

Southeast Region Event: Summary Notes of Priorities and Plans

General Takeaways and Considerations

- **Holistic and Family-Centered Approaches**
 - Several groups emphasized the importance of holistic and family-based services to support youth and their families within their home environments.
- **Cultural Sensitivity**
 - Incorporating cultural aspects, traditions, and indigenous knowledge into care and services was a recurring theme, recognizing the importance of cultural sensitivity in the region.
- **Communication and Collaboration**
 - The importance of improving communication and collaboration within the community, as well as with tribal organizations and various partners, was emphasized.
 - The value of face-to-face interactions and ongoing dialogue for meaningful progress was acknowledged.
- **Focus on Youth and Families**
 - The need to support parents in navigating the behavioral health system and helping children access services was highlighted.
 - Strategies to empower families and involve them in the decision-making process were discussed.
- **Stigma Reduction and Community Engagement**
 - Several groups discussed the importance of reducing stigma surrounding mental health issues and fostering a culture of understanding and support within the community.
- **Interest in Improving Crisis Response and Acute Systems**
 - There was a focus on the need to improve how youth can access both crisis and acute services during times of crisis, with local momentum for creating change.
 - It was acknowledged that there were no representatives of acute care present.

Six Service Categories:

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

Mental Health in Schools

Community Level Supports/Home and Community Based Services/Outpatient

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 with 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: Youth 360 (Icelandic Model) Planet Youth

Priority because...	Challenges	Next Steps	Partners
<ul style="list-style-type: none"> ● Fostering a culture of positivity and community-wide engagement. ● Encouraging parental involvement and family buy-in. ● Implementing upstream prevention strategies. ● Promoting a community-wide shift from individual to collective action. ● Achieving a universal reduction in risk factors. ● Realizing long-term cost savings through strategic initiatives. 	<ul style="list-style-type: none"> ● Community-wide culture shift and widespread buy-in. ● Measuring and assessing the efficacy of prevention efforts. ● Allocating funding for spaces (SeaLevel in Ketchikan). ● Long-term commitment with a focus on sustained results, akin to the "tortoise versus hare" approach, emphasizing a 1000-foot view over a 15-year horizon. ● Logistics, including transportation, location, and access. ● Time constraints and bandwidth limitations. 	<p><u>Planning and Communication</u></p> <ul style="list-style-type: none"> ● Develop strategic plan ● Expand upon the Youth Risk Behavior Survey (YRBS) to include community-level insights and perspectives. ● Publicize instances where residents naturally embody the proposed model. ● Implement educational initiatives targeted at community partners to enhance understanding and collaboration. ● Secure resources for staffing and transportation by exploring funding avenues in extracurricular activities, sports, music, faith-based initiatives, and the arts. ● Implement parental waivers to streamline and facilitate participation. <p><u>Programs and Activities</u></p> <ul style="list-style-type: none"> ● Develop programs dedicated to educating youth on relevant topics and fostering holistic development <p><u>Social Structures</u></p> <ul style="list-style-type: none"> ● Acknowledge and reward community members who actively embrace and drive positive change. <p><u>Create Spaces</u></p> <ul style="list-style-type: none"> ● Establish a youth panel to ensure active participation and buy-in from the younger demographic. ● Secure funding for spaces catering to youth needs. SeaLevel/CAP funding. 	<p><u>Local</u></p> <ul style="list-style-type: none"> ● Churches ● Community systems ● Local government (city/borough) ● Non-profits ● Parents ● School districts ● Sports leagues ● Youth ● Native leaders <p><u>State</u></p> <ul style="list-style-type: none"> ● Legislature ● Statewide systems ● Other Youth 360 <p><u>National</u></p> <ul style="list-style-type: none"> ● Federal funds ● Media ● Nike/Under Armor sponsors

Mental Health in Schools

Identified priority: Pilot Program - Enhancing Communication Strategies for Holistic Family Support

Priority because...	Challenges	Steps	Partners
Establishes a channel for communication between service providers and families, creating an opportunity for the implementation of comprehensive wrap-around services.	<p><u>Behavioral</u></p> <ul style="list-style-type: none"> ● Cultural differences ● Mental health stigma ● Overcoming "power" differentials and fostering collaboration in parent literacy support ● Historical and present injustices <p><u>Life Skills and Home Setting</u></p> <ul style="list-style-type: none"> ● Parental understanding of mandated reporting <p><u>Other</u></p> <ul style="list-style-type: none"> ● Hard to get everyone in the same room 	<p><u>Funding</u></p> <ul style="list-style-type: none"> ● Secure funding <p><u>Structural and Planning</u></p> <ul style="list-style-type: none"> ● Inception meeting ● Engagement with agencies and service providers (school-based) ● Development of procedures: Release of information (ROI), Memorandum of Agreement (MOA), meeting norms, calendar, and note sharing <p><u>Supports</u></p> <ul style="list-style-type: none"> ● Inclusion of parents members and representation ● State representative support (as required) ● Identifying missing voices in dialogue 	<p><u>Education</u></p> <ul style="list-style-type: none"> ● School guidance counselors ● School social workers/licensed professional counselors ● School staff/administration <p><u>Community Support Services</u></p> <ul style="list-style-type: none"> ● DV advocates: HOPE, KIL, WISH ● ICWA/Tribal supports ● KIC Behavioral Health ● Local children’s mental health providers (i.e., Community Connections private providers) ● RYC: outpatient and re-entry ● Southeast Alaska Independent Living (SAIL) <p><u>Public Safety</u></p> <ul style="list-style-type: none"> ● Local and State police ● OCS (Office of Children's Services) <p><u>Employment and Rehabilitation</u></p> <ul style="list-style-type: none"> ● Vocational rehab

Community Level Supports/Home and Community Based Services/Outpatient

Identified priority: Multi-disciplinary team coordination and case history development.

Priority because...	Challenges	Steps	Partners
<ul style="list-style-type: none"> ● Enhance overall outcomes through the reduction of the burden associated with reconstructing cases for new providers or crisis situations. ● Enhance inter-team communication and bolster client empowerment. ● The duplication of efforts in reassembling and rehashing information represents an inefficient utilization of time and resources. ● Imperative to alleviate families from the necessity of repeating their stories, thereby preventing potential re-traumatization. 	<p><u>Technology</u></p> <ul style="list-style-type: none"> ● Database management <p><u>Other</u></p> <ul style="list-style-type: none"> ● Release of information (ROI) and confidentiality ● Effective release of information, including past OCS history and DJJ medical records, while upholding confidentiality standards to guarantee security and compliance. 	<p><u>Planning</u></p> <ul style="list-style-type: none"> ● Conduct a comprehensive assessment of the potential applications of the AK Health Information Exchange (HIE) to function as the designated database. ● Identify the primary leadership entity for the initiative, considering the involvement of OCS, DJJ, and MH/SUD stakeholders. ● Examine the financial aspects of the project, including the source of funding, service codes, and potential grant-funded avenues. 	<p><u>Information Resources</u></p> <ul style="list-style-type: none"> ● Health eConnect Alaska (HIE) ● Three-tiered structure (State Model)

Residential Services

Identified Priority: Regulations to Allow Residential Child Care Facilities (RCCFs) to Offer Crisis Care

Priority because...	Challenges	Steps	Partners
<ul style="list-style-type: none"> ● Increased restrictions may render youth crisis services unfeasible. ● Ensure youth-specific regulations. 	<p><u>Administrative</u></p> <ul style="list-style-type: none"> ● Balancing safety and regulatory oversight without imposing undue restrictions on facility types. ● Coordination across regulatory entities ● Coordination with various regulatory prerequisites, such as residential licensing requirements. 	<p><u>Planning</u></p> <ul style="list-style-type: none"> ● Engaging providers who are currently offering or interested in offering crisis services in different facility types ● Put out draft regulations <p><u>Service Provision</u></p> <ul style="list-style-type: none"> ● Active/interactive education with providers 	<ul style="list-style-type: none"> ● Bartlett Regional Hospital (Juneau) ● Residential Youth Care (RYC) ● Community Connections (Ketchikan) ● Southeast Alaska Regional Health Consortium (SEARHC)

Crisis Services

Identified Priority: Short Term Crisis Holding Space to Re-enter Local Behavioral Health Service or Prepare for Transition to Residential Care

Priority because....	Challenges	Steps	Partners
<ul style="list-style-type: none"> ● Time for youth stabilization ● Establish secure and safe environment ● Access to psychiatry services through Tele-Psych or in-person consultations 	<p><u>Services</u></p> <ul style="list-style-type: none"> ● Hospital Outpatient 1115 Billing – 23 hours/7 days ● Challenges with providers refusing to accept Medicaid/issues with payment <p><u>Programming</u></p> <ul style="list-style-type: none"> ● Limited age range (12–18 years) ● Defining the concept of "holding space" in rural areas ● Mobile response strategies for targeted outreach to youth ● Address co-occurring diagnoses (developmental disabilities/mental health/substance use disorders) ● Need for enhanced medical monitoring due to significant health issues ● Considerations for children 11 and under ● Ongoing development of mobile integrated team paramedic/social work ● Determining duration of holds ● Administrative burden in behavioral health ● Challenges defining responsibility and issuing community resource updates 	<p><u>Funding</u></p> <ul style="list-style-type: none"> ● Develop a comprehensive funding plan for long-term financial sustainability. <p><u>Planning</u></p> <ul style="list-style-type: none"> ● Conducting a thorough regulation review. ● Initiating dialogues with Bartlett Regional Hospital or SEARHC for collaborative planning. ● Incorporate youth perspectives in the planning response. ● Collaborate with federal and other state providers operating in rural communities. ● Distinguish federal and state regulatory frameworks. ● Increase recruitment efforts for Treatment Foster Care (TFC) homes. ● Establish reliable transportation mechanisms. ● Advocate for kinship care options. ● Facilitate open dialogues on foster care. <p><u>Training</u></p> <ul style="list-style-type: none"> ● Enhance training for local community behavioral health providers. <p><u>Workforce</u></p> <ul style="list-style-type: none"> ● Define necessary staffing and resource requirements to ensure safety. 	<p><u>Advocates/Organizations</u></p> <ul style="list-style-type: none"> ● Alaska Behavioral Health Association ● Partnership Access Line – Pediatric Alaska (PAL-PAK) <p><u>Government and Public Safety</u></p> <ul style="list-style-type: none"> ● Tribal support ● State/Medicaid/OCS/Trust <p><u>Service Providers</u></p> <ul style="list-style-type: none"> ● Local community behavioral health providers ● SEARHC Medical providers ● Nursing In-home supports (HCBW resource) <p><u>Other</u></p> <ul style="list-style-type: none"> ● Kotzebue model ● Nursing in-home supports (Home and Community Based Waiver resource)

Acute Care

Identified Priority: Patient Navigator

This priority was identified, but no discussion took place and was consolidated with the Crisis Services group discussion above.

Priority because...	Challenges	Steps	Partners
<ul style="list-style-type: none">	<ul style="list-style-type: none">	<ul style="list-style-type: none">	<ul style="list-style-type: none">

CURRENT RESOURCE INVENTORY

Prevention and Early Intervention

Adolescent Drug/Alcohol Early Intervention
Akeela/KAR House
AST
AWARE Juneau
Bartlett Regional Hospital and the Birthing Center
Bartlett Regional Hospital training and summer internship programs
Community Connections
Crisis Now
Family Preservation & Reunification
Food Stamps (DPA)
Front Street Clinic (JNU)
Head Start
Juneau Behavioral Health (SEARHC)
Juneau Job Center
Juneau Suicide Prevention Coalition
Juneau WIC Clinic
Juneau Youth Court
KAP (Ketchikan After School Program)
Kasaan Wellness Court
Ketchikan Afterschool (KAP)
Ketchikan Gateway School District
Ketchikan Indian Community (KIC)
Ketchikan Police Department (KPD)
Ketchikan Wellness Coalition (KWC)
Ketchikan Youth Court
KIC
KWC
KYC
Marijuana Education
NAMI Group Advocacy & Support Meetings
Office of Children's Services (OCS)
Parenting classes & support groups
PeaceHealth Ketchikan
PIERS (Task Force)
PKRMC
POW Health Network
Prenatal Classes

Residential Youth Care
Residential Youth Care (RYC)
Rural Cap Head Start
SEARHC
Southeast Alaska Independent Living
STAC (Church)
The Learning connection (JNU) thread (Juneau)
Tlingit & Haida Head Start
Tlingit and Haida
Tlingit and Haida Behavioral Health
Tobacco Cessation
Tongass Substance Screening
University of Alaska Southeast
Career Education Department
Wil la mootk
Women in Safe Homes

Community Based Services and Supports

Early Childhood Home Based Services
Community Connections
Head Start
Rural Cap Head Start
Southeast Alaska Independent Living
Tlingit & Haida Head Start
Women in Safe Homes

SUD Counseling
KIC
RYC

Mental Health Services
Akeela/KAR (no children's program)
Annette Island Service Unit
Oilean Wellbeing-Caitlin Andrews
Community Connections
KIC
PKRMC
Healing Hearts
RYC
Ruth Bullock
Your Space Counseling-Roseann Lynch

Chris Glanzer (no under 16)
Karla Gelhar (no under 16)
Women in Safe Homes (shelter counselors)
Rebecca Moon (Ketchikan)
Caitlin Andrews (no Medicaid)

Psychiatric Assessment/Trtmt
Akeela/KAR (no children's program)
Annette Island Service Unit
KIC
PKRMC
RYC (Dr. Baines)
Groups
AA, NA, AIAnon
TABI Support Groups
Prince of Wales Health Network - Smart Recovery sessions

Medication-Assisted Treatment (MAT)

Ideal Option
KIC
PeaceHealth Ketchikan
Power of Wellness
Island EMS Coalition - building emergent MAT through Mobile Integrated Health Program (live Jan 2024)
Other
2 CAH
Annette island SUV unit – adult and child
ANTHC treatment
Bartlett
Bartlett outpatient behavioral health
Community supports
athletic/activity travel and connections
Culture camps
Ideal Option
JAHMI Health and Wellness (Juneau)
Juneau Public Health Center
KAP Ketchikan after school program
Ketchikan Indian community

Ministry associations
Mountainside Clinic
PeaceHealth Ketchikan
Peer support groups
Plight club programs
Pow health network/smart recovery/peer support
Power of Wellness
Primary care BH, SUD, COD, DENTAL, PT
Raven's Way – Lighthouse
School activities
School districts
Scouts
Sealaska – youth camps
SEARHC
Sources of Strength (high school level)
Southeast Alaska Independent Living (SAIL, Inc.)
Teen Health
Telehealth
TIDES
Tlingit and Haida Behavioral Services Healing Center (Juneau)
Tlingit and Haida Navigators Tribes
Wellness Court
Wil la mootk
Zach Gordon Youth Center

Mental Health in School

Brightways/plight club
Clinical Director Frank Bayles
Community Connection/School District Collaborative summer groups
In school based direct service mental health groups (Community connection)
Ketchikan, Craig, Klowack, Hydaburg, Thornbay
KIC strategic plan culturally relevant support services for KIC tribal scholars
KYFC - Ketchikan Youth for Change (17 kids)
RISE School District
RYC ED Center

School case manager
School Counselors and mental wellness clinicians
School receiving on going trauma informed care training
School Social Worker
Sources of Strength (high school level) Juneau
Suicide prevention - QPR training
SEARHC
Teen Health Center (Juneau High Schools)
Youth mental health first aide

Residential Services

TLP (now owned by SEARHC) (not currently taking youth)
Akeela/KAR
Ketchikan Gateway Borough
School District
Raven's Way – Lighthouse
Northern Lights (JYS) (not currently taking youth)
Lighthouse (JYS)
Crossings (SEARHC)
Shéiyi Xaat Hít Youth Shelter (Spruce Root House)
Montana Creek
Therapeutic Tx Homes
Akeela/KAR (no therapeutic homes in KTN or JUN)

Community Connections

RYC
Residential Education
Ketchikan Gateway Borough
School District
Medically Monitored Inpatient Detox
KIC
PeaceHealth Ketchikan

Crisis Services/Acute Care

Aurora Behavioral Health Center (Bartlett Regional, JNU)
Emergency/Shelter
AWARE
Peace Health
RYC

Spruce Roots House **Women in Safe Homes**

Emergency Mental Health Youth Services
Akeela/KAR (not serving youth anymore)
AWARE
Bartlett Regional Hospital
KGBSD – RISE team
PeaceHealth Ketchikan
RYC
Spruce Roots House
Other
988 hotline
Bartlett Regional Hospital
BRH Emergency Room (short-stay)
DET/DES/PES providers
KIC crisis walk-ins
KTN cares line
KWC (working on MIH) (Ketchikan)
OCS
PeaceHealth Ketchikan
POW Health Network drop in peer support
RYC
SEARHC
Spruce Roots House (Juneau)
Trevor project crisis line
Wil la mootk counseling center (Metlakatla)