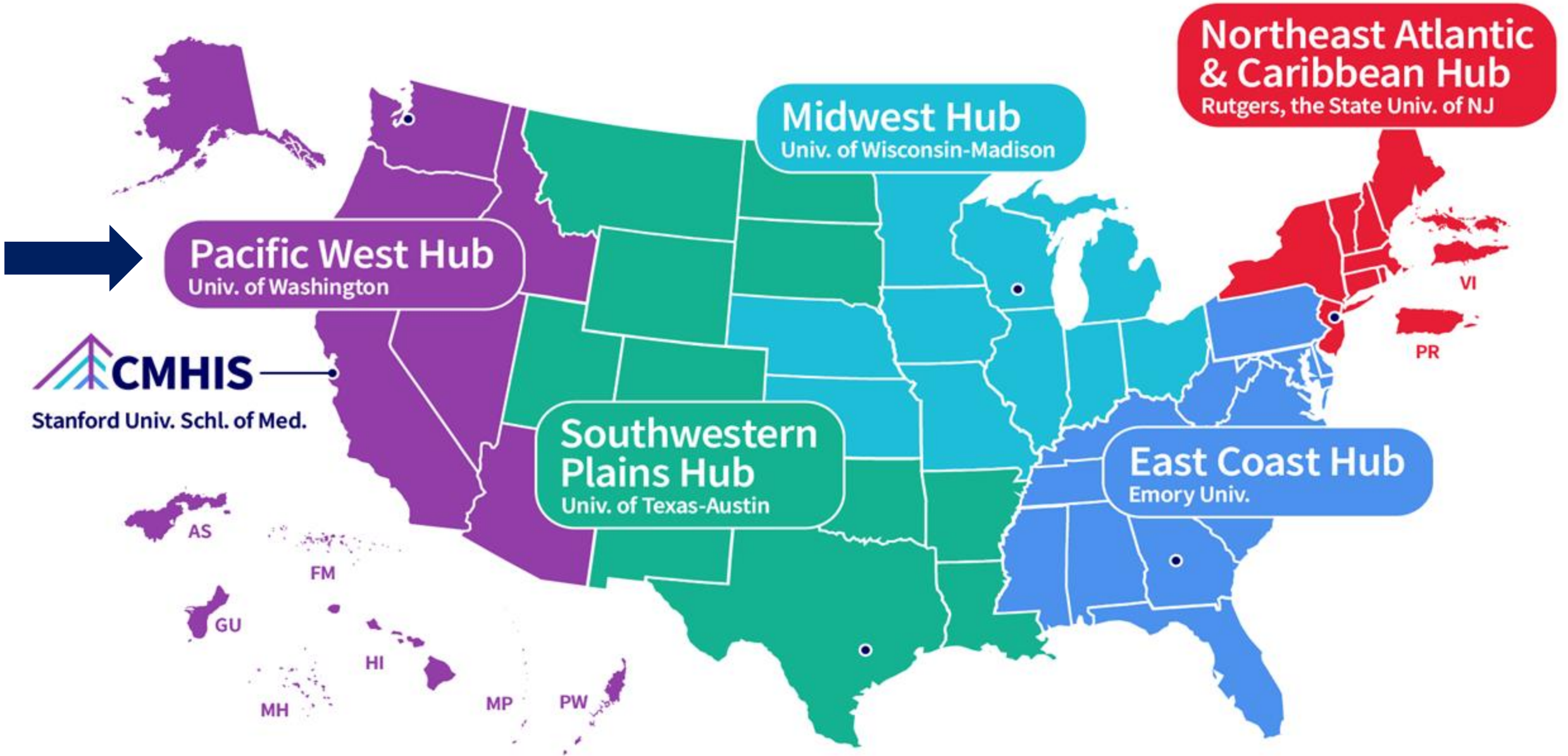


An Introduction to the Center for Mental Health Implementation Support & the Pacific West Hub

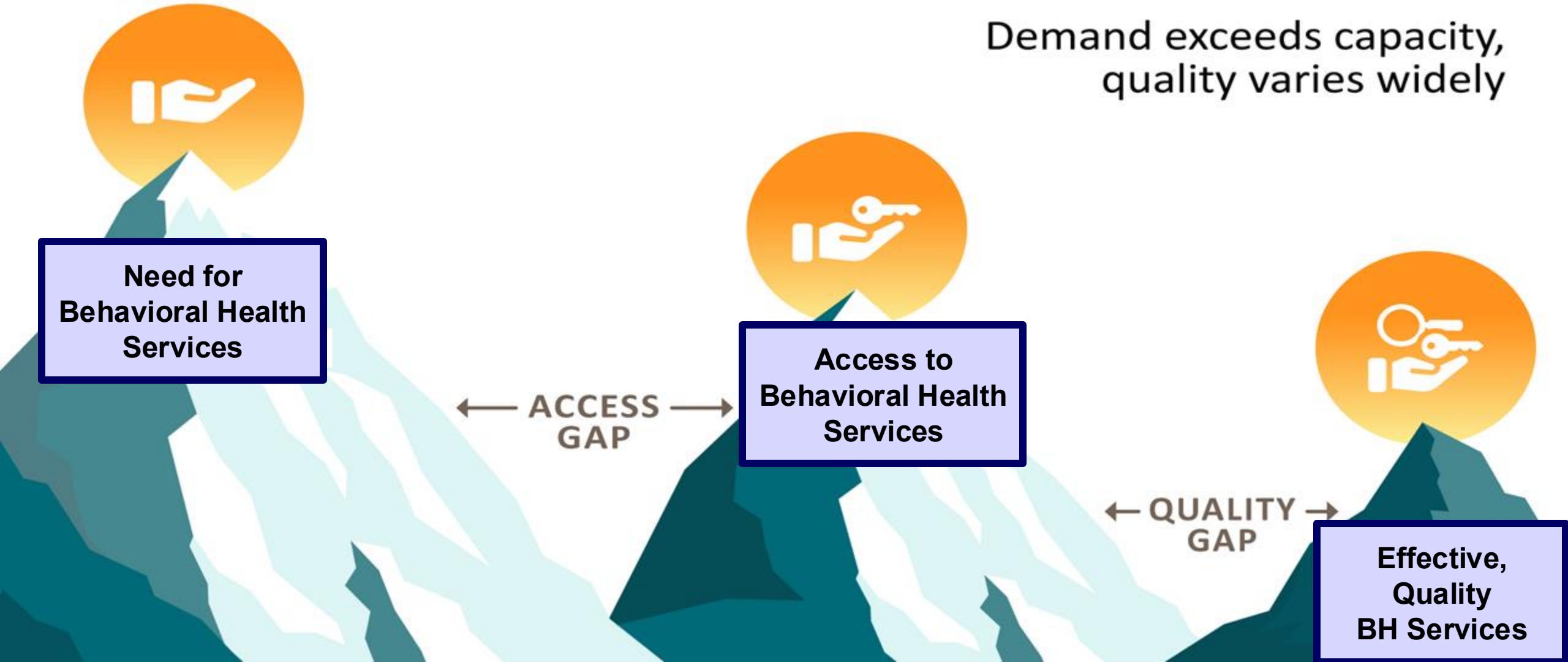


CMHIS provides support for organizations and systems on how to implement the most effective mental health care in their communities.

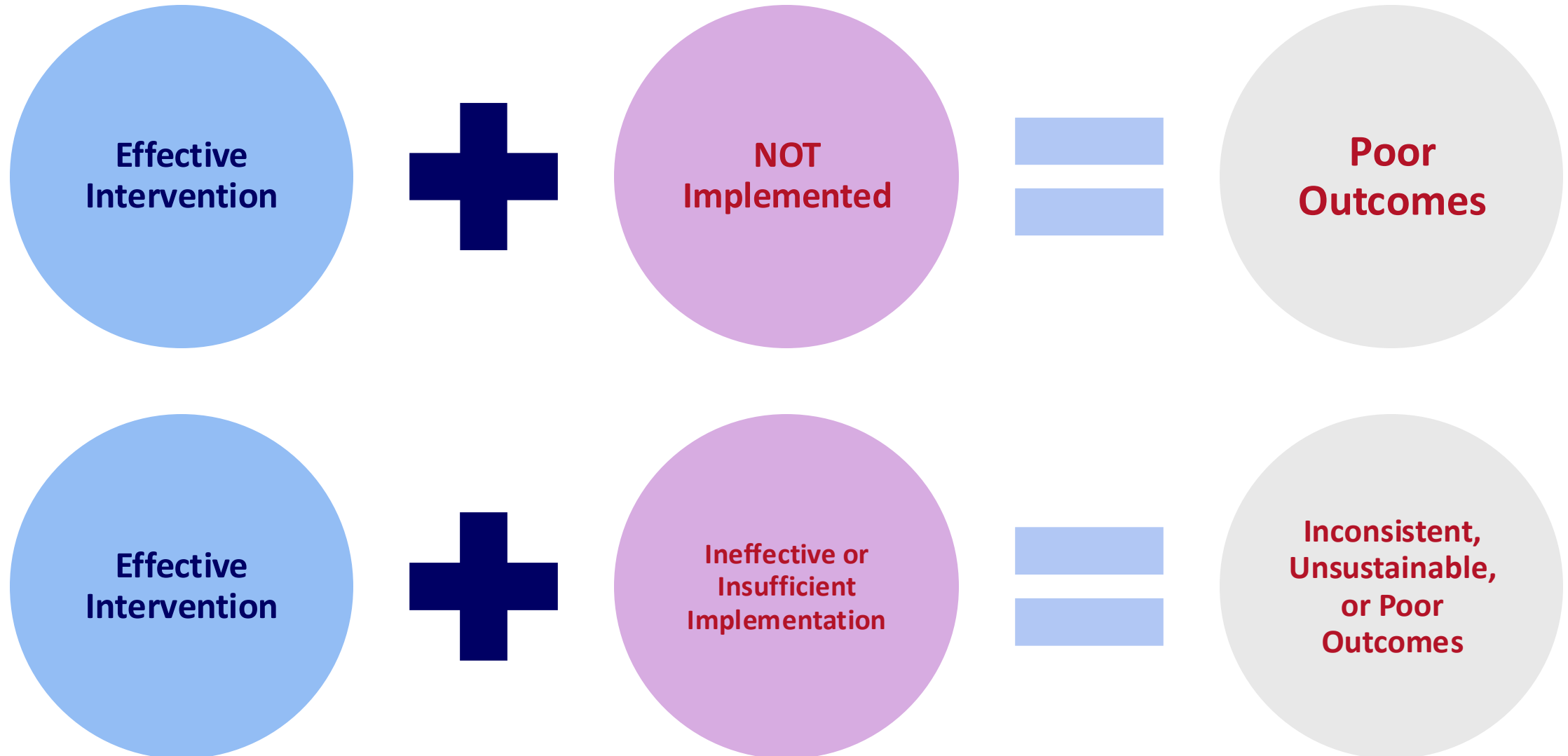




Disparities in Behavioral Health Care



Common Implementation Challenges



Why was CMHIS created?



Gaps exist between effective mental health practices and real-world services

- *Research to practice pathway is challenging; takes many years to get into the field*

Most technical assistance is light touch

- *Webinars and one-time trainings have lower or short-term impact*

Providers need targeted and intensive support to implement & sustain change

- *Especially new, complex, or organization-level interventions*

Why was CMHIS created?



Implementation science research and principles can assist in bridging these gaps

- *Focuses on how to successfully integrate effective interventions in settings*

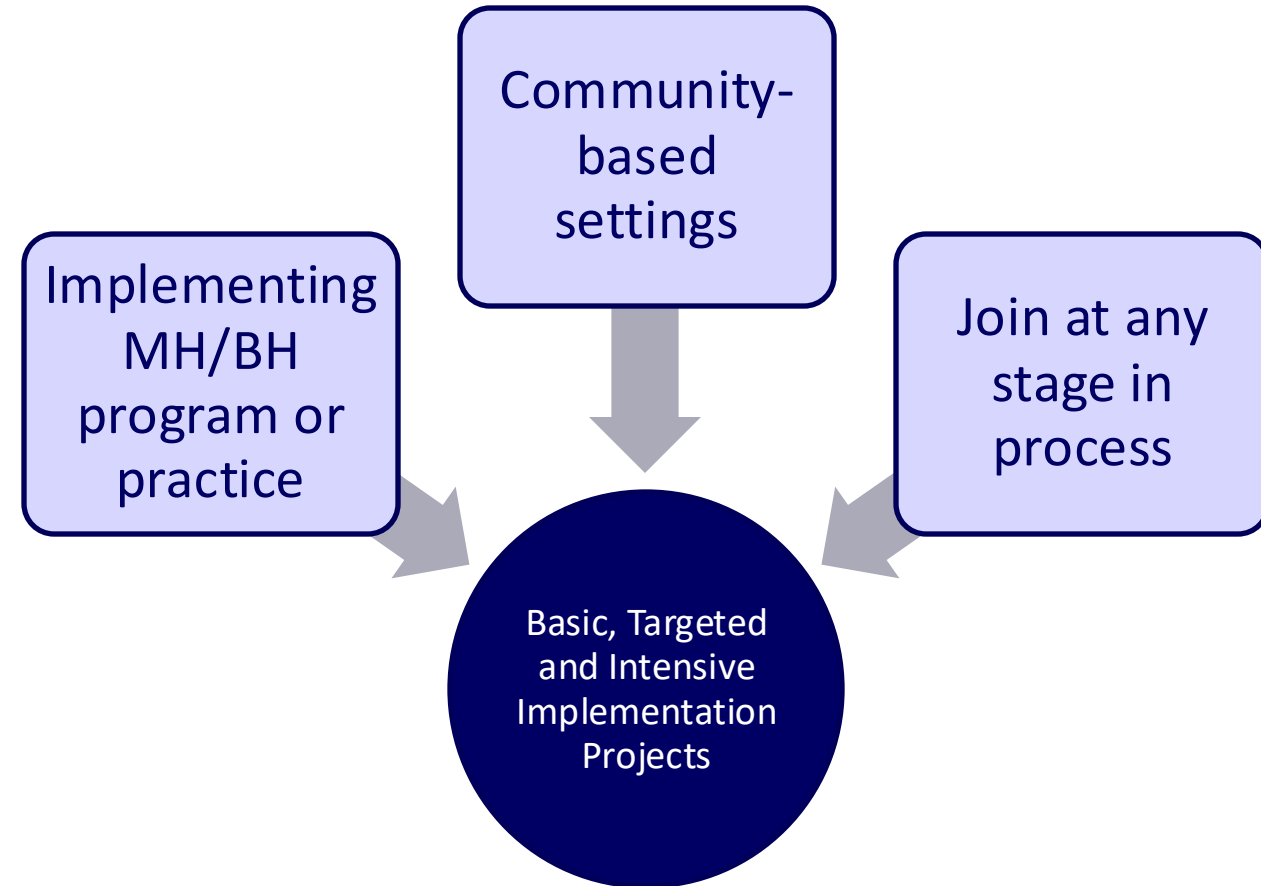


Co-directors

Lydia Chwastiak, MD, MPH
Christina Clayton, LICSW, SUDP



- Serves HHS regions 9 & 10
- Housed at University of Washington School of Medicine's Department of Psychiatry & Behavioral Sciences
- Extensive public behavioral health, research, and clinical experience



What is Implementation Science?

The study of processes and factors related to successful integration of effective practices within a particular setting:

- *How to get effective practices into routine settings so more people can receive the best care*
- *How to maintain the success of practices and programs*



Two Types of Implementation Outcomes

- **Effectiveness**

- ✓ Was there clinical improvement (e.g., reduction in depression symptoms)?

- **Implementation**

- ✓ How many people received the services?
- ✓ How aligned is the program with the original practice that clinicians were trained on?
- ✓ How much does the program cost?

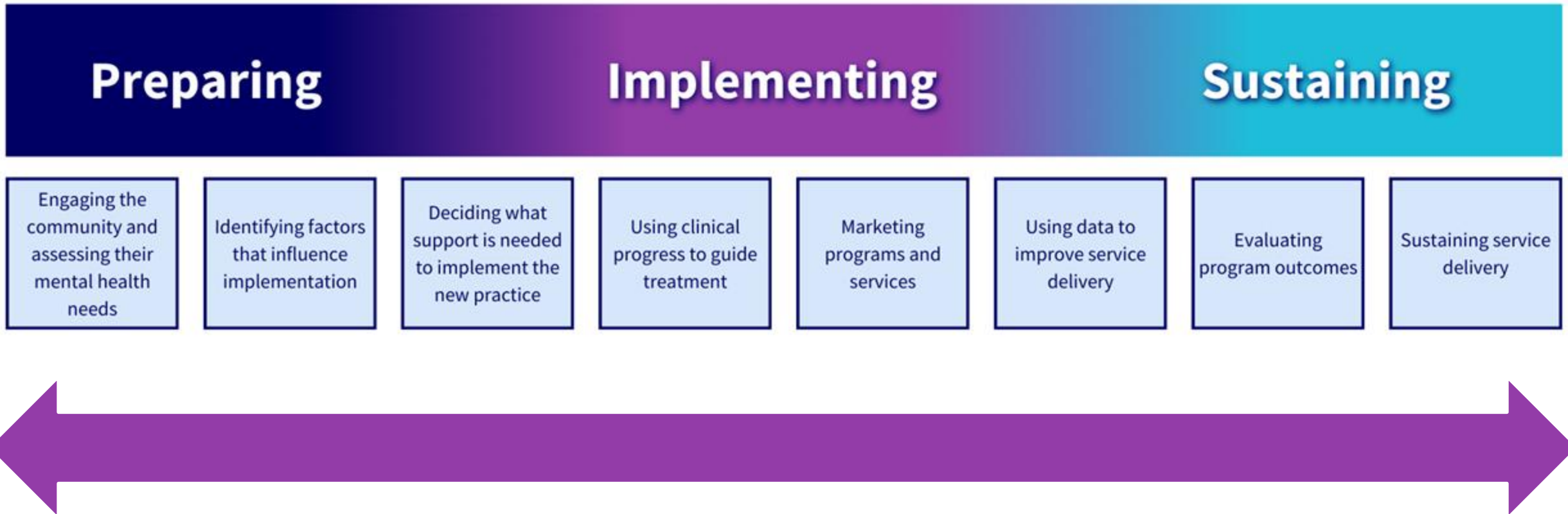


Why Assess Implementation Outcomes?

- ❖ Identify reasons for the program's success or failure
- ❖ Address variability across sites or settings
- ❖ Tailor implementation support



Elements of Program & Practice Change





IMPLEMENTATION MODEL – The Map of Your Project

Factors Influencing Implementation

(Facilitators and barriers to the implementation or sustainment of the program/service)

- The practice
- People served by the practice
- Individuals who deliver the practice
- Organizations
- Systems and communities

Implementation Strategies

(How you get people to do the program/service)

Procedures to support systems, organizations, and individuals to install and sustain the program/service

Program/Service

Goals/Results

Implementation Outcomes

(How much and how well people provide/receive the program/service)

Effectiveness Outcomes

(Does the program/service work)

Implementation Support Buckets



Implementation Support Can Help

- Increases success and sustainability

Bring the 'how' of practice change



- Focus on your real-world settings

Targeted and intensive support



- Free practical resources and consultation

Listen, partner, navigate the path



The work of CMHIS and the Hubs



Events & Activities

Targeted/intensive events focused on real-world practice change.



Consultation & Coaching

Hands-on, tailored problem-solving to help your team navigate roadblocks.



Resources

Practical tools and guides to get started, improve quality, and sustain services.



Online Learning

Experts at your fingertips through online courses and recorded sessions in our CMHIS Learning Lab.

NEW! Introducing the CMHIS Learning Lab

CMHIS has launched the [CMHIS Learning Lab](#), a new online collection of self-paced courses and recorded learning sessions developed by CMHIS and our bi-regional Hubs.

What you'll find:

- Free, on-demand courses and recorded sessions, including certificates and continuing education credits
- Content covering the whole implementation process, whether you're just getting started or trying to sustain an existing practice or program
- Updates to come! Stay tuned for more learning opportunities in the near future



[**Access Learning Lab**](#)

Levels of Implementation Support



Basic

- Preparation & Selection
- Consultation
- Overview Sessions
- Core Topic Introductions

Targeted

- Convenings / Roundtables
- Learning Collaboratives
- Multi-Session Projects

Intensive

- Longitudinal Roll-Out
- Coaching Sessions
- Implementation Facilitation

Pathways to Implementation Support

Wherever you are in the implementation process, we offer customized support, learning, and skill-building designed for *your* behavioral health organization.



Overviews of
implementation
support and
core topics



Interactive
learning
communities
and coaching



Tailored
activities and
partnerships



Roundtables
for leadership,
organizations,
and systems



Conference
sessions or
association
meetings

Common Implementation Challenges

Even strong plans run into barriers. Below are common challenges you might recognize in your project or setting. With the right implementation strategies, these barriers can be managed and overcome:

- Staff skills and bandwidth
- Workflows and documentation
- Geography and logistics
- Engagement with clients
- Data and measurement
- Resources and infrastructure
- Leadership and policies
- Coordination and systems
- Context and change fatigue

Project Examples: Turning Challenges into Change

“Implementing an Evidence-Based Practice”

Ensure your project or program sticks

Consultation throughout the implementation process:

- Practical tools and resources
- Coaching and training around key implementation tasks

“Advancing Effective Mental Health Service Delivery in Challenging Times”

Identify next steps for your project

Leadership series and office hours including:

- Overview of 8 Core Topics; didactics & peer sharing
- Focus on skills and proven strategies

"Leading Improvements in Mental Health Programs"

Develop a CQI plan tailored for your setting

Identify a CQI plan, with future learning sessions including:

- Challenges and questions about CQI implementation
- Working through a CQI plan

"Leaving Your Mark: Sustaining School Mental Health Programs"

Create a plan for sustaining service delivery

Peer learning community for school mental health grantees:

- Sustainability planning practices
- Develop or enhance a sustainability plan

State-Wide Learning Collaborative for Measurement-Based Care

Goal:

- ☐ Design and implement a plan to incorporate MBC into an outpatient program

Objectives and outcomes:

- ☐ Define vision for MBC program including assessing barriers and facilitators
- ☐ Design clinical and data workflows, evaluate change in client outcomes over time

Timeline & Structure:

- ☐ Yearlong series starting with initial planning session
- ☐ Quarterly meetings of teams
- ☐ Monthly individual coaching

Participants:

- ☐ 8-10 behavioral health organizations



Sustaining School Mental Health Programs for Project AWARE-TISS Grantees

Goal:

- ☐ Build or enhance a solid, feasible sustainability plan for continuation of MH services

Objectives and outcomes:

- ☐ Learn actionable sustainability planning practices and strategies
- ☐ Develop a tailored sustainability plan using tools analyzing barriers and facilitators
- ☐ Collaborate and learn from peer AWARE-TISS grantees

Timeline & Structure:

- ☐ Initial overview session connecting grantees and facilitators
- ☐ Six sessions over 3 months

Participants:

- ☐ Multiple national Project AWARE-TISS Grantees at various stages



Collaboration Ideas



Lightbulb
moments
=
Potential
projects



Challenges
within
implementation



Top priorities
where support
could help

Meetings, Conferences, Gatherings

- Connect & meet with your association or group?
- How to partner to share information & resources?
- What conferences or other convenings could be helpful?



Planning Implementation Together



Strengthen collaboration across regions



Present at team or organization meeting



Co-design implementation support



Develop events and resources based on feedback

CMHIS provides support for organizations and systems on how to implement the most effective mental health care in their communities.

Center for **Mental Health Implementation Support**

CMHIS TA Support Request

By completing this form, you help us better understand your specific needs and priorities so we can tailor our response.

We accept requests from grantees funded by SAMHSA's Center for Mental Health Services and organizations that oversee or directly provide mental health services.

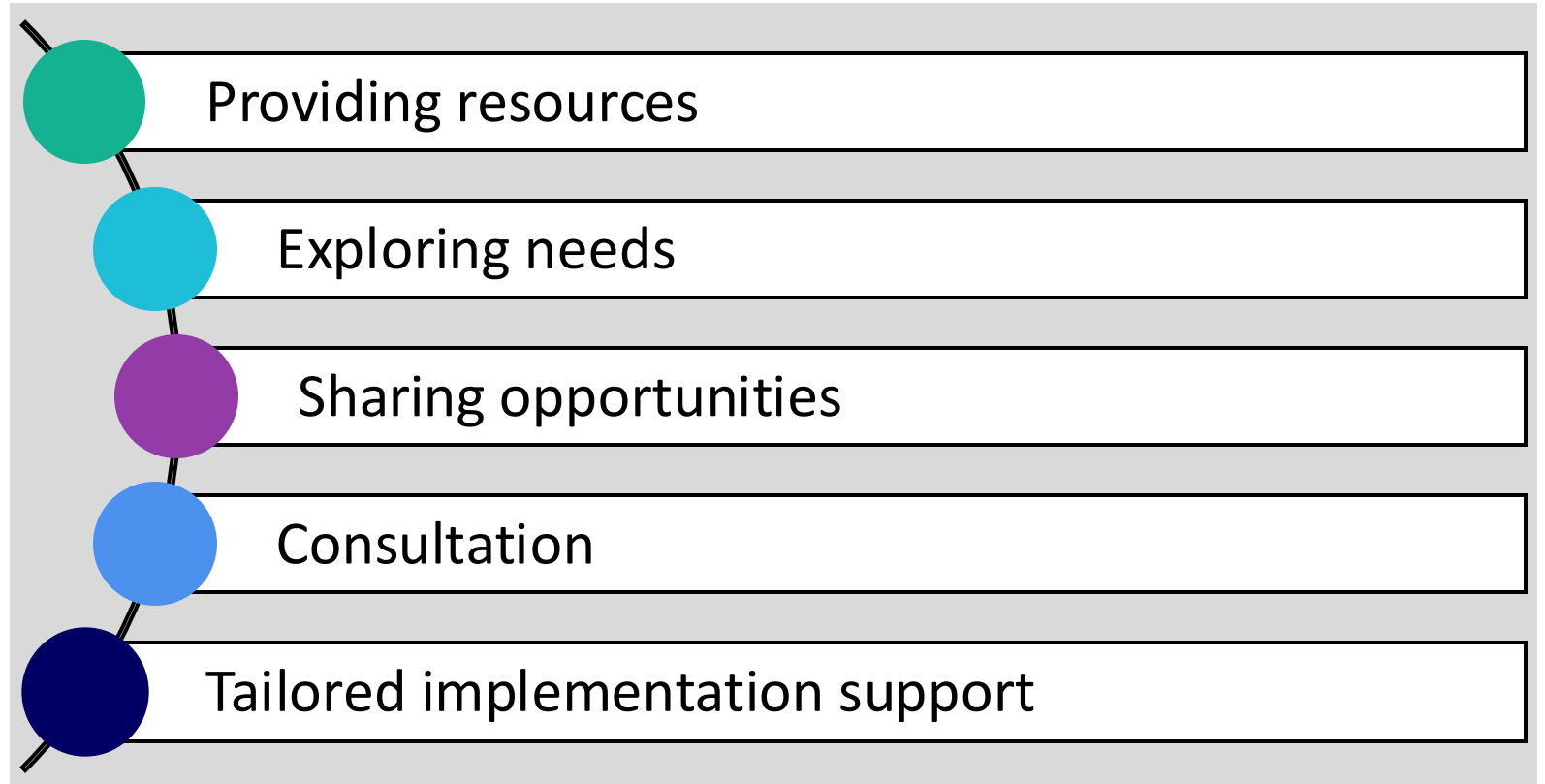
CMHIS provides support on the process of selecting, implementing, and sustaining practices. We do not provide clinical training on specific evidence-based practices.

Requesting Implementation Support

We're Responsive

You'll receive a response within a few business days.

Support may include:



CMHIS provides support for organizations and systems on how to implement the most effective mental health care in their communities.

Resource Library

We are excited to announce the launch of our Resource Library. This curated collection features practical, pragmatic, and accessible resources tied to our eight core topics to support the preparation, implementation, and sustainment of effective mental health practices and programs. We will continue to populate the Resource Library over the next few weeks, so please check back for updates.

Search for Text

Year Published

Contributor

Resource Type

Target Audience

Experience Level

Keywords

Sort



Factors Influencing Implementation Infographic

Published: 2025

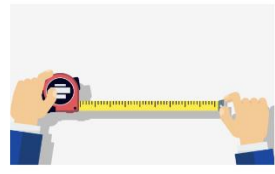
This infographic provides an overview of factors influencing implementation, their key components, and why they matter when implementing a new effective mental health practice. The...



Implementation Strategies Infographic

Published: 2025

This infographic provides an overview of implementation strategies, their key components, and why they matter when implementing a new effective mental health practice. The infographic...



Measurement-Based Care Infographic

Published: 2025

This infographic provides an overview of measurement-based care, its key components, and why it matters when implementing a new effective mental health practice. The infographic...



Community Engagement and Needs Assessment Infographic

Published: 2025

This infographic provides an overview of community engagement and needs assessment, their key components, and why they matter when implementing a new effective mental health...



National Repository of Patient-Reported Outcome Measures

Published: 2025

The National Repository of Patient-Reported Outcome Measures (PROMs) was identified and vetted by a national panel of experts on Measurement-Based Care (MBC). The PROMs are...



Program Evaluation Infographic

Published: 2025

This infographic provides an overview of program evaluation, its key components, and why it matters when implementing a new effective mental health practice. The infographic...

Identifying Factors That Influence Implementation

About the Core Topic

Factors influencing implementation are things that inform, support (facilitators), or hinder (barriers) efforts to deliver effective practices and maintain them over time. They can include characteristics of the practice; the people involved; clinics, organizations, systems, and communities; and other factors. Understanding these facilitators, barriers, and other influences can be essential for deciding what practice to use for a specific mental health need, improving its fit for a setting and community, and making the practice work and last. Factors influencing implementation are sometimes referred to as barriers/facilitators or contextual determinants.

Key Components

Factors influencing implementation can be related to:

- **The practice:** What it is and the resources it requires; what is known about how well it works, and how well it fits or can be adapted for a specific setting and population.
- **People served by the practice:** This includes patients, clients, caregivers, and families. Who they are; their needs, motivations, knowledge, and perspectives; and how these interact with providers, practices, or organizations.
- **Individuals who deliver the practice:** Who they are; their needs, motivations, knowledge, skills, and perspectives; and their relationships with the people served by the practice and their organization.
- **Organizations:** How the organization as a whole works; leadership, staffing, culture, communication, values, priorities, relationships, and physical infrastructure (including technology); the organization's approach to and readiness for making changes; the other available services and supports; and how accessible they are. These factors apply to specific clinics or sites within organizations.
- **Systems and communities:** Factors outside the organization; laws, policies, funding, politics, partnerships with other organizations, cultures, values, and community needs.

Why This Topic Matters for Implementation

Understanding the factors influencing implementation can be useful when preparing for a new practice, implementing the practice, and sustaining its use. While preparing for a new practice, understanding these factors can help with (1) selecting what practice to use for an identified mental health need and community (including fit between the practice and community); and (2) deciding what support is needed to implement a new practice and address barriers to practice success. Once a practice is being used, monitoring these factors can help identify and address new challenges and needs to maintain its effectiveness and sustain it into the future. Identifying these factors, prioritizing them, and addressing them can be challenging because they can be complicated, occur at multiple levels of an organization or setting, and change over time—and they can interact with each other.

Key Resources

These practical resources are designed to help you move from planning to action.

- [*The Hexagon: An Exploration Tool*](#). National Implementation Research Network.
- [*Evidence-Based Strategy Selection Worksheet*](#). Ohio Community Guide State Team, Health Policy Institute of Ohio, and Ohio Department of Health.
- [*Contextual Determinants Affecting Implementation: Qualitative Interview Guide*](#). Center for Dissemination and Implementation At Stanford (C-DIAS) and HEAL Data2Action Research Adoption Support Center (HD2A RASC).
- [*Inventory of Factors Affecting Successful Implementation and Sustainment \(IFASIS\)*](#). Center for Dissemination and Implementation At Stanford (C-DIAS).
- [*Prioritizing Implementation Barriers: Toolkit for Designing an Implementation Initiative*](#). University of Washington IMPACT Center and Optimizing Implementation in Cancer Control (OPTICC) Center.

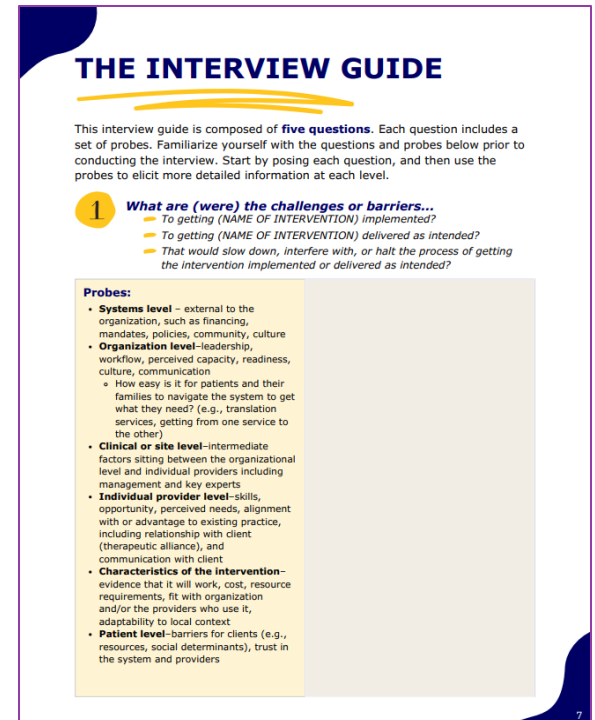
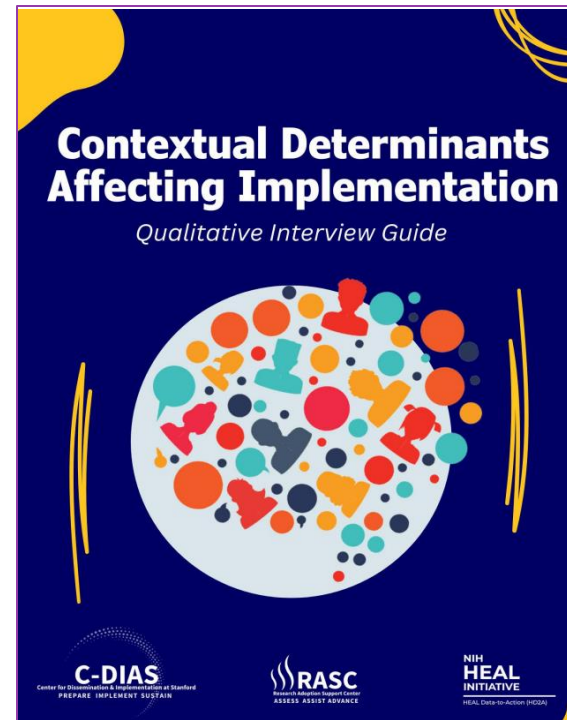
C-DIAS Qualitative Interview Guide

Selecting an EBP

Identifying Barriers & Enablers

Prioritizing Barriers

- 5-page pdf
- A practical, user-friendly, semi-structured interview guide
- Helps identify and understand the factors that may influence the implementation and sustainment of a practice



Seeking your input..



- What are your top priorities related to mental health and behavioral health services?
- What challenges do you face in implementing mental health and behavioral health services?
- What kind of (implementation) support might be helpful to improve and sustain mental health and behavioral health services?

Let's Connect!



<https://www.cmhisupport.org/hubs/pacific-west/>



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<https://www.linkedin.com/company/pacificwesthubofcmhis/>