

General Takeaways and Considerations

- **Cultural Relevance and Competency**
 - Cultural competency emerged as a prominent theme, emphasizing the importance of integrating cultural practices into all aspects of care and solutions. Participants highlighted the need for cultural orientation programs for providers and educators, considering them essential to offer effective support within the community.
 - It was emphasized that cultural competency and traditions must be woven into each category and solution. Honoring and incorporating children's culture and traditions were shown to be powerful prevention tools for youth.
 - The integration of cultural practices in each topic area was discussed. This included student-led cultural practices, as students might have diverse ideas about what integrating culture means to them. Community-led initiatives, like Indigenous behavioral health and wellness centers, were identified as effective ways to provide culturally sensitive care.
- **Service Gaps**
 - In rural areas, housing resources are found to be lacking. It was suggested to find housing support for professionals in these areas.

- Installing fast internet access and utilizing telehealth services were identified as solutions to bridge service gaps.
- Establishing regional step-up/step-down facilities was discussed as necessary for the continuum of care, emphasizing its importance as a solution to gaps in service.
- Home schooling trends raised concerns about the mental health support available to children in home school environments, leading to discussions about the need for outreach and assistance.
- **Workforce**
 - A workforce gap was identified across all topic areas, including shortages in various levels such as psychologists, nurses, clinicians, and behavioral health aides. Training and onboarding gaps were also noted.
 - Adequate wages were identified as a solution, along with the need for parity in mental health workforce pay and benefits to attract and retain qualified professionals.
- **Acute Care**
 - Participants highlighted the challenge of providing timely and appropriate services for youth in crisis due to the limited availability of acute care facilities.

Six Service Categories:
Prevention/Early Intervention, Social Supports, Health Related Social Needs
Community Level Supports/Home and Community Based Services/Outpatient
Mental Health in Schools
Residential Services
Crisis Services
Acute Care
Current Resource Inventory

A note on how this document is structured: Denali Daniels + Associates (DDA) provided facilitation for the regional event. The tables below represent the culmination of two-days of structured conversations approximately 44 participants (attendance fluctuated across two-day/hybrid meeting). Groups developed these priority solutions, including plans with next steps to address some of the largest gaps this region faces. The last page is a current resource inventory that is non-comprehensive and is designed to evolve through ongoing edits; bolded names on this list represent that they appear in two or more service categories.

DDA took notes, capturing both the online and in-person conversations. These notes were streamlined into the current table format; a copy of these notes was then shared with the Steering Committee as well as our Tribal partners for input on accuracy and completeness.

These notes are a starting point for information-gathering. If additional information is added subsequent to the event, that **text will be blocked in a different color and in bold italics**. Additionally, the **[last updated]** date in the footer will be refreshed to reflect the most recent change date.

SERVICE CATEGORY DEFINITIONS

Prevention, Early Intervention, Social Supports, Health Related Social Needs

Efforts to cultivate healthy homes, foster positive peer relationships, and nurture a robust cultural environment. Encompasses ensuring basic physical necessities are met, empowering individuals to make informed choices, and providing ample support. These initiatives extend beyond billable services, focusing on holistic well-being.

Community Based Services and Supports

A broad spectrum of accessible resources within the community setting. Examples include primary care facilities, outpatient mental health services, telehealth options, and various clinics. These services are designed to enhance community members' overall well-being and provide necessary support.

Mental Health in School

The closest approximation to a universal environment for young individuals. Within this context, comprehensive educational and supportive structures are implemented to facilitate the development and growth of students, promoting their academic achievements and personal well-being.

Residential Services

Diverse settings where individuals reside for extended periods. This category includes recovery camps, residential child care facilities, and locations where individuals live round-the-clock. These environments are tailored to provide a supportive living arrangement, offering necessary care and guidance.

Crisis Services

Dedicated crisis response systems, such as call centers, mobile response teams, and crisis centers. These facilities serve as essential points of contact for individuals facing acute crises, offering immediate assistance, intervention, and support during challenging situations.

Acute Care

The highest level of care provided in hospital or inpatient settings. This category includes emergency rooms, inpatient psychiatric hospitals, and short-term inpatient stays. Acute care facilities are equipped to address severe medical or psychiatric conditions, ensuring timely and specialized treatment for patients in critical situations.

Prevention/Early Intervention, Social Supports, Health Related Social Needs

Identified Priority: Providing Resources for Adult/Youth Mentorship/Relationship Building

Priority because...	Challenges	Next Steps	Partners
<ul style="list-style-type: none"> Desire to provide information to parents about social media and helping provide traditional knowledge. 	<p><u>Basic needs</u></p> <ul style="list-style-type: none"> Lack of safe homes <p><u>Home and peer influences</u></p> <ul style="list-style-type: none"> Lack of trust within community <p><u>Other</u></p> <ul style="list-style-type: none"> Lack of law enforcement Funding - long term and sustainable 	<ul style="list-style-type: none"> Research Building partnerships with schools Define mentorship for community members 	<p><u>Government</u></p> <ul style="list-style-type: none"> Tribes State and Federal Local <p><u>Organizations</u></p> <ul style="list-style-type: none"> Native corporations Schools <p><u>Other</u></p> <ul style="list-style-type: none"> Stakeholders Churches

Community Level Supports/Home and Community Based Services/Outpatient

Identified Priority: Tribal Wellness Center (Qagsri)

Priority because...	Challenges	Steps	Partners
<p>Healing begins within the land and its people. Rural communities are serviced primarily by Tribal and this is desperately needed. Connecting all generations. Not feeling restricted, being empowered and reclaiming connection to self, culture, community and land.</p>	<p><u>Funding</u></p> <ul style="list-style-type: none"> • Will the services be reimbursable? • Finding the funding for the infrastructure • Federal grant funding blocks infrastructure development <p><u>Staffing/Resources</u></p> <ul style="list-style-type: none"> • Healthcare providers may be restricted by Accreditation bodies <p><u>Other</u></p> <ul style="list-style-type: none"> • Will it serve Native and non-Native? • Regulation/legal blocks to programming 	<p><u>Funding</u></p> <ul style="list-style-type: none"> • Working with IHS to find joint-venture funding for construction. • Financial security <p><u>Planning</u></p> <ul style="list-style-type: none"> • Developing programming with existing institutions and developing partnerships • Program design • Identifying community needs • Develop a planning committee <p><u>Partnerships</u></p> <ul style="list-style-type: none"> • Secure community partnerships • Finding partnerships and working with communities directly to address what unique needs are 	<p><u>Government</u></p> <ul style="list-style-type: none"> • Local Tribal corporations/organizations • Indian Health Service (IHS) • State Division of Behavioral Health <p><u>Organizations</u></p> <ul style="list-style-type: none"> • School districts (BSSD and NPSD) <p><u>Other</u></p> <ul style="list-style-type: none"> • Non-tribal partners to refer to for unavailable services • Elders, knowledge bearers, hunters, and community members

Mental Health in Schools

Identified Priority: Student-led Cultural Practices with Peer-to-Peer Engagement

Priority because...	Challenges	Steps	Partners
<ul style="list-style-type: none"> Major need for youth. 	<p><u>Behavioral</u></p> <ul style="list-style-type: none"> Avoiding burden on students who are trained to feel like they can/should be responsible Making sure student voices are heard <p><u>Staffing/Workforce</u></p> <ul style="list-style-type: none"> Finding, training and retaining staff to support <p><u>Other</u></p> <ul style="list-style-type: none"> Reframing school structure to be culturally-led and holistic Sustainability 	<p><u>Planning</u></p> <ul style="list-style-type: none"> Clear roles and responsibilities for students parents and leadership Students directly involved in creating programs <p><u>Supports</u></p> <ul style="list-style-type: none"> Incorporating parent/guardians in training <p><u>Other</u></p> <ul style="list-style-type: none"> Convincing leadership it's needed 	<p><u>Government</u></p> <ul style="list-style-type: none"> IRA/tribe State of Alaska CDQ groups Kawerek/Nana <p><u>Organizations</u></p> <ul style="list-style-type: none"> Churches School Tribal health corporations Alaska Afterschool Network <p><u>Other</u></p> <ul style="list-style-type: none"> Parents and guardians / families Local culture bearers Other “best practices” in state and national

Residential Services

Identified Priority: Co-occurring MH/SD Residential Facility in Northern Region that Incorporates Virtual/PHP to Support Step-Down

Priority because...	Challenges	Steps	Partners
<ul style="list-style-type: none"> • Keeps kids in the region • Not a current resource 	<p><u>Connecting</u></p> <ul style="list-style-type: none"> • Community support • Region support <p><u>Funding</u></p> <ul style="list-style-type: none"> • No infrastructure/staff/funding <p><u>Housing</u></p> <ul style="list-style-type: none"> • Housing for staff <p><u>Other</u></p> <ul style="list-style-type: none"> • Incentivize the work 	<p><u>Funding</u></p> <ul style="list-style-type: none"> • Secure a funding source <p><u>Planning</u></p> <ul style="list-style-type: none"> • Identify the location and the agency to take on the residential treatment center (RTC) <p><u>Support Identification</u></p> <ul style="list-style-type: none"> • Community support • Region support • Tribal member support 	<ul style="list-style-type: none"> • State • Tribal • Providers • Trusts • Partner with a current residential treatment center (RTC) like McCann

Crisis Services

Identified Priority: Mobile Crisis Team

Priority because....	Challenges	Steps	Partners
<ul style="list-style-type: none"> Community level support and stabilization. 	<p><u>Funding</u></p> <ul style="list-style-type: none"> Funding <p><u>Services</u></p> <ul style="list-style-type: none"> Cultural and trauma-informed care <p><u>Workforce and Housing</u></p> <ul style="list-style-type: none"> Staff and housing <p><u>Other</u></p> <ul style="list-style-type: none"> Geographic Location “off road system” Community buy-in 	<p><u>Funding</u></p> <ul style="list-style-type: none"> Find funding <p><u>Planning</u></p> <ul style="list-style-type: none"> Identify stakeholders and community partners Define MTC for rural-setting Develop a coalition 	<p><u>Organizations</u></p> <ul style="list-style-type: none"> Health Information Exchange (HIE) Advocacy groups like BSWG and Child Advocacy Center Tribal organizations Bering Air pathfinders/medivacs <p><u>Government and Public Safety</u></p> <ul style="list-style-type: none"> EMS Law enforcement 988 Village housing Forensic department ICWA OCS <p><u>Service Providers</u></p> <ul style="list-style-type: none"> Behavioral Health hospital/village clinic <p><u>Other</u></p> <ul style="list-style-type: none"> Tribal healers

Acute Care

Identified Priority: Mental Health Unit and Step-Down

Priority because...	Challenges	Steps	Partners
Not identified.	<p><u>Funding</u></p> <ul style="list-style-type: none"> • Fiscal planning <p><u>Process</u></p> <ul style="list-style-type: none"> • DET • DTS • Step down Transitions • Streamlined risk assessment • Not ongoing psychiatric care – no full scale psych unit • Extension of care <p><u>Staffing</u></p> <ul style="list-style-type: none"> • Workforce labor • Expertise not as simple as clinical 	<p><u>Planning</u></p> <ul style="list-style-type: none"> • Apply/work with hospital board • Data analysis over time • Consultation connecting to DETS • License to provide service outside of hospital 	<p><u>Government</u></p> <ul style="list-style-type: none"> • Local agencies – State, Tribal, Federal <p><u>Other</u></p> <ul style="list-style-type: none"> • Holistic ... X Plan • Wraparound services

CURRENT RESOURCE INVENTORY

<p><u>Prevention and Early Intervention</u> <i>Community Centers and Organizations</i> Aging And Disability Resource Center Boys & Girls Clubs</p> <p>Churches Cultural Festivals Infant Learning Program (ILP) Katirrik Cultural Center Kawerak Children and Family Services (CFS)</p> <p>Kawerak Child Advocacy Center Kawerak Family Nights Kawerak Headstart Kawerak Voc. Rehab Kawerak Wellness Nome Community Center Nome Eskimo Community Family nights and programs Selawik Wellness Center</p> <p><i>Educational Institutions and Programs</i> After school programs CCHD Trainings On Mental Health For Individuals With Intellectual And Developmental Disabilities Church youth groups Native Corp Youth Programs Native Youth Olympics</p> <p>Nest Northwest Campus School counselors</p> <p><i>Health and Mental Health Services</i> Day Shelter (NSHC) DD Care Coordination Moas With DJJ Nactec Native Connections</p> <p>Norton Sound Health Corporation (NSHC) Norton Sound Wellness Center OCS PHC (Public Health Center/PHC)</p>	<p>Village based counseling through NSHC</p> <p><i>Social Support and Assistance</i> Nome Children's Home Nome Community Center clinicians work with Nome Children's Home Nome Food Bank Nome Job Center SOA Juvenile Justice Tribes in the 15 Norton Sound Villages, offer childcare assistance programs Women's shelter (Nome) Youth Court</p> <p><u>Community Based Services and Supports</u> <i>Clinical Services and Healthcare Providers</i> PHC (Primary Health Care) Village-based clinics NSHC (Norton Sound Health Corporation) PC CARES (Presbyterian Community Caring Program) AHEC (Area Health Education Center) Kawerak Child Advocacy Center Law Enforcement (potentially involved in crisis intervention)</p> <p><i>Educational Institutions and Programs</i> Schools Search Youth Groups and Camps Boys And Girls Club Community and Support Services Village-based services Village Kawerak (a regional nonprofit organization, might offer various community services) Tribal Healing Village Based Wellness Events Norton Sound Economic Development Corporation events and support</p>	<p>DJJ (Department of Juvenile Justice) Thrift Store Safety Patrol</p> <p><i>Recreational and Social Programs</i> Summercise (NSHC) Boys And Girls Club</p> <p><u>Mental Health in Schools</u> <i>School Based Services</i> Home based family treatment (HBFT) - After school groups School counselors Bering Straight School District</p> <p><i>Community and Cultural Support</i> Cultural classes Talking circles (addressing historical traumas of community) NSHC supports village-based counselors</p> <p><i>Mental Health Programs and Support</i> Child advocacy center Alaska Area Health Education Center (AHEC) Norton Sound Health Corporation (NSHC) Presbyterian Healthcare Services (PHC)</p> <p><i>Grant-Funded Initiatives</i> Project AWARE (Advancing Wellness and Resiliency in Education) grant – delivering mental health in school, clinical services Collaborative Support Organizations Kawerak</p> <p><u>Residential Services</u> <i>Youth Residential Programs</i> Youth Wellness Camps Putyuk Children's Home Maniilaq DD House</p>	<p>Nome Children's Home Transitional and After Care Services Transitional After Care Services Home Plate Specialized Shelter Services CYS (Utq) Nome Women's Shelter</p> <p><u>Crisis Services</u> <i>Emergency Response and Law Enforcement</i> VPSOs/Law Enforcement/Mayor Fire Department</p> <p><i>Crisis Hotline and Helpline</i> 988</p> <p><i>Crisis Intervention and Mental Health Professionals</i> On Call Crisis Therapist for Suicidal/Homicidal/Gravely Disabled MSHC Forensic Program NEST NC Talking Circles Kawerak Child Advocacy Center</p> <p><i>Shelter and Housing Services</i> Nome Women's Shelter NSHC Adult Day Shelter</p> <p><i>Community Support and Resources</i> Families Churches Village based clinics</p> <p><i>Medical and Healthcare Facilities</i> Emergency Room NSHC (Norton Sound Health Corporation)</p> <p><i>Correctional and Detention Centers</i></p>	<p>DOC/AMCC (Department of Corrections/Anchorage Correctional Complex)</p> <p><u>Acute Care</u> <i>Crisis Response Services</i> Northstar Provider Care Line - after hour urgent emergent calls that are sometimes BHS related Emergency Room - only two patient safe rooms temporary stay at hospital</p> <p><i>Home-Based Services</i> Pathways Home Village-based Intensive Treatment Programs Intensive Outpatient Programs</p> <p><i>Other</i> NSHC</p>
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