

# Alaska Mental Health Trust Authority



December 3, 2013

Presentation to House Finance Sub-committee  
Health & Social Services

# Alaska Mental Health Trust Authority

## A historical look at: MHTAAR, GF/MH and Authority Grants

# Catalyst for permanent, improved system changes

- Identify community needs
- Collaborate with governmental agencies, advisory groups, nonprofits, service providers, philanthropic organizations and private sector
- Develop strategic, focused solutions
- Make lasting system improvements

# Long-term commitment: Trust funding of projects 5+ years

FY10: 54%  
\$10,750,000



FY14: 77%  
\$13,900,000

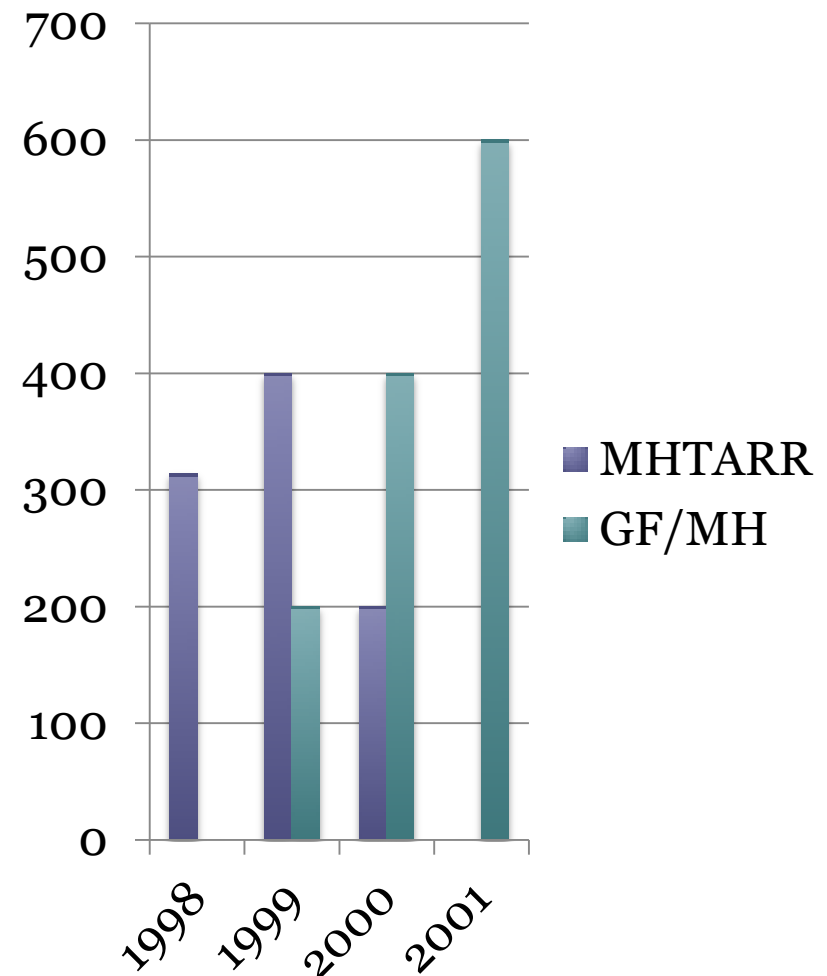
\*MHTAAR and Authority grants combined

## A look back: Harborview, an institution in Valdez for people with developmental disabilities

- Trust funded nearly \$2 million for operations of Harborview while state made lasting system changes and transitioned to community-based services

# A partnership: Hiland Mountain Correctional Center, women's mental health unit

- In the 1990s, women were being held in seclusion and conditions were extremely poor
- Concerns about safety, quality of care, and potential legal challenges
- Partnering: MHTAAR \$914.0 funds paid to transition the inpatient mental health treatment unit to \$600.0 GF/MH



# Microenterprise Grants

- FY08 – FY12
  - 81 businesses funded
  - Total of \$440,000 MHTAAR
    - FY14 \$25k GF/MH
  - 75% of awardees still in business
- Examples of businesses
  - alpaca farm, carpentry, salon, coffee shop, metal art, crafts, cleaning services, community rehabilitation, boat power washing, business support

## Quotes from Microenterprise Grantees:

“I wouldn’t be doing what I’m doing without the grant. I probably wouldn’t be doing much of anything.”

“Because of the grant I am now self-employed and enjoying life. I’m not getting rich, but I am self-sufficient.”



- Mini Grants

- Provides Trust beneficiaries with a broad range of equipment, supplies and services to improve quality of life, and independent functioning, and help them attain and maintain healthy and productive lifestyles
- FY08-FY13: 4,590 awards totaling \$5.5 million

- Tele-psychiatry

- FY00 Authority Grant for \$75.0 for Ketchikan/Metlakatla
- FY08 Copper River Native Assoc. \$119.0
- FY08 MHTAAR \$145.0 to API

- Dental Health Aide

- Initial planning funds of \$77.0 to ANTHC for Village Based Health Provider Training

# Tribal Behavioral Health Services Capacity Development

- Partnered with Denali Commission on efforts to establish health clinics across rural Alaska
  - Trust provided matching funds for behavioral health space in clinics
  - Invested nearly \$1.7 million from FY05-FY10
- Medicaid billing assistance
  - FY10-FY13 \$800.0 MHTAAR
- Development of behavioral health aide training manual
  - FY10-FY12 \$200.0 Authority grant

# Capital Projects

- Essential equipment, deferred maintenance, home modifications
  - Partnership of MHTAAR & GF/MH
- Pre-development Program
  - A partnership with Rasmuson Foundation, Denali Commission and the Mat-Su Health Foundation
  - Technical assistance to nonprofits in developing sustainable capital projects
  - Trust commits \$300k annually; total of \$2.4 million since FY07
- Trust Partnership Program
  - Provide nearly \$1 million annually to assist with capital projects for nonprofit sector

# Fairbanks Enhanced Detox Center

- Trust led partnering effort to build Fairbanks Enhanced Detox Center
- \$3.3 million capital project
  - Trust funded \$250k
- The Trust owns and maintains facility that enables local provider, a DBH grantee, to promote recovery in Fairbanks

# Lessons Learned

- Barrow Therapeutic Court
  - Trust was sole funder FY06-FY13; \$600.0+
  - Customized the national model for community; on-going challenges compared to other therapeutic courts (logistics, continuity with service providers)
  - Natural opportunity to stop project and re-evaluate to determine if we need to change method to better suit community need and capacity
  
- Planning for Southcentral Foundation's Children's Residential Psychiatric Treatment Center
  - Trust was a partner in planning process, however feasibility study didn't pan out for building

# IMPACT: Improving Mood Promoting Access to collaborative Treatment

- In 2008, the Trust approved feasibility planning and grant funding
  - IMPACT is an evidenced-based, intervention model designed for primary care environments with a track record of twice the depression recovery rates than usual depression therapies
  - Trust worked with 4 Tribal sites & 2 urban locations
  - FY09-FY14: Trust granted \$1.2 million
  - Evaluation revealed that the model itself resulted in exceptional patient outcomes, however it was not *yet* sustainable
  - Trust refocused efforts on broader issue of payment reform and workforce to support future implementation efforts to expand access to behavioral healthcare in primary care settings

# MHTAAR & GF/MH

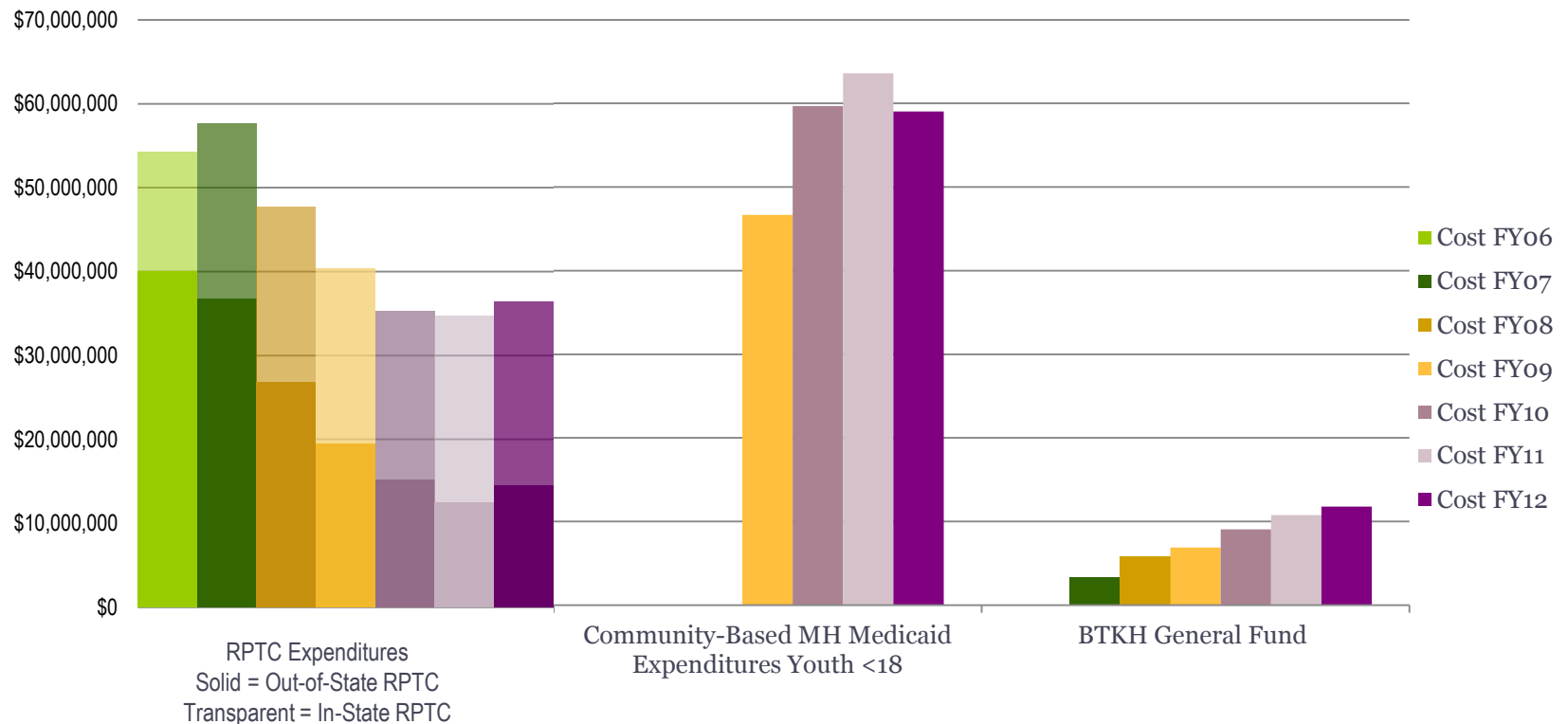
## Partnering for System Change



# Bring the Kids Home

- FY06: **743** Alaskan children with severe emotional disturbances received out-of-state residential psychiatric treatment services
  - length of stay varied from several months to multiple years
  - costs at \$40+ million Medicaid paid to out-of-state providers and increasing
- Committed partners
  - DHSS, behavioral health service providers, parent and youth advocates, Trust partner boards, Alaska Native health providers, Dept. of Education, Denali Commission and others
- Strategic thinking
  - intervene earlier, more intensively, and with the family
  - use residential resources carefully
  - develop in-state treatment for youth with complex needs
- Trust invested \$16 million to facilitate complete re-engineering of Alaska's child and adolescent mental health system in 8 years
- FY13: **112** Alaskan children with severe emotional disturbances received out-of-state residential psychiatric treatment services

- Out-of-state RPTC expenditures **64% lower than FY06**
- In-state RPTC expenditures 54% higher than FY06
- Overall RPTC expenditures 33% lower than FY06
- Community mental health expenditures for youth <18 are 26% higher than FY09



# Disability Justice

**Therapeutic Courts:** prevent inappropriate use of Correctional Centers and reduce criminal recidivism for targeted populations

- Anchorage Mental Health Court (est. 1998)
  - Total of Trust funds ~\$1,000.0 (1<sup>st</sup> in Alaska, 3<sup>rd</sup> in the nation) over 5 years to develop, implement and evaluate
  - Combined savings of nearly 2½ times program annual operating cost (\$293,000)
  - 2005 transitioned to GF/MH and used available Trust funds to expand to Palmer
- Palmer Mental Health Court (est. 2005)
  - Total of Trust funds ~\$600.0 to develop, implement and evaluate
  - Participants were less likely to engage in new criminal conduct after exiting the program (17%) than an equivalent group (40%)
  - 2007 transitioned to GF/MH and used available Trust funds to expand to other locations
- Current Trust funded mental health courts
  - Fairbanks Juvenile Mental Health Court (est. 2008); FY14 \$245.6 MHTAAR
  - Juneau Mental Health Court (est. 2008); FY14 \$204.4 MHTAAR

# Disability Justice

**Bethel Sobering Center:** Reduce use of correctional facilities to provide non-criminal protective custody

- Total Trust funds ~\$600.0
- Planning initiated in 2008; at that time the Yukon Kuskokwim Correctional Center had 20% of all protective custody holds statewide
- Developed an alternative solution to provide safety and access to treatment
- Represents a local, tribal and state partnership
- Opened in February 2011
  - In 2010, Title 47 protective custody holds at YKCC ranged from 60-175/month
  - YKCC has seen a 75% reduction in Title 47 protective custody holds from 2010-2012

# Housing

Adapting our housing programs to maintain stability in the community  
= lower levels of services

- Reduced cost across state and local programs
- Better outcomes with more stability for Beneficiaries
- State investment decreases with Beneficiary independence and self sufficiency

## **Trust partnerships: Alaska Housing Finance Corporation (since 1999)**

- Homeless Assistance Program and Special Needs Housing Grants
- Projects have adequate financing to ensure viable programs and stability for beneficiaries:
  - Capital resources
  - Operations support
  - Augmented social services resources to make Medicaid and DHSS programs more effective

# Housing: FY15 Capital Recommendations

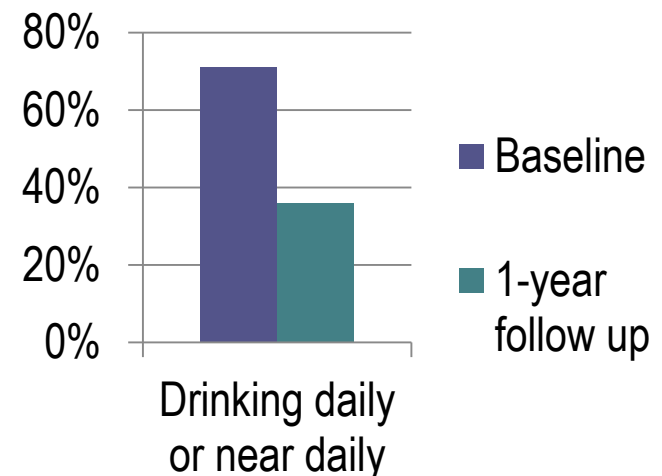
<b>AHFC FY15:</b>	<b>Proposed</b>
• AHFC Special Needs Housing - GF/MH	\$1,750.0
• AHFC Homeless Assistance Program	
▫ AHFC - GF/MH	\$ 6,300.0
▫ DHSS – GF/MH	\$ 850.0
▫ <u>MHTAAR</u>	<u>\$ 850.0</u>
▫ <b>Total:</b>	<b>\$ 9,750.0</b>

# Housing Project Example

*Housing First:* Replicating housing models that reduce emergency or institutional levels of service

- Approximately \$4.1 million total cost
  - Partnership with AHFC, Trust, DHSS
- Targeting the most vulnerable and costly homeless
- On-track to replicate Outside results:
  - Seattle decreased drinking by 30% and reduced costs by \$4 million in 12-month period

- Drinking patterns show decrease in use over one year in stable housing in Anchorage

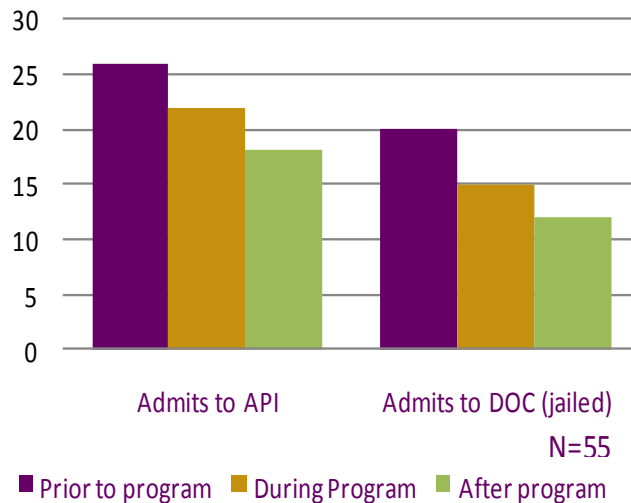


# Housing Project Example

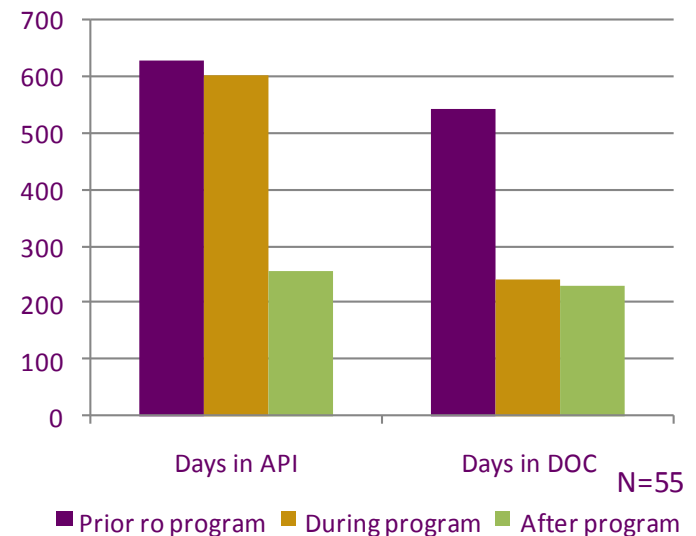
Bridge Home program targeting people exiting Alaska Psychiatric Institute or Dept. of Corrections through intensive community outreach project

- Bridge Home Program: FY14 \$750.0 MHTAAR
- Total investment since FY06: \$6,250,000 MHTAAR
- Medicaid supportive services utilized in the program

## API\* & DOC\*\* Admits



## Days in API\* & DOC\*\*



People demonstrated ability to remain stable in housing (and out of institutions) with lower cost supportive services



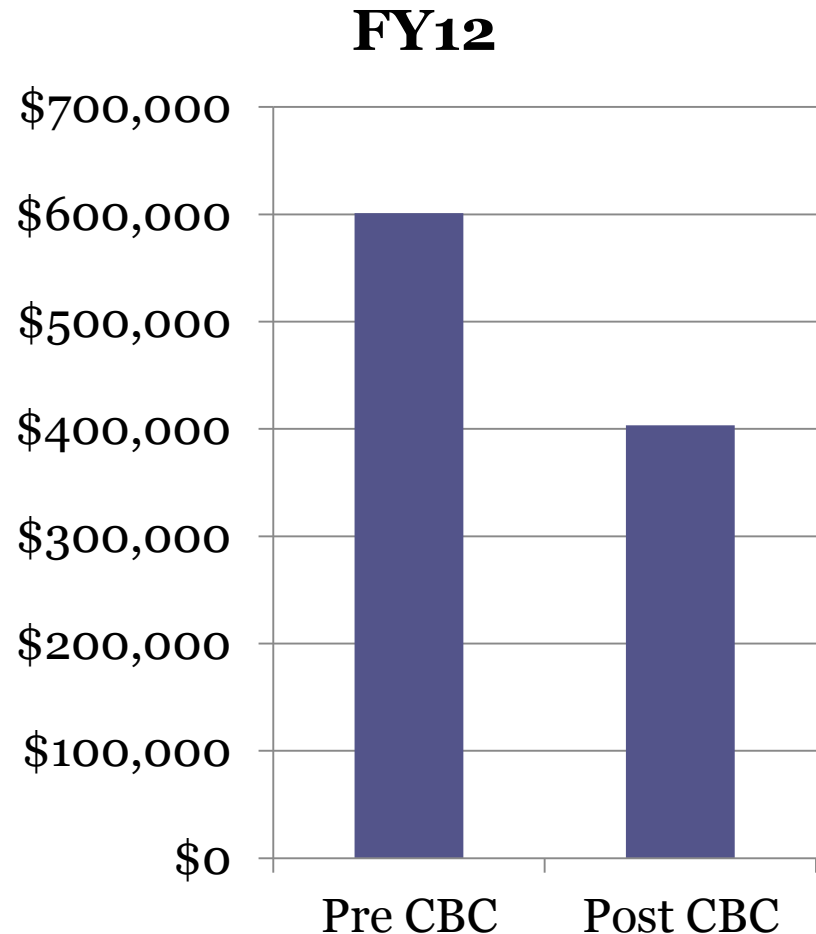
# Trust FY15 Legislative Priorities

# Complex Behavioral Collaborative

- Goal of program:
  - Build capacity and expertise within the state to serve individuals with complex behavior management needs
  - Keep individuals at the community level thereby preventing and/or reducing high-cost placements (API, correctional facilities, out-of-state placements)
  - FY12: \$150.0 MHTAAR; \$325.0 GF/MH
  - FY13: \$325.0 MHTAAR; \$325.0 GF/MH
  - FY14: \$450.0 GF/MH OTI
  - FY 15 Recommendation: \$450.0 GF/MH

# Outcomes of CBC

- Review of data indicates there is a reduction in Medicaid costs following the phasing out of CBC services
- Data reflects 42 participants
- FY13: 76% participants avoided institutional care



# FY15 Requests to Transition from MHTAAR to GF/MH

- DJJ Trauma Informed Care

- FY14: \$75 MHTAAR
- FY15 Request: \$75 GF/MH
- Began in FY13 with Trust funding
- Project results: Prior there were 46.5 restraints per year and following training, restraints decreased significantly to 5.2  
(over 9-month time period)

- Early Intervention for Young Children

- Began in FY10 with Trust funding
- FY14: \$200 MHTAAR
- FY15 Request: \$100 GF/MH & \$100 MHTAAR
- Project results: Intensive Family Preservation project in FY13, 82% of children served were able to remain in their homes

# FY15 GF/MH Operating Requests

	MHTAAR	GF/MH
Complex Behavior Collaborative	0	450.0
DOC Mental Health Clinical Positions	0	230.0
Traumatic/Acquired Brain Injury Case	0	600.0
Area Health Education Centers	0	652.9
National Family Caregiver Grant Program	0	200.0
Nutrition, Transportation & Support Services	0	345.0

<b>Transfers from MHTAAR to GF/MH</b>		
DJJ Trauma Informed Care	0	75.0
Early Intervention for Young Children	100.0	100.0

# Thank you



Alaska Mental Health Trust Authority