



# **FY20 + FY21 Budget Recommendations**

August 1-2, 2018

# Budget Development Overview

|                   |  |
|-------------------|--|
| May               | Begin internal data collection & review of FY18 funded projects  |
| June 20-21        | FY20 + FY21 Stakeholder 2-day meeting (87 participants)  |
| June 25           | Follow-up survey sent to participants  |
| June 25 – July 20 | Trust staff considers results from work session and conducts follow-up with key stakeholders as required |
| July 11           | Joint meeting: Staff & Advisory Boards to debrief from 2-day work session                                |
| July 18           | Joint meeting: Staff and Advisory Boards review DRAFT FY20 + FY21 budget recommendations                 |
| August 1-2        | Trust staff present draft budgets to the Trust program and planning committee                            |
| August 3-20       | Trust staff gather identified additional information and data  |
| September 5-6     | Trust staff present draft FY20 + FY21 budgets to the board of trustees for approval                      |



# **June 20-21 WORK SESSION**

# Focus Area Grant Analysis

1. Internal analysis, where staff
  - reviewed all current grant reports
  - discussed project grants with the grantees and other partner organizations
2. Staff considered
  - how strategies are working and are aligned with Medicaid and/or Criminal Justice reform efforts
  - impacts on beneficiaries on a direct, program, and system level
  - current community and fiscal environment
  - potential change or adjustments
3. Staff provided analysis to stakeholders of 2-day work session to provide an in-depth understanding of current Trust strategies and funding support for each focus area



# Diverse Group of Stakeholders

- Advisory boards
- Dept. of Labor
- Alaska Court System
- Dept. of Corrections
- Dept. of Administration
- University of Alaska
- Private foundations
- Trustees
- Dept. of Health & Social Services
- Tribal Health System
- Community Providers
- Provider Associations
- Veterans Administration
- Local government
- Trust Land Office



# Setting the Framework

1. State of the Trust
2. State of our community
  - Children & Youth Services
  - Psychiatric Crisis Care and SUD Treatment
  - Housing & Homelessness
  - Criminal Justice System
  - Tribal Health
3. State of the State – System Reforms



# Setting the Framework – cont'd

- State of the State
  - Medicaid Reform & Redesign
  - Housing & Homelessness
  - Criminal Justice Reform & Reinvestment
  - Workforce & Provider Perspectives
  - DD Vision
  - Veterans Administration



# Day 1 Objectives

## **Create a foundational understanding**

- indicators and trends towards more restrictive levels of care
- drivers and gaps in the community based system of care
- tribal health care system and the veterans administration system of care
- workforce needs, current efforts to address those needs and importance for supporting beneficiaries
- the State's reform efforts

## **Key Question**

What is needed to ensure beneficiaries thrive in our communities?





# Day 2 Objectives

## **Deep dive table discussions**

- Identify key issues to be addressed for beneficiaries to thrive in communities
- Identify what's required to drive change (financial, policy, legislation, capacity, etc.)
- Identify any changes to Trust current investments & policy initiatives

## A catalyst for change to improve the lives of beneficiaries

### Mission & Principles

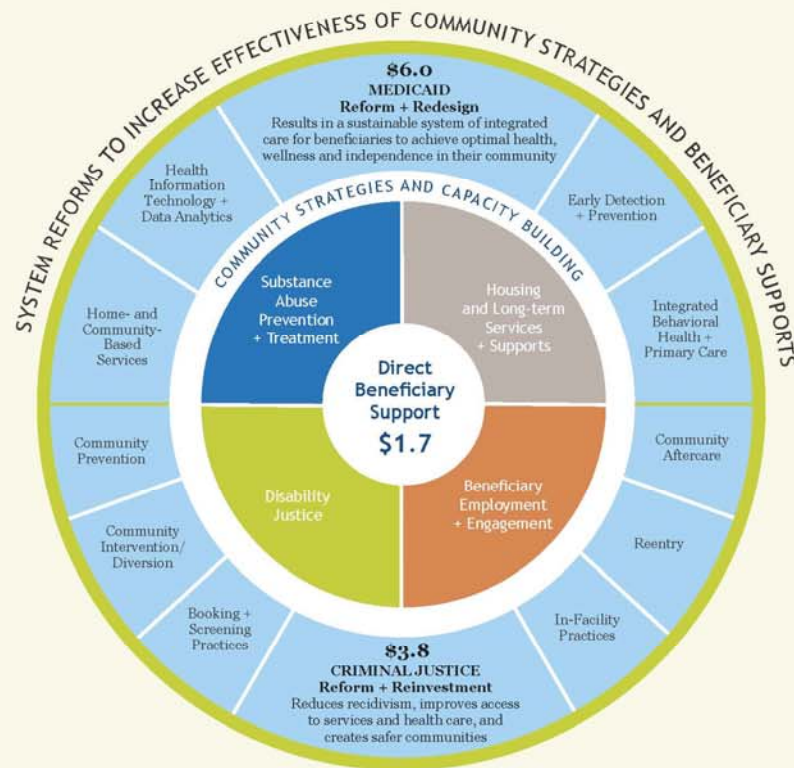
The Trust's mission is to improve the lives of beneficiaries through advocacy, planning, implementing and funding a Comprehensive Integrated Mental Health Program.

#### The Trust is committed to:

- Education of the public and policymakers on beneficiary needs
- Collaboration with consumers and partner advocates
- Maximizing beneficiary input into programs
- Continually improving results for beneficiaries
- Prioritizing services for beneficiaries at risk of institutionalization or needing long-term, intensive care
- Useful and timely data for evaluating programs
- Inclusion of early intervention and prevention components

### Investments

#### Beneficiary, Community and System



### Key Outputs

- ▶ Beneficiaries access quality, integrated, whole person health care
- ▶ Decrease in youth alcohol and substance use and adult binge drinking and illicit substance use
- ▶ Reduce adult and youth involvement in the criminal justice system and reduce criminal recidivism
- ▶ Beneficiaries achieve integrated employment and have access to quality peer support services
- ▶ Beneficiaries can access safe and affordable housing with appropriate community-based social services to maintain tenancy
- ▶ Beneficiaries access effective and flexible person-directed long-term services and supports

### Results

- Beneficiaries have improved health
- Adults and children are free of the burdens created by alcohol and substance abuse
- Alaska's workforce meets beneficiary and employer needs
- The criminal justice system effectively accommodates the needs of victims and offenders who are Trust beneficiaries
- Beneficiaries are employed or meaningfully engaged in their communities
- Beneficiaries maintain stable, safe housing
- Beneficiaries live the lives they choose with supports they direct

**Trust**  
Alaska Mental Health  
Trust Authority

FY19 budget numbers in millions as approved September 7, 2017.

August 1-2, 2018



# Deep Dive Table Discussions

- Whole Person Healthcare
- Decreasing Substance Abuse
- Workforce
- Reducing Criminal Justice Involvement
- Employment & Peer Supports
- Safe & Affordable Housing with Supports



# Whole person healthcare

- Care coordination/navigation & sharing of information across systems to achieve whole person care:
  - Support access to funding, technical assistance and training on coordinated care models
  - Support data analytics (hardware, software and workforce capacity training needs).
  - Telehealth and assistive tech in management of whole person health



# Reduce Substance Abuse

- Provider networks need competence and capacity to thrive with approaching reforms
- Workforce to meet and sustain demand for expanded services statewide
- Expand use of early screening and detection models (SBIRT) in different settings
- Recovery drop-in centers & crisis intervention/stabilization models
- Expand use of peer supports & certification



# Workforce

- Value of Direct Service Professionals- The Trust, AHWC, and Support Agencies are working towards this end.
- The workforce group discussed broadening this approach across disciplines and statewide systems to better understand how the lack of valuing our DSPs is impacting the care of beneficiaries.

# Workforce

- Lack of Coordinated Support between Statewide Entities- The Trust and AHWC are working on this issue.
- The group also thought if the AHWC could field a focus group representing a wider spectrum of DSPs, then their needs and issues would be presented.
- Lack of funding in the system- The group would like to see some support from an outside economist, who could provide some perspective on developing and funding the DSP workforce.



# Reducing Criminal Involvement

- Beneficiary youth are overexposed to the criminal justice system.
- Limited community-based provider workforce capacity.
- Timely access to community-based treatment services needs to be addressed



# Employment

- **Perceptions/miscommunication and stigma** drive ongoing barriers to employment (i.e. fear of losing benefits, stigma of disability)

## Recommendations

- Implement **Employment First** legislation into practice
- Review **barrier crime policies** to improve employment opportunities for beneficiaries
- Identify **flexible funding** for gap filling services
- Convene **Employment Summit** to broadly review progress and gaps
  - Integrate employment data to track progress

# Peer Supports

- **Lack of understanding** of how peer support services complement rather than conflict with clinical/medical model

## Recommendations

- Continue **policy development and workforce initiatives** with DHSS to increase peer support capacity (i.e. standardized training/credentialing)
- Promote employment peer support services by “**hiring our own**” across Trust partner agencies
- Explore **best practices** for peer support models (i.e. respite house)



# Housing

- More safe, functional and affordable housing is needed across the state.
- Rural Alaska has additional obstacles to building and maintaining affordable housing.
- The Trust, AHFC, DHSS, DOC and other agencies contribute or leverage funding to purchase housing and residential services, but the demand outstrips the need.



# Long Term Services and Supports

- There is a lack of capacity and funding to provide long term services and supports that are available across the continuum of care for all age groups and diagnoses.
- The Trust, DHSS, and other agencies currently fund these services. There are many gaps still to be filled. A more comprehensive approach to the continuum of care is needed.

# Work Session Results and Feedback

1. 87 participants – stakeholders, trustees, staff
  - 95% participated for both days
2. Follow-Up Survey (n=22)
  - Overall, they were very satisfied with the process (avg. rating 4.48), and wanted to participate again in the future (avg. rating 4.68)
  - The information and resources provided were very helpful (avg. rating 4.50)
  - They felt comfortable sharing their ideas and suggestions (avg. rating 4.45)



# Stakeholders strongly supported...

Continued Trust efforts in the following areas of focus and outputs:

- Workforce Development
- Whole Person/Integrated Care
- Decreasing Substance Abuse
- Reducing Criminal Justice Involvement
- Beneficiary Employment & Engagement
- Safe & Affordable Housing
- Long Term Support & Services



# Suggestions for future meetings...

1. Have a glossary for acronyms, agencies, and evidence based practices
2. More information about the Trust's actions and plans moving forward
3. Expand the number and diversity of stakeholders



# **Focus Areas and System Reforms**

History





# Focus Area Elements

They should

- ✓ Demonstrate impacts for all beneficiary groups in identified broad & overarching areas
- ✓ Demonstrate positive change in the lives of beneficiaries
- ✓ Demonstrate positive systemic change in policy for current and future beneficiaries

# Focus Areas Overview

2004

- Focus Areas developed (Disability Justice, Bring the Kids Home, Housing, Beneficiary Projects Initiative)

2005

- Focus Area established in the Trust budget

2008

- Workforce Development Focus Area established

2014

- Bring the Kids Home sunsets
- Workforce Development Focus Area sunsets; Key strategies/activities maintained
- Substance Abuse Prevention and Treatment identified as a Focus Area
- Beneficiary Projects Initiative renamed to Beneficiary Employment & Engagement; Employment added as an area of emphasis
- Housing renamed to Housing & Long-Term Services and Supports; Long-Term Services & Supports added as an area of emphasis

2016

- Medicaid Reform & Redesign established as a Priority Initiative
- Criminal Justice Reform & Reinvestment established as a Priority Initiative

# Housing

**Goal:** Beneficiaries can access safe and affordable housing with appropriate community based social services to maintain tenancy.

**Results:** Beneficiaries maintain safe, stable housing



# Long Term Services and Supports

**Goal:** Beneficiaries access effective and flexible person-directed long term services and supports.



**Results:** Beneficiaries live the lives they choose with supports they direct.

# Employment & Engagement

**Goal:** Increase opportunities and enable beneficiaries to gain integrated, competitive employment and meaningful engagement

**Results:** Beneficiaries achieve recovery and wellness through meaningfully employment and engagement in their communities





# Substance Abuse Prevention & Treatment

**Goal:** Decrease youth alcohol and substance use & adult binge drinking and illicit drug use

**Results:** Children and adults are free from the burdens created by alcohol and substance misuse and abuse

# Disability Justice

## Goals:

1. Prevent and reduce inappropriate or avoidable arrest, prosecution, incarceration, and criminal recidivism of juvenile and adult Trust beneficiaries;
2. Improve community reentry planning from juvenile detention and treatment, and adult correctional facilities back into Alaskan communities;
3. Increase criminal justice system's ability to accommodate, support, protect, and provide treatment for victims and offenders who are Trust beneficiaries; and,
4. Reduce the use of jails and prisons for providing protective custody of adult Trust beneficiaries under Alaska Statute 47.37.170.

**Results:** The criminal justice system effectively accommodates the needs of victims and offenders who are Trust Beneficiaries.



# FY20 + FY21 Budget

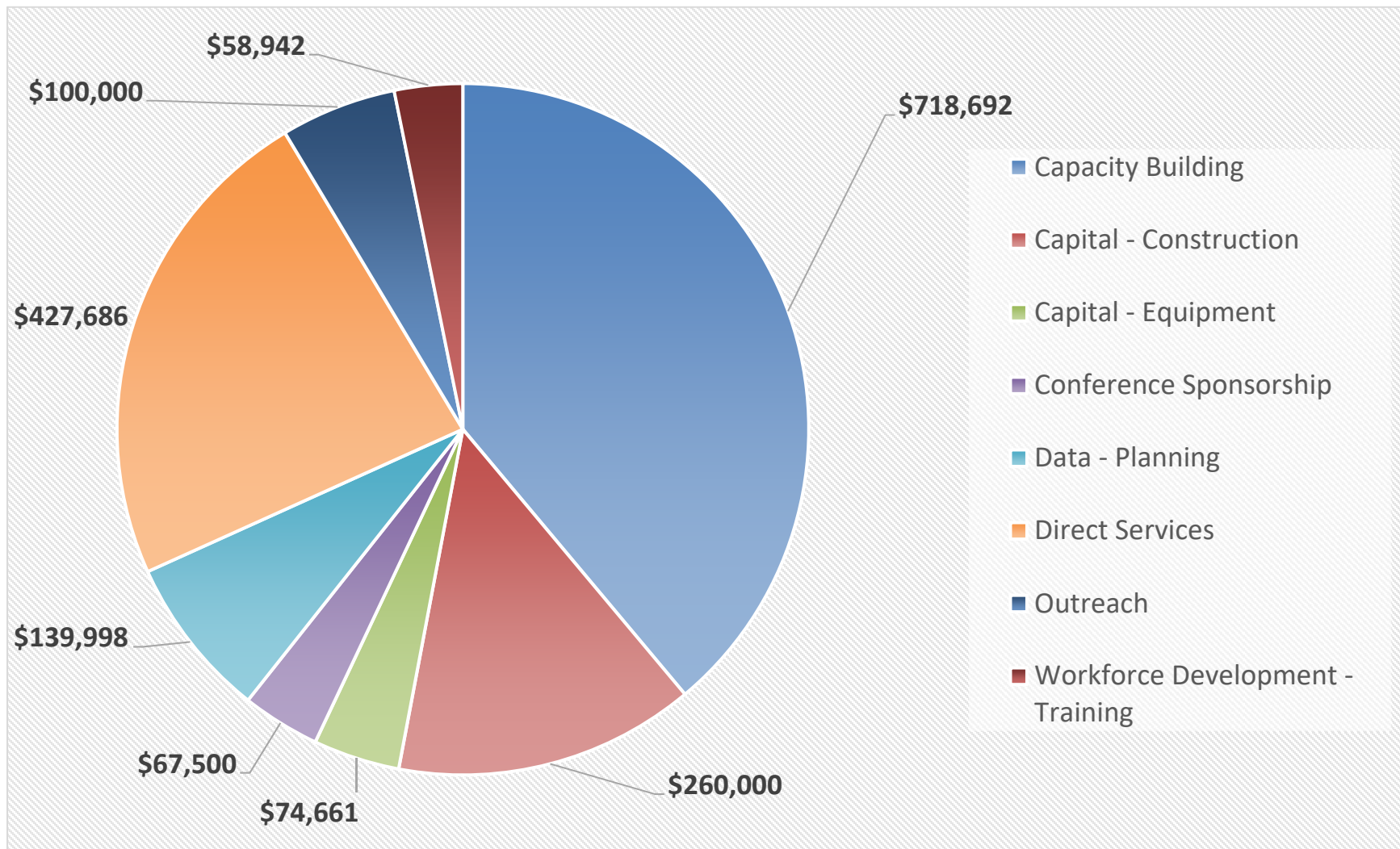
1. Overview of Trust budget development
2. Budget assumptions
3. Budget spreadsheet orientation





# **Non-Focus Area Allocations**

# FY18 Partnerships



August 1-2, 2018

# FY17 Dental Grants

|   | Trust Funds | # of Beneficiaries Served |
|---|-------------|---------------------------|
| <b>Anchorage<br/>Neighborhood<br/>Health Center</b> | \$100,000   | 28                        |
| <b>Interior Community<br/>Health Center</b>         | \$60,000    | 27                        |
| <b>Dental Lifeline</b>                              | \$30,000    | 57                        |

# FY18 Mini Grants

|   | # of requests submitted | # of requests awarded      | Trust Grant Funds | \$ amount requested | \$ amount awarded |
|---|-------------------------|----------------------------|-------------------|---------------------|-------------------|
| <b>Behavioral Health</b>                        | 712                     | 533                        | \$840,000         | \$1,245,447         | \$797,939         |
| <b>Developmental Disabilities</b>               | 370                     | 242                        | \$297,360         | \$540,620           | \$297,633         |
| <b>Alzheimer's Disease and Related Dementia</b> | 330                     | 324<br>(180 beneficiaries) | \$255,000         | \$308,169           | \$244,660         |



# Consultative/Technical Assistance

## Grant-Writing/Proposal Development \$125.0

- Assistance to develop highly competitive proposals for state/federal grant opportunities
- Between FY15-FY17: \$4,845,015 additional funding secured for Alaska

## Trust Technical Assistance – \$360.0

- Deployed resource to organizations serving beneficiaries
- Full spectrum of non profit/consultative expertise available
- Critical resource in difficult times

# Early Childhood: Prevention and Intervention

**Goal:** Enhance statewide efforts to improve early intervention and prevention services for our youngest beneficiaries

- **Policy Priorities**

- Develop a “unified voice” for policy advocacy
  - 1115 waiver
  - Cross department coordination
    - Early care and learning
    - Home visiting
    - Etc.
  - Expand Infant Learning Program eligibility to serve more children
- Establish “expert panel” to identify and promote evidence-based investments

- **Data**

- Increase state early childhood data analysis capacity
- Plan/implement integrated early childhood data systems



# Proposed Non Focus Allocation Adjustments

| Non Focus Area |   |                  |                  |
|----------------|---|------------------|------------------|
| Change         | Project   | FY19<br>Approved | FY20<br>Proposed |
| Adjustment     | Partnerships/Designated Grants                                | 1,650.0          | 2,150.0          |
| Adjustment     | Trust Statutory Advisory Boards                               | 712.0            | 736.8            |
| ReProgram      | AK Brain Injury Network – operating                           | 160.0            | 160.0            |
| Adjustment     | BTKH Monitoring   | 60.0             | 80.0             |
| Adjustment     | Grant Writing Technical Assistance                            | 150.0            | 180.0            |
| Adjustment     | Technical Assistance for Beneficiary Groups/Trust Initiatives | 300.0            | 360.0            |
| Adjustment     | Behavioral Risk Factor Surveillance System                    | 10.00            | 0.0              |

# Proposed Non Focus Allocation New Projects

| Non-Focus Areas |   |                  |                  |
|-----------------|---|------------------|------------------|
| Change          | Project                                   | FY19<br>Approved | FY20<br>Proposed |
| New             | Rural & Community Outreach                | 0.0              | 200.0            |
| New             | Early Childhood Prevention & Intervention | 0.0              | 200.0            |
| New             | Emergency Psychiatric Services Assistance | 0.0              | 300.0            |
| New             | Workforce Admin                           | 0.0              | 50.0             |



# Medicaid Reform

- \$10mil investment over three years
- Timeline adjustments related to 1115 waiver negotiations with CMS & ASO RFP
- Reallocated estimated unexpended toward contractual supports and ASO for FY20 and FY21
- Estimated remaining 1.75 is designated for:
  - Actuarial contractual support \$400.0 in FY20 & FY21
  - 1115 behavioral health waiver implementation \$125.0 in FY20 & FY21
  - ASO contract and 1115 \$825.0 in FY20



# Questions?

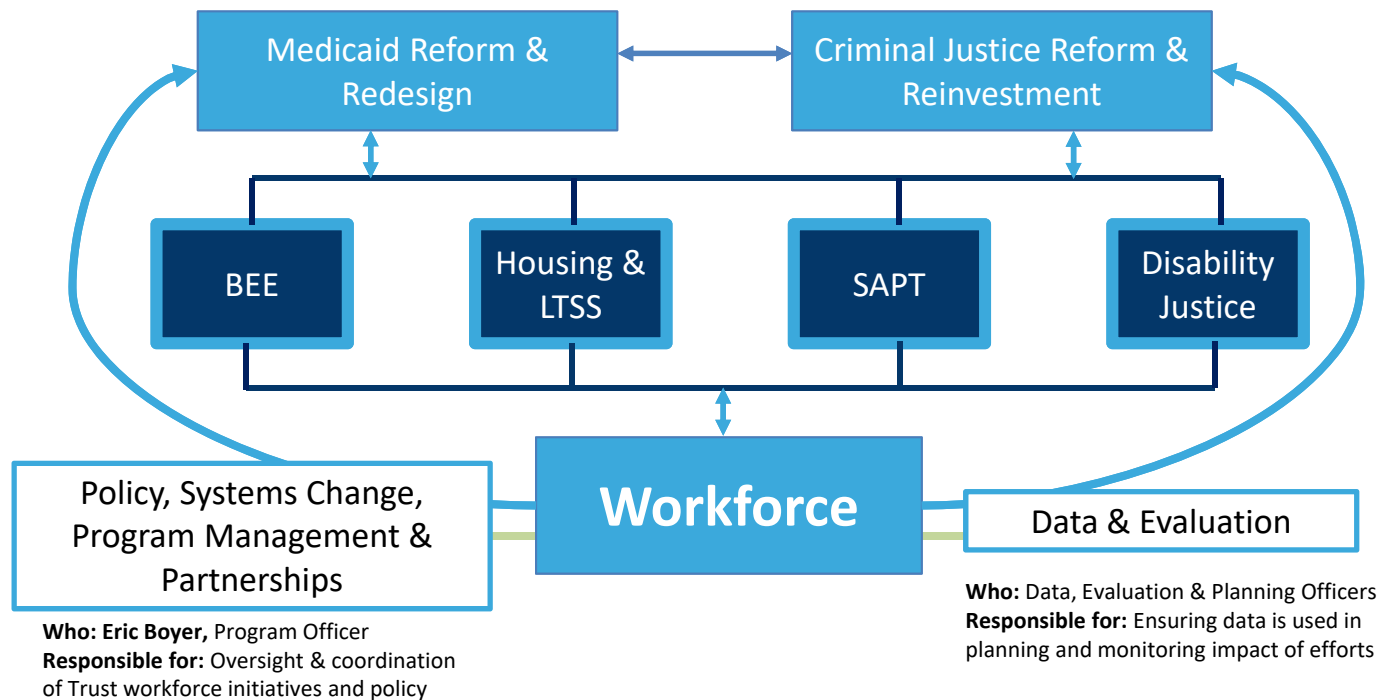
# Increased Capacity, Training and Competencies

Providing a Skilled Workforce  
Alaska's Core Foundation



- Trust supported system elements:
  - Increasing Training, Competencies, Professional Development & Internships
  - Enhanced competency for Reforms
  - Support for Service
  - Engaging Youth
  - Healthcare workforce data

# Trust workforce capacity



# EXISTING WORKFORCE STRATEGIES FOR INCREASED CAPACITY, TRAINING AND COMPETENCIES

| Infrastructure                                | Approved FY18    | Leveraged FY18   | Approved FY19                          | Leveraged FY19   |
|---|------------------|------------------|--|------------------|
| Coordinated Leadership                        | \$146.1          | \$30.0           | \$146.0 (will not be expended)         | 0                |
| Alaska Training Cooperative                   | \$984.0          | \$438.5          | \$984.0                                | \$438.5          |
| SHARP I Loan Repayment & Incentive Program    | \$200.0          | \$1,000.0        | \$200.0                                | \$1,000.0        |
| Alaska Psychology Internship Consortium       | \$59.0           | \$517.2          | \$59.0                                 | \$612.0          |
| Area Health Education Centers (Grow Your Own) | \$55.0           | \$150.0          | \$55.0                                 | \$150.0          |
| Workforce Data Monitoring                     | \$75.0           |                  | \$75.0                                 |                  |
| <b>Total</b>                                  | <b>\$1,519.1</b> | <b>\$2,135.7</b> | <b>\$1,519.1 - \$146.1 = \$1,373.0</b> | <b>\$2,200.5</b> |

## Focus Area Strategies

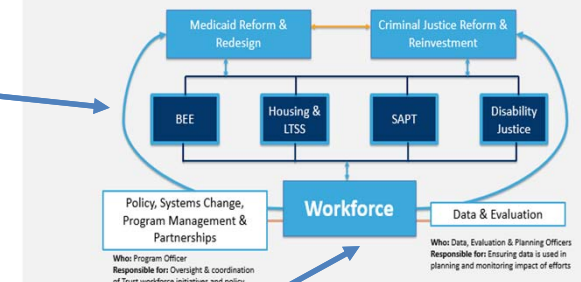
| Strategy   | Description   | Budget    |
|--|---|-----------|
| ADRD Workforce (HLTSS)   | Resources to developing the capacity, competencies and workforce capabilities for <b>serving beneficiaries with Alzheimer's disease and related dementia</b> through targeted trainings for assisted living homes, skilled nursing homes and other supported housing providers. | \$0,000   |
| Housing/Assisted Living Targeted Capacity Dev. (HLTSS)                                 | Training to all supported housing providers to support the goals of <b>maintaining housing and preventing homelessness for Trust beneficiaries</b> in the community by increasing capacity of providers to house individuals with intense behavioral health needs.              | \$50,000  |
| Supported Employment Provider Training (BEE)   | Training for service organizations designed to build workforce skills to <b>provide employment services for Trust beneficiaries</b> .   | 65,000    |
| Peer Support Workforce (BEE)   | Peer support workforce initiative capacity building   | 55,000    |
| Job Center liaison in correctional facility (BEE)                                      | The Recidivism Reduction Coordinator (aka Job Center Liaison) serves as a bridge between the Departments of Labor and Workforce Development (DOLWD) and Corrections (DOC) to <b>reduce barriers to employment for justice involved beneficiaries</b> .                          | 125,000   |
| Self-sufficiency training (BEE)  | <b>Financial training for beneficiaries</b> who lack economic stability and face financial obstacles related to poverty, low-income and marginalization.  | 50,000    |
| Dept. of Corrections Training (DJ)   | Training for DOC staff on issues related to Trust beneficiaries   | 25,000    |
| Therapeutic court staff training (DJ)  | Statewide training for therapeutic court teams on the core principles and elements of therapeutic courts and the disorders experience by Trust beneficiaries and associated treatments.   | 15,000    |
| Specialized skills and service training on serving justice involved beneficiaries (DJ) | <b>Training for professionals working with justice involve beneficiaries</b> to enhance competencies and further disability justice initiatives and strategies.   | 72,500    |
| Emergency Response- Crisis Intervention training (DJ)                                  | Enhanced training for police and other first responders to <b>engage and respond appropriately to beneficiaries in mental health crisis</b> .   | 75,000    |
| Total  |   | \$582,500 |

How workforce is embedded within the focus areas

## EXISTING WORKFORCE STRATEGIES

| Infrastructure                                | Approved FY18    | Leveraged FY18   | Approved FY19                          | Leveraged FY19   |
|---|------------------|------------------|--|------------------|
| Coordinated Leadership                        | \$146.1          | \$30.0           | \$146.0 (will not be expended)         | 0                |
| Alaska Training Cooperative                   | \$984.0          | \$438.5          | \$984.0                                | \$438.5          |
| SHARP I Loan Repayment & Incentive Program    | \$200.0          | \$1,000.0        | \$200.0                                | \$1,000.0        |
| Alaska Psychology Internship Consortium       | \$59.0           | \$517.2          | \$59.0                                 | \$612.0          |
| Area Health Education Centers (Grow Your Own) | \$55.0           | \$150.0          | \$55.0                                 | \$150.0          |
| Workforce Data Monitoring                     | \$75.0           |                  | \$75.0                                 |                  |
| <b>Total</b>                                  | <b>\$1,519.1</b> | <b>\$2,135.7</b> | <b>\$1,519.1 - \$146.1 = \$1,373.0</b> | <b>\$2,200.5</b> |

### Trust workforce capacity



# Alaska Training Cooperative

| Infrastructure               | Workforce Outcomes                                | Workforce Outcomes                               | Tangible Outcomes                               | Tangible Outcomes                                     |
|------------------------------|---|--|---|---|
| AKTC- Total Deliverables     | FY 17-18- 4000 Unduplicated Participants per Year | 500+ Agencies                                    | Averaging over 100 Communities Served Statewide | Over 200 Individual Training Events Statewide         |
| AKTC- MHFA                   | FY 18- 1,076 YMHA<br>FY18-625 MHFA                | FY 18 (1701) which means 68 classes/8 hours each | FY13-18 9356 Alaskans Trained                   | FY 18-MHFA for Public Safety- 138 Officers/32 Inmates |
| AKTC- Core Competencies (CC) | Distance Delivered Quarterly via Zoom             | Zoom classes Serve up to 40 per Class            | 10 competencies Offered Over 6 Zoom Sessions    | 160 Participants Certified Statewide in CC via Zoom   |
| AKTC- BHCE                   | FY 18- BH CE provided: 117.5 hours                | 90 hours Distance Delivered                      | 63 Hours Cross Cultural and AK Native Specific  | 7 Traditional Health Based Practices CE Classes       |

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# ALASKA VS. THE LOWER 48

IF ALASKA WERE PLACED ON TOP OF THE CONTINENTAL U.S., IT WOULD STRETCH FROM NORTHERN MINNESOTA DOWN THROUGH TEXAS, FROM THE PACIFIC OCEAN OFF THE CENTRAL CALIFORNIA COAST TO SAVANNAH, GEORGIA.



ALASKA'S AREA WOULD COVER 21% OF THE LOWER 48 STATES.

PBS NEWSHOUR

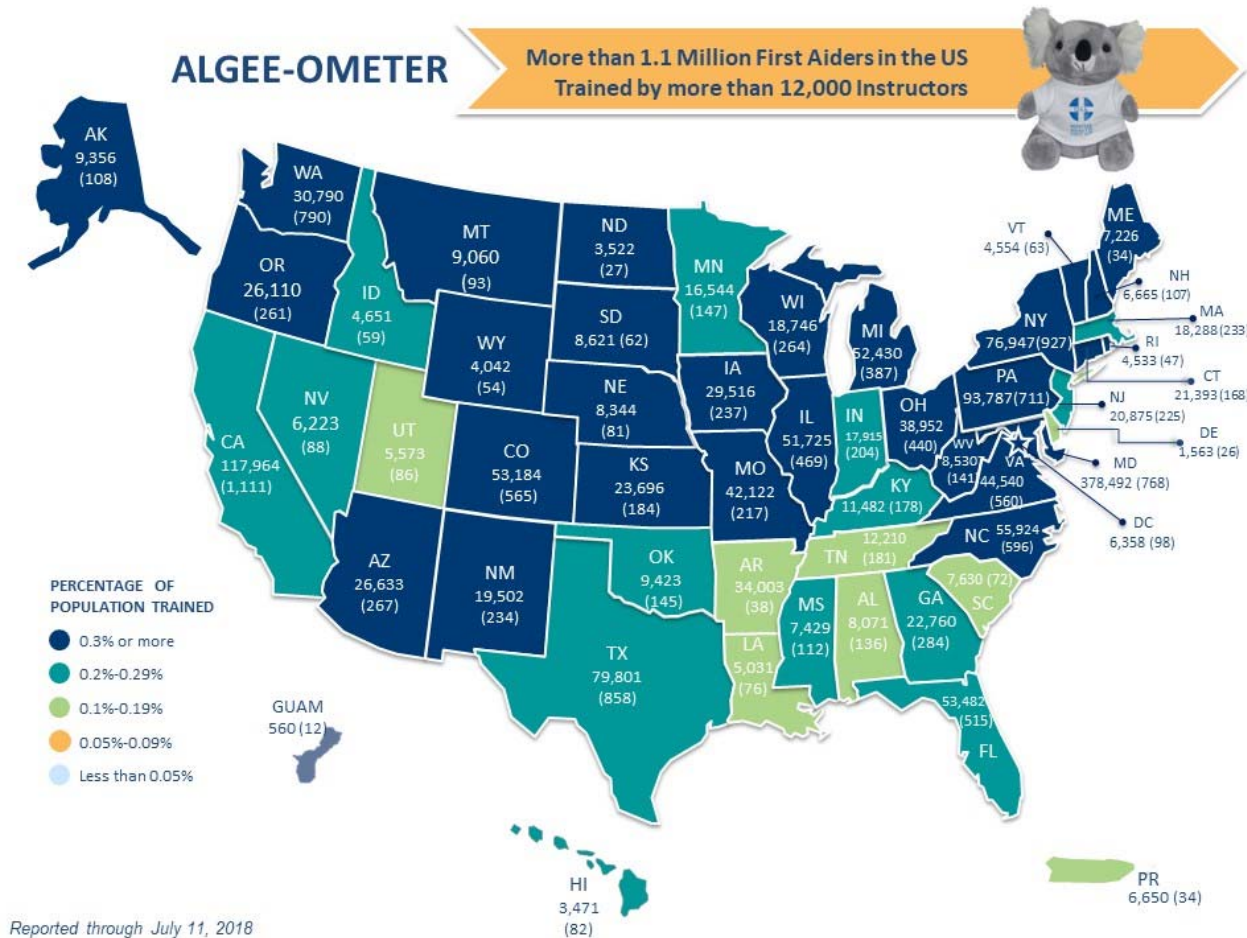




# Mental Health First Aid Video

<https://www.youtube.com/watch?v=fV1CQaTTvzE&t=>

# Alaska is a Leader



# SHARP IMPACT

| Infrastructure | Workforce Outcomes   | Workforce Outcomes                                    | Tangible Outcomes                   | Tangible Outcomes  |
|----------------|--|---|-------------------------------------|--|
| SHARPs         | Since Program's Inception- 254 SHARP Practitioners Awarded Contracts | 67% of these work in rural sites                      | 100% of Employers Pay a Match       | An Average of 35 Employers per Quarter Participate in the SHARP Program      |
| SHARPs         | FY 17- 9797 Behavioral Health Patients Seen                          | FY 17- 6670 Dental Patients Seen                      | FY 17- 32,947 Medical Patients Seen | The Majority of this Care Occurred in Tribal Health/Community Health Centers |
| SHARPs         | FY17- 96,947 Care Visits for BH, Dental & Medical                    | FY17- SHARP Pharmacists Serviced 65,073 Prescriptions | FY 17 ROI 718%                      | Projected ROI FY 19 1,119%   |

# Alaska Area Health Education Centers

| Infrastructure | Workforce Outcomes  | Workforce Outcomes                                     | Tangible Outcomes   | Tangible Outcomes  |
|----------------|---|--|---|--|
| AHEC Camps     | Summer Career Pathways- Engage Youth into BH Careers      | 186 Individuals Were Served in this Program            | 80% Reported Increased Interest in BH Careers                 | 97% Reported Increased Knowledge in BH                     |
| AHEC           | 8 AHEC Sites Across AK For Summer Career Pathways Project | 12 AHEC Staff Trained as MHFA Instructors via AKTC     | 98% Completed 1 College Credit During BH Camp                 | 100% MHFA Certified  |
| AHEC           | Long-term tracking of 35 Students                         | 67% of those enrolled in higher education- studying BH | New Options for Program Delivery- Spring Break Camp Anchorage | 10-week In-School Program At Palmer Valley Pathways School |

# Alaska Psychology Internship Consortium

| Infrastructure | Workforce Outcomes                                      | Workforce Outcomes                      | Tangible Outcomes                                   | Tangible Outcomes                          |
|----------------|---|---|---|--|
| AKPIC          | 71 doctoral students/69 Graduated                       | 69 completed or currently enrolled      | AK-PIC First Accredited Internship in US-           | To Operate Statewide Via Distance Delivery |
| AKPIC          | 26/71 Students Originated From UAA-UAF Doctoral Program | 45/71 Out-of-State Students             | 48/55 accepted their 1 <sup>st</sup> position in AK | 33/55 Still working in AK                  |
| AKPIC          | 70% or 48/69 Accepted 1 <sup>st</sup> Job In-State      | 83% of these 48 are still working in AK | 55% of these 48 are Practicing in Rural AK          | FY 19- 16 Students Cohort                  |

# IDD Systems Change

## The DD Vision:

*Alaskans share a Vision of a flexible system in which each person directs their own supports, based on their strengths and abilities, toward a meaningful life in their home, their job and their community. Our Vision includes supported families, professional staff and services available throughout the state now and into the future.*

## DD Vision Work

### Five Project Teams

- Person Directed Culture Change
- DSP Workforce Development
- Community Awareness and Engagement
- Legislative Engagement
- Measuring Success

## Accomplishments

- A definition of person-directed culture was created: I live the life I choose with the support I direct.
- AADD members adopted the NADSP Code of Ethics
- The First multi-town Disability Pride Celebration was held
- The Shared Vision bill passed making person-directed services law.



# Aging and Disability Resource Centers

- ADRCs are a visible, trusted place for people to go for information and assistance
- There are ADRCs in 6 regions: Anchorage, MatSu, Southeast, Bristol Bay/Kodiak and Fairbanks (2018)
- In FY17 3,385 people were served across all beneficiary categories. 7,379 participated in an outreach event or educational activity





# Questions?

# Criminal Justice Reform & Reinvestment



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# Systems and Policy Development

## **Research Analyst (DOC)**

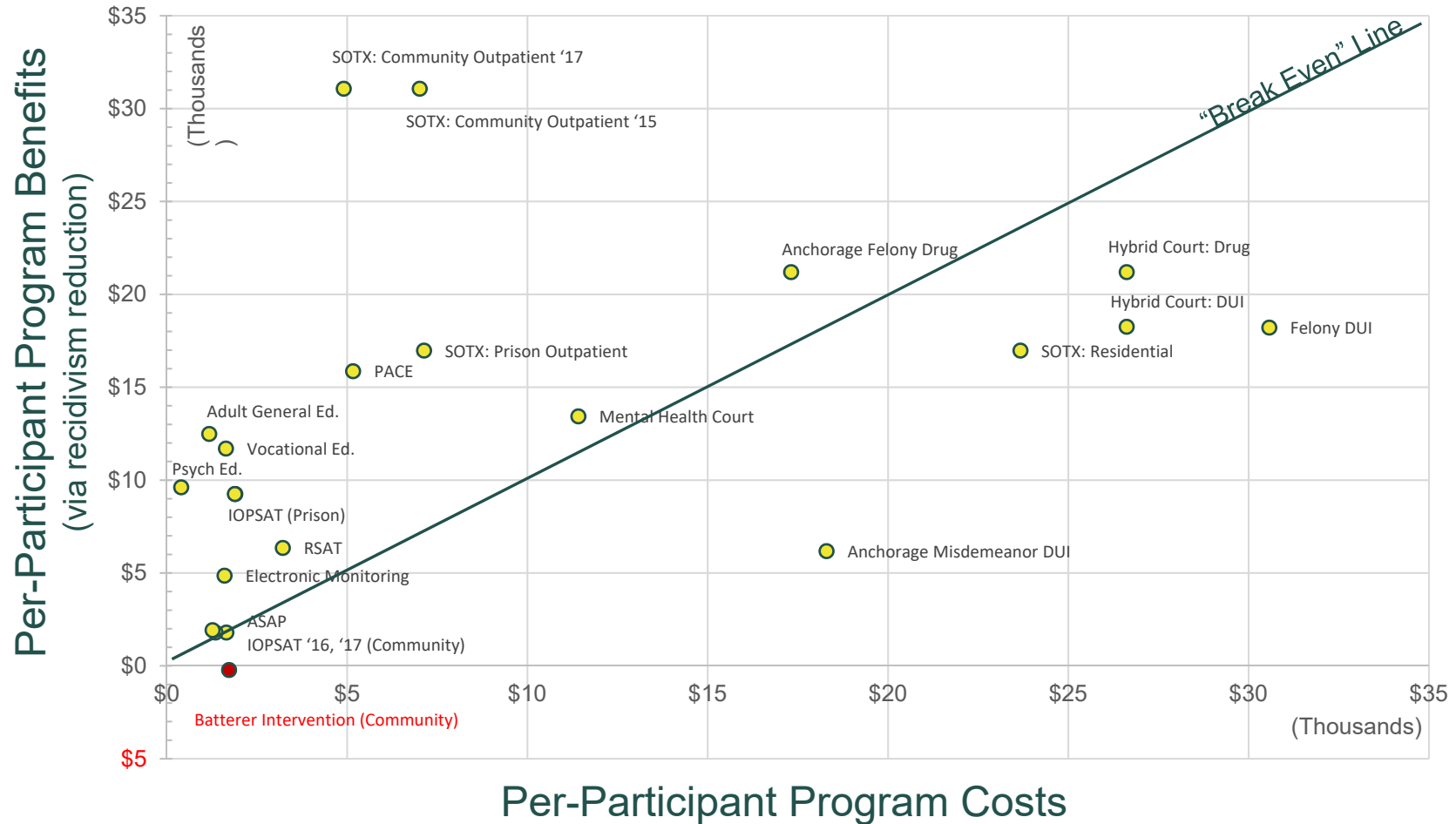
- Internal resource to gather and analyze data specific to beneficiaries
- Critical to analyzing and generating reports from DOC Electronic Health Record (EHR)
- Reviewed remands at 5 booking facilities (27 % were identified as beneficiaries)
- Reviewed impact of DOC's IDP+ Program (beneficiary participants had 49.7 reduction in remands)

## **Alaska Justice Information Center (AJiC)**

- FY 2018 AJiC produced and disseminated the Alaska Results First Adult Criminal Justice Program Benefit Cost Analysis report.
- FY 2019 AJiC will be working to produce a Alaska Results First Mental Health Benefit Cost Analysis report as well as a Alaska Results First Substance Abuse Cost Analysis Report.

# Benefits vs. Costs

## (Alternate View)



# Increased Capacity: Training and Competencies

## **Crisis Intervention Teams (CIT)**

- Anchorage Police Department (2001)
  - 128 APD staff trained; 96% are still with APD
  - 413 other law enforcement & other first responders trained
  - In FY19 there is planned development and implementation of co-response capacity to APD
- Juneau Police Department (2016)
  - Partnership with Juneau Community Foundation
  - 25 JPD staff trained
  - In FY19 there is planned development and implementation of co-response capacity to JPD
- Dept. Public Safety, Wasilla, and Palmer (2017)
  - Partnership with Mat-Su Health Foundation
  - 16 Troopers, 2 Wasilla and 1 Palmer patrol Officer trained

# Crisis Intervention Team Graduates



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# Increased Capacity: Training and Competencies (cont'd)

## **DOC staff training**

- Focus on Mental Health First Aid
- 9 staff sent to be certified in Mental Health First Aid
- 250 staff have been trained in Mental Health First Aid

## **Specialized Skills & Service Training**

- 2018 Reducing Recidivism Conference - Smart Justice in Alaska
- Two day statewide conference (214 attendees)
- <http://aktc.org/training-solutions/annual-events/recidivisms-conference/>

# Community Prevention

## **Interpersonal Violence Prevention for Beneficiaries**

- Evidenced based curriculum designed to decrease incidence of interpersonal violence and increase positive social networks amongst beneficiaries
- Four peer-reviewed articles have been published
- Data collected and analyzed from FY10 – FY17 demonstrated the following:
  - a decrease in the average number of incidence of interpersonal violence (2.16 to 1.09) at the conclusion of the 10-week curriculum. And, an additional .42 reduction 10 weeks post completion of curriculum (.67)
  - an increase of positive social network size from 5.55 people to 6.30 at the end of the curriculum.
  - An increase of healthy boundary knowledge from 40.45 to 41.31



# Community Intervention/Diversion

## Assertive Community Treatment

### Locations

- Anchorage

### Interested communities

- Juneau
- Fairbanks

### Investment

- \$750k

### Impact

- 117 people with a mental illness or substance use disorder received services in FY17
- Reduction in admissions to API
- All but one person maintained housing and that person was rehoused
- Reduction in emergency services usage

# In-Facility Practices

## **Juneau Mental Health Court**

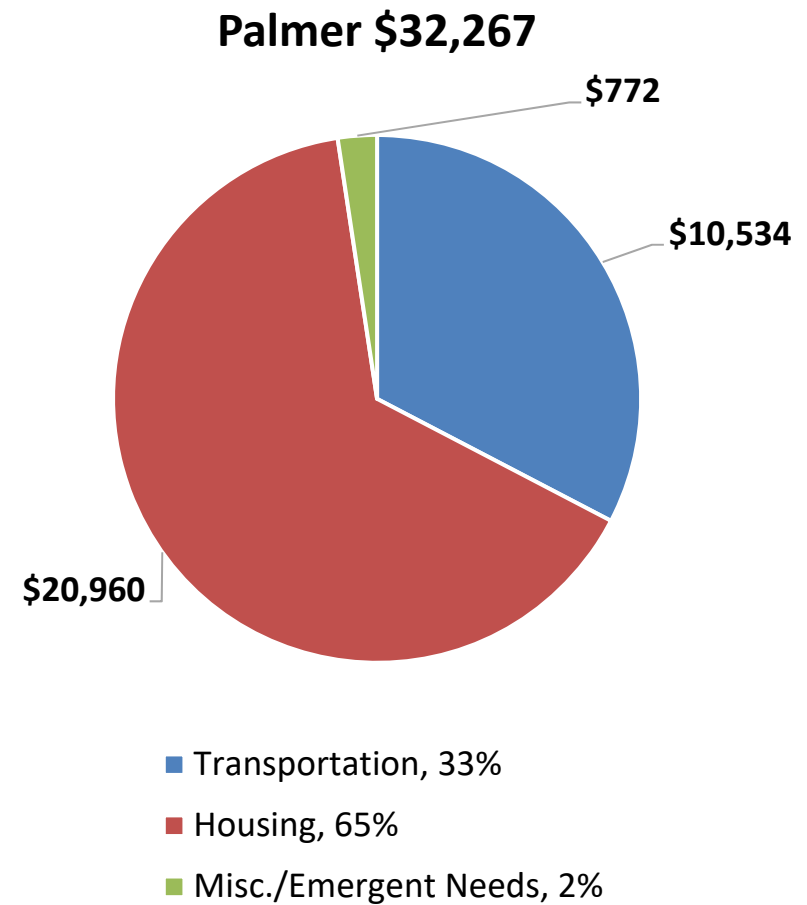
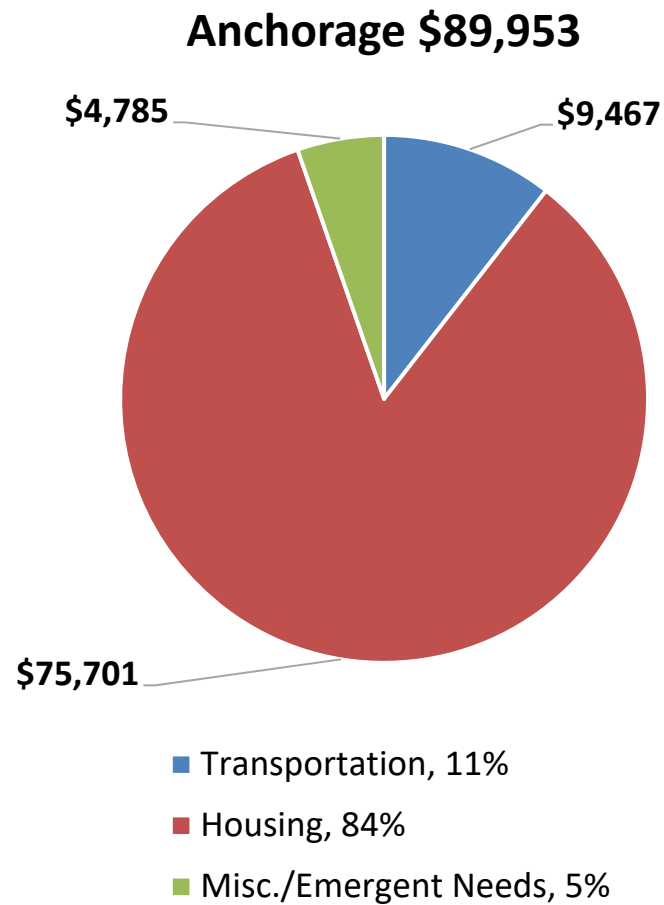
- Therapeutic court alternative for Trust beneficiaries, modeled after the Anchorage and Palmer courts
- Capacity = 15 participants.
- Significant staff transitions have occurred in the last year, including judicial leadership which contributed to utilization rates
- FY18 the court operated at an average of 35% capacity, with a graduation rate of 57%.
- For FY 19 the court is working to operate at 75% capacity.

# In-Facility Practices (cont'd)

## **Mental Health Court Flex Funds**

- Funds are used to meet basic, short-term emergent needs which can prevent or impede the ability of participants to achieve recover or meet court-imposed conditions such as:
  - Housing
  - Transportation to attend treatment and court
  - Clothing, food, medications, etc.
- For FY 17 the flex funds expenditures were as follows:
  - Anchorage Mental Health Court - \$89,952.63 which served 89 beneficiaries
  - Palmer Mental Health Court - \$32,236.92 which served 28 beneficiaries

# Flex Funds Utilization



# In-Facility Practices (cont'd)

## **Palmer Family Infant Toddler Court (PFIT)**

- PFIT is a therapeutic court for families with children age zero to 36 months.
- The mission of the court is to recognize the unique developmental needs of young children with the primary goals of:
  - Achieve permanency within 12 months
  - Reunify young children and their family of origin
- a collaborative effort designed to provide participants early and intensive services and support.
- Partnership with the Mat-Su Foundation, Rasmuson Foundation, Casey Family Foundation and State partners
- Currently there are ten participating families consisting of 17 children and 18 parents are participating which is 83% of capacity.
- Court capacity is based on national (and state) recommendations for OCS caseworker caseloads – 12 families

# In-Facility Practices (cont'd)

## **Mental Health Clinician Oversight DJJ Youth Facilities**

- The project supports a clinical director position to provide clinical oversight and support to DJJ mental health clinicians in areas such as:
  - clinical service delivery
  - case consultation
  - development of training plans
  - expertise related to confidentiality and ethical issues
- The position supervises two Mental Health Clinician III's and 11 Mental Health Clinician II's
- The position is assigned to the *Dual Status Initiative* – to improve service coordination and outcomes for youth who have Office of Children's Services (OCS) and DJJ involvement
  - In FY17 and part of FY18 40 youth were served
  - Coordinated services delivered included: suicide assessments, case management, individual and family therapy etc.

# In-Facility Practices (cont'd)

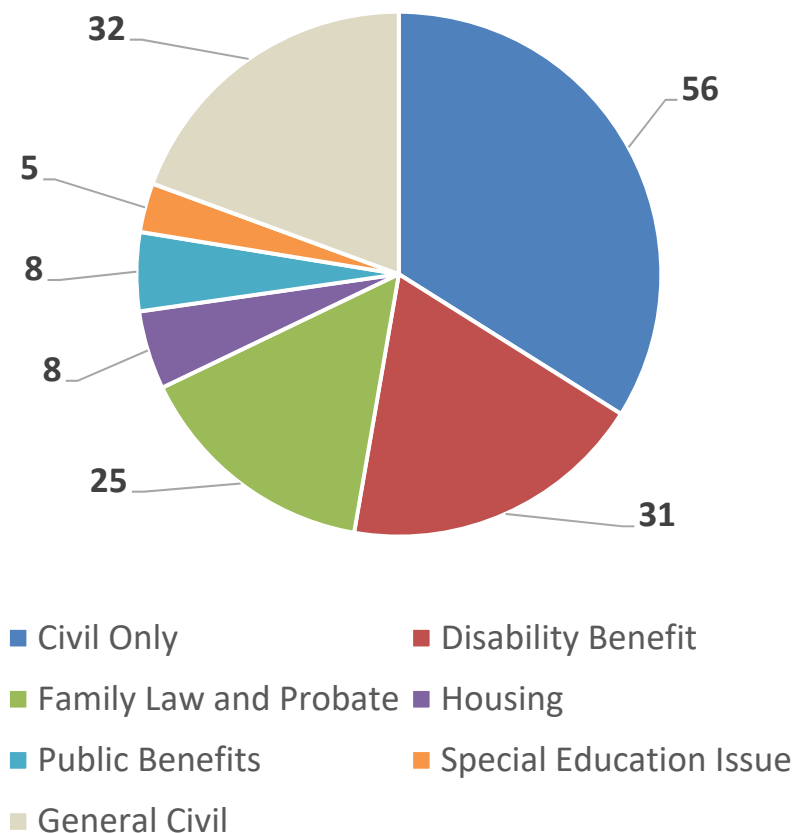
## **Holistic Defense - Bethel**

- Based on the *Center for Holistic Defense - Brooklyn*
- Partnership between the Public Defender Agency and the Alaska Legal Services Corporation
- Team consists of a public defender, social worker, and a civil attorney
- Target population - Trust beneficiaries not participating in the Bethel Therapeutic court or other diversion projects.
- In FY17 – 117 beneficiaries received services from the project
  - Services included: case management, benefit applications and appeals, housing issues, connection to mental health/substance abuse services, etc.

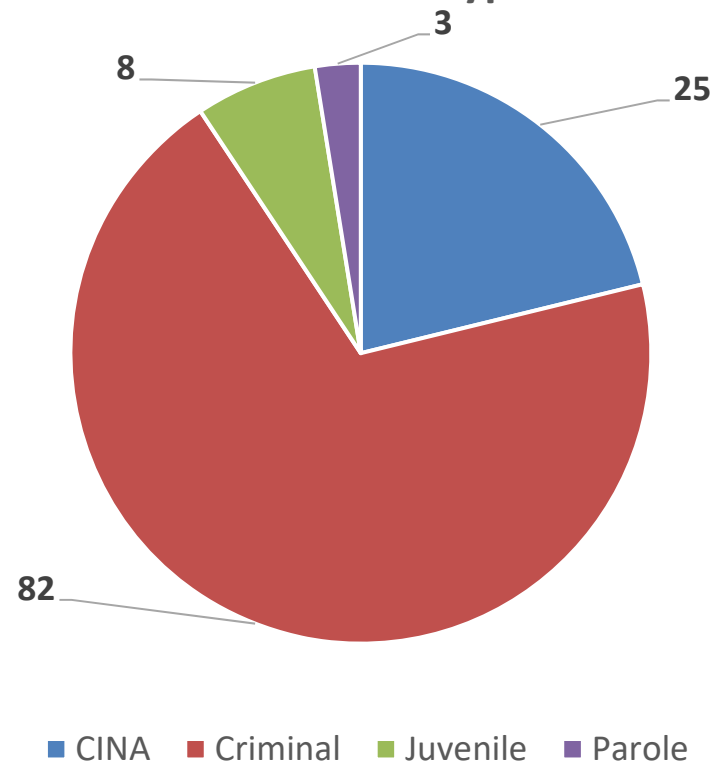
# Holistic Defense - Bethel

FY17 (n=117)

Reason for Referral



Criminal Case Type





# Reentry

## APIC Discharge Planning Model

- The Assess, Plan, Identify and Coordinate (APIC) Discharge Planning Model is an evidence based model that focuses on six critical elements needed to promote successful reentry.
  - coordinated clinical care across criminal justice, mental and behavioral health systems
  - medication management
  - application, maintenance, & reinstatement of entitlement & support benefits
  - vocational rehabilitation & employment assistance
  - coordinated safe sober housing
  - linkages for food, clothing, transportation and childcare.
- APIC unduplicated beneficiaries served = 527 (FY17)
  - 75% of the participants had an appointment with a community provider within 10 days post release. The remaining 25% had an appointment between 21- 30 days post release.

# Reentry (cont'd)

- APIC's key to success is partnerships. DOC has partnered with multiple agencies statewide to include but not limited to:
  - Norton Sound Behavioral Health
  - MATSU Behavioral Health
  - Anchorage Community Mental Health
  - Fairbanks Community Mental Health
  - Akeela
  - Access Alaska
  - Daybreak
  - Northbridge
  - New Life Development
  - People Mover
  - Genoa Pharmacy and a variety of independent providers.

## Reentry (cont'd)

### **Alaska Community Reentry (ACR) coalitions**

- Trust supports coalitions in the four communities (Anchorage, Mat-Su, Fairbanks and Juneau). Trust funds are used to support a coordinator (1 FTE) in each community
- DHSS support coalitions in Dillingham, Kenai, Ketchikan, and Nome



# Questions



# **Housing and Long Term Services and Supports**

# Evidence Based Housing Practices

## Permanent Supportive Housing

- Serves homeless people who have multiple co-occurring disorders and housing barriers
- In addition to long term rental assistance, long term or lifelong services and supports are needed
- Can be congregate or scattered site housing
- Often paired with Assertive Community Treatment and/or Intensive Case Management

## Rapid Rehousing

- Serves homeless people who have housing barriers that are able to be overcome through moderate support
- The intervention provides rental assistance that tapers off and services and supports for about 1-2 years
- Typically is scattered site housing
- Paired with case management services.

# Housing Coordinator Positions

## Locations

- Anchorage
- Fairbanks
- Juneau

## Investment

- \$406.5k

## Impact

- Active local government participation in housing and homeless coalitions
- Increased funding of housing and homeless services
- Improved data collection
- Communication of local fiscal and social impact of homelessness
- Increased community engagement on homeless and housing issues
- People are accessing housing and services

# Recent Housing Initiatives

Anchorage held multiple forums and developed a community plan to end homelessness. The community was also awarded a federal grant to end youth homelessness.

Fairbanks started a family rapid rehousing program.

Juneau is working to expand its PSH by an additional 45 beds, just one year after opening and filling the first phase of the project.



Juneau has aligned the Re-Entry Coalition and the Housing and Homeless Coalition's housing programs to ensure that housing resources are available to all populations and resources are used efficiently.

Anchorage is exploring innovative funding structures to support the need for 250 PSH units.

Fairbanks held a community wide symposium on homelessness in 2017. Community engagement and agency coordination surged from this event.





# Home Modifications

- Provides remodeling and items essential to independent living
- Examples include: grab bars, ramps, walk-in showers
- Defers assisted living home and institutional care
- Investment: \$300k MHTAAR, \$750k GF/MH

# Statewide Homeless Coalition Capacity Development

The Trust provides \$200k of funding in combination with AHFC funding to support:

- Executive Director position for the Alaska Coalition for Housing and Homelessness
- Training for agencies to use HMIS to enter data statewide
- Implementation of Coordinated Entry Systems through the coalitions
- Development of homeless services and housing solutions
- Annual conference to share information on evidence based and emerging practices

# Homeless Assistance Program

The Trust partners with AHFC to fund projects across the state that house and serve homeless people.

- 2,237 beneficiaries served
- 25 agencies were funded
- 13 communities in Alaska served
- \$8,150.0 total state investment
  - (950k MHTAAR, 850k GF/MH, 6,350k AHFC)

The program is very successful, but does not have capacity to fund additional programs.

Advocacy is needed for additional GF/MH funding.



# Questions?



# **Beneficiary Employment & Engagement**

# Evidence Based Employment & Engagement Practices

## Supported Employment

- People with disabilities, including intellectual disabilities, mental health, and traumatic brain injury, among others, are assisted with obtaining and maintaining employment.
- Includes job training and pre-employment support
- Require qualified, trained staff to support individuals
- Models:
  - Individualized Placement & Supports
  - Pre-Employment Training (Pre-Ets)

## Peer & Family Support

- Delivered by individuals who have common life experiences with the people they are serving
- Effective across beneficiary groups (i.e. mental illness, substance use, justice involved, etc.)
- Proven to facilitate recovery and reduce health care costs
- Complement clinical services
- Require qualified, trained staff to support individuals

# Individualized Placement & Supports (IPS)

## Infrastructure

### Investment

- \$200K

## Impact

- Leverage state funds (\$465K) to increase statewide capacity / train and support community agencies to implement model
- Beneficiaries with mental illness and substance use disorders gain and maintain competitive employment in their communities



# Pre-Employment Training (Pre-ETs)

## Infrastructure Investment

- \$100K

## The 5 Pre-ETS Services include:

- Job exploration counseling
- Work-based learning experiences
- Counseling on opportunities for enrollment in post-secondary education (college, college of technology, trade education, professional certification, etc.)
- Workplace readiness
- Instruction in self-advocacy

## Impact

- Leverage ~\$1.5M federal funds to DOL (direct services) to support awareness and community capacity building
- Over 1500 youth in 10 school districts expected to benefit during 2018, including over 150 students with disabilities participating in work readiness training and over 200 youth (primarily rural and in DJJ facilities) trained through Transition Camps.







# Beneficiary Project Initiatives (BPI)

**Purpose:** Development of safe, effective services for Trust beneficiaries using a peer support recovery-based model.

- Began in 2008 to “help beneficiaries conceive and manage programs that focus on peer-to-peer support.”
- The agencies serve exceptionally vulnerable beneficiaries using peer-support recovery oriented services
  - many beneficiaries served are unable or unwilling to receive services at traditional behavioral health agencies due to intensive and complex needs.

# Beneficiary Project Initiatives (BPI)

Summary Table of FY20 Funding Recommendations

| Grantee   |           |
|---|-----------|
| CHOICES, Inc.   | \$440.2   |
| Alaska Mental Health Consumer Web                       | \$333.6   |
| Polaris House   | \$183.0   |
| National Association on Mental Illness (NAMI Juneau)    | \$100.6   |
| National Association on Mental Illness (NAMI Anchorage) | \$154.1   |
| Alaska Youth & Family Network                           | \$208.7   |
| Total FY20 BPI Budget Recommendation                    | \$1,420.2 |

# BPI Grantee Highlights

## **CHOICES, Inc.**

- In FY17, the CHOICES served 850 primary beneficiaries
- FY17 consumer survey results:
  - 95% decrease in utilization of acute care systems.
  - 99% of ICM clients are in stable housing and 99% reported clean and sober.
  - 7% increase in family reunification though stable housing
  - 25% of clients employed within Anchorage community.
  - 8% volunteer within shelters and community organizations.

## **AK Mental Health Consumer Web**

- In FY17, 1770 beneficiaries utilized the Web
- FY17 consumer survey results:
  - 95% of surveyed consumers reported that the Web helped them access some of life's necessities such as clothing, food, ID and mail
  - 83% responded that the Web helped them stay sober or drink less
  - 59% responded that the Web offers increased access to mental health treatment
  - 92% responded that the Web offers a place for positive social interactions

# BPI Grantee Highlights (cont'd)

## Alaska Youth & Family Network

- in FY17, AYFN served 2,450 primary and secondary beneficiaries
- In FY17 only 8 of 149 (5%) youth with significant mental health or substance use required a higher-level care after AYFN engagement
- In FY17 **none** of the 53 parents on probation or parole that AYFN served were re-incarcerated
- 383 parents and caregivers attended family support groups and education classes (86% demonstrated improvement)
- 91% reunification rate for 127 OCS involved families with cases closed in FY17

## NAMI Anchorage

- In FY17, NAMI Anchorage served 168 primary and 123 secondary beneficiaries
- ~200 community members and professionals served through outreach and training in FY17
- Peer-led support groups and education classes for consumers and families
- Support, education, and advocacy to beneficiaries living with mental illness (consumers), their families, friends, and community
- Strategic Initiatives:
  - NAMI program expansion
  - Outreach and advocacy
  - Funding increase and diversification

# BPI Grantee Highlights (cont'd)

## Polaris House

- In FY17, Polaris House served 652 primary and 3 secondary beneficiaries
- Polaris House uses the Clubhouse model and a holistic philosophy for recovery to serve beneficiaries living with a mental illness diagnoses
- FY17 beneficiary evaluation results:
  - 80% report increased ability to manage challenges
  - 100% are housed
  - 85% report decrease substance abuse
  - Only 1% were actively involved with legal involvement or law enforcement encounters.

## NAMI Juneau

- In FY17, NAMI Juneau served 117 primary and 168 secondary beneficiaries
- Approximately 730 community members and professionals were served through outreach and training in FY17.
- Mental health awareness and education presentations were expanded from one to both Juneau high schools, reaching 212 students in FY17.
- FY17 beneficiary evaluation results:
  - 82% of beneficiaries reported they were better able to manage crises
  - 92% reported they could manage the stresses and negative impacts from stigma of mental illness

# Social and Micro-Enterprise

## Social Enterprise

Recommended Annual Investment: \$50K

- Grantee/s TBD
- Funds allocated to projects that that engage beneficiaries in employment, training, and job-readiness skill building to be successfully employed.
- Past Awards:
  - Bread Line “Stones Throw”: Fairbanks culinary job training program

## Micro Enterprise

Recommended Annual Investment: \$50K

- Long standing partnership with:
  - Governor’s Council on Disabilities and Special Education,
  - Department of Labor,
  - Senior and Disabilities Services,
  - Tribal Vocational Rehabilitation and
  - Center for Human Development
- Funds awarded to individual beneficiaries to achieve self-employment.
  - 19 beneficiaries (statewide) received funds in FY17 to start or expand small businesses



# In Development

## Data development and evaluation

- Reconvene stakeholders to identify common indicators and strategies to track progress and inform future investment

## Employment First implementation

- Reconvene stakeholders to plan and promote implementation of 2014 legislation

## Peer Support Workforce

- Support DHSS and stakeholder efforts related to training and credentialing of peer support workforce



# Questions?



# Substance Abuse Prevention & Treatment





# Recover Alaska – Partner Initiative

## Successes:

- Senate Bill 165 passed
- Established Recovery Resource Center
- Media partnerships produced 75 news articles & over 20 videos focused on addiction/recovery.
- Be (You) campaign focused on changing youth social norms about alcohol
- Stories of recovery – Day 001



# Treatment Access

- Expand capacity & access
- Enhance access to treatment through screening, brief intervention & referral to treatment
- Implementation of evidence based models
- Integration of primary care & behavioral health interventions
- Invest in new and expanded SUD services included in the 1115 BH Waiver.

# Direct Service Workforce

- Recruitment/retention of DSP challenging across services
- Implementation of Criminal Justice recommendations will rely on qualified workforce
- Proposed expansion of drug & alcohol treatment in the 1115 behavior health waiver dependent upon workforce
- Forensic feasibility study and recommendations



# Questions/Next Steps

