

Children's Mental Health Initiative

Advisory Committee Meeting



May 13, 2025

Meeting Agenda



Introduction (5 mins) - Ben

- Chair opening remarks
- Brief Call of Committee Members

Charter Review (10 min) – Jenn

Behavioral Health Roadmap (15 – 20 mins)

- Review of Behavioral Health Roadmap Action Items & Updates – Leah
- Data Review – Rick

CMHI Updates (25-30 mins)

- Summary of ECHOS - Jessica
- Success of grantees – Courtney
 - Data and summary

Grantee presentation (10-15 mins)

- Railbelt Mental Health - Courtney

Public Comments – Ben

Closing Comments

Next meeting Date

- August 12, 2025, 9am – 10:30am



Welcome

Remarks from the Chair, Ben Kolendo
Advisory Committee Roll Call

CMHI Advisory Committee Charter

Mission

The mission of the Advisory Committee is to offer informed recommendations for the direction and execution of the CMHI project activities, integrating insights from the Behavioral Health Roadmap initiative. The focus is on creating a collaborative, culturally responsive, and family-centered system to ensure effective service delivery within communities across Alaska.

CMHI Advisory Committee Charter

Responsibilities

- **Meeting Schedule:** The committee will convene at least quarterly to assess the progress, successes, challenges, and necessary adjustments to ensure the project meets its objectives
- **Oversight & Accountability:** The committee will provide oversight of the CMHI project, ensuring alignment with state and federal requirements and the overarching goals of the System of Care
- **Collaboration:** The committee will facilitate cross-agency partnerships and collaboration to enhance the effectiveness and sustainability of the System of Care
- **Guidance:** The committee will guide DBH to implement CMHI activities that are culturally responsive and family-friendly
- **Reporting:** The committee will support DBH in reporting outcomes and progress to SAMHSA and other stakeholders as required

Review of Behavioral Health Roadmap Action Items & Updates

Leah Van Kirk, Deputy Director, Department of Health

Rick Rau, Mental Health Clinician 3, Division of Behavioral Health



System of Care & Roadmap Action items

1. CMHI grantees are focusing on retaining children in state for services.
2. CMHI grantees are working to increase services to maintain youth in their home communities.
3. The Behavioral Health Roadmap includes subsections to the systems of care. The CMHI grant focuses on each system and the action items listed in each of those sections to ensure a standard is established.
4. The scaffolds of those action items ensure compliance and a guide for how providers can improve their current systems of care to care for children within their home communities.

Children's Mental Health Initiatives Updates

Rick Rau, Mental Health Clinician 3, Division of Behavioral Health

Jessica Harvill, Project ECHO, University of Alaska Anchorage

Courtney Yemiola, Lead Family Coordinator, University of Alaska Anchorage

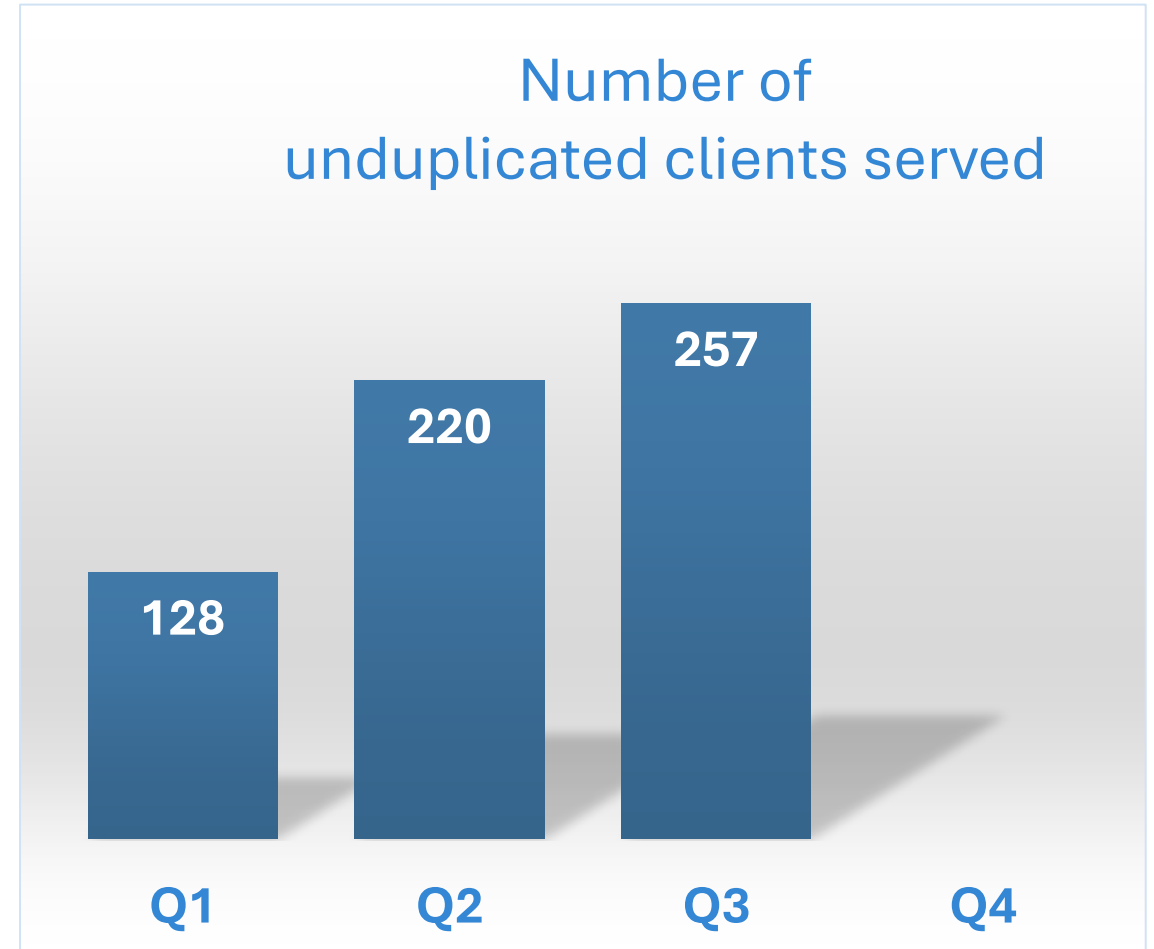


Quarter 3

257 unduplicated clients served

- 2 clients needed a higher level of care or a different level outside of the community

99.2% of clients served within CMHI services



CMHI Impacts

Partnerships

- New schools
- Internships
- Military families
- Memorandums of Agreement
- Increased referrals
- In school behavioral support
- Department of Juvenile Justice

Expansion

- More communities
- Implementation of small group in school
- On call therapeutic foster care
- In-school Positive Behavioral Interventions and Supports (PBIS) Tier I/II
- Longer hours
- Individualized adjustments

CMHI Impacts

Youth self referrals

- Raising awareness
- Destigmatizing mental health in the schools

Reduction in behaviors

- Transition to lower-level of care
- Improvements in school & behavior
- Avoiding legal consequences

Program policies supporting youth across the domains

- Three guardians engaged in individual or couples counseling
- Client engaged in treatment and medication management

Barriers

Program
development

Licensing

Funding
concerns for
sustainability

Hiring staff

- Housing crisis

Grantee Presentation

Railbelt Mental Health and Addictions

Courtney Yemiola, Lead Family Coordinator,
University of Alaska Anchorage

Magen Spencer, Executive Director,
Railbelt Mental Health & Addictions



Mission



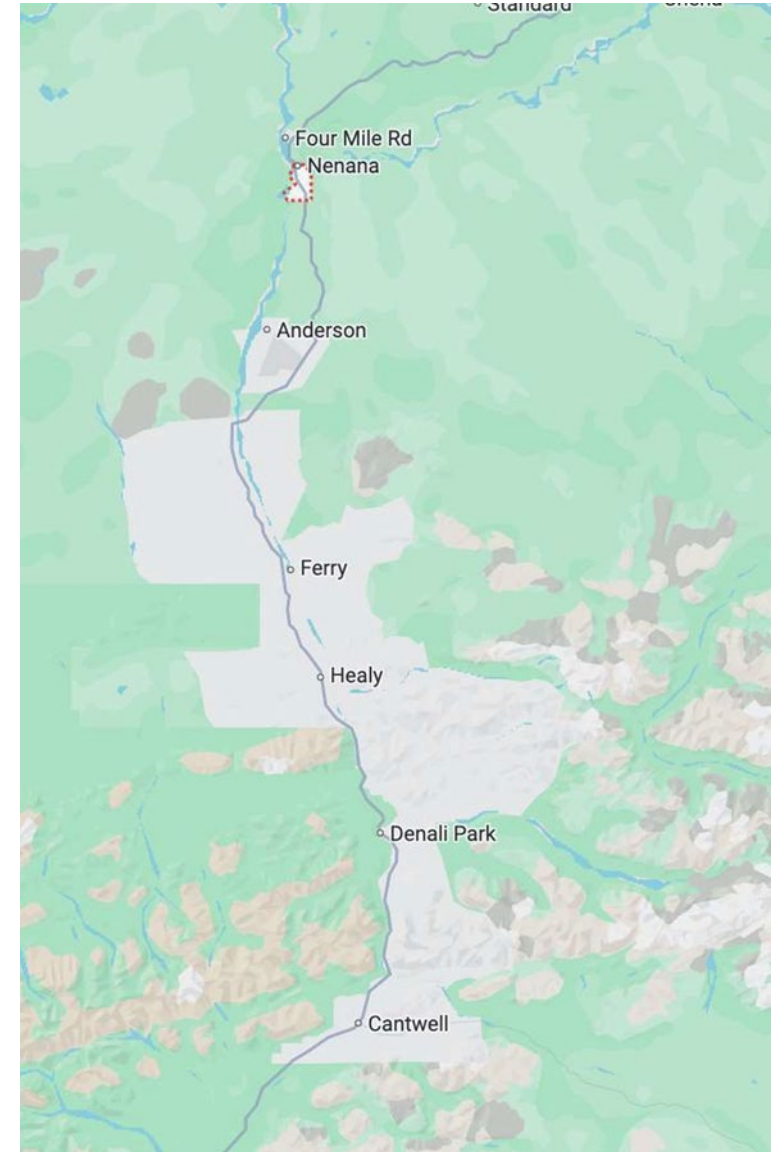
RAILBELT

Mental Health and Addictions
1 (907) 832-5557

At Railbelt Mental Health and Addictions,
we provide healing and support to Nenana and the Denali Borough.
Our commitment to overall health and wellness includes outpatient recovery services,
education, community health initiatives, and partnership building.
We aim to meet people where they are, normalize seeking support, and build trusting,
lasting relationships for healthier, more connected communities.

About Railbelt

- The organization serves over 180 road miles, between the Fairbanks North Star Borough and the Matanuska-Susitna Borough
- Approximately 2,000 year-round residents altogether
- School covered are Nenana, Anderson, Healy and Cantwell
- The community of Nenana has a boarding school serving about 100 students per year



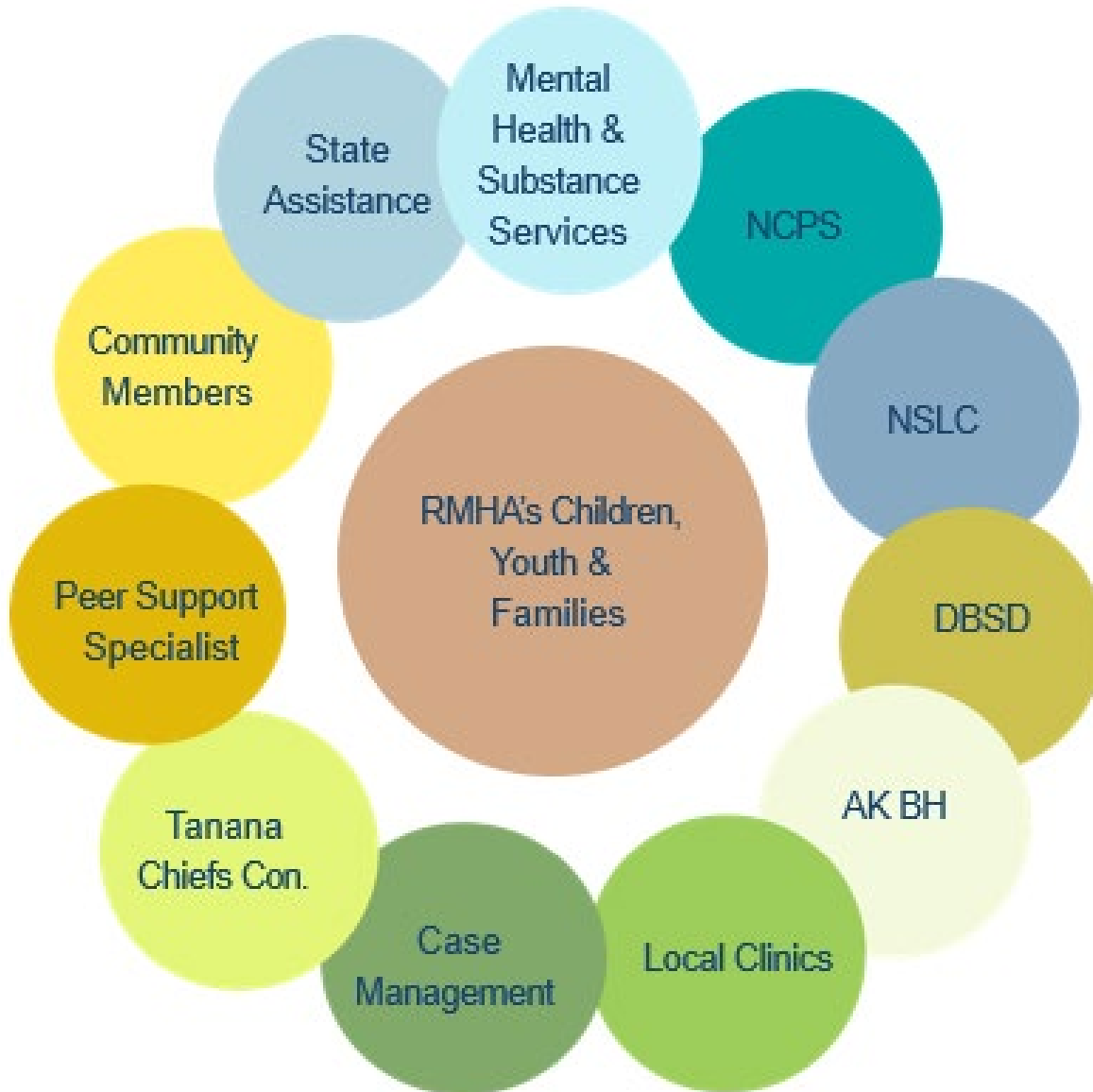
History



- The Behavioral Health Clinic, RMHA, was founded in 1984
- The organization is the only behavioral health clinic in Nenana, Anderson, Healy & Cantwell that serves everyone
- Recipients of the Children's Mental Health Grant on March 1, 2024
- Full Implementation of the CMHI grant started July 1, 2025



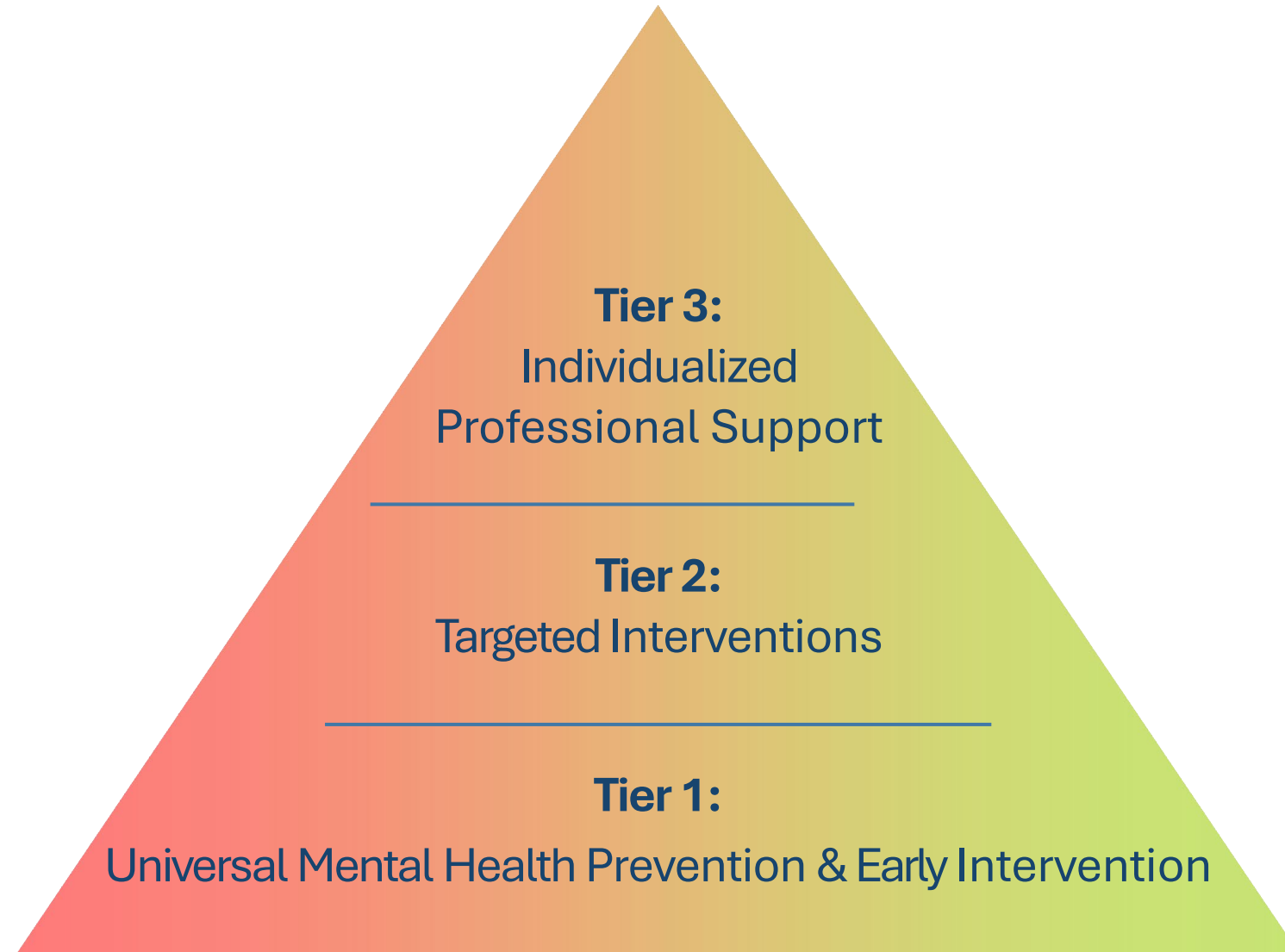
System of Care



“When it comes to the health and safety of our children, we do not work in silos.”

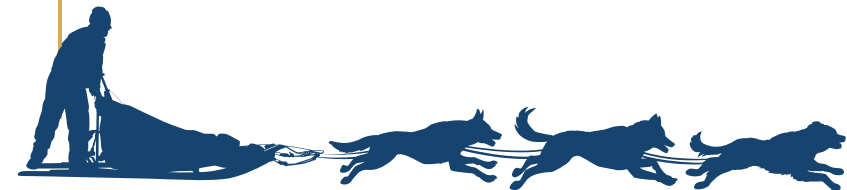
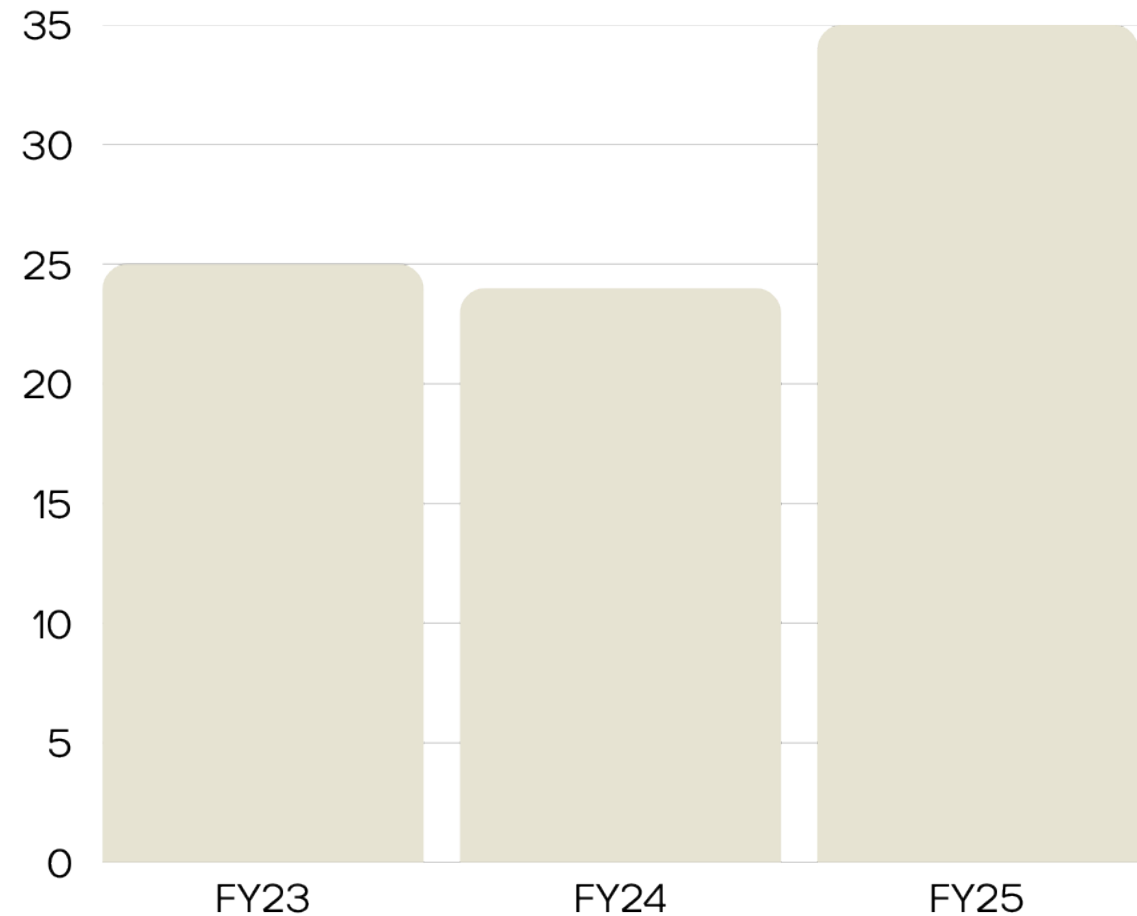


School Mental Health Partnership

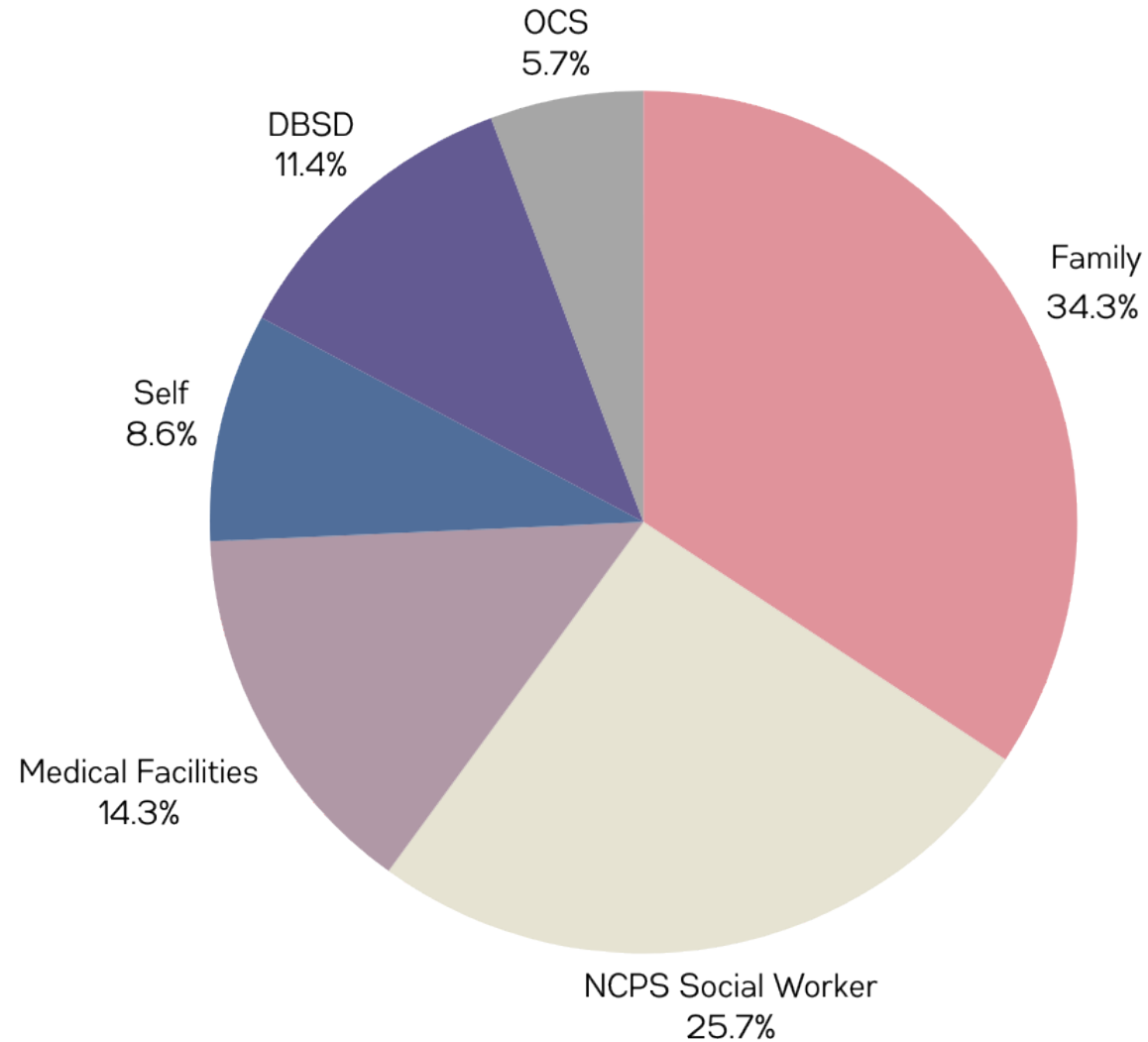


Data of Children & Youth Referrals FY23 – FY25

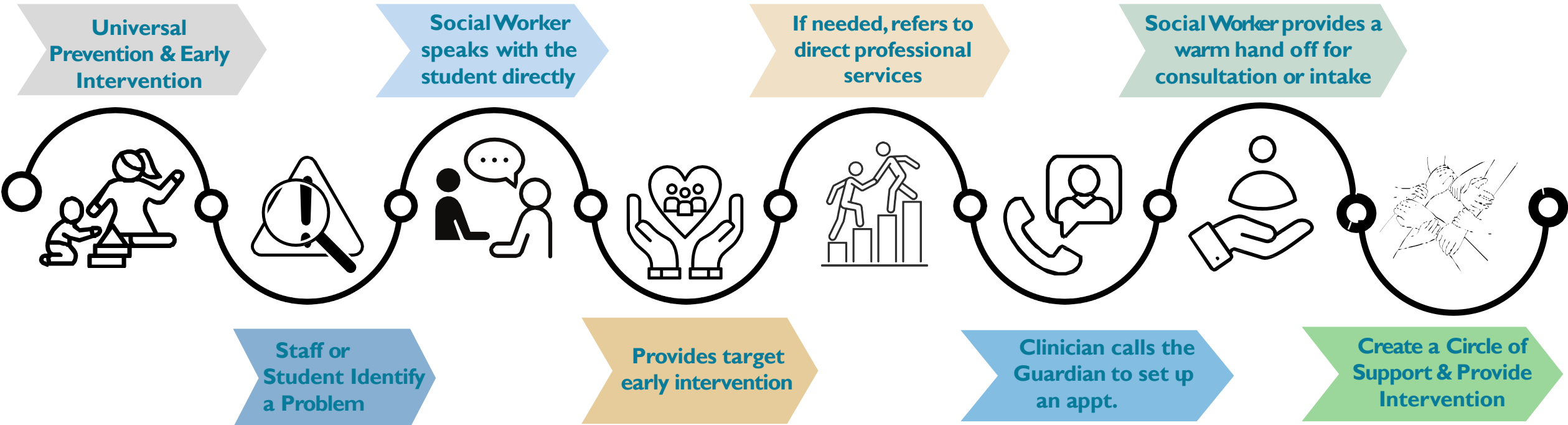
40% Increase of
Children & Youth
since FY24



Percentage Referrals of FY25



NCPS MENTAL HEALTH CONTINUUM OF CARE





James Story

All identifying information has been changed for this story

JAMES CIRCLE OF SUPPORT



“I like being able to talk about things that I
haven’t talked about before.”

17-year-old female

“I don’t want to kill myself anymore.”

17-year-old female

“She listens to me and tries to help.”

10-year-old female

Thank you!

“I learned coping skills, if I get triggered.
Everyone here is really nice and supportive.”

15-year-old male

“She helped my son learn how to
handle his anger. He is smiling more!”

Mother of a 9-year-old male

“I’ve been able to talk comfortably here
and learned to cope with my feelings better.”

16-year-old female

Public Comments





Closing Comments

Next Meeting

August 12, 2025

9:00am – 10:30am

CMHI Grant Contact Info

Rick Rau

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