Alaska Tribal Health System

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Chief Operating Officer

Alaska Native Health Board
Presentation Overview

- History of Alaska Native Health Care (brief)
- Introduction to the Alaska Tribal Health System (ATHS)
- ATHS Map - referral pattern and telehealth network
- ATHS Economic Impact
- Alaska Tribal Health Compact
- Alaska Native Health Board
- Alaska Tribal Health Directors
History

1990-1970: Health care for Alaska Native people was provided by the U.S. government
   ▶ 1966 Alaska Federation of Natives
   ▶ 1968 Alaska Native Health Board

1970-2004: Under self-governance legislation Alaska Tribes created health care organizations and gradually assumed health care services at the regional and community/village level
   ▶ 1970 First regional tribal health organizations (YKHC & NSHC) created and begin the process of contracting the CHAP program in 1972
   ▶ 1995 Alaska Tribal Health Compact
   ▶ 1997 Alaska Native Tribal Health Consortium
   ▶ 1999 ownership of Alaska Native Medical Center transferred to ANTHC and Southcentral Foundation in the creation of the Joint Operating Board
   ▶ 2002 ANHB Statewide Native Health Plan
   ▶ 2004 ATHS Memo of Understanding
Alaska Native Health Care System
Referral Pattern and Telehealth Network
Same Scale Comparison - Alaska Area to Lower 48 States
THE ALASKA NATIVE HEALTH CARE SYSTEM

Typical Referral Patterns
ATHS Economic Impact

- The ATHS generates 18,000 jobs for Alaskans, and contributes a total economic output of $2.4 billion in the state, much of which is an intake to the state economy.

- Due to its service population and statewide reach, the ATHS represents a large part of Alaska’s economy. In 2017, the ATHS, as a collective, was 5% of the entire Alaska economy.

- The ATHS is a larger sector of the state economy than the retail trade, the construction industry, the professional business and technical services sector, all arts and entertainment, all manufacturing, the information sector, utilities, and the agriculture/forestry sector.

- As a vital part of the Alaska Public Health System, the ATHS has served as a pillar for the state economy and as a partner with the State of Alaska as it pursues policy and health care coverage. That partnership has not only generated net economic impact for the state, but it has also helped produce massive savings to the state budget in the form of Medicaid federal offsets.

- As of FY2019, the ATHS has helped save the state budget $152 million.
ATHS and ANHB

- Represents 229 Tribes
- Serves over 175,000 American Indian/Alaska Native people
- 586,412 square miles of predominantly road-less land
- Shared advocacy lead by ANHB - with 28 T/THOs
  - Alaska Tribal Health Directors serve as technical advisors
  - Formed committees: Standing, Legislative, CHAP Directors, TBHDC, etc.
- One compact and unified voiced
- Strong inter-tribal health network
ATHS Strengths

- Working as one - keeping the connection, unity, pride, collaboration, community “together we are stronger”
- Honor Sovereignty
- Clear common vision and values, dream big
- Clear roles and accountability
- Set up strong technical support, use of committees to tackle hard issues
- Communication and strong advocacy role by bringing key political stakeholders to the table
- Utilize grounds rules that centers on respect and inter-tribal relationships
- Create “tribal caucus” a closed space to resolve key issues
- Sharing of success models and innovations to address unique needs
- The ATHS is an extraordinary resource
Alaska Native Tribal Health System &
Alaska Native Tribal Health Consortium
OUR VISION:
Alaska Native people are the healthiest people in the world.
Alaska Tribal Health System
Alaska Tribal Health System (ATHS)

Typical Referral Patterns

REFERRALS FROM:
- HOSPITALS
- MD HEALTH CENTERS
- PAINP HEALTH CENTERS
- CHA CLINICS

Anchorage Native Medical Center
Community Health Aide Clinics
Sub-Regional Clinics
Alaska Native Medical Center (ANMC)
Community Health Services (CHS)
Partnering to promote health equity across the lifespan.
The Alaska Native Epidemiology Center

Using data to improve health
Wellness and Prevention

Promoting wellness through culturally responsive prevention services

ANTHC Wellness and Prevention Services
dadiehl@anthc.org
anthc.org/wellness/
Clinical and Research Services
Research to improve health
Community Environment and Health

To achieve safe, healthy and sustainable Alaska communities.
Distance Learning Network

Increasing access to health care training throughout Alaska

ANTHC Distance Learning Network
(907) 729-3490 | CHAPDistanceLearningNet@anthc.org
anthc.remote-learner.net/
Community Health Aide Program

Frontline of health care in rural Alaska
Alaska Dental Therapy Educational Program

Healthy smiles for all Alaska Native people

ANTHC Department of Oral Health Promotion
(907) 729-5600 | akadhat@anthc.org
anthc.org/dental-health-aide-/
Behavioral Health Aide Program

Whole-body wellness for Alaska Native people

Behavioral Health Aide Program
(907) 729-2431 | behavioralhealth@anthc.org
anthc.org/behavioral-health-aide-program/
Standards and Procedures: Behavior Health Aide Program

• **Scope of practice**
  – Culturally-informed, community-based, clinical services
  – Behavioral health prevention, intervention, aftercare, and postvention

• **Certification requirements**
  – Training
  – Practicum
  – # of work hours
  – Competencies
  – 40 CEUs every 2 years
Standards and Procedures: Behavioral Health Aide Program

• Employed by tribe or tribal organization
• Administrative oversight (Licensed)
• Clinical supervision (Licensed or unlicensed)
• Four levels of certification
  – BHA-I, BHA-II, BHA-III, BHP
BHA Scope of Practice

Based on level of certification

• Behavioral health screening
• Screening and brief intervention
• Short-term crisis stabilization
• Individual, group, and family therapy
• Substance abuse assessment and treatment
• Case management and referrals
• Peer support services
Who do BHAs provide services to?

- Elders
- Youth
- Families
- Individuals

The Blues & the News

National Geographic

Alaska Native Tribal Health Consortium
BHAs also serve their communities
Training & Certification

Behavioral Health Aide program
BHA-I Training

- General Orientation (28)
- Orientation to Village-based BH Services (8)
- Ethics & Consent (6)
- Confidentiality & Privacy (6)
- Intro to Behavioral Health (24)
- Intro to Counseling (12)
- Intro to Documentation (12)
- Survey of Community Resources & Case Management (8)
- Working with Diverse Populations (12)
- Intro to Group Counseling (8)
- Crisis Intervention (16)
- HIV/AIDS & Blood-Borne Pathogens (8)
- Community Approach to Promoting Behavioral Health (8)
- Family Systems I (16)
- Recovery, Health, Wellness, & Balance (8)
BHA-II Training

- Psycho-physiology & Behavioral Health (16)
- Intro to Co-Occurring Disorders (8)
- Tobacco Dependency Treatment (8)
- DSM Practice Application (12)
- Advance Interviewing Skills (16)
- ASAM Practice Application (12)
- Case Studies & Clinical Case Management (8)
- Traditional Health Based Practices (8)
- Intermediate Therapeutic Groups Counseling (16)
- Applied Crisis Management (8)
- Community Development Approach to Prevention (12)
- Family Systems II (16)
BHA-III

- Treatment of Co-Occurring Disorders (12)
- Advanced Behavioral Health Clinical Care (40)
- Documentation & Quality Assurance (16)
- Intro to Case Management Supervision (16)
- Applied Case Studies in Alaska Native Culture Based Issues (8)
- Behavioral Health Clinical Team Building (12)
- Intro to Supervision (8)

BHP

- Issues In Village-Based Behavioral Health Care (40)
- Special Issues in Behavioral Health Services (16)
- Competencies for Village-Based Supervision (16)
- Principals & Practice of Clinical Supervision (40)
Learning from our Partners - Challenges

- Waitlists
- Economies of Scale
- Staffing
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Learning from our Community

“...we can get you in for an intake assessment in about 3 weeks...”

“Thank you for coming in today...can you fill out this 17 page intake packet...”

“...you meet criteria for residential treatment, soonest bed available is about 2-3 weeks out”
Learning from our Partners - Success

- Growing BH Departments
- Focus on Youth and Families
- Expanding Continuum of Care
Learning from our Partners - Strategies

Didgwalic Wellness Center – Swinomish Tribe; Anacortes, WA

Our mission is to improve outcomes with quality health care solutions by removing barriers to treatment.
Behavioral Health

- BHA Program
- Advocacy – Tribal BH Directors
- Capacity Building & Tech Asst.
- BH Research
Capacity Building & Technical Assistance
"I was so angry I broke my own arm... you're helping me connect with the part of me I like about myself."

"... he went from talking non-stop gibberish and agitated, to sitting still and saying 'thank you, this was helpful.'"
I want to help my loved one enter treatment.
Alaska CRAFT Grant

- 5-year grant
- A new option for addressing substance misuse in Alaska
Community Reinforcement and Family Training (CRAFT)

What is CRAFT?

- Reduce Loved One's Substance Use
- Engage Loved One into Treatment
- Improve Family Member’s Wellbeing
Family Member/Friend

- CRAFT
- Wife
- Husband
- Son
- Daughter
- Grandmother
- Grandfather
- Cousin
- Aunt
- Uncle
- Foster Parent
- Boyfriend
- Girlfriend
- Partner
- Friend
CRAFT Helps Family Members...

- Improve Communication & Problem Solving
- Increase Effective Helping Behavior
- Enhance Family Member Wellbeing
Why are we using CRAFT?

Trying Something Different
First in Alaska

More Effective Than Other Interventions
Why are we using CRAFT?

Works for diverse populations

Regardless if loved one enters treatment, family member personally benefits
Alaska Blanket Exercise

- Historical Trauma
- Generational Trauma
- Resilience & Healing
Alaska Blanket Exercise
Alaska Blanket Exercise

“I understand historical trauma so much better. It’s one thing to read about it, completely different walking through this activity.”

“Being new to Alaska, I had no idea about this history. So helpful to learn about the past and have this experiential activity.”
Addiction Medicine Capacity Building

- Rural MAT Toolkit
- Addiction Medicine Consultation
- Addiction Medicine ECHO
- Population Health Tools