



Alaska's Co-occurring Mental Health and Developmental Disabilities National Training Initiative

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Project Description

- Funded by the federal Administration for Community Living (ACL)
- 5 year project timeline
- Focused on training

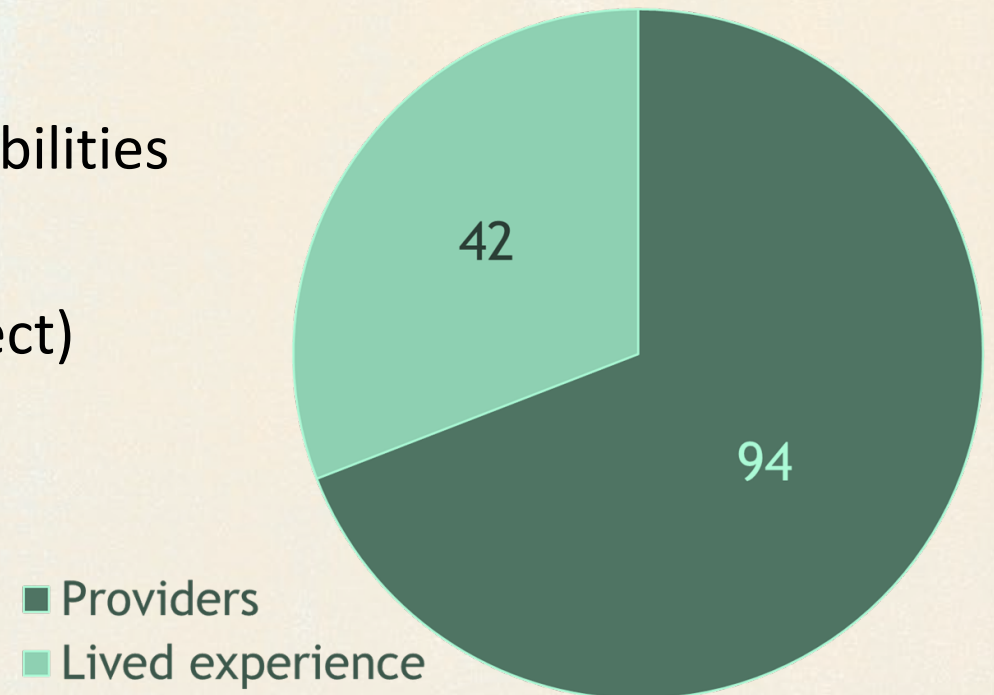


Alaska's Landscape Analysis



Information Gathering

- 15 IDD and Co-occurring Mental Health Advisory Council members
- 2 Leadership Education in Neurodevelopmental and related Disabilities (LEND) Fellows
- 44 interview participants
- 75 Alaska Mental Health and Developmental Disabilities (MHDD) Needs Assessment survey respondents
- 30 Virtual Summit attendees (18 new to the project)
- Internet searches
- Literature reviews





What Did We Learn From The Landscape Analysis?



Some Themes Identified by Participants

- Overshadowing
- Declined services
- Limited resources
- Lack of coordination
- Unpleasant treatment
- Accessibility needs
- Treatment of Direct Support Professionals
- Financial issues
- Availability in rural areas



Training Concerns

- Siloed training
 - Mental health and behavioral health providers not trained in IDD
 - IDD workforce is not trained in mental health
 - First responders not trained in both
- Need to put integrated training into policy
 - Later developed by Virtual Summit participants to become integration into University courses



Landscape Analysis In Action: The Training Plan



Training Plan Process

- Landscape Analysis report completed and shared December 2022
- Presented to MHDD Advisory Council
- MHDD Advisory Council worked with UAA CHD staff to further detail the training plan
- Draft Training Plan created and reviewed by MHDD Advisory Council
- Training Plan finalized and distributed

Landscape Analysis Presented to MHDD Advisory Council



Council reviewed and helped prioritize training



Training Plan created and reviewed by Council



Training Plan finalized and distributed



Timeline

- **Year 1 of grant**
 - Landscape Analysis and Virtual Summit
- **Year 2 of grant**
 - Training Plan written and published
 - Initial training began March 2023 – August 2023
- **Priority training areas identified for Year 2:**
 - Mental Health Clinicians
 - Direct Support Professionals

Training for Everyone

- **MHDD ECHO Online Series**
 - 8 part series (12 hours)
 - For Mental Health Care Providers, Disability Service Providers, Social Workers, educators and students of related disciplines, parents with related professional experience
 - Covered family perspectives, person-centered trauma informed care, behavior analysis, testing, treatment modifications, & more



Training for DSP's and Care Supports

- **Trauma Informed Support for Individuals with IDD**
 - Online 4 part series (8 hours)
 - In-person full day training in Anchorage & Ketchikan
 - Covered sources of trauma, effects, healing, & building a positive identity

FREE TRAINING

for all Alaskans by Dr. Karyn Harvey



Trauma informed support for individuals with intellectual & developmental disabilities (IDD)

[Click here for more
information](#)



*Learn about the sources and effects of trauma, how to help people heal,
and how to support individuals with IDD to develop a positive identity.*

People with IDD:

- Are more likely to suffer discrimination and abuse than the general population
- Experience the same range of mental health concerns as everyone else
- Are often told what they are not rather than focusing on their strengths



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In-person
on 8/2/23 in Anchorage
and 8/4/23 in Ketchikan

Supported with
funding from the





Training for Clinicians

- **Providing Behavioral Health Services to Individuals with IDD: What Clinicians Need to Know**
 - Online 6 part series
 - In-person half day training in Ketchikan & Sitka
 - For Masters level clinicians or MS students
 - Covered history of dual diagnosis, terminology, biological considerations, social & cognitive considerations, adaptations to assessments & treatments



FREE TRAINING

6 sessions on Wednesdays,
7/26/23 to 8/30/23,
from 9am to 10am

Providing behavioral health services to individuals with intellectual/developmental disabilities (I/DD): What clinicians need to know

Learn how to adapt treatment to be
more effective for people with I/DD

[Click here for more
information](#)



People with I/DD:

- Experience the same range of mental disorders as the general population
- Are more likely to suffer discrimination and abuse
- Are often turned away by providers who are unsure how to treat them



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The National Association of Social Workers
Alaska Chapter (NASW-AK) has approved
six contact hours for this training, with
one contact hour offered for
each live session attended

Supported with funding from



This is an
online training for
Alaskan providers at
master's degree level &
above by Dr. Marti Romero



Total Online & In Person Trainings

- From March to August 2023
- 44 hours of training conducted
- 1,592 session attendees
 - 604 unique attendees
- Incentives
 - 996 hours worth of attendance certificates
 - 338 NASW-AK contact hour certificates
- 59 free workbooks provided

Pilot Project

- Technical Assistance from one agency with integrated services to another
 - On site training, one-on-one meetings



Next Steps

- Met with MHDD Advisory Council September 2023 to determine focus for Grant Year 3 trainings
- To inform Year 3 trainings
 - Landscape Analysis and Training Plan
 - Lessons learned from Year 2 trainings
 - Integrate more trainers with lived experience
 - Offer practical tools and methods
- Update Training Plan and re-distribute



Some FY24 Trainings Being Organized

- New MHDD ECHO series
- Training how to adapt mental health therapy/counseling
 - For those providing mental health or substance use treatment
- In person workshops across various Alaskan locations on trauma informed support
- Strategies to help with de-escalation and crisis prevention
- Train the trainer workshops to train DSP or mental health clinicians

Project Contacts

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Upcoming Training

To hear about future training please scan the QR code or use this link:

https://uaa.co1.qualtrics.com/jfe/form/SV_1CiM0NPryRiLWmi

