



# DBH Grantee Newsletter

The Latest News, Updates, and Information for Grantee Agencies!

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## Announcements

### Welcoming in 2024!

Welcoming in 2024! I'm thrilled about the New Year and the new possibilities that lie ahead. I hope you and your staff enjoyed a wonderful holiday season. Operating 24/7 programs always poses a challenge in balancing the care for staff and their need for time with family to celebrate. Nevertheless, I've consistently marveled at how well programs integrate activities for participants to celebrate the holidays and provide support while they are away from loved ones.

The work you undertake is significant in so many ways, and I want to take this moment to express my appreciation. Despite challenges within "the system," you all have a positive impact on the lives of Alaskans. I eagerly anticipate tackling those challenges in 2024 and working together to find solutions that enhance the behavioral health system.

The Department of Health and Division of Behavioral Health recognize that we cannot accomplish this work alone and we are grateful for the partnerships and advocacy from our providers statewide. As we embark on the New Year, I'd like to share my vision for the future of the Division of Behavioral Health. I enthusiastically look forward to continued collaborations and partnerships to come.

– Tracy Dompeling, Division Director

## Division of Behavioral Health

That every Alaskan will have access to behavioral health care when and where they need it and in the appropriate level of care allowing them to remain close to their continuing support network.

A robust continuum of behavioral health care services with the clinical, direct care and peer support workforce to support the delivery of services.

A strong and collaborative engagement between the State of Alaska, tribal organizations, providers, and advocacy groups to identify and address barriers to providing behavioral health care to Alaskans.

That varied resources are allocated appropriately to support and sustain the behavioral health continuum of services in Alaska.

### Bridging Gaps in Alaska's Children's Mental Health: Innovations and Opportunities Ahead

The Division of Behavioral Health has secured a \$3 million annual grant for three years from SAMHSA for the Children's Mental Health Initiative System of Care Grant. Currently, the state is in the process of evaluating state plans and various reports, including recommendations from the Alaska Hospital and Healthcare Association, to address the behavioral health needs of children and adolescents. Additionally, insights gathered from the Behavioral Health Road Map meetings will guide the development of activities funded by the grant. To stay informed, please ensure you are subscribed to public notices for timely information on posted solicitations. <https://aws.state.ak.us/OnlinePublicNotices/>

### SAMHSA Grant Empowers Alaska's Behavioral Health Initiatives

Last month the National Association of State Mental Health Program Directors (NASMHPD) awarded Alaska Division of Behavioral Health (DBH) \$250,000 for the 2024 Transformation Transfer Initiative (TTI) under the topic: Establishing same day/rapid access to behavioral health care for crisis prevention and follow-up care. DBH is using this funding to conduct a landscape assessment to focus on identification of services specific to each geographic region of Alaska in the following categories:

1. Behavioral health associated care coordination/case management services.
2. Outpatient behavioral health providers for children and families.
3. Community based behavioral health services for children and families.
4. Integrated or co-located primary care and behavioral health providers.
5. Schools offering integrated behavioral health services.

6. Detailed region-specific continuum of crisis services to include psychiatric emergency services, mobile outreach, peer crisis services, crisis observation and stabilization and crisis residential stabilization services.

These services will be cataloged and then disseminated to front line medical providers as a resource to improve access to behavioral health care for children and families.

Additionally, the project will help to identify gaps in service and improve communication and collaboration between providers. This resource will be provided to all grantees upon completion. Please stay tuned throughout the year for more info and opportunities for collaboration with this exciting project. If you have questions about this project please contact Stacy Larion at [Anastasia.Larion@alaska.gov](mailto:Anastasia.Larion@alaska.gov).



## Grant News

### Community Action Planning (CAPS)

All Community Behavioral Health Treatment and Recovery (CBHTR) grantees **were** required to develop and participate in community action planning known as the “CAPS.” This requirement ended effective November 9, 2023. Please see Director Dompeling’s letter for more details. We continue to encourage all providers to continue to engage with each other in community meetings to collaborate, share information on availability of resources, identify gaps and strengths in your local continuums of care and establish strong referral paths for the Alaskans you are serving.

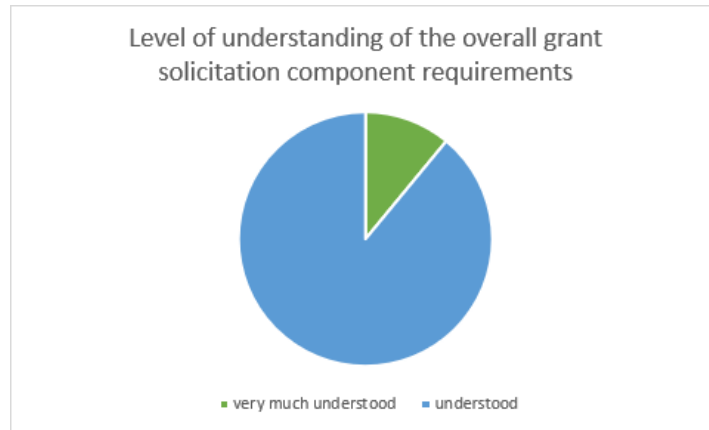
Click here to access: [Director Dompeling’s November 9, 2023 letter](#)

### FY24 CBHTR Grant Application Process survey

Thank you to everyone who participated in the recent FY24 CBHTR Grant Application Process survey. Your input is invaluable. With a 76% response rate, your commitment to enhancing mental health services is evident.

An initial review of the responses noted the following:

- 11% of respondents reported "very much understanding," and 89% reported “understanding” overall grant requirements.



- 50% of respondents reported they want more instruction on Result-Based Budgeting (RBB) Reporting. Additionally, 20% of all respondents cited a desire for more instruction in areas such as budget, community planning, goals, letters of support, program service types, and target population as well.

In the upcoming months, we will provide detailed insights gathered from your survey responses. Your contributions influence our community behavioral health initiative and are vital in constructing a healthier and more supportive environment for all Alaskans. Thank you once again for your dedication and participation in this process.

### Technical Assistance Corner

At times, the Division of Behavioral Health sends out communications or guidance documents to grantees. All communications are then posted on our website under the Treatment and Recovery section “Grantee Communications” or you may access it directly by clicking on this link: [DBH Treatment and Recovery Grantee Communications](#). Please be sure to save this link to your favorites and check back regularly for any new notifications.

This quarter multiple communications were posted including information on the quarterly report forms, a letter from Director Tracy Dompeling regarding CAPS, and Psychiatric Emergency Services (PES) guidance for Results Based Budgeting (RBB) Measures.

If you have a Technical Corner question you would like answered and potentially included in a future Quarterly Newsletter, please submit your question/s via email to [doh.dbh@alaska.gov](mailto:doh.dbh@alaska.gov). Please use the subject line: “DBH Tech Corner Question” and include your grant manager on your email to ensure a timely response.



## Upcoming Events and Trainings

Be on the lookout for more information on these trainings and other announcements coming from DBH via your Gov Delivery subscription. Not a subscriber?

Click on this link to subscribe: [DOH DBH information subscription](#).

You can also find additional information on the [DBH Treatment and Recovery Grantee Communications](#) webpage.

### State Events and Training

#### SMART Recovery – Self-Management and Recovery Training

February 6 – 8<sup>th</sup>, 2024 | Online via Zoom

\*You must register by or before Friday, January 12, 2024

Once you have registered you will receive confirmation via email and a link to access the training.

If you have any questions or wish to register for this training, please email: [jhilbert@SMARTRecovery.org](mailto:jhilbert@SMARTRecovery.org)

#### iECHO – Upcoming & continuing sessions:

##### **Pain & Opioid ECHO:**

12:00-1:00 pm AKT, November 11 – April 4, 2024:

2nd Monday of the month November - December

2nd and 4th Mondays of the month January - April

To learn more and register click this link: [Pain and Opioid Management ECHO](#)

##### **Co-Occurring Behavioral Health, Opioid, and Stimulant Use Disorders ECHO:**

12:00-1:00 pm AKT, every other Thursday, January 4 – June 6, 2024

To learn more and register click this link: [Co-Occurring Behavioral Health, Opioid and Stimulant Use Disorders ECHO](#)

If you have any questions or issues signing up for an iECHO account, please contact [support@iecho.org](mailto:support@iecho.org). If you have any questions or require any accommodations to participate in this event please contact the UAA Project ECHO Team at [chdecho@alaska.edu](mailto:chdecho@alaska.edu).

#### **Brown Bag: Integrated Care and Co-occurring Treatment Capabilities January 2024**

Tuesday, January 30<sup>th</sup> | Time: 12:00pm - 1:00pm AKST | Location: Virtual

Provided by the Family Services Training Center (FSTC) in collaboration with the Alaska Department of Health, Division of Behavioral Health and invited special guest, Hazelden Betty Ford Foundation, this webinar will provide expertise for Integrated Care and Co-occurring Treatment Capabilities.

If you have questions, or an ADA request and specific requirements are needed, please contact Jessica Milkey at (651)213-4138. To learn more or to register, click this link: [Brown Bag: Integrated Care and Co-occurring Treatment Capabilities January 2024](#)

## Federal Events and Training

RX Summit – April 1 – 4, 2024: <https://www.hmpglobalevents.com/rx-summit>

ASAM 55th Annual Conference - Innovations in Addiction Medicine and Science in Dallas, Texas – April 4 – 7, 2024: <https://annualconference.asam.org/>