Assessment Questions

1. What are the State-funded and Tribal behavioral health systems, and what forces influence their capacity?
2. What is the prevalence of behavioral health issues in Alaska?
3. Who are the current users of the State-funded behavioral health system?
4. Where are clients being served and by whom?
5. Which services do clients use?
Assessment Questions

6. Are State-funded behavioral health services effective?
7. Who pays, and how much does it cost?
8. How do current utilization trends compare with the behavioral health needs of Alaskans?
9. What can we learn from providers and Behavioral Health Aides about improving system capacity?

Alaska Behavioral Health Systems Assessment Focus

- Clients served with support from State Medicaid and behavioral health funds
- Three “sub-systems”:
  - Alaska Behavioral Health System
  - Community Behavioral Health System
  - Tribal Behavioral Health System
There were an estimated 546,215 adults in Alaska in 2013.
Estimated Need Compared to Adults Served with Support from State Funds

![Chart showing the estimated need for behavioral health services among Alaskan adults compared to number of clients served with support from State Medicaid and Behavioral Health Funds in 2013. The chart details the number of clients needed and utilized for different conditions, including total treatment, substance use disorder, serious mental illness, and any mental health (includes MDD, moderate, and serious mental illness).]

Adult Prevalence by Gender (2013)

![Chart showing the prevalence of behavioral health issues in Alaska by gender in 2013. The chart compares the prevalence of needed treatment for illicit drug or alcohol use in past year (UDI), past year any mental illness (includes mild, moderate, and serious mental illness), past year serious mental illness (SMI), past year moderate mental illness, and past year mild mental illness for both males and females.]
Estimated Need Compared to Adults Served with Support from State Funds

Total Adults Served by Gender and Diagnosis (2009 and 2013)
Total Clients Served (2009-2013) with Support from State Medicaid and Behavioral Health Funds

Alaska Total Number of Clients Served with Support from State Medicaid and Behavioral Health Funds, State Fiscal Years 2009-2013

Total Clients Served by Region (2013)

Alaska Total Number of Clients Served with Support from State Medicaid and Behavioral Health Funds by Region (SFY 2013)
Behavioral Health Systems Assessment Data

Total Clients Served by Provider Type (2013)

Alaska Total Number Behavioral Health Clients Served with Support from State Medicaid and Behavioral Health Funds by Provider Type (SFY2013)

<table>
<thead>
<tr>
<th>Provider Type</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Acute Care Hospital</td>
<td>189</td>
</tr>
<tr>
<td>Detox</td>
<td>261</td>
</tr>
<tr>
<td>Advanced Nurse Practitioners</td>
<td>334</td>
</tr>
<tr>
<td>Residential Psychiatric Treatment Center (RPFC)</td>
<td>592</td>
</tr>
<tr>
<td>Inpatient Psychiatric Hospital</td>
<td>648</td>
</tr>
<tr>
<td>Private Acute Care Hospital</td>
<td>810</td>
</tr>
<tr>
<td>Alaska Psychiatric Institute (API)</td>
<td>1,225</td>
</tr>
<tr>
<td>Psychologists</td>
<td>1,567</td>
</tr>
<tr>
<td>Mental Health Physician's Clinic</td>
<td>1,904</td>
</tr>
<tr>
<td>Tribal Outpatient Hospital</td>
<td>2,102</td>
</tr>
<tr>
<td>Tribal Health Clinic</td>
<td>2,530</td>
</tr>
<tr>
<td>Rural Health Clinic</td>
<td>2,958</td>
</tr>
<tr>
<td>Private Outpatient Hospital</td>
<td>7,109</td>
</tr>
<tr>
<td>Physicians</td>
<td>15,455</td>
</tr>
<tr>
<td>All DBH Treatment and Recovery Providers, including RCCY</td>
<td>23,650</td>
</tr>
<tr>
<td>Unique Client Total</td>
<td>39,955</td>
</tr>
</tbody>
</table>

Approximately 60% of Clients Served with Support from State Funds are Seen by DBH Treatment & Recovery Grantees.
WHAT SERVICES ARE CLIENTS USING?

Gaps in the continuum of care perpetuate a cycle and culture of crisis response while service patterns suggest there is untapped Medicaid billing potential.

SAMHSA’s Ideal Behavioral Health Continuum of Care

The Continuum of Care starts in the Healthcare Home and proceeds through a broad range of services that vary in intensiveness, and cost…
American Society of Addiction Medicine (ASAM) Levels of Care for Substance Use Disorder

**Reflecting a Continuum of Care**

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Early Intervention</td>
<td>123</td>
</tr>
<tr>
<td>2</td>
<td>Clinical Managed Low-Intensity Residential Services</td>
<td>456</td>
</tr>
<tr>
<td>3</td>
<td>Clinical Managed Population-Specific High-Intensity Residential Services</td>
<td>789</td>
</tr>
<tr>
<td>4</td>
<td>Medically Managed High-Intensity Residential Services</td>
<td>012</td>
</tr>
</tbody>
</table>

**Note:**
Within the five broad levels of care (0, 1, 2, 3, 4), decimal numbers are used to further express gradations of intensity of services. The decimals listed here represent benchmarks along a continuum, meaning patients can move up or down in terms of intensity without necessarily being placed in a new benchmark level of care.


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Care in Physical Health Settings

### Healthcare Home/Physical Health

<table>
<thead>
<tr>
<th>Procedure Type</th>
<th># of unique adults receiving procedure</th>
<th>% of adult clients receiving procedure</th>
<th># of unique youth receiving procedure</th>
<th>% of youth clients receiving procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>General and Specialized Outpatient Medical Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Office or Other Outpatient Visit for Eval &amp; Mgmt of Established Patient</td>
<td>10,998</td>
<td>36.78%</td>
<td>3,956</td>
<td>32.57%</td>
</tr>
<tr>
<td>Office or Other Outpatient Visit for Eval &amp; Mgmt of New Patient</td>
<td>1,283</td>
<td>4.90%</td>
<td>789</td>
<td>6.22%</td>
</tr>
</tbody>
</table>

### Medication

<table>
<thead>
<tr>
<th>Procedure Type</th>
<th># of unique adults receiving procedure</th>
<th>% of adult clients receiving procedure</th>
<th># of unique youth receiving procedure</th>
<th>% of youth clients receiving procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medication Management</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oral medication administration direct observation (off premises)</td>
<td>159</td>
<td>0.27%</td>
<td>0</td>
<td>0.00%</td>
</tr>
<tr>
<td>Oral medication administration direct observation (on premises)</td>
<td>1,059</td>
<td>3.62%</td>
<td>130</td>
<td>1.07%</td>
</tr>
<tr>
<td>Updated psychiatric service or procedure</td>
<td>1,249</td>
<td>4.50%</td>
<td>178</td>
<td>1.47%</td>
</tr>
<tr>
<td>Pharmacology Management</td>
<td>5,377</td>
<td>19.00%</td>
<td>2,144</td>
<td>17.60%</td>
</tr>
</tbody>
</table>

Source: Behavioral Health Systems Assessment Data
## Care in Physical Health Settings

### PREVENTION

<table>
<thead>
<tr>
<th>Procedure Type</th>
<th># of unique adults receiving procedure</th>
<th>% of adult clients receiving procedure</th>
<th># of unique youth receiving procedure</th>
<th>% of youth clients receiving procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>SBIRT</td>
<td>178</td>
<td>0.64%</td>
<td>72</td>
<td>0.69%</td>
</tr>
</tbody>
</table>

### Behavioral Health Systems Assessment Data

## Engagement Services

### ENGAGEMENT

<table>
<thead>
<tr>
<th>Procedure Type</th>
<th># of unique adults receiving procedure</th>
<th>% of adult clients receiving procedure</th>
<th># of unique youth receiving procedure</th>
<th>% of youth clients receiving procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment</td>
<td>2,314</td>
<td>8.33%</td>
<td>166</td>
<td>1.77%</td>
</tr>
<tr>
<td>Alcohol and/or drug assessment</td>
<td>47</td>
<td>0.17%</td>
<td>3</td>
<td>0.02%</td>
</tr>
<tr>
<td>Behavioural Health Screen - AK Screen Tool</td>
<td>4,434</td>
<td>15.99%</td>
<td>2,752</td>
<td>22.66%</td>
</tr>
<tr>
<td>Client Status Review</td>
<td>7,877</td>
<td>28.41%</td>
<td>4,700</td>
<td>38.69%</td>
</tr>
<tr>
<td>Drug Screen</td>
<td>288</td>
<td>1.04%</td>
<td>6</td>
<td>0.05%</td>
</tr>
<tr>
<td>Integrated Mental Health &amp; Substance Use Intake Assessment</td>
<td>3,155</td>
<td>11.38%</td>
<td>1,632</td>
<td>13.44%</td>
</tr>
<tr>
<td>Mental Health Assessment</td>
<td>2,995</td>
<td>7.56%</td>
<td>2,220</td>
<td>20.72%</td>
</tr>
</tbody>
</table>

### Specialized Evaluation (Psychological, Neurological)

<table>
<thead>
<tr>
<th>Type</th>
<th># of unique adults receiving procedure</th>
<th>% of adult clients receiving procedure</th>
<th># of unique youth receiving procedure</th>
<th>% of youth clients receiving procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neuropsychological testing by psychiatrist/physician (60 minutes)</td>
<td>306</td>
<td>1.10%</td>
<td>1002</td>
<td>8.25%</td>
</tr>
<tr>
<td>Psychiatric assessment - interview</td>
<td>21</td>
<td>0.08%</td>
<td>179</td>
<td>1.47%</td>
</tr>
<tr>
<td>Psychiatric assessment - interview</td>
<td>2438</td>
<td>8.79%</td>
<td>905</td>
<td>7.45%</td>
</tr>
<tr>
<td>Psychiatric diagnostic evaluation</td>
<td>1,462</td>
<td>5.27%</td>
<td>1,094</td>
<td>8.27%</td>
</tr>
<tr>
<td>Psychological testing by psychiatrist/physician (15 minutes)</td>
<td>3</td>
<td>0.01%</td>
<td>128</td>
<td>1.05%</td>
</tr>
<tr>
<td>Psychological testing by psychiatrist/physician (60 minutes)</td>
<td>263</td>
<td>0.95%</td>
<td>828</td>
<td>6.82%</td>
</tr>
</tbody>
</table>
# Outpatient Clinical Services

**Procedure Type** | # of unique adults receiving procedure | % of adult clients receiving procedure | # of unique youth receiving procedure | % of youth clients receiving procedure
---|---|---|---|---
**Individual Evidence Based Therapies**
Psychotherapy | 6,241 | 22.51% | 3,748 | 30.86%
Individual Psychotherapy (30 minutes) | 4,892 | 16.20% | 1,985 | 16.34%
Individual Psychotherapy (45 minutes) | 382 | 1.38% | 67 | 0.55%
Individual Psychotherapy (60 minutes) | 2,830 | 10.21% | 1,195 | 9.84%
Individual Psychotherapy (75 minutes) | 51 | 0.18% | 11 | 0.09%
Interactive Psychotherapy (30 minutes) | 33 | 0.12% | 1,030 | 8.48%
Interactive Psychotherapy (60 minutes) | 38 | 0.14% | 438 | 3.61%

**Group Therapy**
Group Psychotherapy | 2,053 | 7.41% | 2,094 | 17.24%

**Family Therapy**
Family Psychotherapy w/patient | 642 | 2.32% | 2,966 | 24.42%
Psychotherapy, Family (w/o patient present) | 118 | 0.43% | 1,432 | 11.79%

**Multi-family Therapy**
Multiple-family Group Psychotherapy | 67 | 0.24% | 133 | 1.09%

---

# Community Support Services

**Procedure Type** | # of unique adults receiving procedure | % of adult clients receiving procedure | # of unique youth receiving procedure | % of youth clients receiving procedure
---|---|---|---|---
**COMMUNITY SUPPORT (REHABILITATIVE)**
Skill Building (Social, Daily Living, Cognitive)
Comprehensive Community Support Services | 5,236 | 18.88% | 102 | 0.84%
Comprehensive Community Support Services - Group | 1,481 | 5.54% | 56 | 0.46%
Therapeutic BH Services - Individual | 613 | 2.21% | 2,950 | 24.29%
Therapeutic BH Services - Group | 182 | 0.66% | 2,421 | 19.93%
Therapeutic BH Services - Family (with patient present) | 22 | 0.08% | 378 | 3.11%
Therapeutic BH Services - Family (w/o patient present) | 10 | 0.04% | 229 | 1.89%
Case Management
Case management (15 minutes) | 4,922 | 17.75% | 3,533 | 29.09%
Supported Employment
Supported Employment | 2 | 0.01% | 0 | 0.00%

**RECOVERY SUPPORTS**
Peer Support
Peer Support Services - Individual | 84 | 0.30% | 11 | 0.09%
Continuing Care for Substance Use Disorders
Alcohol and/or other drug testing | 511 | 1.84% | 30 | 0.25%
### Acute Services

#### ACUTE INTENSIVE SERVICES

<table>
<thead>
<tr>
<th>Procedure Type</th>
<th># of unique adults receiving procedure</th>
<th>% of adults receiving procedure</th>
<th># of unique youth receiving procedure</th>
<th>% of youth receiving procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mobile Crisis Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short-term Crisis Intervention Service (15 min)</td>
<td>323</td>
<td>1.16%</td>
<td>130</td>
<td>1.07%</td>
</tr>
<tr>
<td>Short-term Crisis Intervention Service (60 minutes)</td>
<td>465</td>
<td>1.60%</td>
<td>220</td>
<td>1.81%</td>
</tr>
<tr>
<td>Medically Monitored Intensive Inpatient</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medically Managed Detoxification</td>
<td>868</td>
<td>3.13%</td>
<td>4</td>
<td>0.03%</td>
</tr>
<tr>
<td>Alcohol and/or drug services; acute detoxification (hospital inpatient)</td>
<td>102</td>
<td>0.37%</td>
<td></td>
<td>0.00%</td>
</tr>
<tr>
<td>Subsequent hospital care, per day, for evaluation and management</td>
<td>854</td>
<td>3.00%</td>
<td>837</td>
<td>6.89%</td>
</tr>
<tr>
<td>Urgent Care Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Department Visit</td>
<td>2,704</td>
<td>10.08%</td>
<td>661</td>
<td>5.44%</td>
</tr>
<tr>
<td>24 hour Crisis Stabilization Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short-term Crisis Stabilization Service</td>
<td>74</td>
<td>0.27%</td>
<td>67</td>
<td>0.53%</td>
</tr>
</tbody>
</table>

---

#### API Midnight Census as a Percentage of Total Occupancy - A One Month Comparison

CY2015 October 16 - November 12; Occupancy Rate based on 60 beds. Nov. 13 - Current - 58 beds

- **Admissions 2015**
- **Discharges 2015**
- **API CY2014**
- **API CY2015**
- **Maximum Capacity**
Per Capita Medicaid Payments for Behavioral Health Clients by Region 2013

Per Capita Medicaid Payments for Behavioral Health Clients by Region
(Based on 2013 Population and Payment Data)

Per Capita Treatment and Recovery Awards by Region 2013

Per Capita Treatment and Recovery Awards Grant by Region
(Based on SFY 2013 Total Awarded, Amount Awarded for Mental Health Direct Services, Substance Abuse Direct Services, and Indirect Services and 2013 Population Data)
WHAT OPPORTUNITIES EXIST FOR IMPROVING SYSTEM CAPACITY?

Statewide, regional, and organizational planning are key to synchronizing the many paddles on this canoe. These efforts must be supported by a common vision, funding for needed services, technology, workforce development, and technical assistance.

Thank you!

Project Contacts

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(907) 222-5424
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Snapshot of Statewide Behavioral Health Workforce

Professional Counselors, Therapists, and Clinicians
- Estimated total positions: 1291
- Estimated statewide vacancy rate: 12%
  - Clinical psychologists: 165, 7%
  - Clinical social workers: 88, 10%
  - Counseling psychologists: 76, 6%
  - Marriage and family therapists: 106, 8%
  - Mental and behavioral health clinicians: 665, 8%
  - Other therapists and clinicians: 191, 14%

Behavioral, Mental Health, and Rehabilitation Counselors
- Estimated total positions: 319
- Estimated statewide vacancy rate: 12%
  - Behavioral Health Aides: 121, 17%
  - Rehabilitation counselors: 113, 10%
  - Other behavioral health counselors: 125, 12%

Behavioral Health Clinical Associates
- Estimated total positions: 791
- Estimated statewide vacancy rate: 13%

Select Physicians
- Emergency physicians: 217, 4%
- General internists: 46, 4%
- General practitioners and family physicians: 773, 11%
- Hospitalists: 95, 6%
- Pediatricians: 133, 6%
- Psychiatrists: 92, 22%
- Other specialty physicians: 902, 14%

Rural and Urban Workforce Trends Vary Dramatically

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  - Clinical social workers: 88, 10%
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  - Marriage and family therapists: 106, 8%
  - Mental and behavioral health clinicians: 665, 8%
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