



Challenges: During a Time of Change

*A PRESENTATION TO THE ALASKA MENTAL HEALTH TRUST AUTHORITY
BOARD OF TRUSTEES*

SEPTEMBER 2017



Advisory Board on Alcoholism and Drug Abuse

Alavini Lata, Juneau
Cathy Bishop, Wasilla
Enlow Walker, North Pole
Eric Holland, Fairbanks
Gunnar Ebbeson, Fairbanks
James Duncan, Anchorage
Joshua Mathlaw, Mountain Village
Lee Breinig, Anchorage
Megyn Greider, Anchorage
Michael Kerosky, Anchorage
Philip Licht, Palmer
Renee Schofield, Ketchikan
Robert Coghill, Juneau
Randall Burns, Ex Officio

Board Representation

Four Consumer
Five Public
Three Provider
One Physician
One Ex Officio



Alaska Mental Health Board

Bree Swanson, Kotzebue
Brenda Moore, Anchorage
Charlene Taufest, Soldotna
Chris Gunderson, Anchorage
Elizabeth Schultz, Anchorage
Francine Harbour, Anchorage
Joanna Cahoon, Anchorage
Marieke Heatwole, Anchorage
Michael Horton, Anchorage
Rachel Stockman, Anchorage
Renee Hoffard, Juneau
Sharon Clark, Nenana
Stephen Sundby, Cordova

Board Representation

Seven Consumer
Two Public
Three Provider
One Attorney
Six Ex Officio

Adam Rutherford, Corrections
Cathy Stone, AK Housing Finance
Cindy Murphy-Fox, Vocational Rehabilitation
Randall Burns, Behavioral Health
Sharon Fishel, Education
Vacant, Office of Children's Services



ALASKANS EXPERIENCING MENTAL HEALTH AND SUBSTANCE USE DISORDERS



Prevalence

Change From 2011-2012



Compared To U.S.



According to the National Survey on Drug Use and Health (2013-2014):

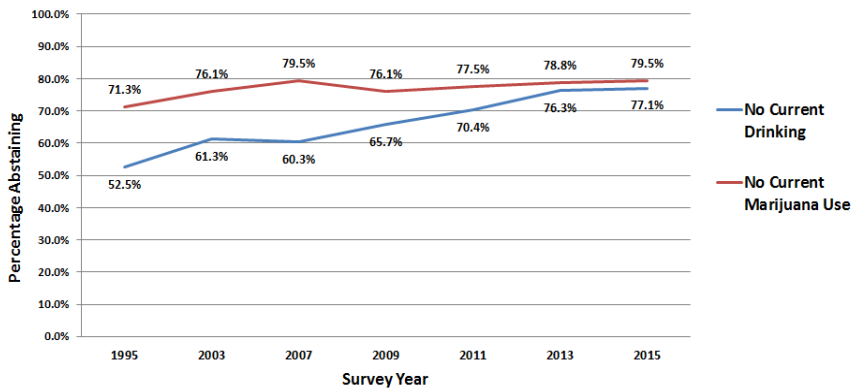
- 6.7% of Alaskan age 12 and older are estimated to be dependent upon or abusing alcohol in the past year
- 3.2% of Alaskan age 12 and older are estimated to be dependent upon or abusing illicit drugs in the past year
- 3.9% of Alaskan age 18 and older are estimated to have a serious mental illness in the past year

- 35.8% of Alaskan adults who had any mental illness received counseling in the previous year
- 65.7% of Alaskan adults who received service in the public mental health system reported improved functioning
- 58.4% of Alaskan youth who received service in the public mental health system reported improved functioning



Substance Misuse - Youth

Alaskan High School Students Who Report Abstaining from Alcohol and Marijuana in the Previous 30 Days



Data from the Youth Risk Behavior Survey, Alaska Division of Public Health



Childhood Trauma



Trauma occurs to children and adults, regardless of ethnicity, income, or gender. Adverse Childhood Experiences, rape and sexual assault, historical trauma, combat-related stress and trauma, interpersonal violence, community violence – all these contribute to poor health outcomes throughout life. Serving this population often results in secondary trauma to the provider.

+90% in public behavioral health, **over 90%** of clients have experienced trauma.

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. That's **223.4 million people.**

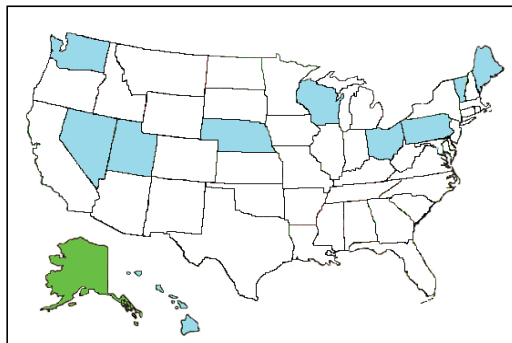


Infographics from National Council for Behavioral Health



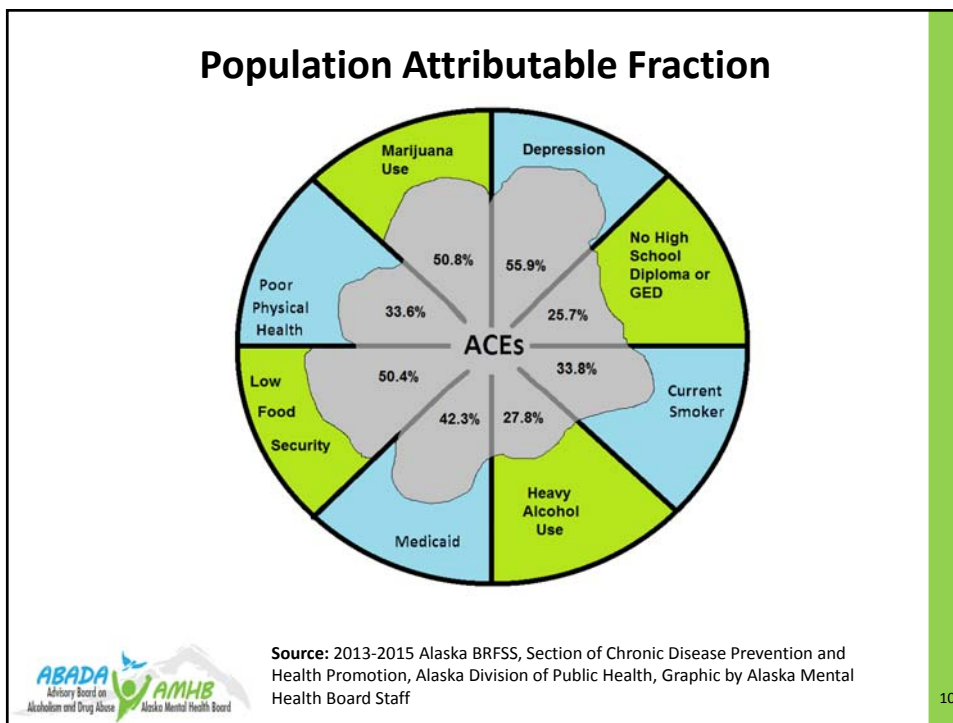
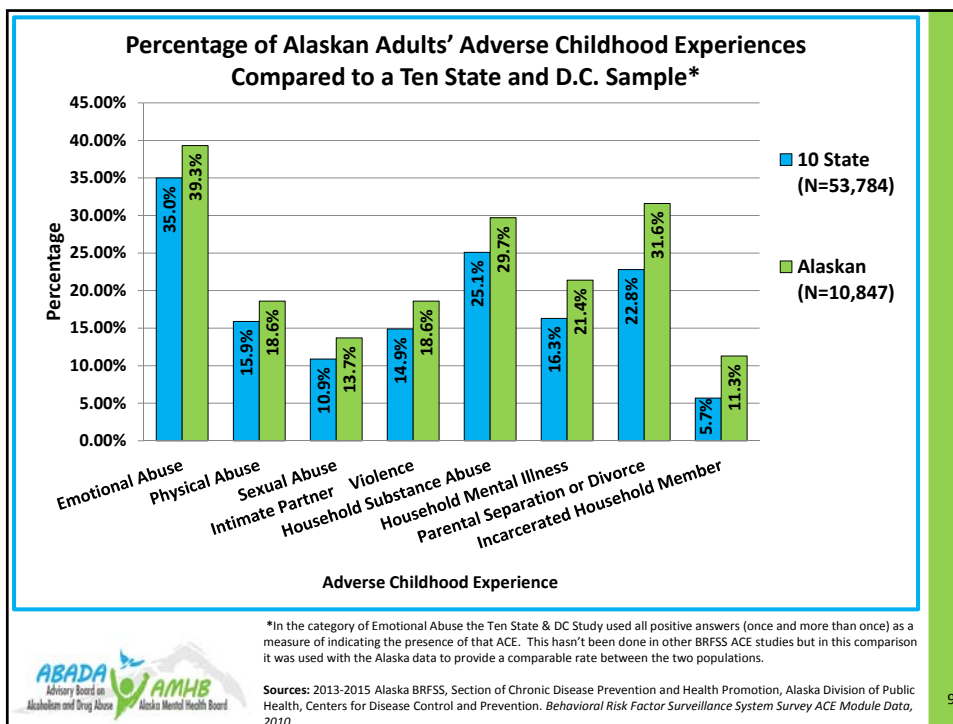
Childhood Trauma

Ten State and DC - ACE Results



The prevalence estimates reported are from **Washington, DC** and ten states (**HAWAII, MAINE, NEBRASKA, NEVADA, OHIO, PENNSYLVANIA, UTAH, VERMONT, WASHINGTON, and WISCONSIN**) who included the ACE module on the 2010 BRFSS (n=53,784)





Access to Care



ALASKANS BEING SERVED



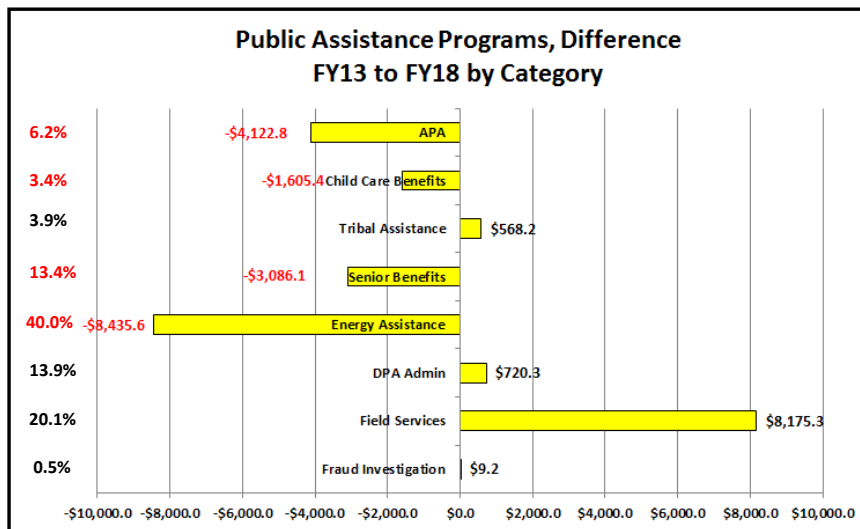
Substance Misuse Treatment

**Division of Behavioral Health Grantee Agencies
Profile of Persons Served by Substance(s) of Abuse Reported at Admission (Substances Selected as Primary, Secondary, OR Tertiary)**

FY2017	All Substance Use	All Marijuana/Hashish /Cannabis	All Opiates	All Alcohol	All Non Alcohol	Other/Unknown
All Persons had at Least One Service (Activity) During the Reporting Period	# of Persons Served with Selected Substance(s) of Abuse	# of Persons Served with Selected Substance(s) of Abuse	# of Persons Served with Selected Substance(s) of Abuse	# of Persons Served with Selected Substance(s) of Abuse	# of Persons Served with Selected Substance(s) of Abuse	# of Persons Served with Selected Substance(s) of Abuse
Total	8533	4179	2135	6353	6681	348

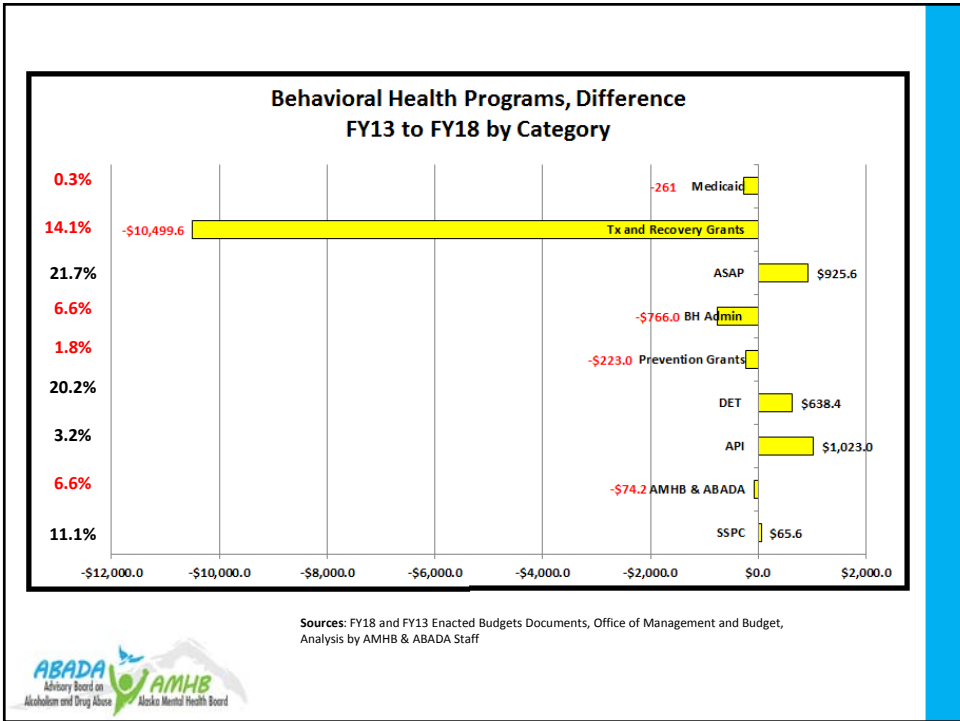
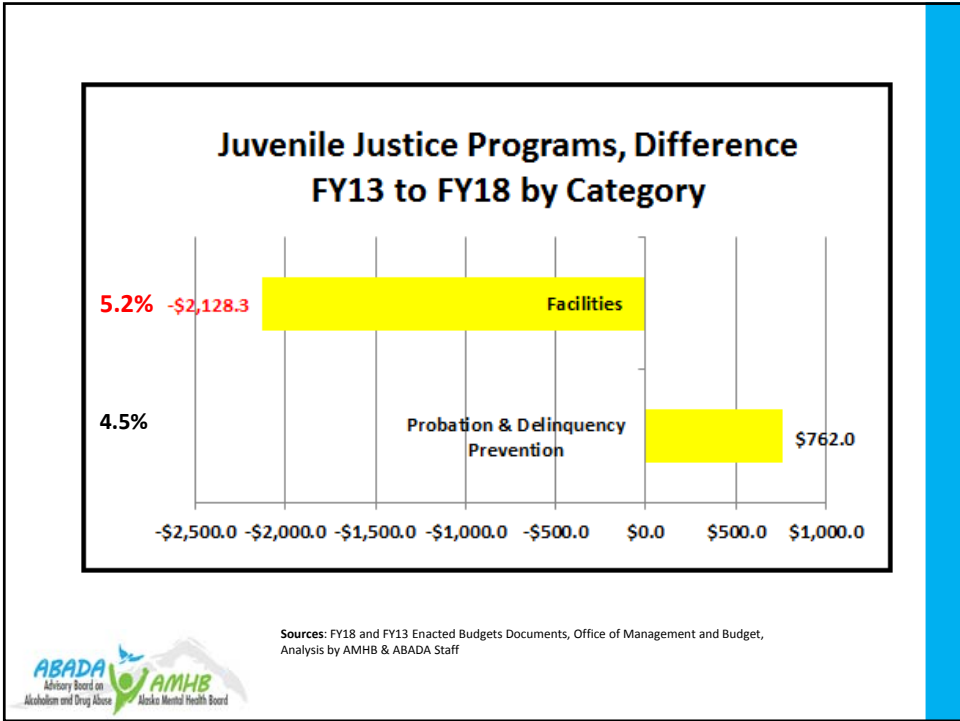


FY2018 Budget Changes Over Time



Sources: FY18 and FY13 Enacted Budgets Documents, Office of Management and Budget, Analysis by AMHB & ABADA Staff





Shifting to Federal Funds

Total Behavioral Health Budget

Funding Source	FY2018	FY2013	Change	Percentage Change
General Funds	\$153,964.7	\$188,461.4	-\$34,496.7	-18.3%
Other Funds	\$33,757.7	\$34,783.7	-\$1,026.0	-3.0%
Federal Funds	\$151,190.0	\$130,062.6	\$21,127.4	16.2%
	\$338,912.4	\$353,307.7	-\$14,395.3	-4.1%

Sources: FY18 and FY13 Enacted Budgets Documents, Office of Management and Budget, Analysis by AMHB & ABADA Staff



Shifting to Federal Funds

Total Behavioral Health Budget

Without One Time 9.0 in GF Funding

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Other Funds	\$33,757.7	\$34,783.7	-\$1,026.0	-3.0%
Federal Funds	\$151,190.0	\$130,062.6	\$21,127.4	16.2%
Sources: FY18 and FY13 Enact	\$338,912.4	~\$344,307.7	~-\$5,395.3	-1.6%



Behavioral Health Medicaid Reimbursement Rates

- Community behavioral health services are one of two code sets in Alaska's entire Medicaid system that lack any type of reimbursement methodology.
- Reimbursement rates for behavioral health services established in the 90's have only been updated once in the past decade.



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Behavioral Health Medicaid Reimbursement Rates (cont)

- Over the past two years, DHSS, ORR, DBH, and ABHA have been methodically developing a Medicaid rate methodology for community behavioral health services.
- The methodology has been developed, the next phase of the project involves regulation change, coordination with CMS, and legislative authorization.



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HEALTH ASSOCIATION**

Behavioral Health Medicaid Reimbursement Rates (cont)

The Hope:

- Reimbursing the actual cost of care.
- Regular rebasing prevents
- The State benefits from the federal match.

• The Concern:

- Our service delivery system will be heavily dependent on Medicaid.
- We have to safeguard the grant system



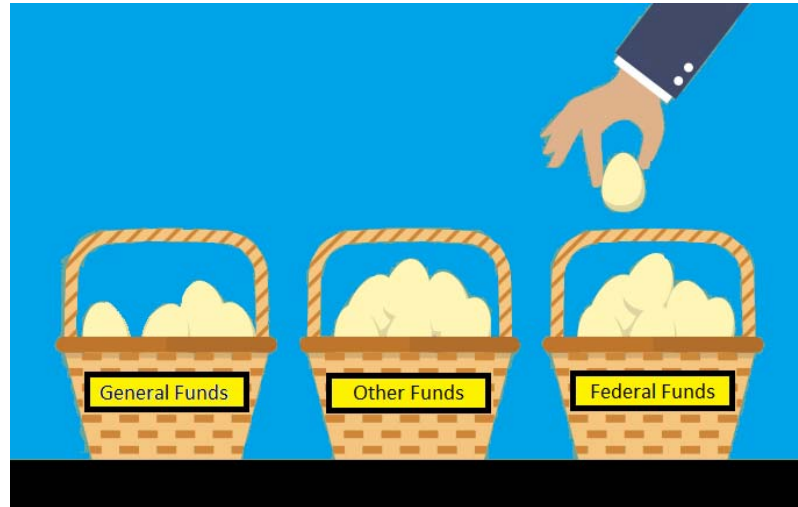
**ALASKA BEHAVIORAL
HEALTH ASSOCIATION**

THE 1115 DEMONSTRATION WAIVER

GOOD MOVEMENT FORWARD – BUT WE HAD TO
SLOW DOWN

Many Questions Still

Alaska's Strategy



Fiscal Plan

- In October 2015 the Boards endorsed the idea that there needs to be a comprehensive fiscal plan.





Challenges: During a Time of Change

QUESTIONS OR COMMENTS

PATRICK SIDMORE

