

Community-Based Services

Trust
Alaska Mental Health
Trust Authority

Alaskan Seniors
Living Longer Growing Stronger
from the Alaska Commission on Aging

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Essential community-based services offer Alaskans with disabilities and behavioral health conditions the opportunity to receive care in their home or their community, rather than in institutions or other isolated settings.

Community-based services are critical for Alaskans with intellectual and/or developmental disabilities, behavioral health disorders, dementia, and traumatic brain injuries. Some of these services are provided via telehealth or are distance delivered.

These services might include:

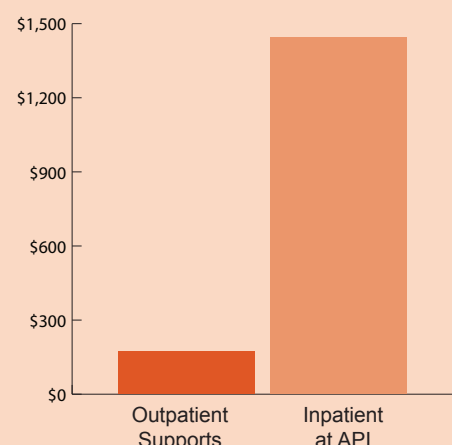
- Personal care services and respite
- Mental health treatment and recovery services
- Addiction treatment and recovery services
- Case management
- Job coaching and employment assistance
- Peer support
- Reentry and transition services
- Home-delivered and congregate meals
- Transportation
- Day habilitation
- Assisted living

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Community-based services are more cost effective than institutional care for people with disabilities

- When funding for community-based services is reduced or eliminated, Alaska's most vulnerable citizens are more likely to 'fall through the cracks.' When this happens, they

Average Cost per Day per Person of Outpatient Support and Inpatient Support



can end up in more expensive institutional care — hospital emergency rooms, nursing homes, out-of-state residential care, or prison — usually at state expense.¹

- Community behavioral health treatment costs for Alaskans experiencing mental illness are 88% less than placement in the Alaska Psychiatric Institute.
- Community supports for Alaska’s seniors can cost 45% to 90% less than nursing home care.²
- Home and Community-Based Services (HCBS) Intellectual and/or Developmental Disability (IDD) waiver services cost on average 59% less than services received through Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF/IID).³
- Without community support services, a family can lose their ability to care for a loved one at home.
- A justice-involved individual who experiences addiction or mental illness is at risk for relapse and committing new crimes without access to community recovery and reentry supports.

Key Points

- Community-based services are person-centered and promote independence, choice, and inclusion.
- People with disabilities report that they overwhelmingly prefer services in their home and community.
- Community-based services and supports cost significantly less than institutional care for all payers, including state and federal government.
- These services are funded through Medicaid or other health insurance, out-of-pocket payments, and through grants.

1 Comparing outpatient mental health services provided by community behavioral health centers, clinics, and psychologists (average cost per day of \$174 per person) to inpatient psychiatric treatment at the Alaska Psychiatric Institute (average cost per day of \$1,445 per person) Source: Department of Health and Social Services Division of Behavioral Health Overview, Presentation to the Alaska Legislature, March 11, 2019.

2 Comparing home and community-based services like personal care attendants (average FY18 annual cost \$14,744 per person) and Medicaid waiver services (average FY18 annual cost ranging from \$36,598 to \$90,173 per person) to skilled nursing facility costs (average FY18 annual cost \$163,090 per person). Source: Alaska Department of Health and Social Services Division of Senior and Disabilities Services, Presentation to the Alaska Legislature, March 8, 2019.

3 State of Alaska Automated Budget System, Final Auth20 report, Harmony and COGNOS.

A strong system of community-based services relies on a healthy workforce. The Trust and partner advisory boards are addressing workforce shortages for healthcare professionals including:

- Direct Support Professionals (DSPs)
- Personal Care Assistants (PCAs)
- Case Managers
- Care Coordinators
- Community Health Aides
- Behavioral Health Aides
- Behavioral Health Clinicians
- Peer Support Specialists
- Psychiatrists, Geriatricians, and Neurologists