

November 2015

# Alaska Behavioral Health Systems Assessment Trustee Update



## 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?



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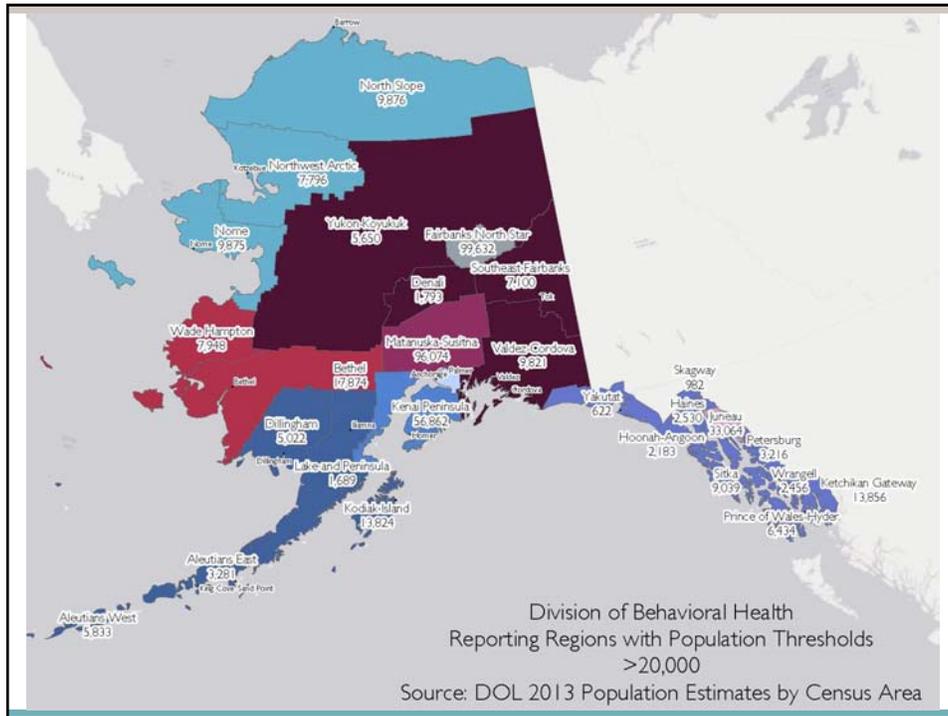
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## Alaska Behavioral Health Systems Assessment Focus

- **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

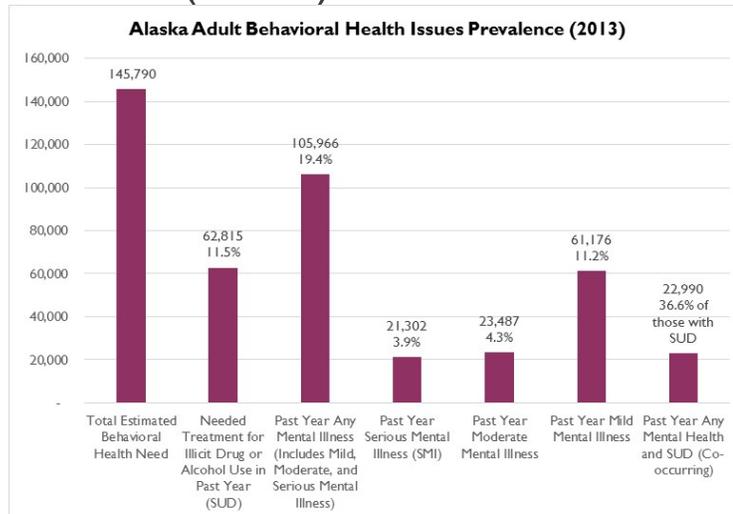


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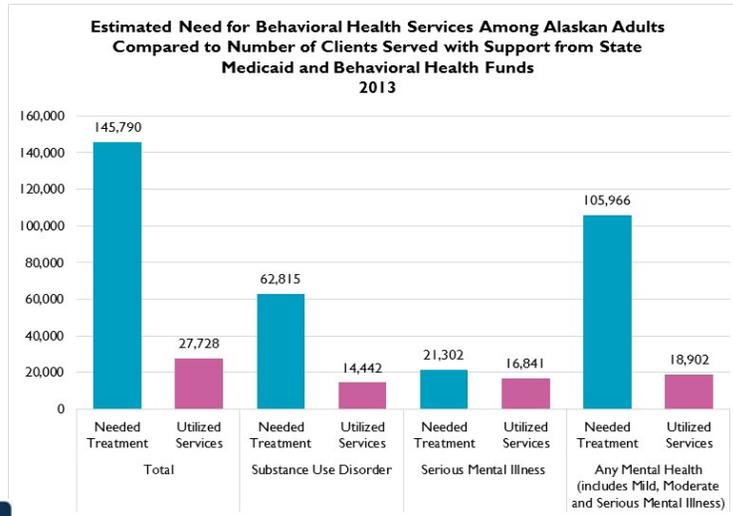


## Adult Behavioral Health Issues Prevalence (2013)

There were an estimated **546,215** adults in Alaska in 2013



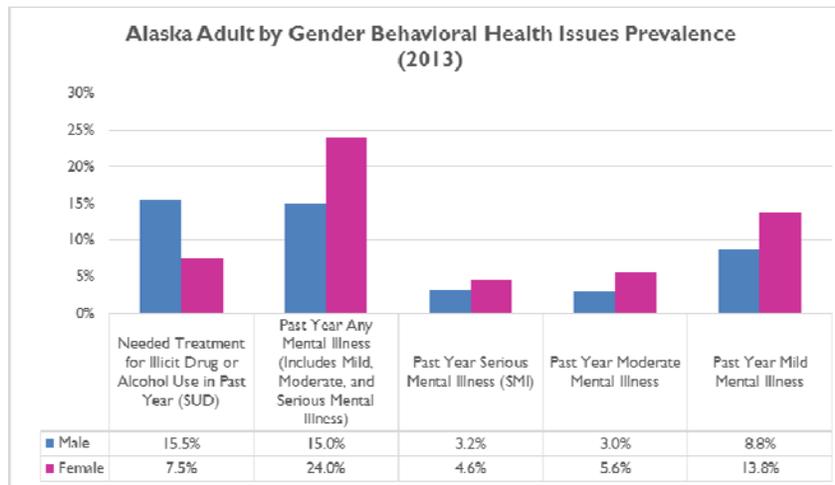
## Estimated Need Compared to Adults Served with Support from State Funds



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## Adult Prevalence by Gender (2013)

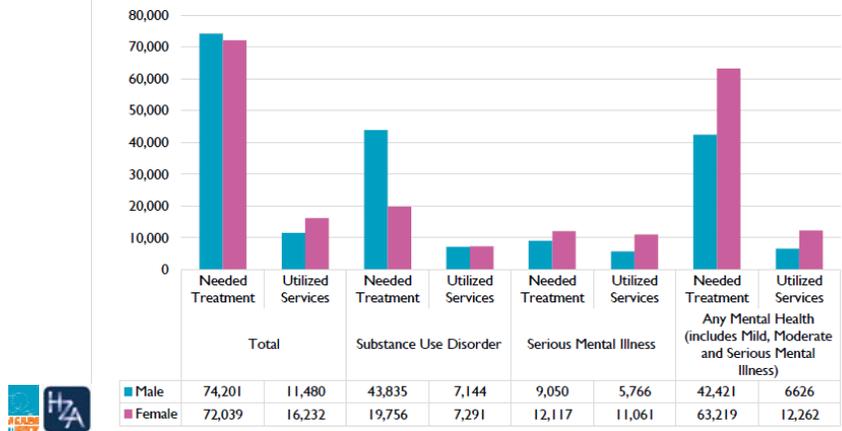


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## Estimated Need Compared to Adults Served with Support from State Funds

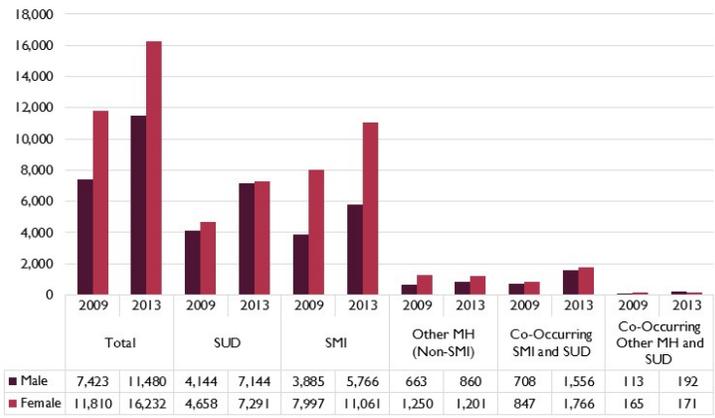
**Estimated Need for Behavioral Health Services Among Alaska Adults Compared to Number of Clients Served with Support from State Medicaid and Behavioral Health Funds by Gender 2013**



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## Total Adults Served by Gender and Diagnosis (2009 and 2013)

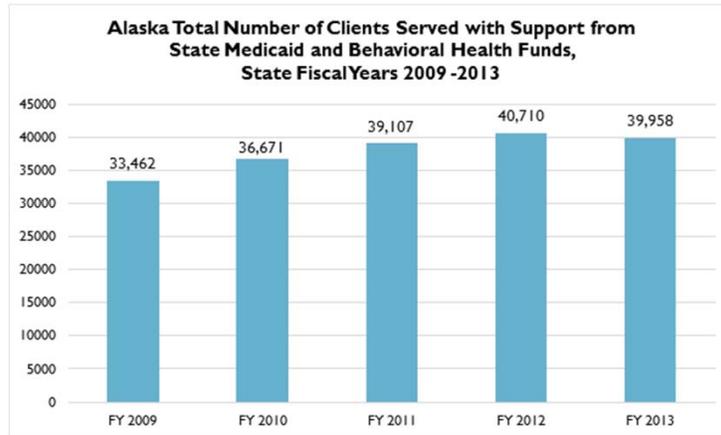
**Total Number of Alaska Adults Served with Support from State Medicaid and Behavioral Health Funds by Diagnosis & Gender (State Fiscal Years 2009-2013)**



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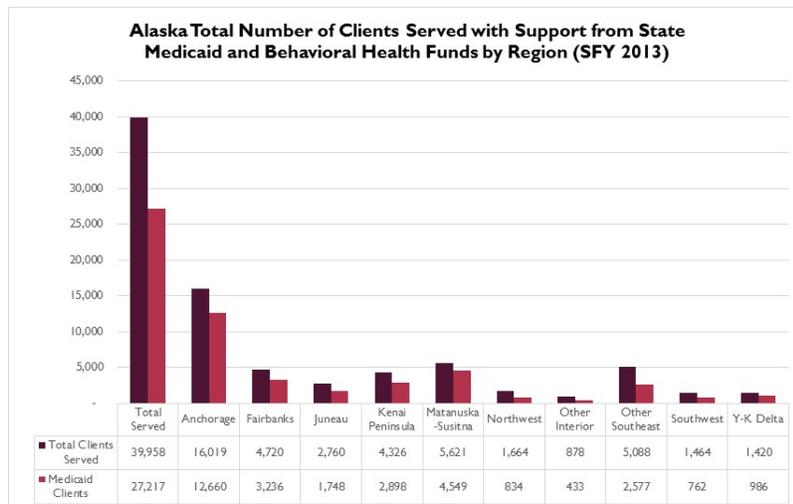
## Total Clients Served (2009-2013) with Support from State Medicaid and Behavioral Health Funds



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## Total Clients Served by Region (2013)



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Estimated Prevalence of Behavioral Health Issues Among Medicaid Expansion Population Using Evergreen Economics Projections													
	Needed Treatment for Illicit Drug or Alcohol Use in Past Year (SUD)		Past Year Any Mental Illness (Includes Mild, Moderate, and Serious Mental Illness)		Past Year Serious Mental Illness (SMI)		Past Year Moderate Mental Illness		Past Year Mild Mental Illness		Past Year Any Mental Illness and SUD (COD: Of those needing treatment for a drug or alcohol problem)		Total Est. Individuals with a Behavioral Health Need (unduplicated)
	Rate	16.7%	Rate	23.8%	Rate	3.9%	Rate	6.1%	Rate	13.8%	Rate	45.6%	
	Count		Count		Count		Count		Count		Count		
<b>Evergreen Newly Eligible Population</b>													
2016	41,910	6,999	9,975	1,634	2,557	5,784	3,192	13,782					
2017	41,980	7,011	9,991	1,637	2,561	5,793	3,197	13,805					
2018	42,050	7,022	10,008	1,640	2,565	5,803	3,202	13,828					
2019	42,120	7,034	10,025	1,643	2,569	5,813	3,208	13,851					
2020	42,190	7,046	10,041	1,645	2,574	5,822	3,213	13,874					
2021	42,260	7,057	10,058	1,648	2,578	5,832	3,218	13,897					
<b>Evergreen New Enrollee Population</b>													
2016	20,075	3,353	4,778	783	1,225	2,770	1,529	6,602					
2017	23,257	3,884	5,535	907	1,419	3,209	1,771	7,648					
2018	26,492	4,424	6,305	1,033	1,616	3,656	2,017	8,712					
2019	26,536	4,432	6,316	1,035	1,619	3,662	2,021	8,726					
2020	26,580	4,439	6,326	1,037	1,621	3,668	2,024	8,741					
2021	26,624	4,446	6,337	1,038	1,624	3,674	2,027	8,755					

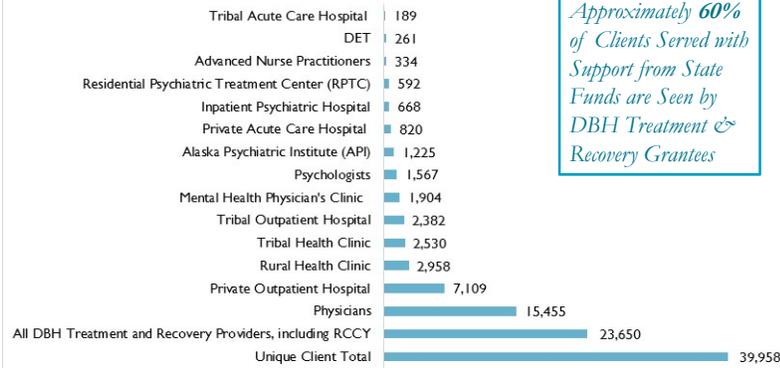


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## Total Clients Served by Provider Type (2013)

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



*Approximately 60% of Clients Served with Support from State Funds are Seen by DBH Treatment & Recovery Grantees*



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# 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.



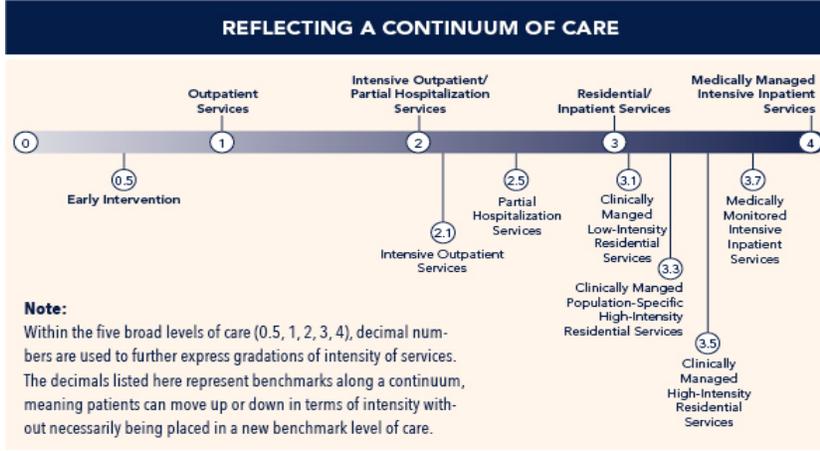
# SAMHSA's Ideal Behavioral Health Continuum of Care

Healthcare Home/Physical Health	Prevention including Promotion	Engagement Services	Outpatient Services	Medication Services	Community Support (Rehabilitative)	Other Supports (Rehabilitative)	Intensive Support Services	Out-of-Home Residential Services	Acute Intensive Services	Recovery Supports
General and specialized outpatient medical services	Screening, Brief Intervention and Referral to Treatment	Assessment Specialized Evaluation (psychological, Neurological)	Individual Evidenced Based Therapies Group therapy	Medication management Pharmacotherapy (including MAT)	Parent/Caregiver Support Skill building (social, daily living, cognitive)	Personal Care Homemaker Respite	Substance abuse intensive outpatient services Partial hospital	Crisis residential / Stabilization Clinically Managed 24-Hour Care	Mobile crisis services Medically Monitored Intensive Inpatient	Peer Support Recovery Support Coaching
Acute primary care	Brief/Motivational Interviews	Service planning (including crisis planning)	Family therapy Multi-family therapy	Laboratory services	Case Management Behavioral management	Supported Education Transportation	Assertive community treatment Intensive home based treatment	Clinically Managed Medium Intensity Care Adult SUD Residential	Peer based crisis services Urgent care services	Recovery Support Center Services Supports for Self Directed Care
General health services, tests and immunization	Screening and Brief Intervention for Tobacco Cessation	Consumer/Family education	Consultation to Caregivers		Supported employment Permanent Supported housing	Assisted Living Services Recreational Services	Multi-systemic therapy Intensive case management	Adult Mental Health Residential Children's Mental Health Residential Services	23 hour crisis stabilization service 24/7 Crisis Hotline Services	Continuing Care for Substance Use Disorders
Comprehensive Care management	Parent Training	Outreach			Recovery housing Therapeutic mentoring	Interactive Communication Technology Devices Trained behavioral health interpreters		Youth Substance Abuse Residential Services Therapeutic Foster Care		
Care coordination and health promotion	Facilitated Referrals				Traditional healing services					
Comprehensive transitional care	Relapse Prevention/Walks Recovery Support									
Individual and Family Support	Warm line (Non-Crisis)									
Referral to Community Services										

*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



Source: The American Society of Addiction Medicine (ASAM) Continuum of Care, 2015.  
<http://www.asam.org/publications/the-asam-criteria/about>

# Care in Physical Health Settings

HEALTHCARE HOME/PHYSICAL HEALTH				
Procedure Type	# of unique adults receiving procedure	% of adult clients receiving procedure	# of unique youth receiving procedure	% of youth clients receiving procedure
<b>General and Specialized Outpatient Medical Services</b>				
Office or Other Outpatient Visit for Eval & Mgmt of Established Patient	10,198	36.78%	3,956	32.57%
Office or Other Outpatient Visit for Eval & Mgmt of New Patient	1,385	4.99%	755	6.22%

MEDICATION				
Procedure Type	# of unique adults receiving procedure	% of adult clients receiving procedure	# of unique youth receiving procedure	% of youth clients receiving procedure
<b>Medication Management</b>				
Oral medication administration direct observation (off premises)	159	0.57%	0	0.00%
Oral medication administration direct observation (on premises)	1,059	3.82%	130	1.07%
Unlisted psychiatric service or procedure	1,249	4.50%	178	1.47%
Pharmacologic Management	5,377	19.39%	2,144	17.65%



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## Care in Physical Health Settings

PREVENTION				
Procedure Type	# of unique adults receiving procedure	% of adult clients receiving procedure	# of unique youth receiving procedure	% of youth clients receiving procedure
<b>SBIRT</b>				
Screening, Brief Intervention, and Referral for Treatment (SBIRT)	178	0.64%	73	0.60%



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## Engagement Services

ENGAGEMENT				
Procedure Type	# of unique adults receiving procedure	% of adult clients receiving procedure	# of unique youth receiving procedure	% of youth clients receiving procedure
<b>Assessment</b>				
Alcohol and/or drug assessment	2,314	8.35%	166	1.37%
Alcohol and/or drug screening	47	0.17%	3	0.02%
Behavioral Health Screen - AK Screen Tool	4,434	15.99%	2,752	22.66%
Client Status Review	7,877	28.41%	4,700	38.69%
Drug Screen	288	1.04%	6	0.05%
Integrated Mental Health & Substance Use Intake Assessment	3,155	11.38%	1,632	13.44%
Mental Health Assessment	2,095	7.56%	2,520	20.75%
<b>Specialized Evaluation (Psychological, Neurological)</b>				
Neuropsychological testing by psychiatrist/physician (60 minutes)	306	1.10%	1002	8.25%
Psychiatric assessment - Interactive	21	0.08%	179	1.47%
Psychiatric assessment - Interview	2438	8.79%	905	7.45%
Psychiatric diagnostic evaluation	1,462	5.27%	1,004	8.27%
Psychological testing by psychiatrist/physician (15 minutes)	3	0.01%	128	1.05%
Psychological testing by psychiatrist/physician (60 minutes)	263	0.95%	828	6.82%



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# Outpatient Clinical Services

OUTPATIENT				
Procedure Type	# of unique adults receiving procedure	% of adult clients receiving procedure	# of unique youth receiving procedure	% of youth clients receiving procedure
<b>Individual Evidence Based Therapies</b>				
Psychotherapy	6,241	22.51%	3,748	30.86%
Individual Psychotherapy (30 minutes)	4,493	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%
<b>Group Therapy</b>				
Group Psychotherapy	2,055	7.41%	2,094	17.24%
<b>Family Therapy</b>				
Family Psychotherapy w/patient	642	2.32%	2,966	24.42%
Psychotherapy, Family (w/o patient present)	118	0.43%	1,432	11.79%
<b>Multi-family Therapy</b>				
Multiple-family Group Psychotherapy	67	0.24%	133	1.09%



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# 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
<b>COMMUNITY SUPPORT (REHABILITATIVE)</b>				
<b>Skill Building (Social, Daily Living, Cognitive)</b>				
Comprehensive Community Support Services	5,236	18.88%	102	0.84%
Comprehensive Community Support Services - Group	1,481	5.34%	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%
<b>Case Management</b>				
Case management (15 minutes)	4,922	17.75%	3,533	29.09%
<b>Supported Employment</b>				
Supported Employment	2	0.01%	0	0.00%
<b>RECOVERY SUPPORTS</b>				
<b>Peer Support</b>				
Peer Support Services - Individual	84	0.30%	11	0.09%
<b>Continuing Care for Substance Use Disorders</b>				
Alcohol and/or other drug testing	511	1.84%	30	0.25%



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# Acute Services

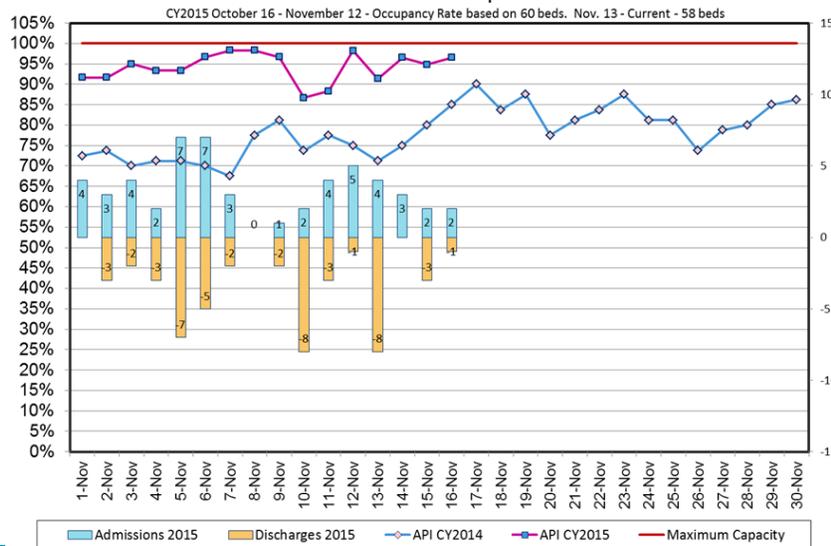
ACUTE INTENSIVE SERVICES				
Procedure Type	# of unique adults receiving procedure	% of adult clients receiving procedure	# of unique youth receiving procedure	% of youth clients receiving procedure
<b>Mobile Crisis Services</b>				
Short-term Crisis Intervention Service (15 min)	323	1.16%	130	1.07%
Short-term Crisis Intervention Service (60 minutes)	465	1.68%	220	1.81%
<b>Medically Monitored Intensive Inpatient</b>				
Medically Managed Detoxification	868	3.13%	4	0.03%
Alcohol and/or drug services; acute detoxification (hospital inpatient)	102	0.37%	-	0.00%
Subsequent hospital care, per day, for evaluation and management	854	3.08%	837	6.89%
<b>Urgent Care Services</b>				
Emergency Department Visit	2,794	10.08%	661	5.44%
<b>23 hour Crisis Stabilization Services</b>				
Short-term Crisis Stabilization Service	74	0.27%	67	0.55%



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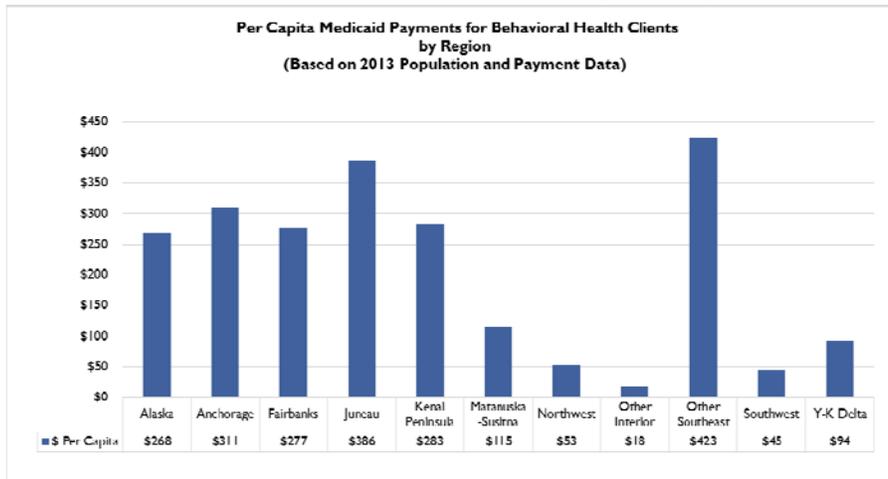
## API Midnight Census as a Percentage of Total Occupancy - A One Month Comparison



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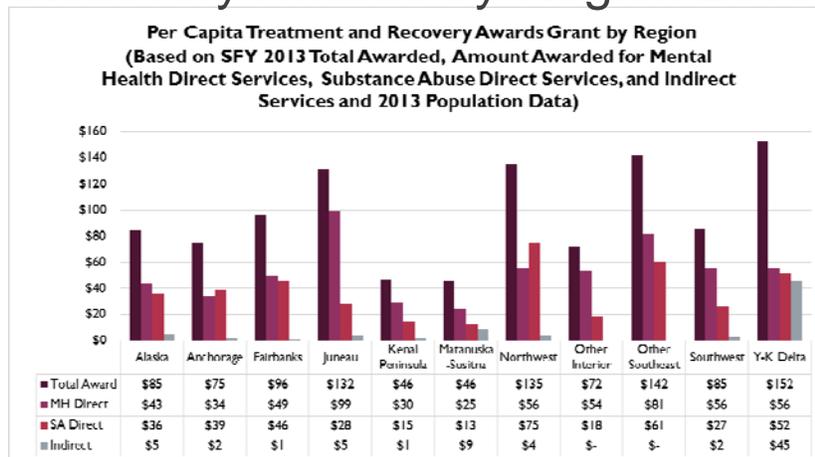
## Per Capita Medicaid Payments for Behavioral Health Clients by Region 2013



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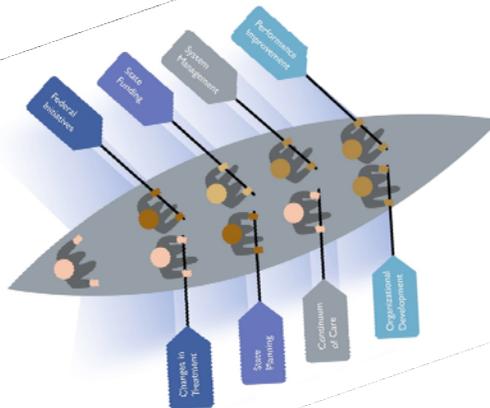
## Per Capita Treatment and Recovery Awards by Region 2013



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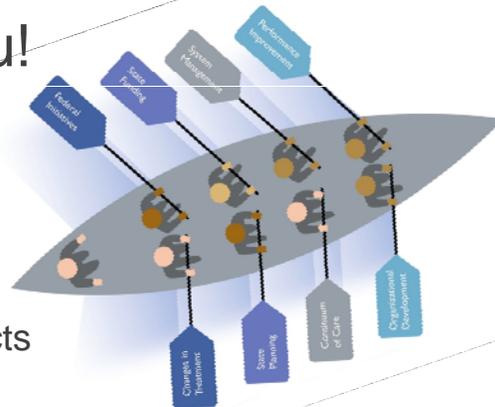
# WHAT OPPORTUNITIES EXIST FOR IMPROVING SYSTEM CAPACITY?



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.

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# Thank you!



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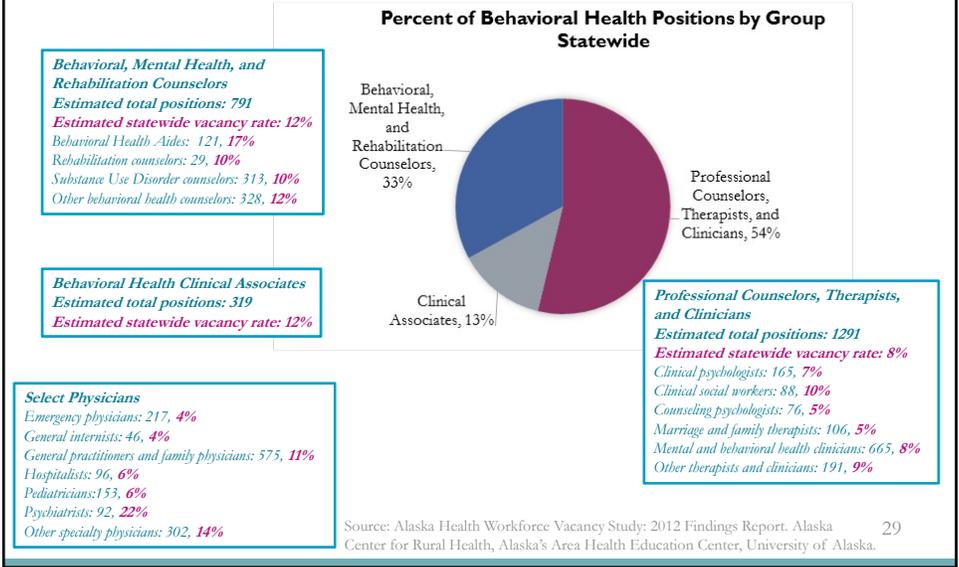
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# Snapshot of Statewide Behavioral Health Workforce



# Rural and Urban Workforce Trends Vary Dramatically

