

**BEHAVIORAL HEALTH  
ROADMAP PROJECT**  
**FOR ALASKA YOUTH**

# **Interior Regional Workgroup**

August 2-3, 2023 | Wedgewood Resort



## Wednesday, August 2

Welcome – introductions, background, goals

*System of Care for Children’s Behavioral Health*

*Child & Adolescent Behavioral Healthcare Improvement Project*

*Fairbanks Pediatric Behavioral Health Summit*

Lunch & Workshop: Regional Vision  
*Report Out*

Workshop: Resource Mapping  
*Report Out*

Break

Workshop: Gaps in Access  
*Report Out*

Prioritization Exercise

Wrap Up

*Adjourn Day 1*

# Behavioral Health Roadmap for Alaska Youth – Interior Region

[BHroadmap.alaska.gov](http://BHroadmap.alaska.gov)

[DOH.BHroadmap@alaska.gov](mailto:DOH.BHroadmap@alaska.gov)

# Welcome & Introductions

Name

Organization/Affiliation

- ❖ *What are you most looking forward to in this event?*
- ❖ *What can we celebrate about the work being done in the Interior for youth?*

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# Grounding & Context



## Steering Committee – through December 2023

**Goal:** to provide structure and support for regional workgroups to arrive at actionable recommendations to inform a larger statewide behavioral health roadmap for children, youth, and families.

**Mission:** The Steering Committee, comprised of key stakeholders and leaders, will help define the goals, outputs, timeline, and resources necessary for regional workgroups to make informed recommendations for prioritization of policy, funding structure, and resource allocation that will support a comprehensive system of care for children, youth, and families.



## Regional Workgroups

- Understand regional vision for youth behavioral health
- Enhance and elevate existing resources
- Identify actionable steps to bridge service gaps
- Prioritize action items

# MENTAL HEALTH SUPPORTS IN ALASKA'S SCHOOLS

## PHASE TWO: The State of Student Mental Health & Promising Approaches

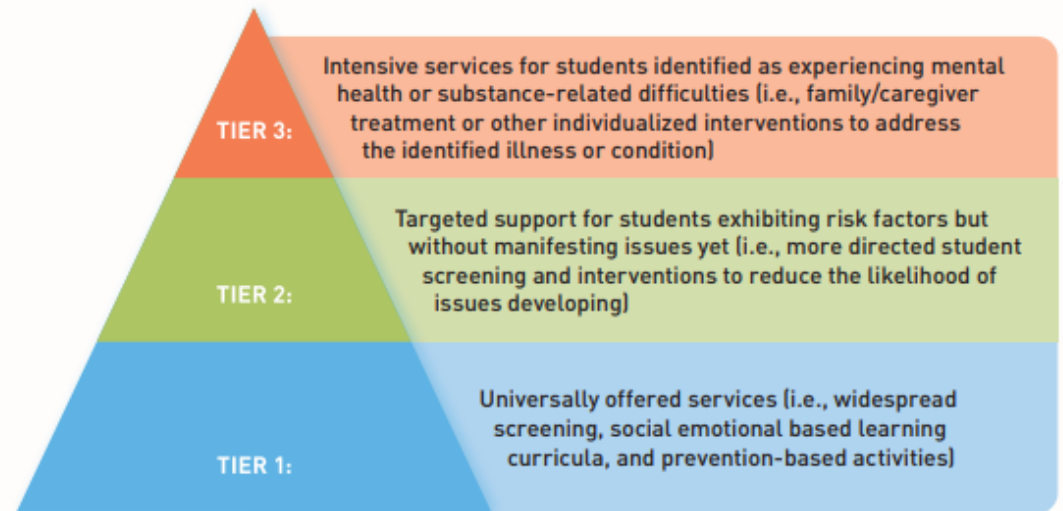
This project was funded by

**Trust**  
Alaska Mental Health  
Trust Authority

July 2022

## CONTINUUM OF SUPPORT SERVICES

A standard framework for discussing and understanding support services in schools is the Multi-Tiered System of Supports (MTSS). The MTSS was introduced in phase one of [Mental Health Supports in Alaska Schools](#) research and is revisited throughout phase two. SAMHSA outlines the MTSS through the framework's three tiers:<sup>9</sup>

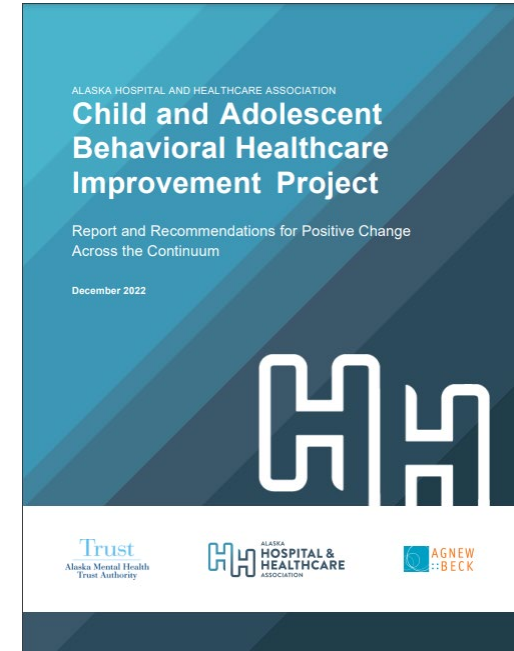
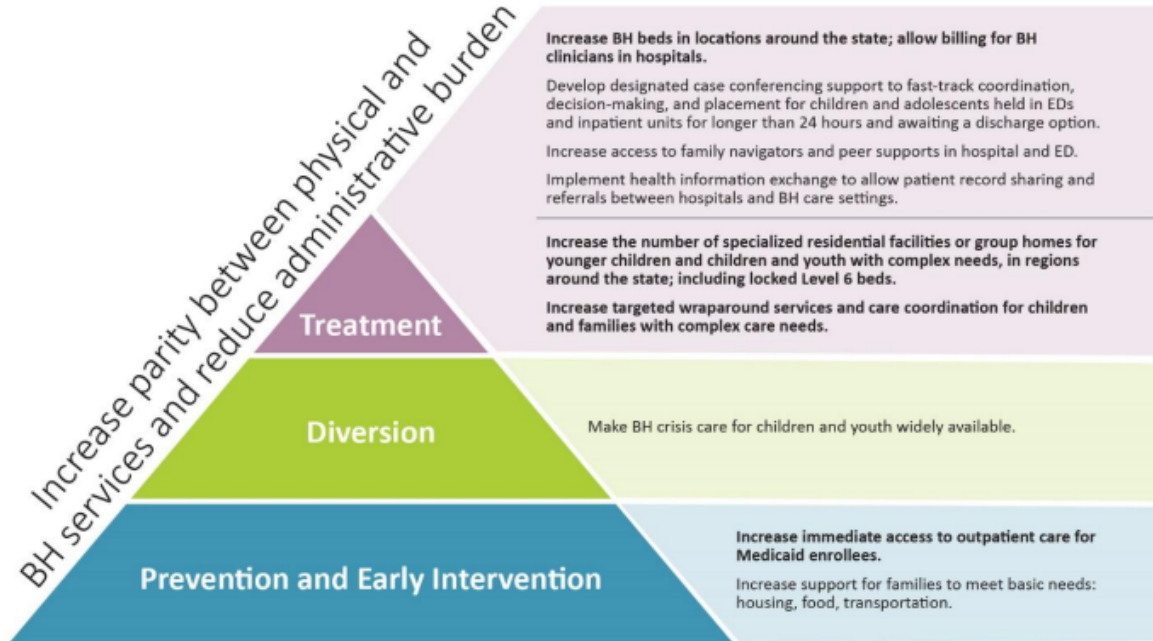


The case studies include examples of how districts are approaching services at each tier of the MTSS framework through district programs, community provider programs, or a combination of both.

## Implementation Workplan

The workplan is organized by three key domains with objectives and action items associated with each. The figure below identifies the objectives under each domain prioritized by the workgroup, with the top priorities in bold. The workplan is intended to be a living document to be used by AHHA, the Trust and other systems change leaders to support the design and implementation of a robust continuum of behavioral health services designed to meet the needs of children, adolescents and their families.

Figure 1: Prioritized Objectives for Building a Robust Continuum of Care

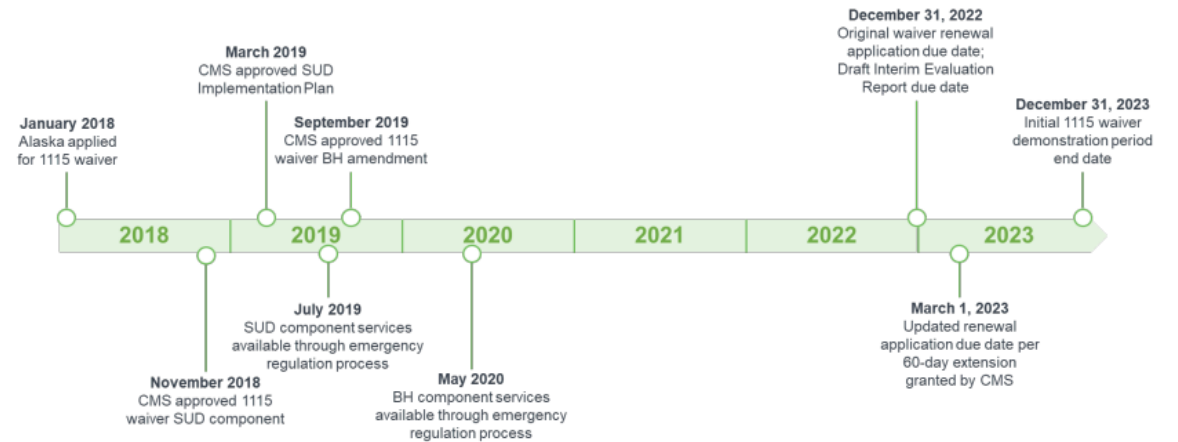


# Substance Use Disorder Treatment and Behavioral Health Program

## Section 1115 Medicaid Demonstration Waiver

TABLE 1. CONTINUUM OF SERVICES AUTHORIZED BY THE 1115 WAIVER<sup>4</sup>:

SUD Program	Behavioral Health Program
<ul style="list-style-type: none"> <li>▪ Early Intervention- Services*</li> <li>▪ Outpatient Services*</li> <li>▪ Medication-Assisted Treatment (MAT)*</li> <li>▪ Opioid Treatment Services (OTS) for persons experiencing an Opioid Use Disorder (OUD)</li> <li>▪ Intensive Outpatient Services</li> <li>▪ Ambulatory Withdrawal Management</li> <li>▪ Partial Hospitalization Program (PHP)</li> <li>▪ Residential Treatment</li> <li>▪ Clinically Managed Residential Withdrawal Management</li> <li>▪ Medically Monitored Intensive Inpatient Services</li> <li>▪ Medically Monitored Inpatient Withdrawal Management</li> <li>▪ Medically Managed Intensive Inpatient Withdrawal Management</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community Recovery Support Services (CRSS)</li> <li>▪ Home-based Family Treatment</li> <li>▪ Intensive Case Management Services (ICM)</li> <li>▪ Partial Hospitalization Program Services (PHP)</li> <li>▪ Intensive Outpatient Services (IOP)</li> <li>▪ Children’s Residential Treatment (CRT)</li> <li>▪ Therapeutic Treatment Homes</li> <li>▪ Assertive Community Treatment Services (ACT)</li> <li>▪ Adult Mental Health Residential Services (AMHR)</li> <li>▪ Peer-based Crisis Services</li> <li>▪ Mobile Outreach &amp; Crisis Response Services (MOCR)</li> <li>▪ 23-Hour Crisis Observation &amp; Stabilization Services (COS)</li> <li>▪ Crisis Residential/Stabilization Services</li> </ul>
<p><i>*Services authorized under the State Plan</i></p>	



# Behavioral Health System: 1115 Collaborative Recommendations

As a collective group of organizations with a vested interest in a behavioral health system that meets the needs of Alaskans, we appreciate the work that the state of Alaska has invested into the 1115 demonstration waiver. We share the stated goals for the waiver and are committed to working towards supporting successful implementation. Similarly, we recognize that the system of care is experiencing significant challenges. Based on stakeholder engagement, workgroup input, and firsthand experiences, we propose the recommendations below.

*The 1115 Waiver is a demonstration waiver through the Centers for Medicaid and Medicare (CMS) which provides states with the flexibility to test out new and innovative approaches to providing care. Alaska's 1115 waiver was approved by CMS in November of 2018. We are currently in year 4 of the 5 year waiver.*





# Strengthening the System:

Alaska's  
Comprehensive  
Integrated  
Mental Health  
Program Plan

## **Strengthening the System: Alaska's Comprehensive Integrated Mental Health Program Plan 2020-24**

***VISION** – Alaskans receive comprehensive prevention, treatment, and support services at the appropriate level of care across the lifespan, leading to meaningful lives in their home communities.*



June 27 Steering Committee Meeting

July 24 Steering Committee Meeting

Interior Regional Workgroup

Southcentral Regional Workgroup

Southeast regional workgroup

Northern Regional Workgroup

Southwest Regional Workgroup

Steering Committee Meeting (Oct)

Tribal consultation

Public Comment & Stakeholder Engagement

**FINAL REPORT (December)**

# BEHAVIORAL HEALTH ROADMAP FOR YOUTH



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REGIONAL  
VISION

MAP OF EXISTING  
RESOURCES



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GAPS IN TIMELY  
ACCESS

ACTION STEPS  
&  
PRIORITIZATION





# *Presentation*

System of Care for Children's Behavioral Health

Jen Griffis, Parent Advocate



# *Presentation*

## Child & Adolescent Behavioral Healthcare Improvement Project

Elizabeth King, MPH  
Senior Director of Behavioral Health & Workforce  
Alaska Hospital & Healthcare Association



# *Presentation*

Fairbanks Pediatric Behavioral Health Summit

**Kari Burrell**

Senior Director of Internal & External Affairs  
Foundation Health Partners



# Lunch Discussion



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REGIONAL  
VISION

In 5 years, what does a comprehensive behavioral health system of care look like for Interior youth?



# Services

RESOURCES

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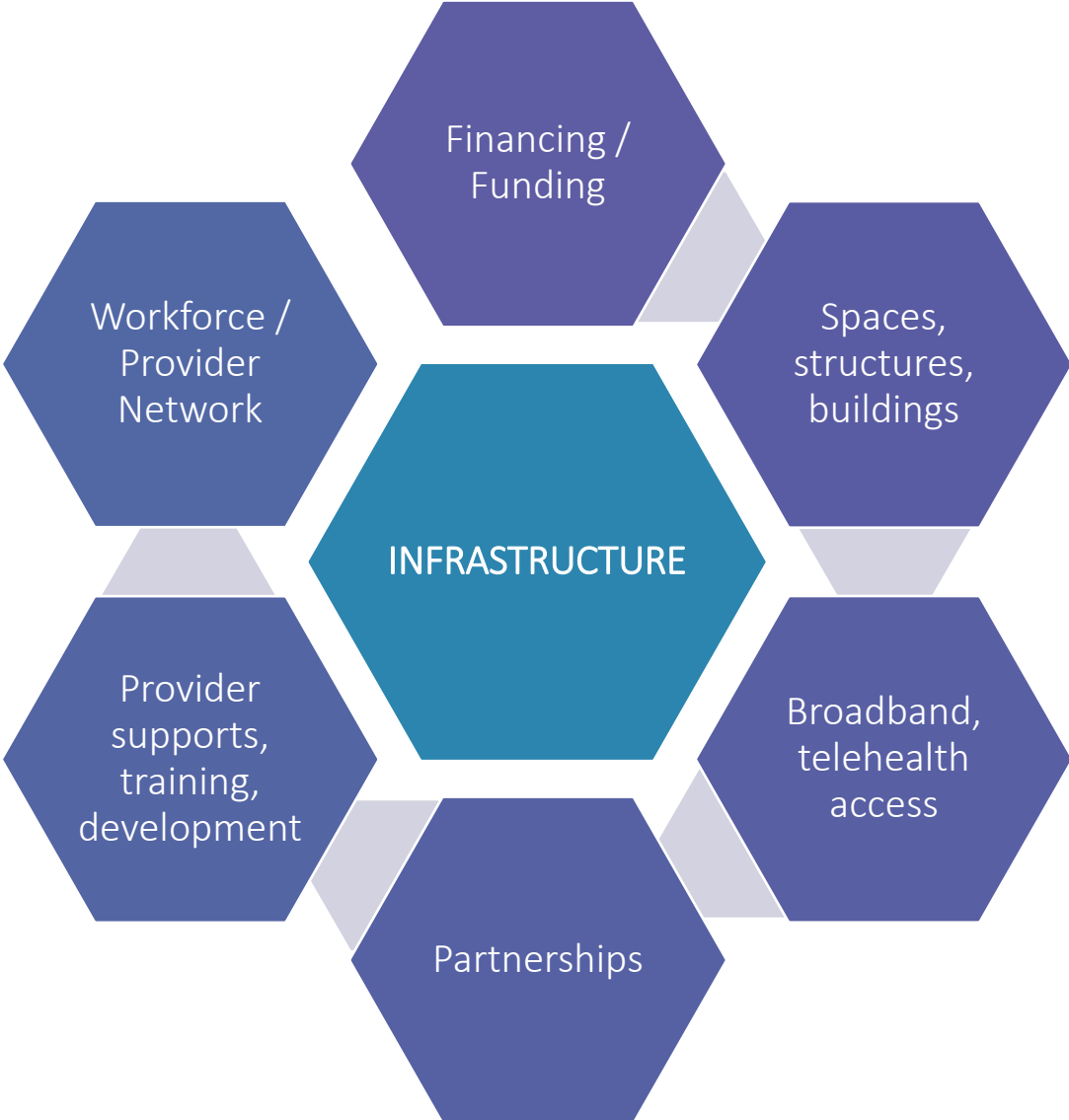




# Infrastructure

RESOURCES

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# Group Activity



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GAPS IN TIMELY  
ACCESS

What *services* and *infrastructure* are needed to achieve the regional vision for Interior youth access to services?

Please identify:

Gaps

Solutions (including solutions in progress)

## Day 1 Wrap Up

What do you see as the TOP 3 priority items (gaps & solutions)

## Thursday, August 3

Welcome

Recap & Reflection

Group Work: Priorities & Action Steps

*Lunch*

Group Work: Priorities & Action Steps

What's Next?

*Comprehensive Integrated Mental Health Program Plan*

*Adjourn Day 2*

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# Priority Recap

ACTION STEPS  
&  
PRIORITIZATION



- Healthy communities for youth
- Resource dashboard
- Inpatient acute care beds
- Crisis services – navigation support
- Residential services – supporting workforce & parents

# Community Identified Priorities

ACTION STEPS  
&  
PRIORITIZATION



- Serious Mental Illness (SMI)  
institutional care
- School behavioral health support
- Faith based + behavioral health
- System connectivity/family navigators



# Wall Exercise

Discuss & affirm priority

This is a priority *because* \_\_\_\_\_

Challenges: identify challenges to realizing this goal

Steps: (not sequential) what things must I do to get to the goal?

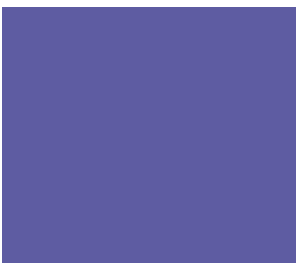
Partners: both known and unknown; those needed to engage





**Prioritize your challenges**

Prioritize your challenges





# LUNCH

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## Wall Exercise REPORT OUT

### Challenges:

- What's missing? Are there existing solutions to some challenges?

### Steps:

- Is any of this work already being done?
- Are any essential steps missing?

### Partners:

- Are we missing any important connections?
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# Overview of Alaska's Behavioral Health System of Care for Children

APRIL, 2023



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**AK | DFCS**  
ALASKA DEPARTMENT OF  
FAMILY AND COMMUNITY  
SERVICES



# *Presentation*

## Comprehensive Integrated Mental Health Program Plan

Eric Boyer, Senior Program Officer  
Alaska Mental Health Trust Authority

# THANK YOU

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