

OFFICE OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES
PENNSYLVANIA DEPARTMENT OF HUMAN SERVICES

Community Mental Health Services Block Grant
Year End Report Out

Please submit your year end/project end report no later than **July 30 annually**. If your specific project information will not be available by July 30, please consult with CMHSBG Staff.

Please ensure that you are including a brief overview of the implementation of the project, including numbers served/trained, any CMHSBG priorities addressed, and any Evidence Based or Promising Practices utilized. Be sure to address all outcomes/goals included on your project proposal.

State Fiscal Year: 2020-2021

Project Title: Transgender Therapy Training Workshops

Budget Approved: \$79,446

Funds Expended: \$79,446

Narrative Overview of the Project: Now in its third year, the Transgender Therapy Training Workshops continued to provide support to clinicians who wished to expand their knowledge and support to transgender clients. Due to the pandemic, all trainings shifted to an online format. Content from the previous in-person trainings remained with additional activities added to create an engaging workshop. A new round of web-based trainings were offered to participants who attended any of the 101 trainings from the past 3 years. This 201 training included a panel of transgender youth and adults who shared their positive and negative experiences navigating mental health care in Pennsylvania. Additional content included therapeutic strategies and resources to offer clients. Participants were also grouped together based on their area of focus to discuss a specific case study.

Number Served/Trained: In total, 520 mental health providers attended the Transgender Therapy Training Workshops. The first round of 101 trainings were offered September 2020 through January 2021, with 274 participants joining. The 201 trainings ran from February 2021 through April 2021, and hosted a total of 246 participants.

Project Goals/Outcomes: At the conclusion of this program, a total of 520 providers received training on how to best support their transgender and gender non-conforming clients. Despite the need to host these three-hour long trainings online, registration remained full and were highly attended. Evaluations showed a consistent positive feedback from both the 101 and 201 training. Participants shared that even though the training was online, it was highly engaging and

dynamic. The best feedback came from the inclusion of the trans panelists. Participants found their inclusion to be incredibly insightful, helpful, and moving. Panelists were incredibly open and vulnerable which allowed the participants to strategize action steps to create an inclusive practice for current and future clients.

Final Project Report and all questions can be directed to:

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