

Strengthening the System:

Alaska's Comprehensive Integrated Mental Health Program Plan, 2020-2024



The Comprehensive Integrated Mental Health Program Plan

Current plan developed by State (formally DHSS) in coordination with Trust and stakeholders

Approved by Commissioner

Considers other planning efforts impacting Trust beneficiaries

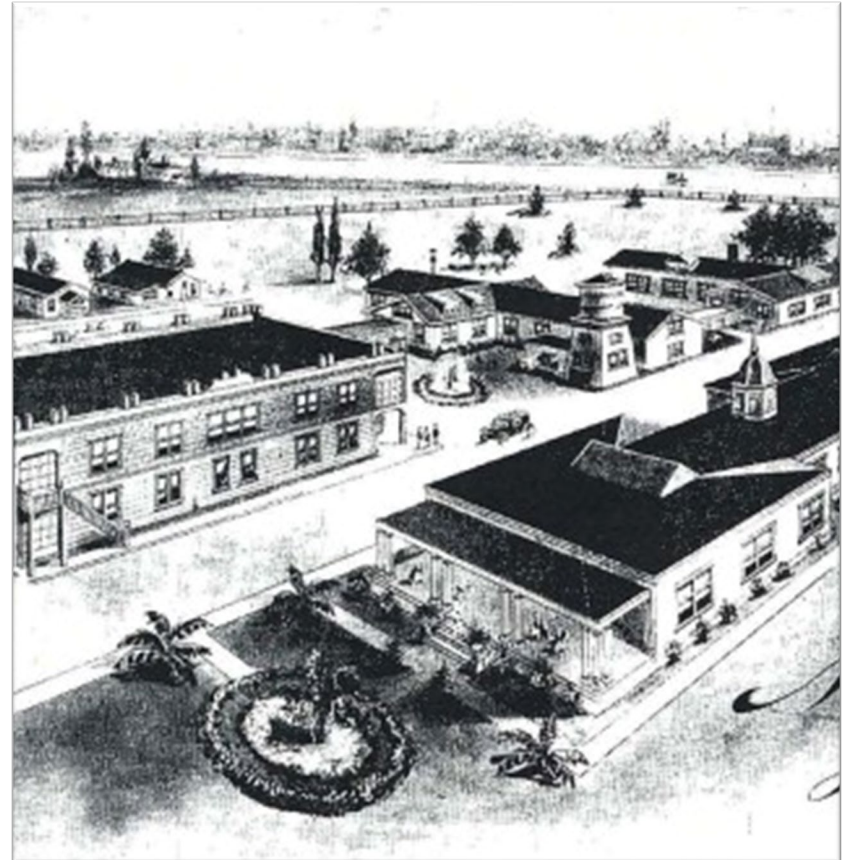
Updated every 5 years

Represents a systems approach; understands partnerships needed to meet goals

A resource for all Trust beneficiary-serving entities

Statutory Responsibilities:

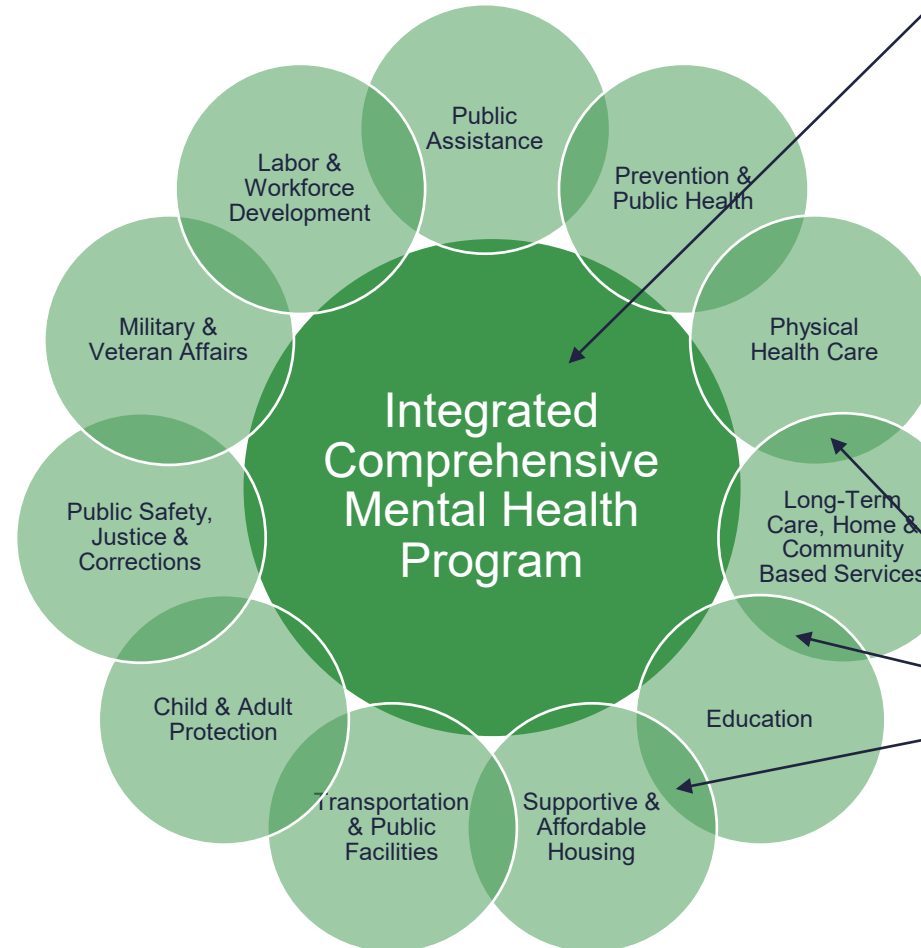
AS 47.30.660. Cooperative powers and duties of the Department of Family and Community Services and the Department of Health “The Department of Family and Community Services and the Department of Health, in cooperation, shall prepare, and periodically revise and amend, a plan for an integrated comprehensive mental health program...; the preparation of the plan and any revision or amendment of it shall be made in conjunction with the Alaska Mental Health Trust Authority; be coordinated with federal, state, regional, local, and private entities involved in mental health services....”



Integrated Comprehensive Mental Health Program

State and Tribal plans inform and are informed by the Comprehensive Program Plan

COMPREHENSIVE
MENTAL HEALTH
PROGRAM PLAN

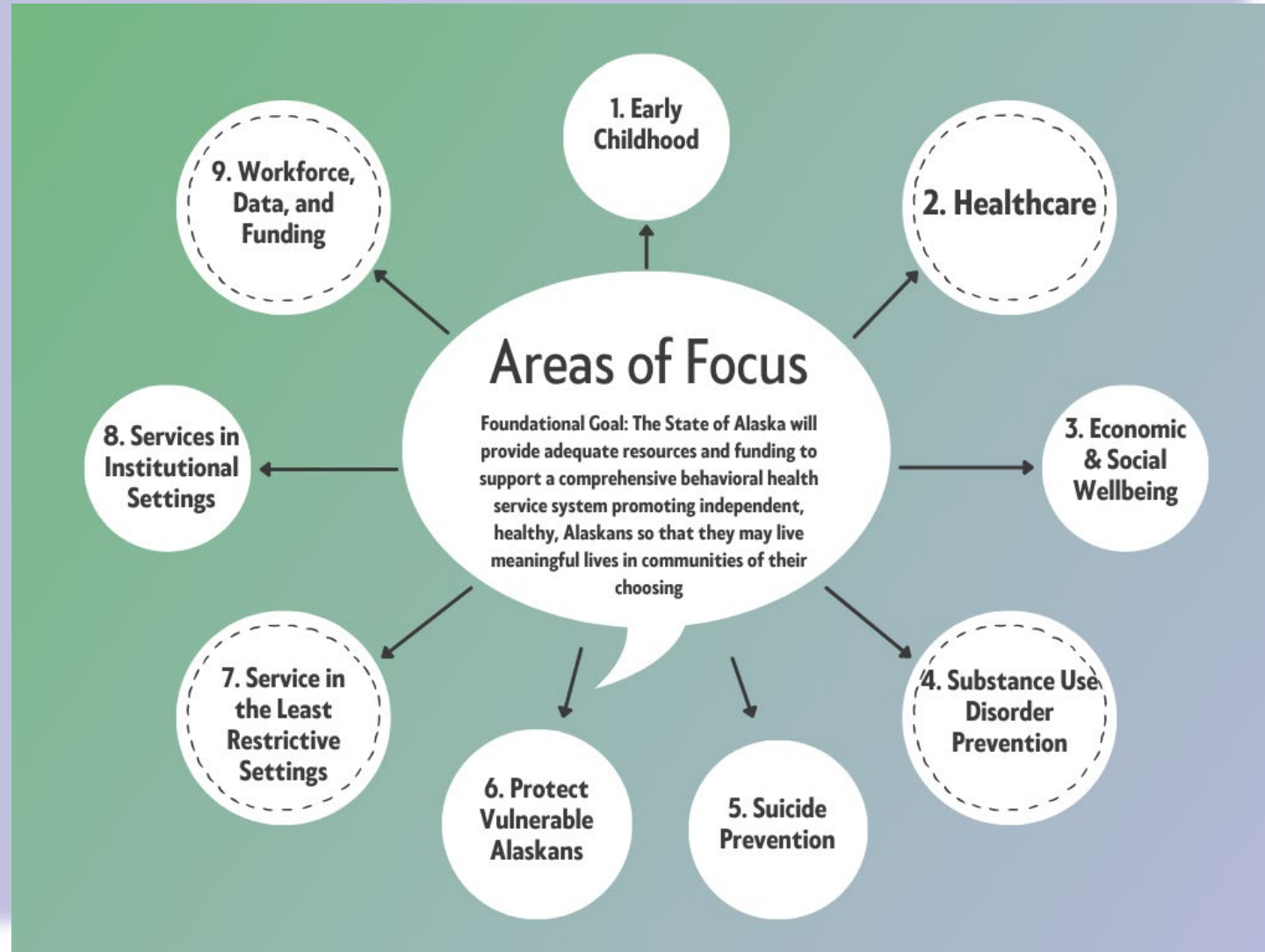


“Core”:

Programs supported with funds from the Mental Health Budget or State operating and capital funds clearly allocated to advance the Comprehensive Mental Health Program

Integrated:
Areas of Mission
Overlap & Shared
Responsibility

Areas of Focus 1-9



Timeline

Where We Started:

- 1994, the Trust is created, and the settlement requires budget recommendations based on a Comp Plan.
- 1995 Status Report on the Comp Plan
- FY95-97, 1st budget recommendations

What Happened:

- FY97-98, 1st actual Comp Plan: *In Unison*
- FY2001-2006, 2nd Comp Plan: *In Step*
- FY2006-2011, 3rd Comp Plan: *Moving Forward*
 - 2008-2020, *The Alaska Scorecard* published based on desired outcomes of *Moving Forward*
- In 2018, planning efforts to draft a new Comp Plan began

Where We Are Now:

- FY2020-2024, 4th Comp Plan: *Strengthening the System*
- 2020, The Alaska Scorecard workgroup begins revising the Scorecard
- March 2021, *The Alaska Scorecard* is published based on *Strengthening the System*; updated annually

Where We're Going:

- FY24, planning efforts to revise *Strengthening the System* are underway
- FY 25, a new Comp Plan will be adopted- the name is *TBD*
- FY25, planning efforts to revise the corresponding Alaska Scorecard will begin
- FY 26, *The Alaska Scorecard-revised* will be adopted

A Systems-Level Approach

Strengthening the System

- First Comp Plan to take a systems-level approach
- Looks across the lifespan
- Strong focus on prevention



Alaska Scorecard 2022

ALASKA SCORECARD 2022

Key Issues Impacting Alaska Mental Health Trust Beneficiaries

INDICATOR	LATEST U.S. DATA	LATEST ALASKA DATA	BASELINE ALASKA DATA	CHANGE FROM BASELINE
EARLY CHILDHOOD				
1. Percentage of children who received a developmental screening using a parent-completed screening tool in the past year (ages 9 months to 35 months)	34.8% (2020-2021)	42.0% (2020-2021)	47.9% (2018-2019)	-5.9%
2. Percentage of incoming students who regulate their feelings and impulses 80% of the time or more (grades K-1)	*	47.1% (2021-2022)	49.1% (2019-2020)	-2.0%
3. Percentage of women who recently delivered a live birth who have a strong social support system during the postpartum period	*	75.2% (2020)	73.0% (2018)	+2.2%
4. Mean index score of (12) indicators associated with child health and well-being that are present at birth	*	9.5 (2021)	9.6 (2019)	-0.1
HEALTHCARE				
5. Percentage of population without health insurance	8.6% (2021)	11.4% (2021)	12.2% (2019)	-0.8%
6. Rate of non-fatal fall injuries (rate per 100,000; ages 65+)	3,283.3 (2020)	3,951.3 (2021)	4,558.8 (2019)	-607.5
ECONOMIC AND SOCIAL WELL-BEING				
7. Percentage of rental occupied households that exceed 50 percent of household income dedicated to housing	24.2% (2021)	20.5% (2021)	18.6% (2019)	+1.9%
8. Rate of chronic homelessness (rate per 100,000)	38.3 (2022)	78.2 (2022)	44.9 (2020)	+33.3
9. Percentage of Alaskans who experience a disability that are employed	40.8% (2021)	46.8% (2021)	44.0% (2019)	+2.8%
10. Percentage of Alaskans living above 125% of the federal poverty level	84.6% (2021)	85.7% (2021)	85.6% (2019)	+0.1%
SUBSTANCE USE DISORDER PREVENTION				
11. Percentage of Alaskans needing but not receiving treatment at a specialty facility for substance use in the past year (ages 12+)	6.8% (2021)	10.0% (2021)	8.9% (2018-2019)	+1.1%
12. Percentage of Alaskans who received mental health services in the past year (ages 18+)	16.9% (2021)	19.0% (2021)	17.1% (2018-2019)	+1.9%
13. Rate of alcohol-induced mortality (rate per 100,000; age-adjusted)	14.4 (2021)	40.6 (2021)	23.7 (2019)	+16.9
SUICIDE PREVENTION				
14. Rate of intentional self-harm/suicide attempt emergency department visits (rate per 100,000; age-adjusted)	40.5 (2020)	133.1 (2021)	122.3 (2019)	+10.8
15. Rate of intentional self-harm/suicide deaths (rate per 100,000; age adjusted)	14.1 (2021)	31.0 (2021)	28.8 (2019)	+2.2
16. Rate of intentional self-harm/suicide deaths (rate per 100,000; ages 15-24)	14.5 (2021)	63.3 (2021)	57.8 (2019)	+5.5

KEY: • Asterisk (*): No U.S. data available at time of publication
 • Calendar year (yyyy): data represents calendar year
 • Fiscal year (FYyyyy): data represents fiscal year (July-June)
 • Combined year (yyyy-yyyy): data represents year range

INDICATOR	LATEST U.S. DATA	LATEST ALASKA DATA	BASELINE ALASKA DATA	CHANGE FROM BASELINE
PROTECTING VULNERABLE ALASKANS				
17. Rate of child maltreatment, substantiated cases, unique victims (rate per 1,000; ages 0 to 17)	8.1 (2021)	15.2 (2021)	17.0 (2019)	-1.8
18. Percentage change in youth who accessed home-based family treatment services (ages 0 to 24)	*	156.3% (2022)	156.3% (2022)	N/A
19. Founded reports of harm to adults (rate per 1,000; ages 18+)	*	0.9 (FY2022)	1.4 (FY2020)	-0.5
SERVICES IN THE LEAST RESTRICTIVE ENVIRONMENT				
20. Percentage of Alaskans who meet criteria for an institutional level of care who were served by a home and community based waiver	*	83.5% (FY2022)	83.3% (FY2020)	+0.2
21. Percentage of criminal defendant referrals admitted to a therapeutic court	*	60.8% (FY2022)	60.0% (FY2020)	+0.8
22. Percentage of all juvenile justice referrals that were diverted from formal court action	*	53.0% (FY2022)	43.0% (FY2020)	+10.0%
SERVICES IN INSTITUTIONAL ENVIRONMENTS				
23. Percentage of inpatient readmissions within 30 days to non-military hospitals for a behavioral or neurodevelopmental diagnosis (ages 12 to 17)	*	4.7% (2021)	6.0% (2019)	-1.3%
24. Percentage of inpatient readmissions within 30 days to non-military hospitals for a behavioral or neurodevelopmental diagnosis (ages 18+)	*	11.5% (2021)	10.3% (2019)	+1.2%
25. Percentage of Alaskans who meet criteria for an institutional level of care who were served in nursing homes and Intermediate Care Facilities for Individuals with Intellectual and Developmental Disabilities (ICF/IDD)	*	16.5% (FY2022)	16.7% (FY2020)	-0.2%
26. Percentage of juveniles in a Division of Juvenile Justice facility with an identified behavioral health or neurobehavioral condition in a secure treatment unit	*	100.0% (FY2022)	96.0% (FY2020)	+4%
27. Percentage of incarcerated individuals diagnosed with a psychotic disorder or schizophrenia who received intensive clinical and case management reentry services	*	84.3% (FY2022)	79.3% (FY2020)	+5%
WORKFORCE, DATA, AND FUNDING				
28. Percentage change in SHARP health practitioner contracts (current calendar year compared to previous 5 year average)	*	80.0% (2022)	42.0% (2020)	+38%
29. Percentage change of unduplicated participants served by Alaska Training Cooperative training events	*	14.2% (FY2022)	-27.9% (FY2020)	+42.1%
30. Medicaid expenses as a percentage of state's budget	27.6% (FY2022)	17.2% (FY2022)	19.3% (FY2020)	-2.1%

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Example - Goal 8: Services in Institutional Settings

Comp Plan objectives

- 8.1 Objective:** Establish a standard of care to ensure individuals receive appropriate therapy and supports while residing in psychiatric settings in state or out of state.
- 8.2 Objective:** Ensure Alaskans who are in nursing homes, hospitals, and Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICFs/IID) are provided the appropriate therapy and supports.
- 8.3 Objective:** Enhance and expand access to clinical and case management resources for Alaskans who are incarcerated.

Scorecard Indicators that measure objectives

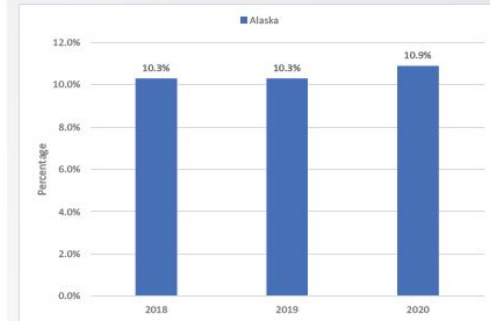
- 23. Percentage of inpatient readmissions within 30 days to non-military hospitals for a behavioral or neurodevelopmental diagnosis (ages 12 to 17)
- 24. Percentage of inpatient readmissions within 30 days to non-military hospitals for a behavioral or neurodevelopmental diagnosis (ages 18+)
- 25. Percentage of Alaskans who meet criteria for an institutional level of care who were served in nursing homes and Intermediate Care Facilities for Individuals with Intellectual and Developmental Disabilities (ICF/IDD)
- 26. Percentage of juveniles in a Division of Juvenile Justice facility with an identified behavioral health or neurobehavioral condition in a secure treatment unit
- 27. Percentage of incarcerated individuals diagnosed with a psychotic disorder or schizophrenia who received intensive clinical and case management reentry services

SERVICES IN INSTITUTIONAL ENVIRONMENTS

INDICATOR 24: Percentage of inpatient readmissions within 30 days to non-military hospitals for a behavioral or neurodevelopmental diagnosis (ages 18+)

Story Behind the Baseline

Community-based behavioral health services and supports are the best model for preventing behavioral health crises, but most Alaskan communities lack the continuum of care needed. Lack of community-based behavioral health services, and rural areas rely on law enforcement, police responders, and emergency rooms to respond to behavioral health crises. Many individuals presenting to emergency departments with behavioral health conditions have an alcohol-related diagnosis, other



Population: Alaska Readmissions Statewide (Ages 18+)

Data Sources:

- [Alaska Division of Public Health, Health Analytics and Vital Records Section, Health Facilities Data Reporting](#)

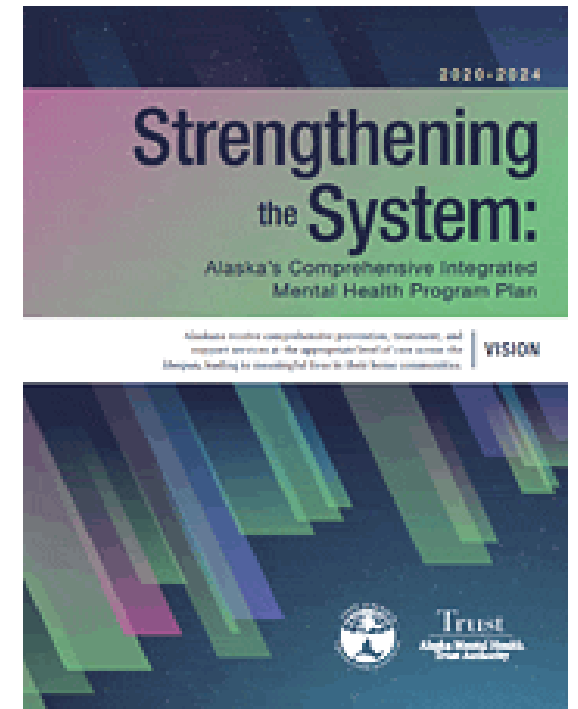
Data Source Contact:

- Tim Homan, Research Analyst
Section of Health Analytics and Vital Records
Department of Health and Social Services
Email: tim.homan@alaska.gov

Scorecard Indicator detail

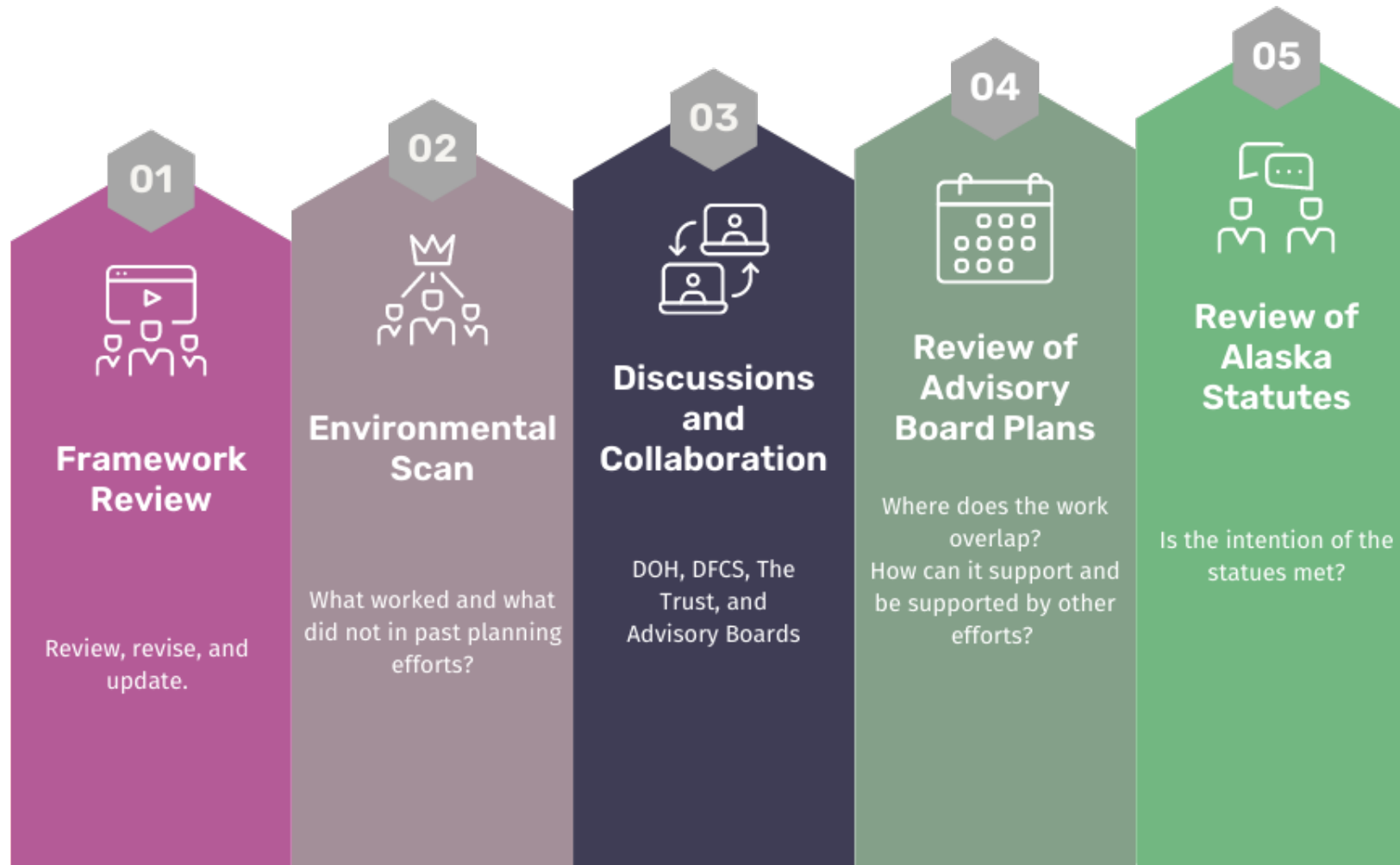
What's Next?

- **The Framework** is underway now
 - The Coordinator manages the day-to-day project management and coordination within the department and with key partners like the Trust and its Advisory boards
- Development will be led by DOH, DFCS in coordination with the Trust – informed by additional stakeholders
- Public comment solicitation this Winter
- NEW Comp Plan 2025-2029



THE FRAMEWORK

For Alaska's Comprehensive Integrated Mental Health Program Plan



PROJECT TIMELINE

June 27

Steering Committee Kickoff
Frontier Building, Anchorage



July 24

Steering Committee Meeting



August 2-3

Interior Regional Workgroup
Wedgewood Resort, Fairbanks



August

Southcentral Regional Workgroup



September

Southeast Regional Workgroup
Juneau



September

Northern Regional Workgroup
Nome



October

Southwest Regional Workgroup
Bethel



October

Steering Committee Meeting



November

DRAFT REPORT:
Public Comment & Stakeholder Engagement



December

Final Report Published



**Behavioral Health
Roadmap**

Updated 7/23/23

COMPREHENSIVE INTEGRATED MENTAL HEALTH PROGRAM PLAN TIMELINE



Planning Timeline



Thank you