integrated Care for Older Adults with Serious Mental Illness &amp; Medical Comorbidity</a>			A summary of evidence-based integrated models of care addressing the mental and physical health needs of older adults with SMI.			
Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<b>SERIES: UW Psychiatry and Addictions Case Conference (UW PACC-ECHO)</b>						
<a href="#">Assessment of Psychosis and Behavioral Interventions</a>	Learn about the diagnosis and medical management of psychosis in primary care settings.	Sarah Kopelovich, PhD	7/11/2019			
<a href="#">Medication Management</a>	Learn about the diagnosis and medical management of psychosis in primary care settings.	Lydia Chwastiak, MD, MPH	7/10/2019			
<a href="#">Medical Management of Psychosis in Primary Care</a>	Learn about evidence-based safe antipsychotic prescribing.	Lydia Chwastiak, MD, MPH	4/6/2021			
<a href="#">Management of Psychosis in Primary Care Settings</a>	Learn data on psychosis outcomes for more accurate psychoeducation.	Sarah Kopelovich, PhD	4/6/2021			
<b>SERIES: Sexual Health: An Essential Part of Recovery</b>						
<a href="#">#1 of 4: An Essential Part of Recovery Introduction</a>	Hear the foundation for integrating sexual health & behavioral health care and a research overview highlighting the importance of this issue.	Laurie Sylla, MHSA, & Lydia Chwastiak, MD, MPH	5/2/2024			
<a href="#">#2 of 4: Discussing &amp; Documenting Sexual Orientation and Gender Identity (SOGI)</a>	Learn the importance of sexual orientation & gender identity (SOGI) data collection & documentation, a key component of enhancing meaningful dialogue during clinical encounters & promoting high-quality care.	Dayna Morrison, BA, MPH, & Rachel Greim, MPH	5/29/2024			
<a href="#">#3 of 4: PrEP Talk--Enabling Mental Health Professionals to Lead in Prevention</a>	Learn the effectiveness of PrEP for reducing risk of acquiring HIV, eligibility, & best practices for initiating & monitoring patients on PrEP.	Joanne Steckler, MD, MPH	6/17/2024			
<a href="#">#4 of 4: The Symbiotic of HIV, Sexually Transmitted Infections (STI) and Behavioral Health Disorders</a>	Learn conditions that disproportionately impact people with serious mental illnesses and/or substance use disorders, & the important role of behavioral health staff in screening & linkage to treatment.	Tim Menza, MD, PhD	7/16/2024			
<b>SERIES: Integrated Physical &amp; Behavioral Health Care</b>						
<a href="#">Advancing Equity in Cancer Care for People with Mental Illness</a>	Learn how patients with serious mental illness experience inequities in cancer care that can contribute to increased cancer mortality.	Kelly Irwin, MD	11/20/2019			
<a href="#">Achieving Healthy Weight for Mental Health Consumers</a>	Hear specific behavioral lifestyle strategies for helping persons with serious mental illness (SMI) manage their weight and overall health.	Gail Daumit, MD	5/22/2020			
<a href="#">Good News for Our Patients Who Smoke</a>	Discover approaches for treating and prescribing medications for people with schizophrenia spectrum disorders, bipolar and serious mood disorders who smoke tobacco.	A. Eden Evins, MD, MPH	2/21/2020			
<a href="#">Stigma Reduction Among People with HIV to Improve Health Outcomes</a>	Understand the socio-behavioral and mental health-related barriers to engagement in care for people with HIV.	Deepa Rao, PhD, MA	4/1/2020			
<a href="#">Primary Care Behavioral Health Strategies Serving Rural Populations</a>	Learn the foundations of the primary care behavioral health (PCBH) model of integration.	Phillip Hawley, PsyD	3/29/2021			
<a href="#">Reducing Racial and Ethnic Disparities in Mental Health Care through Policy and Practice</a>	Hear a historical perspective on mental health policy and race-based inequities, and how to reduce these disparities in policy and practice.	Pamela Collins, MD, MPH	3/2/2021			
<a href="#">It Takes a Village: Psychiatric Services at the Lummi Nation</a>	Lummi Tribal Health Center staff discuss challenges to providing coordinated psychiatric care during the COVID-19 pandemic.	George Vana, MD; Jessica McLendon, CMA, & Cedric Robertson	4/12/2021			

Health Topics						
Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<a href="#">Mental Health Impacts of Climate Change: An Overview</a>	Review the ways in which climate change threatens human well-being.	Kristie Ebi, PhD, MPH; Susan Clayton, PhD; Sherilee Harper, MSc, PhD	8/29/2024			
<a href="#">Changing the Conversation about Pain: The Role of Peer Support and Pain Education in the Integrated Primary Care Team in Pain Treatment</a>	Explore tools and resources for clinician and patient pain education to develop a biopsychosocial-oriented pain care treatment plan.	Nora Stern, PT, MS PT, & Michelle Marikos, Peer Support Specialist	5/11/2021			
<a href="#">Oral Health and the Peer-Supported Recovery Journey</a>	Increase understanding of common oral health problems faced by individuals with mental health and substance abuse challenges.	Janie Gullickson, MPA:HA, Reina Bower & Kevin Fitts	7/13/2021			
<a href="#">Physical Activity to Improve Mental Health in Adolescents</a>	Explore how a professional fitness professional overcame a tumultuous childhood & now mentors youth through community-based weightlifting.	Adrianna Kara, MBA	10/5/2023	<a href="#">Adolescent Mental Health Improvements through Physical Activity PODCAST</a>	Hear how someone translated a tumultuous childhood & high ACE score into building a career mentoring youth and traveling the country teaching weightlifting.	10/12/2023
<a href="#">Age-Friendly Healthcare: Mentation's 3 Ds (Dementia, Delirium, and Depression)</a>	Learn the key explanations and differences between dementia, delirium, and depression when serving older adults.	Emily Trittschuh, PhD	7/15/2024			
<a href="#">A Biopsychosocial Model for Chronic Pain &amp; Strategies to Support the Sensory and Emotional Experience of Those Living with Pain</a>	Hear from the University of Washington Center for Pain Relief's multidisciplinary team about evidence-based interventions to support those in chronic pain.	Kaitlin Touza, PhD; Bethany Pester, PhD; Eric Wanzel, MSW, LICSW & Elisabeth Powelson, MD, MSc	5/24/2024			
<a href="#">Eating Disorders: Screening, assessment, and brief interventions for eating disorders in community mental health settings</a>	Review what eating disorders are, who and how to screen, initial interventions, when to consider referring for additional support, and how to help caregivers.	Megan Riddle, MS, MD, PhD; Natalie Goodwin, PhD	7/25/2024			
Substance Use-related Topics						
<a href="#">A Framework for Whole-Person Care in Behavioral Health</a>	Provides an overview of selected content from the SAMHSA toolkit "Whole-Person Care for People Experiencing Homelessness and Opioid Use Disorder."	Ken Kraybill, MSW	12/2/2021	<a href="#">Whole-Person Care in Behavioral Health PODCAST</a>	Learn about whole-person care in behavioral health, including being person-centered, trauma-informed, and recovery-oriented.	2/11/2022
<a href="#">Co-occurring Disorders: Compassionate Care for Healing and Recovery</a>	Learn about common psychiatric disorders, symptoms, and treatment, as well as how they impact and interact with substance use disorders.	Elizabeth Black, MRC, LADC	6/9/2022	<a href="#">Co-occurring Disorders: PODCAST</a>	Learn how substance use & mental health disorders impact one another, and hear about effective interventions.	8/11/2022
<a href="#">Substance Use: Working with Sexual and Gender Minority (SGM) Populations</a>	Gain knowledge in working with individuals on their substance use treatment, who self-identify as a sexual and gender minority.	Leah Post, LICSW, MSW, MPH	7/31/2024			
<a href="#">Harm Reduction 101</a>	Learn about harm reduction fundamentals.	Haven Wheelock	8/4/2021			
<a href="#">Opioid Overdose Prevention</a>	Hear opioid overdose awareness & prevention efforts including how to access specific resources.	Alison Newman, MPH	8/31/2022	<a href="#">Opioid Overdose Prevention PODCAST</a>	In honor of International Overdose Awareness Day, we discuss opioid overdose awareness and prevention.	9/2/2022
<a href="#">Opioids, Overdose and Naloxone Administration</a>	Hear from a Department of Health staffer about opioids, including fentanyl, overdose prevention, and Naloxone administration.	Sean Hemmerle	9/3/2021	<a href="#">Opioids, Overdose and Naloxone Administration PODCAST</a>	In honor of International Overdose Awareness Day, we discuss opioids, mental health, & the importance of a harm reduction approach.	2/4/2022
<a href="#">Supporting Caregivers in OUD Recovery and Promoting Prevention in Youth</a>	The Northwest Center for Family Support increases Washington statewide capacity to deliver evidence-based interventions by braiding recovery and treatment support for caregivers with opioid use disorder as well as prevention for their children, ages 0-14.	Margaret Kuklinski, PhD, & Jim Leighty, MSW, LICSW	11/17/2023	<a href="#">Supporting Caregivers in OUD Recovery POSCAST</a>	Leaders of the University of Washington Northwest Center for Family Support discuss braiding recovery & treatment support for caregivers with opioid use disorder (OUD).	12/28/2023



# Crisis Systems & Response Topics

## Online Resource Type & Title

**Online Course:** [Violence Risk Assessment and Management](#) Provides the necessary tools for clinicians to assess, manage, and stabilize threats of violence in clinical and other settings.

Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<a href="#">988 in Washington State: Sharing the Journey</a>	Hear about Washington State efforts in implementing the 988 Suicide & Crisis Lifeline, state-specific funding strategies and the first Native and Strong Lifeline in the country.	Tina Orwall, MSW; Vicki Lowe; Lucilla Mendoza, MSW, CPP; & Rochelle Williams, MS	12/20/2022	<a href="#">988 in Washington State: Sharing the Journey PODCAST</a>	Hear strategies used in Washington State to support implementing the 988 Suicide & Crisis Lifeline as well as the first Native and Strong Lifeline in the country.	12/22/2022
Disaster Behavioral Health Team to Poland and Ukraine for Crisis (podcast only)		Kira Mauseth, PhD		<a href="#">Disaster Behavioral Health: Health Support Team for Ukraine Crisis PODCAST</a>	Hear about a disaster behavioral health approach called Health Support Teams, & an upcoming Poland to assist with the Ukraine refugee crisis.	2/15/2022
<a href="#">Responding to Disasters: Principles and Considerations for Behavioral Health</a>	Discover the effects of disasters on behavioral health, including general behavioral health issues, phases, points of intervention, and best practices in the context of natural and human-caused disasters as well as critical incidents.	Kira Mauseth, PhD	3/6/2023	<a href="#">Responding to Disasters PODCAST</a>	Discuss best practices for addressing behavioral health in the context of natural & human-caused disasters as well as critical incidents.	4/26/2023
Four "ingredients" of resilience: discuss practical tools to employ in our professional & personal lives (podcasts only)		Kira Mauseth, PhD		<a href="#">Purpose PODCAST</a>	The first "ingredient" of resilience: Purpose.	4/17/2023
		Kira Mauseth, PhD		<a href="#">Connection PODCAST</a>	The second "ingredient": Connection.	4/17/2023
		Kira Mauseth, PhD		<a href="#">Adaptability PODCAST</a>	The third "ingredient" of resilience: Adaptability.	4/17/2023
		Kira Mauseth, PhD		<a href="#">Hope PODCAST</a>	The fourth "ingredient" of resilience: Hope.	4/17/2023
<a href="#">"LEND A HAND": A Crisis Management, Triage and De-escalation Model</a>	Overview of LEND A HAND, a crisis management, triage, and de-escalation model.	Kira Mauseth, PhD	10/6/2021	<a href="#">LEND A HAND Model PODCAST</a>	Learn about disaster behavioral health & a model developed for crisis management, triage, & de-escalation.	2/11/2022
<a href="#">Culturally Informed Crisis Support: Themes for Behavioral Health Intervention</a>	Discover the primary themes related to effective culturally informed behavioral health support.	Kira Mauseth, PhD, & Salsabiel Alzubaidi, MA	6/18/2024			
<a href="#">International Ties: Disaster Behavioral Health with a Global Lens</a>	Explore the global experience of behavioral health priorities during large-scale disasters or critical incidents including impact, rescue, & disillusionment phases in domestic & international response work.	Kira Mauseth, PhD	10/11/2023	<a href="#">Disaster Behavioral Health With a Global Lens PODCAST</a>	Learn about international disaster behavioral health & considerations for response and preparedness.	10/16/2023
<a href="#">De-escalation: How to Approach Volatile Behavior in a Clinical Setting</a>	Learn how to diffuse acute emotional reactions in volatile situations to de-escalate potentially dangerous individuals in clinical settings using principles of rapid rapport building.	Lonnie Nelson, PhD	6/20/2023	<a href="#">De-escalating Volatile Behavior in a Clinical Setting PODCAST</a>	Hear crucial elements of de-escalation in clinical settings using principles of rapid rapport building.	7/3/2023
<a href="#">De-Escalation &amp; Personal Safety Through a Trauma-Informed Lens</a>	Develop personal awareness during instances of de-escalation, while utilizing principles of trauma-informed care to increase competencies during and after a crisis.	Martin Reinsel, LMHC	8/21/2024			
<a href="#">When is the crisis really over? Resilience for crisis line staff and teams</a>	Explore the unique issues facing behavioral health & other professionals doing virtual crisis management and response work.	Kira Mauseth, PhD	12/6/2022	<a href="#">Resilience for Crisis Line Staff and Teams PODCAST</a>	Discuss the unique workplace stress & trauma for those working on crisis lines, learning effective strategies to manage the impact on your well-being.	12/20/2022
<a href="#">When is the crisis really over? Resilience for in-person crisis and first responder staff and teams</a>	Explore the unique issues facing behavioral health & other professionals doing in-person crisis management and response work.	Kira Mauseth, PhD	12/13/2022	<a href="#">Resilience for In-person Crisis &amp; First Responder Staff &amp; Teams PODCAST</a>	Explore the challenges for people doing in-person crisis intervention and first responder work, and how practical tools can contribute to resiliency.	12/20/2022

## SERIES: Behavioral Health Crisis Response Systems

<a href="#">Creating and Sustaining High Quality Crisis Services: Lessons from Arizona</a>	Learn key features of Arizona's crisis system model including: the crisis continuum; governance, financing, & accountability; collaboration with law enforcement & community partners; & strategies for using data to drive continuous system improvement.	Margie Balfour, MD, PhD	3/20/2020			
<a href="#">Designing and Implementing Ideal Behavioral Health Crisis Systems</a>	Hear a detailed outline of essential elements & measurable criteria for developing behavioral health crisis systems as Essential Community Services.	Ken Minkoff, MD	3/30/2020			
<a href="#">Implementing New Crisis Services: The View from the Ground Up</a>	Learn from a case study of one rural Iowa State community's process of expanding crisis services, highlighting successes, navigation tips, & ongoing challenges.	Michael Flaum, MD	4/15/2020			

Crisis Systems & Response Topics (continued)						
Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<i>SERIES: Psychological First Aid (PFA) with UW Trauma Recovery &amp; Resilience Innovations</i>						
<a href="#">Psychological First Aid (PFA) for Service Providers</a>	Discover how PFA (an evidence-informed prevention strategy) reduces distress & increases resilience during & following mass disasters, including natural disasters & pandemics.	Michele Bedard-Gilligan, PhD, & Emily Dworkin, PhD	5/19/2020			
<a href="#">Psychological First Aid (PFA) for Leadership</a>	Leadership can utilize PFA to support teams & staff. an evidence-informed prevention strategy reducing distress & increases resilience after mass/natural disasters & pandemics.	Michele Bedard-Gilligan, PhD, & Emily Dworkin, PhD	5/20/2020			
<i>SERIES: Forensic Mental Health with the UW Center for Mental Health Policy &amp; the Law (CMHPL)</i>						
<a href="#">Forensic Mental Health Practice and Training: Expanding Programming in Washington</a>	Provides an overview of forensic mental health services & describes the mission of the University of Washington's CMHPL.	Jennifer Piel, MD, JD	4/8/2021			
<a href="#">Your Role in Advancing Evidence-Informed, Behavioral Health Policymaking</a>	Presenters discuss intentionally building relationships to create change at local, state, and national levels.	Jennifer Piel, MD, JD	4/15/2021			
<a href="#">Cognitive Behavioral Therapies for Serious Mental Illness (SMI) in High Security Settings</a>	Learn empirically-supported treatments for forensically-housed individuals with SMI, focused on cognitive behavioral therapies.	Sarah Kopelovich, PhD	4/22/2021			
<b>Suicide Awareness, Intervention and Prevention topics</b>						
<a href="#">Maximizing Therapeutic Alliance in Suicide Risk Assessment, Management, and Treatment</a>	Using the Aeschi model of psychotherapeutic care for suicidal patients, hear strategies for suicide risk assessment, prevention, and treatment.	Katherine Comtois, PhD, MPH	9/22/2021	<a href="#">Therapeutic Alliance in Suicide Care PODCAST</a>	Learn about models and approaches to suicide care.	2/11/2022
<a href="#">Navigating the Tough Stuff: LGBTQ Suicide Awareness for Families</a>	Explore how to increase LGBTQ+ youth suicide awareness from the family perspective.	Shawna Canaga, Peer Family Support Specialist	7/8/2022	<a href="#">Suicide Awareness for Families PODCAST</a>	Hear how we can increase LGBTQ+ youth suicide awareness from the family perspective.	10/1/2021
<a href="#">Cultural Adaptation of a Suicide Prevention Trial for Indian Country</a>	Learn about a suicide prevention intervention shown to reduce suicide ideation, attempts, and death. Hear how this was adapted for use in American Indian and Alaska Native (AI/AN) communities.	Lonnie Nelson, PhD	9/6/2023			
<a href="#">Suicide-related risk in Latinx/Hispanic Youth</a>	Identify suicide-related risks in Latinx and Hispanic youth, and review evidence-based practices to screen for risk across various settings.	Lillian Polanco-Roman, PhD	10/6/2020			
<a href="#">Overview of Clinical Suicidology: Theories, Assessment, Interventions, and Treatments</a>	Overview of clinical suicidology, including prevailing theories, assessment, interventions, and treatments.	David Jobes, PhD, ABPP	5/24/2019			
<a href="#">Suicide Prevention Training for Healthcare Professionals: Lessons from Idaho</a>	Learn about a strategy to improve suicide care in Idaho through a unique partnership and Idaho's system-wide suicide prevention efforts.	Betsy Hammar, MS; Ali Shields, LMSW; Ben Skaggs, LCSW, & Jennifer Tachell, M.Ed./Ed.S.	9/28/2022	<a href="#">Suicide Prevention Efforts in Idaho. PODCAST</a>	Learn how healthcare clinicians in Idaho are addressing the state's high suicide rate by building resilient individuals & communities.	4/4/2023
The Impact of Mental Health First Aid (podcast only)		Breann Vandenberg	None	<a href="#">The Impact of Mental Health First Aid. PODCAST</a>	Hear from a Mental Health First Aid (MHFA) instructor from a rural community: her first exposure to MHFA, starting MHFA in her area, how it combats stigma, & why it is so effective.	10/9/2023

## Culturally Responsive Care, Cultural Considerations and Equity Topics

Online Resource Type & Title		Description				
<a href="#">Online Course: Prioritizing Racial Equity &amp; Advancing Cultural Humility in the Workplace</a>		Practical guidance & resources for equitable organizational practices in behavioral health access, treatment, recovery, and care.				
Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<b>Anti-Racist and Equity Topics</b>						
<a href="#">So You Want to Be an Ally</a>	Describes divisions in our society, and the effects of those divisions on our mental health. Learn how to truly be an ally.	Sherronda Jamerson, MA, CDP	2/1/2023	<a href="#">So You Want to Be an Ally</a> PODCAST	Discuss the challenging and emotional question of what it mean to be an ally.	2/3/2023
<a href="#">Developing Anti-Racism Strategies in Behavioral Health Agencies</a>	Dominant culture & institutional biases can uphold inequities. Strategize for change fatigue & resistance to anti-racist practices.	Ashley Stewart, MSW, PhD	6/9/2021			
<a href="#">Do You See Me? Moving from Intolerance to Acceptance</a>	People of color don't always feel welcomed by and/or may avoid mainstream clinical services -- listen for clues & skillfully bring up race to connect meaningfully, providing improved care.	Sherronda Jamerson, MA, CDP	12/9/2022	<a href="#">Moving From Intolerance to Acceptance</a> PODCAST	Explore how to navigate unconscious racism & create a safe environment where clients of color can be seen fully, without pretense.	12/20/2022
<a href="#">Equity, Recovery, &amp; Resilience</a>	Define equity, its relationship to recovery, & perspectives of people experiencing marginalization. Learn actionable steps & practices.	Ashley Stewart, MSW, PhD	5/12/2021			
<a href="#">Talking About Equity in Action</a>	Learn connections of equity & organizational change, pivot from performative & siloed diversity initiatives by starting with equity, leading to sustainable, authentic, & trauma-informed culture shifts.	Ashley Stewart, MSW, PhD	7/21/2021	<a href="#">Talking About Equity in Action</a> PODCAST	Hear definitions of equity in action, examining practical steps toward inclusive practices.	8/11/2022
<a href="#">Truth, Trauma and Equity-Informed Solutions</a>	Examine pervasive consequences of oppression on health & the role of individuals & organizations. Discover transformational practices for reducing harm, promoting wellness & innovation.	Ashley Stewart, MSW, PhD	7/28/2022	<a href="#">Truth, Trauma, and Equity-Informed Solutions</a> PODCAST	Explore equity, intergenerational trauma, & strategies to enhance racially equitable standards of practice.	8/11/2022
Social Justice and Inclusion (podcast only)		Akansha Vaswani-Bye, PhD, & Sarah Fikre, BA		<a href="#">Social Justice and Inclusion</a> PODCAST	Hear from staff on their experiences, career paths, & what motivates them to advocate for more equitable & socially just landscape in the mental health field.	10/25/2022
<a href="#">How to Bring Up Race in Therapeutic Conversations and Not Come Undone</a>	Listen for clues & skillfully bring up race as an opportunity to connect meaningfully with clients of color.	Sherronda Jamerson, MA, CDP	12/8/2022	<a href="#">Discussing Race in Therapy</a> PODCAST	Discuss how race & racism impacts therapeutic relationships.	12/20/2022
<a href="#">Do You See Me?: Silence vs. Voicelessness</a>	Learn about race-based traumatic stress, the cumulative effects of racism on an individual's mental and physical health, and approach service delivery differently.	Sherronda Jamerson, MA, CDP	2/20/2024	<a href="#">Silence vs. Voicelessness</a> PODCAST	Explore the cumulative effects of racial trauma & how it can compromise clinical discussions & outcomes.	2/26/2024
<a href="#">White Trauma</a>	Creates space for white people's vulnerability to undo structural and systemic racism, & generational trauma.	Sherronda Jamerson, MA, CDP	2/29/24			
<a href="#">Practical steps to address bias, privilege and discrimination as a behavioral health professional</a>	Discuss the impact of personal bias, how it impacts the people we serve, & what culturally thoughtful and affirming work can look like as a behavioral health professional.	Bianca Andrews	8/9/24			
<b>Culturally Responsive Practices</b>						
<a href="#">Culturally Informed Crisis Support: Themes for Behavioral Health Intervention</a>	Discover the primary themes related to effective culturally informed behavioral health support.	Kira Mauseth, PhD, & Salsabiel Alzubaidi, MA	6/18/2024			
<a href="#">Culturally and Linguistically Responsive Care for Early Psychosis</a>	Review the clinical and organizational best practices to promote culturally and linguistically responsive care (CLR).	Jorge Ramirez Garcia, PhD	4/15/2020			
<a href="#">Integration of NCLAS in Health Services Delivery</a>	Learn the National Culturally and Linguistically Appropriate Standards & implementing them in systems.	Suganya Sockalingam, PhD, & Scott van Loo, MA	7/7/2022	<a href="#">Integration of NCLAS in Health</a> PODCAST	Hear an overview of the NCLAS & adaptations in services.	8/11/2022
<a href="#">Leadership and Hiring with a Culturally Appropriate and Affirming Lens</a>	Explore how you can approach leadership and hiring in a way that creates an inclusive environment for all staff.	Bianca Andrews	8/22/24			
<a href="#">Cultural Humility and Responsiveness as a Mental Health Professional</a>	Acknowledge & improve awareness about decisions, actions, & policies shaped by your personal cultural perspective.	Lamarr Lewis, MA LAPC CPRP	2/22/2024			
<b>SERIES: Kaleidoscope for Multicultural Providers &amp; Supervisors with Aleks Martin</b>						
<a href="#">Staff Kaleidoscope for Multicultural Providers: Perspective on Our Field</a>	Multicultural providers deal with issues like impostor syndrome, secondary trauma, guilt, shame, survivor guilt transference & counter-transference. Find self-compassion & resilience.	Aleks Martin, LSWAIC, SUDP	4/27/2022	<a href="#">Staff Kaleidoscope</a> PODCAST	The term "kaleidoscope" applies to being a mental health provider from aspects of identities & intersectionalities that can break community apart.	8/2/2022
<a href="#">Leader Kaleidoscope for Multicultural Supervisors: Supporting Our Teams</a>	Diverse supervisors face similar issues to multicultural staff. Learn self-compassion & resilience while supporting your staff & teams.	Aleks Martin, LSWAIC, SUDP	4/27/2022	<a href="#">Leader Kaleidoscope</a> PODCAST	Supervisors can focus on the diversity of their team and challenge our socially conditioned approaches.	8/2/2022

## Culturally Responsive Care, Cultural Considerations and Equity Topics (continued)

Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<b>Asian American, Native Hawaiian, &amp; Pacific Islander Communities</b>						
<a href="#">South Asian America: Considerations for Mental Health Practitioners</a>	Provides an overview of cultural considerations for mental health practitioners working with South Asian clients.	Atrayee Mukherjee, M.S.Ed., LMHCA	8/27/2024			
<b>American Indian &amp; Alaska Native Communities</b>						
<a href="#">Cultural Elements of Native Mental Health with a Focus on Rural Issues</a>	Learn crucial ways for Improving mental health care for Native people, with an emphasis on issues specific to rural areas.	Raymond Daw, MA	3/17/2022	<a href="#">Cultural Elements of Native Mental Health PODCAST</a>	Learn about stark health disparities Native populations in rural areas suffer from, and cultural elements that can help improve mental health for Native people living in these rural areas.	4/8/2022
<a href="#">It Takes a Village: Psychiatric Services at the Lummi Nation</a>	Lummi Tribal Health Center staff describe & discuss the unique challenges to providing psychiatric care in a coordinated & collaborative way during the COVID-19 pandemic.	George Vana, MD; Jessica McLendon, CMA, & Cedric Robertston	4/12/2021			
<a href="#">Cultural Adaptation of a Suicide Prevention Trial for Indian Country</a>	Learn about a suicide prevention intervention shown to reduce suicide ideation, attempts, and death. Hear how this was adapted for use in American Indian and Alaska Native (AI/AN) communities.	Lonnie Nelson, PhD	9/6/2023			
<a href="#">Indian Health Care Providers: Addressing Barriers &amp; Highlighting Innovations in Telebehavioral Health</a>	In session #1 of 2, learn about addressing barriers & highlighting innovations in telebehavioral health for Native communities.	UW BHI; WA state behavioral health & Tribal partners; Western Oregon Service Unit	9/17/2020			
<a href="#">Indian Health Care Providers: Introduction to Telebehavioral Health</a>	In session #2 of 2, hear about the implementation of telehealth in a clinical setting for Native communities.	UW BHI; WA state behavioral health & Tribal partners; Western Oregon Service Unit	9/24/2020			
<b>Hispanic &amp; Latinx Communities</b>						
<a href="#">Increasing Cultural Connection with Hispanic and Latinx Clients: Understanding the Cultural Needs of the Hispanic and Latinx Client</a>	In session #1 of 3, learn how culture is the foundation of the working relationship, and build skills to increase cultural assessments and connections with Hispanic and Latinx Clients.	Michelle Evans, DSW, LCSW, CADC	5/12/2022	<a href="#">Understanding Cultural Needs (1/3) PODCAST</a>	Learn about cultural needs and treatment adaptations that can best serve Hispanic and Latinx populations.	8/2/2022
<a href="#">Increasing Cultural Connection with Hispanic and Latinx Clients: Assessing the Cultural Adaptation Needs of the Organization and Clinician</a>	In session #2 of 3, discover how to assess the cultural adaptation needs of the organization and clinician to best serve Hispanic and Latinx Clients.	Michelle Evans, DSW, LCSW, CADC	6/8/2022	<a href="#">Organizational Cultural Adaptation Needs (2/3) PODCAST</a>	Hear skills for establishing respectful relationships with Hispanic and Latinx clients.	8/11/2022
<a href="#">Increasing Cultural Connection with Hispanic and Latinx Clients: Incorporating Strategies to Effectively Engage Hispanic and Latinx Clients</a>	In session #3 of 3, incorporate strategies to effectively engage and provide adapted clinical interventions for Hispanic and Latinx Clients.	Michelle Evans, DSW, LCSW, CADC	6/8/2022	<a href="#">Incorporating Strategies(3/3) PODCAST</a>	Discover how to effectively engage and provide adapted clinical interventions for Hispanic and Latinx Clients	8/11/2022
<a href="#">Suicide-related risk in Latinx/Hispanic Youth</a>	Identify suicide-related risks in Latinx and Hispanic youth, & review evidence-based practices to screen for risk across various settings.	Lillian Polanco-Roman, PhD	10/6/2020			
<a href="#">Amigas Latinas Motivando el Alma (ALMA): Addressing Mental Health Needs Among Latina Immigrant Women in Washington State</a>	Hear about the research, implementation and outcomes of the Amigas Latinas Motivando el Alma (ALMA) program, supporting Latinas living in the Yakima Valley of Washington State.	India Ornelas, PhD	11/15/2023	<a href="#">ALMA Project PODCAST</a>	Learn a culturally grounded & community-based intervention to Latinas in the Yakima Valley of WA.	1/4/2024
<b>LGBTQIA2S+ Communities</b>						
<a href="#">Queer and Trans Youth Mental Health: Trauma-Informed &amp; Anti-Racist Co-Conspiratorship</a>	Hear community-defined, evidence-based foundations, historical & current perspectives & a comprehensive approach to queer & transgender youth care with a focus on trauma-informed care.	Ryan Kim Tieu, LCSWA	2/6/2023	<a href="#">Queer and Trans Youth Mental Health PODCAST</a>	Hear a discussion on pertinent issues from a social worker who identifies as a first-generation immigrant, queer, transgender, & young person of color.	4/14/2023
<a href="#">Transgender Mental Health: Co-Conspiratorship</a>	Learn a community-defined and evidence-based foundation, Co-Conspiratorship, for mental health providers serving queer and transgender communities.	Ryan Kim Tieu, LCSWA	10/20/2021	<a href="#">Transgender MH &amp; Co-Conspiratorship PODCAST</a>	Healthcare and mental health systems have a long history of pathologizing and marginalizing people who identify as transgender.	2/11/2022
<a href="#">LGBTQIA2S+ Inclusion in Clinical Practice</a>	Approach mental health clinical care in ways that are inclusive of LGBTQIA2S+ identities, authenticity, power, and difference in an anti-oppressive framework.]	Li Brookens, LCSW, CGP; Virginia Sanford, LPC, The Umbrella Collective	7/10/2024			
<a href="#">Substance Use: Working with Sexual and Gender Minority (SGM) Populations</a>	Gain knowledge in working with individuals on their substance use treatment, who self-identify as a sexual and gender minority.	Leah Post, LICSW, MSW, MPH	7/31/2024			
<a href="#">Queering Supervision</a>	Discusses benefits, impacts & unique challenges both queer supervisors & supervisees encounter in the therapeutic space.	Leah Post, LICSW, MSW, MPH	8/2/2024			

Trauma-Related Topics & Approaches						
Online Resource Type & Title		Description				
<a href="#">Practice Brief: Effective Programs to Address Trauma in Schools</a>		Learn effective school-based interventions for trauma & how to create a trauma-informed school community to optimize these interventions.				
Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<a href="#">The Parallel Process: Trauma-Informed Considerations for Individuals and Organizations</a>	Explore trauma-informed phases & principles, how they relate to the parallel process, & why trauma-informed care is imperative for our peers, organizations, community partners, and ourselves.	Kristin Griffey, PSS, PWS, CRM	3/20/2020			
<a href="#">Facilitating Recovery &amp; Post Traumatic Growth with the People We Serve</a>	Learn about a research-informed perspective on post-traumatic growth (PTG), the positive psychological changes that can sometimes emerge as a result of struggling with adversity and trauma.	Ann Marie Roepke, PhD	4/14/2021			
<a href="#">Trauma &amp; Its Impact</a>	Hear definitions, sources, types and the prevalence of trauma and explore its bio-, psycho-, social, spiritual, and communal impacts.	Ken Kraybill, MSW	3/10/2021			
<a href="#">Trauma and Post-Traumatic Stress Disorder with Serious Mental Illness</a>	Learn the diagnostic links between trauma and PTSD in regards to serious mental illness (SMI) and how to treat these conditions using screening tools and assessment measures.	Jennifer Gottlieb, PhD	1/31/2019			
<a href="#">Trauma-Informed Systems of Care: How to See Your Setting Through a Survivor's Eyes</a>	Discusses the effects of trauma on the perception of common clinical and legal settings, and how to make these environments feel safer and more welcoming to individuals with a history of trauma.	Lonnie Nelson, PhD	6/27/2023	<a href="#">Trauma-Informed Systems of Care PODCAST</a>	Learn how to make clinical & legal environments and processes feel safer & more welcoming to individuals with a history of trauma.	7/18/2023
<a href="#">Lessons in Survival and Healing: Understanding the Difference and Why It Matters</a>	Shares how behavioral health providers can incorporate an expanded perspective and new approaches to trauma healing into their work.	Elaine Walters, MS	6/20/2023			
<b>SERIES: Trauma-Informed Decision Making</b>						
<a href="#">Trauma-Informed Decision-Making for Mental Health Professionals</a>	View decision-making through a trauma-informed lens, exploring personal histories, psycho-neuro patterns and habitual thought processes.	Rebekah Demirel, L.Ac, MPCC	6/23/2023	<a href="#">Trauma-Informed Decision-Making PODCAST</a>	Hear about viewing decision-making through a trauma-informed lens, learning to carry resilience into our practice.	7/3/2023
<a href="#">Trauma-Informed Supervision &amp; Resilience</a>	Learn new paths to problem solving and leadership by viewing decision making through a trauma-informed lens, exploring personal histories, patterns and thought processes.	Rebekah Demirel, L.Ac, MPCC	6/30/2023			
<b>SERIES: Skills for Psychological Recovery (SPR) with UW Trauma Recovery &amp; Resilience Innovations</b>						
<a href="#">Skills for Psychological Recovery (SPR) for Direct Service Providers: Overview Webinar</a>	This evidence-informed intervention which helps individuals gain skills to reduce ongoing distress, promote resilience, and effectively cope in the weeks and months following a disaster or crisis.	Michele Bedard-Gilligan, PhD; Emily Dworkin, PhD, & Kristen Lindgren, PhD	11/8/2020			
<a href="#">Skills for Psychological Recovery (SPR): Supervisor Orientation</a>	Overview of Skills for Psychological Recovery for supervisors and how to utilize it in trainings and supervision.	Michele Bedard-Gilligan, PhD; Emily Dworkin, PhD, & Kristen Lindgren, PhD	12/15/2020			
<b>Tenants' Rights with the Tenant Law Center</b>						
<a href="#">Behavioral Health and Tenants' Rights</a>	Hear an overview of tenant rights related to behavioral health issues, including some Washington State-specific resources.	Andra Kranzler, Kasey Burton & Elizabeth Powell	11/14/2023	<a href="#">Behavioral Health &amp; Rights PODCAST</a>	Hear a discussion with staff from the Tenant Law Center about tenant rights related to behavioral health issues.	12/11/2023
<a href="#">When Mental Health and Housing Subsidies Clash</a>	Explore challenges tenants face when balancing their mental health and a housing voucher. Learn what tools can help maintain housing stability, including some Washington State-specific resources.	Kasey Burton & Elizabeth Powell	3/21/2024			
<a href="#">Service Animals, Behavioral Health, and Housing</a>	Discover what makes an animal a service animal pursuant to Washington and federal law.	Kasey Burton	4/27/2024			
<a href="#">Making Room for Mental Health: Reasonable Accommodations and Modifications in Housing</a>	Review reasonable accommodations & modifications, how to talk to landlords, and tips on navigating challenging housing scenarios.	Kasey Burton & Elizabeth Powell	5/24/2024			
<a href="#">Landlord Behavior and Behavioral Health: Dealing with Difficult Landlords</a>	Learn how to approach landlords, property managers, & owners who negatively impact a resident's living situation.	Kasey Burton & Elizabeth Powell	6/21/2024			

Peer & Family Support Services						
Online Resource Type & Title		Description				
<a href="#">Practice Brief: Supporting the Youth Peer Workforce</a>		Find useful, specific strategies for supporting youth peer support specialists and addressing common challenges.				
Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<a href="#">Listening to Voices of Lived Experience in Recovery</a>	Hear a panel of individuals in behavioral health recovery describe what they want providers to consider in service delivery.	Ken Kraybill, MSW & Racquel Garcia, CEO, HardBeauty	12/10/2021	<a href="#">Listening Lived Experience PODCAST</a>	We speak with people about their recovery process and what they want helper to consider.	2/11/2022
<b>In Partnership with Mental Health &amp; Addiction Association of Oregon (MHA AO)</b>						
<a href="#">Common Ground: Mental Health &amp; Addiction Peers</a>	Review the history & practice of mental health & addiction peer workers respectively, focusing on the commonalities.	Adrienne Scavera & Janie Gullickson	12/9/2020			
<a href="#">Peer Delivered Services: A Broad Exploration</a>	Hear an overview of the history, research, misconceptions, implementation, supervision & benefits of peer services.	Adrienne Scavera & Janie Gullickson	5/15/2020			
<b>In Partnership with Oregon Family Support Network</b>						
<a href="#">Wraparound Family Partner Orientation</a>	Learn about the family partner role within the wraparound process including the four phases of wraparound & roles of team members.	Candace Arnold, Oregon Family Support Network	6/9/2021			
<a href="#">Family Led Crisis Planning</a>	The family and youth perspective, lived experience, and culture can guide efficacious holistic crisis planning within life domains.	Shawna Canaga, Oregon Family Support Network	6/8/2021			
<a href="#">More than a DSM Code: Addressing Stigma Experienced by Families</a>	Learn how stigma may manifest in unintended ways. Challenge the status quo within the child-serving systems and learn strategies for addressing stigmatizing behaviors in real time.	Carol Dickey, MBA, MS, Oregon Family Support Network	5/22/2023	<a href="#">Addressing Stigma Experienced by Families PODCAST</a>	Learn how stigma attached to mental health disorders is entrenched within the child-serving systems & extends to the families & children served in behavioral health services.	6/5/2023
<b>Youth Peer Topics by Pathways Research &amp; Training Center at Portland State University</b>						
<a href="#">Decision Points in Your Agency: What to Consider When Working with Youth Peers</a>	Important points to consider when hiring or contracting with youth peer support specialists.	Caitlin Baird & Maria Hermesen-Kritz	5/5/2020			
<a href="#">Supervision and Self-care for Youth Peer Support Specialists</a>	Supervisor strategies to promote self-care among youth peer staff while ensuring accountability to job duties.	Caitlin Baird, Maria Hermesen & Mary Beth Welch	5/30/2019			
<a href="#">Youth Peer Support Webinar Series: Retaining and Growing the Youth Peer Support Workforce</a>	Experienced youth peer support specialists & supervisors discuss strategies for retaining & growing the youth peer support workforce.	Caitlin Baird & Maria Hermesen-Kritz	2/7/2020			
<a href="#">Youth Peer Support within Your Organization</a>	Hear the responsibilities & boundaries of youth peer support roles, and how to support these roles & employees within your agency.	Caitlin Baird, Maria Hermesen & Mary Beth Welch	2/26/2019			
<b>In Partnership with Pat Deegan and Associates</b>						
<a href="#">Recovery-Oriented Practice Series #1 of 4: Navigating Risk, The Dignity of Risk and the Duty to Care</a>	Discusses recovery-oriented practice when people make choices that may steer their lives away from recovery.	Pat Deegan, PhD	11/2/2020			
<a href="#">Recovery-Oriented Practice Series #2 of 4: A Recovery-Oriented Approach to Professional Boundaries</a>	Demonstrates how we can negotiate professional boundaries, which will either help or hinder recovery.	Pat Deegan, PhD	2/24/2021			
<a href="#">Recovery-Oriented Practice Series #3 of 4: The Journey to Use Meds to Support Recovery (Part 1)</a>	Explore the journey to use medications optimally to support recovery including practical strategies.	Pat Deegan, PhD	5/17/2021			
<a href="#">Recovery-Oriented Practice Series #4 of 4: The Journey to Use Meds to Support Recovery (Part 2)</a>	Continues exploring the journey to use medications optimally to support recovery including reviewing challenges.	Pat Deegan, PhD	7/22/2021			
<a href="#">The Role of the Peer within a Clinical Team</a>	Understand the unique and unduplicated contribution of peer specialists working as members of clinical teams.	Pat Deegan, PhD	5/4/2022	<a href="#">Peer Roles on Clinical Teams PODCAST</a>	Learn more in-depth perspective about the role of the peer within a clinical team.	8/2/2022
<a href="#">Supervising Peer Specialists: How supervision helps peer specialists stay peers on clinical teams</a>	Supervisor best practices & tools to help peer specialists & supervisors remain on track in their work together.	Pat Deegan, PhD	6/7/2022	<a href="#">Supervising Peer Specialists PODCAST</a>	Hear unique & unduplicated skills of peer specialists working on clinical teams & issues of supervision.	8/11/2022
<a href="#">What does lived experience really mean and why is it important?</a>	Explore the origins of "lived-experience" in philosophy and its migration into behavioral health.	Pat Deegan, PhD	5/22/2023			

For Supervisors & Leadership						
Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<a href="#">Supervision and Self-care for Youth Peer Support Specialists</a>	Supervisor strategies to promote self-care among youth peer staff while ensuring accountability to job duties.	Caitlin Baird, Maria Hermsen & Mary Beth Welch	5/30/2019			
<a href="#">Supervising Peer Specialists: Helping peers specialists remain peers working on clinical teams</a>	Supervisor best practices & tools to help peer specialists & supervisors remain on track in their work together.	Pat Deegan, PhD	6/7/2022	<a href="#">Supervising Peer Specialists PODCAST</a>	Hear the unique and unduplicated contribution of peer specialists working as members of clinical teams.	8/11/2022
<a href="#">Decision Points in Your Agency: What to Consider When Working with Youth Peers</a>	Important points to consider when hiring or contracting with youth peer support specialists.	Caitlin Baird & Maria Hermsen-Kritz	5/5/2020			
<a href="#">Motivational Interviewing-Informed Supervision</a>	Explore ways in which the Motivational Interviewing spirit, core skills, and four processes can enhance approaches to supervision.	Ken Kraybill, MSW	7/14/2021			
<a href="#">Supporting Staff Resilience &amp; Recovery During Hard Times</a>	Identify principles and practices leaders, directors, and supervisors can use to help staff adapt and thrive in this extraordinary period of our lives, during the COVID-19 pandemic & beyond.	Ken Kraybill, MSW	2/10/2021			
<a href="#">Grief, Exhaustion, and Finding Vitality in Behavioral Health Care For Supervisors &amp; Leadership</a>	Learn best practices for management through crises & support functional teams when exhaustion is prevalent. Apply disaster recovery information to real-world teams functioning in support of staff vitality and resilience through evidence-based leadership tactics.	Kira Mauseth, PhD	2/8/2022	<a href="#">Grief, Exhaustion, and Finding Vitality in Behavioral Health Care PODCAST</a>	Learn the impacts of long-term, pandemic and other life stressors, and how they affect us as supervisors and leaders in the mental health field.	3/3/2022
<a href="#">Leader Kaleidoscope for Multicultural Supervisors: Supporting Our Teams</a>	Diverse supervisors face issues that can lead to: impostor syndrome, secondary trauma, guilt, shame, survivor guilt transference and counter-transference. Find ways towards self-compassion & resilience while supporting staff & teams.	Aleks Martin, LSWAIC, SUDP	4/27/2022	<a href="#">Leader Kaleidoscope for Multicultural Supervisors PODCAST</a>	Discover how supervisors of behavioral health/mental health providers can focus on the diversity of their team and challenge our socially conditioned approaches to our practices with our clients and fellow professionals.	8/2/2022
<a href="#">Wisdom to Know the Difference: For Supervisors</a>	Examine supervision decision-making processes through a trauma-informed lens, building the ability to make quick and crucial choices.	Rebekah Demirel, L.Ac, MPCC	2/25/2022	<a href="#">Wisdom for Supervisors PODCAST</a>	View leadership decision making through a trauma-informed lens, building new decision-making paths.	8/2/2022
<a href="#">Holistic Leadership Mindset: Creating Cultures of Wellness, Compassion, &amp; Growth</a>	Current and future leaders can learn to develop a more holistic and compassionate approach to leadership in the mental health field.	Lamarr Lewis, MA, LAPC, CPRP	8/25/2023			
<a href="#">Strengthening Clinical Supervision in Mental Health Care</a>	Hear highlights from the "Supervising Clinical Mental Health Providers" guide informed by research literature & experiences of community providers, behavioral health leaders, & systems partners.	Minu Ranna-Stewart, LICSW, & Naomi Leong, LMHC	3/29/2024			
<a href="#">Conscious Leadership and Advocacy in Mental Health Through a Polyvagal Lens</a>	Examine demands of leadership & management through a polyvagal lens, inspiring confidence for the challenges and advocacy.	Rebekah Demirel, L.Ac, MPCC	4/10/2024			
<a href="#">Psychological First Aid (PFA) for Leadership</a>	Leadership can utilize PFA to support teams & staff. an evidence-informed prevention strategy reducing distress & increases resilience after mass/natural disasters & pandemics.	Michele Bedard-Gilligan, PhD, & Emily Dworkin, PhD	5/20/2020			
<a href="#">Skills for Psychological Recovery (SPR): Supervisor Orientation</a>	Overview of Skills for Psychological Recovery for supervisors and how to utilize it in trainings and supervision.	Michele Bedard-Gilligan, PhD; Emily Dworkin, PhD, & Kristen Lindgren, PhD	12/15/2020			
<a href="#">Organizational Culture Change: Facilitating the Development of Healthy Working Teams</a>	Hear practical strategies from organizational psychology and best practices for workplace leaders when it comes to the facilitation of cultural change and development.	Kira Mauseth, PhD	6/12/2024			
<a href="#">Trauma-Informed Supervision &amp; Resilience</a>	Learn new paths to problem solving and leadership by viewing decision making through a trauma-informed lens, exploring personal histories, patterns and thought processes.	Rebekah Demirel, L.Ac, MPCC	6/30/2023			
<a href="#">From Coworker to Supervisor: Tips to transition effectively</a>	Explore how to navigate the transition from co-worker to supervisor effectively.	Bianca Andrews	8/9/2024			
<a href="#">Leadership and Hiring with a Culturally Appropriate and Affirming Lens</a>	Explore how you can approach leadership and hiring in a way that creates an inclusive environment for all staff.	Bianca Andrews	8/22/24			
<a href="#">Queering Supervision</a>	Discusses benefits, impacts& unique challenges queer supervisors & queer supervisees may encounter in the therapeutic space.	Leah Post, LICSW, MSW, MPH	8/2/2024			

Provider Well-Being & Resilience Topics						
Webinar Recording Link	Description	Presenter(s)	Date	Podcast Link	Podcast Description	Date
<a href="#">Living with Chronic Pain as a Healthcare Provider with Ahmad Bennett</a>	Discover lessons learned in navigating your own chronic healthcare issues while serving others.	Ahmad Bennett, MA, LMFTA, MHP	9/8/2023			
<a href="#">Healthy Teams: Dynamics and Tactics for Successful Working Groups with Dr. Kira Mauseth</a>	Review strategies, dynamics and tactics related to being part of a healthy team.	Kira Mauseth, PhD	10/30/2023	<a href="#">Dynamics and Tactics for Successful Working Groups PODCAST</a>	Hear what it means to be part of a healthy team and how we can improve the workplace without doing more, even under high-stress conditions.	11/20/2023
<a href="#">Safe, Sane, and Stable in Turbulent Times with Rebekah Demirel</a>	Drawing from evidence-based therapeutic modalities and trauma-informed approaches, learn how to integrate experiences, soothe nervous systems, and reinvigorate energy to make real change.	Rebekah Demirel, L.Ac, MPCC	10/15/2021	<a href="#">Safe, Sane, and Stable in Turbulent Times PODCAST</a>	Learn evidence-based, psychotherapeutic modalities to soothe frazzled nervous systems and offer self-care practices to ease burnout.	2/11/2022
<b>SERIES: Grief, Exhaustion, and Finding Vitality with Kira Mauseth</b>						
<a href="#">Grief, Exhaustion, and Finding Vitality in Behavioral Health Care For Staff</a>	Experiencing a multi-impact disaster cascades influences the ability of professionals to function in their work. Learn skills for behavioral healthcare providers in addressing grief, loss, & bereavement and finding vitality.	Kira Mauseth, PhD	2/10/2022	<a href="#">Grief, Exhaustion, and Finding Vitality for Staff PODCAST</a>	Hear about supports for behavioral healthcare providers in addressing grief, loss, and bereavement.	3/3/2022
<a href="#">Grief, Exhaustion, and Finding Vitality in Behavioral Health Care For Supervisors &amp; Leadership</a>	Learn best practices for management through crises & supporting functional teams when exhaustion is prevalent. Apply disaster recovery information to real-world teams functioning in support of staff vitality & resilience, & learn evidence-based leadership tactics that are successful for helping manage in crises.	Kira Mauseth, PhD	2/8/2022	<a href="#">Grief, Exhaustion, and Finding Vitality for Supervisors PODCAST</a>	Learn the impacts of long-term, pandemic and other life stressors, and how they affect us as supervisors and leaders in the mental health field.	3/3/2022
<b>SERIES: Provider Well-being with Aleks Martin</b>						
<a href="#">#1 - Self-Care Support for Providers</a>	View stress through a trauma-informed lens & learn new practices.	Aleks Martin, LSWAIC, SUDP	1/20/2021			
<a href="#">#2 - Mindfulness Practice for Providers</a>	Learn the history of these practices and how to incorporate them.	Aleks Martin, LSWAIC, SUDP	2/17/2021			
<a href="#">#3 - Mental Wellness vs Mental Illness</a>	Identify stigmas & stereotypes; adopt a wellness perspective.	Aleks Martin, LSWAIC, SUDP	3/17/2021			
<a href="#">#4 - Imposter Syndrome: Am I Good Enough?</a>	Identify negative thought patterns & learn to affirm successes.	Aleks Martin, LSWAIC, SUDP	4/21/2021			
<a href="#">#5 - Stigma, Shame &amp; Self</a>	Learn impacts of stigma & shame & identify tools to overcome them.	Aleks Martin, LSWAIC, SUDP	5/19/2021			
<a href="#">#6 - Diversity and Difference</a>	Learn supportive skills from an inclusion and equity perspective.	Aleks Martin, LSWAIC, SUDP	6/16/2021			
<a href="#">#7 - Fostering Resilience, Avoiding Burnout</a>	Identify & actively address these through sustainable practices.	Aleks Martin, LSWAIC, SUDP	7/21/2021			
<a href="#">#8 - Best of Provider Well Being: Lessons Learned</a>	A summary of the series' content, with reminders of best practices.	Aleks Martin, LSWAIC, SUDP	8/11/2021			
<b>SERIES: We Make The Path By Walking series with Rebekah Demirel</b>						
<a href="#">#1 - Stress Test</a>	#1 of 8: Dives into how we cope with stress in our day-to-day lives.	Rebekah Demirel, L.Ac, MPCC	2/24/21			
<a href="#">#2 - My Nervous Nervous System</a>	#2 of 8. Examines how thoughts impact well-being.	Rebekah Demirel, L.Ac, MPCC	4/22/21			
<a href="#">#3 - Investigating Thoughts</a>	#3 of 8. Look closely at what works and what isn't serving us well.	Rebekah Demirel, L.Ac, MPCC	3/29/21			
<a href="#">#4 - Head, Heart &amp; Gut</a>	#4 of 8. Retrieve our deep instincts, through observation & self-care.	Rebekah Demirel, L.Ac, MPCC	4/19/21			
<a href="#">#5 - Tending to Our Tender Selves</a>	#5 of 8. Re-learning how to tend to ourselves with tender care.	Rebekah Demirel, L.Ac, MPCC	4/19/21			
<a href="#">#6 - Care without Carrying</a>	#6 of 8. Find ways to keep caring, without carrying a burden.	Rebekah Demirel, L.Ac, MPCC	4/22/21			
<a href="#">#7 - Walking a Parallel Path</a>	#7 of 8. Use tools to support empathy and heal our own wounds.	Rebekah Demirel, L.Ac, MPCC	4/30/21			
<a href="#">#8 - Walking the Path We Make</a>	#8 of 8. Move forward, & continue to feel and build a new world.	Rebekah Demirel, L.Ac, MPCC	5/7/21			
<b>SERIES: The Wisdom to Know the Difference Series with Rebekah Demirel</b>						
<a href="#">Wisdom to Know the Difference: For Staff</a>	Explore decision making through a trauma-informed lens including one's history, patterns, & habitual thought processes.	Rebekah Demirel, L.Ac, MPCC	2/23/2022	<a href="#">Direct Service Providers PODCAST</a>	Build new decision-making paths towards a more stable and dependable foundation of clarity and heart.	7/20/2022
<a href="#">Wisdom to Know the Difference: For Supervisors</a>	Examine supervision decision-making through a trauma-informed lens, learning to come from a sense of awareness and confidence.	Rebekah Demirel, L.Ac, MPCC	2/25/2022	<a href="#">Supervisors PODCAST</a>	From a supervisory perspective, explore habitual thought processes to build new decision-making paths.	8/2/2022