Integrated Comprehensive Mental Health Program

State and Tribal plans inform and are informed by the Comprehensive Program Plan

COMPREHENSIVE MENTAL HEALTH PROGRAM PLAN

Integrated: Areas of Mission Overlap & Shared Responsibility

“Core”: Programs supported with funds from the Mental Health Budget or State operating and capital funds clearly allocated to advance the Comprehensive Mental Health Program
Goal 1: Early Childhood

Goal 2: Healthcare

Goal 3: Economic & Social Wellbeing

Goal 4: Substance Use Disorder Prevention

Goal 5: Suicide Prevention

Goal 6: Protect Vulnerable Alaskans

Goal 7: Service in Least Restrictive Setting

Goal 8: Services in Institutional Setting

Goal 9: Workforce, Data, and Funding

Foundational Goal: The State of Alaska will provide adequate resources and funding to support a comprehensive behavioral health service system promoting independent, healthy, Alaskans so that they may live meaningful lives in communities of their choosing.

The plan can be found here: http://dhss.alaska.gov/Commissioner/Pages/MentalHealth/default.aspx
Resources:
Alaska Scorecard
Outcomes and Monitoring

http://dhss.alaska.gov/Commissioner/Documents/MentalHealth/resources.pdf
What is the Alaska Scorecard?

The Alaska Scorecard has been the tool used by many policy makers, advocates, grant writers, Trust staff, etc. to measure the outcomes of the previous Comp Plan, titled *Moving Forward*, from 2007 until 2019.

The scorecard has been updated to reflect the desired outcomes of *Strengthening the System*.
2020 Updated Alaska Scorecard Process

- The primary indicators were vetted by the Comp Plan leadership team.
- Narratives to explain the story behind the population health indicators will be finalized in the coming months.
- The leadership team works with data source contacts to ensure baseline data is timely and reliable.
- Scorecard indicators are formatted using a Results Based Accountability (RBA) format.
Healthcare

Goal 2: Alaskans Have Access to Integrated Healthcare Options that Promote Optimal Health, Wellness, and Independence

Indicator: Percentage of population without health insurance in Alaska and U.S., 2009 – 2018

<table>
<thead>
<tr>
<th>Year</th>
<th>Alaska</th>
<th>U.S.</th>
<th>Linear (Alaska)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>17.0</td>
<td>16.2</td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>15.6</td>
<td>15.2</td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td>14.2</td>
<td>14.0</td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>13.0</td>
<td>13.0</td>
<td></td>
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<tr>
<td>2013</td>
<td>12.0</td>
<td>12.0</td>
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<tr>
<td>2014</td>
<td>11.0</td>
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<tr>
<td>2015</td>
<td>10.0</td>
<td>10.0</td>
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<tr>
<td>2016</td>
<td>9.0</td>
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<tr>
<td>2018</td>
<td>7.0</td>
<td>7.0</td>
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</tbody>
</table>

Population: Alaska Statewide

Prevalence Result: COPI 40.4 OBJECTIVE 2.1: Alaskans have access to integrated healthcare options that promote optimal health, wellness, and independence.

Story behind the baseline (info, research, agenda, “course”). Without access to and coverage for healthcare services, which impact health in all geographic areas, there is increased risk of Alaska’s population having poor physical and mental health outcomes. The Department of Health and Social Services’ work to meet the goals of this objective is direct, measurable, and documented. For the years 2009-2018, Alaska’s percentage of population with adequate health insurance has increased by 6.0% and the U.S. by 9.0%. In 2018, 8.0% of Alaskans were uninsured, compared to 7.2% nationally. Even with access to health insurance, barriers continue to exist in receiving services. There are often long wait lists for the first appointment for a new patient, and many primary care providers have shifted to value-based care, which can be more expensive. There are also efforts to reduce barriers to access care, including technology, telehealth appointments, and community health aide training to provide care to underserved areas.

Partners:
- Centers for Medicare and Medicaid
- Indian Health Services
- Alaska Primary Care Association
- Alaska Behavioral Health Association
- Alaska Mental Health Trust Authority

What works (info, research, “solution”): Include text (new text)

What works must be healthy if the state is to thrive. With adequate population health, more people attend work and school, participate in communities, engage in traditional Alaska activities, and live longer with improved health. To improve overall health, Alaska’s leaders and partners must create an integrated healthcare system that promotes health, wellness, and independence. This includes ensuring that all Alaskans have access to primary care services, including mental health and services for women and children. The Alaska Primary Care Association has seen an increase in the number of primary care providers, and there is a growing focus on telehealth services. This has helped to improve access to care in underserved areas. The Alaska Mental Health Trust Authority has also been successful in improving mental health services for Alaskans.
Barriers to Timeline

- Strengthening the System’s focus on upstream prevention effort and its emphasis on young children makes it challenging to find established reliable data sources.
- Data timeliness has been an ongoing barrier for new indicators.
- Compiling data from multiple sources slows down the data requests.
- Many of the potential data sources identified are too narrow in scope and focus on the quantity and quality of a specific program or clinical aspect of a specific system.
Population Based vs. Process Driven

Population Accountability focuses on a large population or geographic area, such as all Alaskans, all Trust beneficiaries, all elders in rural Alaska.

Focus on whole populations without regard to whether they are getting services from anyone or not. It is bigger than any one program.

Example - Goal 3: Economic & Social Well-Being

• Population: All Alaskans (statewide population)
• Population result: Trust beneficiaries have strong economic and social well-being
• Indicator: Percentage of rental occupied households that exceed 50 percent of household income dedicated to housing (3.1)
Goal 5 - Suicide Prevention

5.1 Objective: Coordinate prevention efforts to ensure that Alaskans have access to a comprehensive suicide prevention system.

- Indicator: Rate of suicide attempts (rate per 1,000 ED visits).
Goal 5 - Suicide Prevention

5.2 Objective: Support and improve the system to assist individuals in crisis.

• Indicator: Rate of suicide (rate per 100,000; age adjusted)
• Indicator: Rate of suicide (rate 15-24 year old)
Goal 7- Services in the Least Restrictive Environment

7.2 Objective: Increase access to effective and flexible, person-centered, long-term services and supports in urban and rural areas to avoid institutional placement.

• Indicator: Percentage of Alaskans who meet criteria for an institutional level of care who were served by a home and community-based waiver
Goal 7- Services in the Least Restrictive Environment

7.3 Objective: Reduce the number of Trust beneficiaries entering or becoming involved with Alaska’s criminal justice or juvenile justice system

• Indicator: Percentage of all therapeutic court referrals that were diverted from regular court action and admitted to a therapeutic court.
• Indicator: Percentage of all juvenile justice referrals that were diverted from formal court action.
Goal 8- Services in Institutional Settings

8.1 Objective: Establish a standard of care to ensure individuals receive appropriate therapy and supports while residing in psychiatric settings in state or out of state.

• Indicator: Readmission to any psychiatric hospital: 30 days (18+ years old)
• Indicator: Readmission to any psychiatric hospital: 30 days (younger than 18)
What’s Next: Digital Format

• Historically the Alaska Scorecard has been a PDF of 60+ pages. The workgroup is encouraging the use of an interactive, web-based software that aligns with RBA’s method of producing minimum paper and modernizes how users can interact with the Scorecard.

• The previous Alaska Scorecard is downloaded about 1500+ times per year.
Comp Plan Position

• The Comp Plan Coordinator position works collaboratively with the Trust to prepare, and periodically revise and amend the Comp Plan.

• The Coordinator will serve as the DHSS lead responsible for alignment of staff and projects within the department, data tracking and evaluation, and full engagement with partners and stakeholders for the most recent plan.

• The Comp Plan position will be posted to workplace Alaska in January.
MOA- Addendum

- The 2018 MOA for the Comp Plan was updated via an addendum in November 2020 in accordance with the *Review of Agreement* provision.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>November 2020 *</td>
<td>Final primary indicators chosen</td>
</tr>
<tr>
<td>January 15, 2021 *</td>
<td>Final narrative written for all primary indicators</td>
</tr>
<tr>
<td>February 15, 2021 *</td>
<td>Finalize data to include baseline data for each indicator</td>
</tr>
<tr>
<td>March 1, 2021 *</td>
<td>Complete the Alaska Scorecard and any corresponding Trust Beneficiary prevalence data</td>
</tr>
<tr>
<td>March 15, 2021</td>
<td>Completed Scorecard is posted to DHSS website</td>
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<tr>
<td>April 30, 2021</td>
<td>Develop an actionable plan to procure and implement web-based interactive scorecard platform.</td>
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<tr>
<td>May 1, 2021</td>
<td>Finalize implementation framework and action planning documents</td>
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<td>Provide a summary of any changes to indicators, indicator targets, and prevalence data for the next annual update</td>
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<tr>
<td>June 15, 2021</td>
<td>Convene Comp Plan leadership group to discuss maintenance of effort for the coming years</td>
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* Concurrently working to find a suitable web-based interactive scorecard platform.
Crisis Continuum of Care

The Scorecard supports the work the Trust does by aiding in date driven decision making.

The scorecard with its new format will help to highlight gaps in the service continuum of care.

It will also guide program officers to direct resources in the areas of the Comp Plan that need significant improvement and or investment.
Thank You!