

Statewide Behavioral Health Distance Based Training and Delivery System

Alaska Children's Services

Total Cost: \$8,540,000

Program Objectives:

1. Reduce the number of violent deaths and suicides in Alaska
2. Provide training to recognize potentially violent mentally ill people and provide training and resources to intervene before violence occurs
3. Provide early intervention treatment for children with Fetal Alcohol Spectrum Disorders
4. Provide early intervention for families experiencing children with behavioral health issues
5. Collaborate with Village Elders in communities where youth are experiencing behavioral health issues such as violence to self or others
6. Train local community based treatment providers, school personnel and other providers in rural communities using applied research and best practice approaches.
7. Expand the behavioral health knowledge base in rural Alaska

Facility Program Goals:

1. Keep Children and family intact when they experience behavioral health issues.
2. Reduce the need to move children away from family and home community
3. Reduce the need of sending children out of state for treatment for behavioral health services
4. Reduce the overall cost of providing services to children in need of behavioral health treatment

Background:

Alaska Children's Services has a long history of providing high quality services to Alaska's Children and Families. This was true at the very beginning, when we were simply known as the Jesse Lee Home in Unalaska. It was true when we moved to Seward and expanded our services. It was true in the 1970's with the merger of the three original institutions that formed the organization that we now call Alaska Children's Service. It is true today as we seek to provide the very best services to the children and families of Alaska in new and creative ways.

Today Alaska Children's Services is recognized nationally as one of the "cutting edge" treatment service providers for young people in the country. We are known for being an early adopter of best practice treatments and applying these treatment modalities to our everyday practices. We have worked collaboratively with other organization in the Northwest and throughout the country to incorporate treatment services for both community based and residential services. Our training department trains programs throughout the state to advance treatment services for the young people in Alaska no matter where they live.

The Alaska children's Services training department works hand in hand with the State of Alaska's Division of Behavioral Health (DBH), the University of Alaska Anchorage (UAA) and a host of nonprofit agencies throughout the state. We manage and facilitate the Residential Care for Children and Youth Training Grant for the Division of Behavioral Health, which intern empowers us to provide training and consultation to thirteen organizations across Alaska. The effort benefits over 400 children and youth daily who receive 24-hour care or home-based treatment through the training and technical support of 1000 staff and foster parents who serve them. We collaborate with the University's Center for Behavioral Health Research Services Division, which includes the Fetal Alcohol Spectrum Disorder's Regional Training Center (FASD RTC), UAA Integrated Suicide Prevention initiative (UAA ISPI), and Community Clinical Psychology intern Program. Alaska Children's Services staff serve as adjunct faculty on the FASD RTC, as well as providing suicide prevention training to the UAA ISPI staff. In addition, the Alaska Children's Services training department collaborate with the Alaska Child Trauma Center, Alaska Center for Resource Families, Alaska Youth and Family Network, Stone Soup Group, and Chugachmiut. In working with these organizations, Alaska Children's Services is able to offer evidenced-based and informed practices that delivers a strong foundation of training and support for staff and families. Curricula regularly trained include: Attachment, Self-Regulation and Competency (ARC) trauma training; Gatekeeper Suicide Prevention and intervention training; Pressley Ridge Treatment Foster Care curriculum; Positive Behavioral Support; *Brainwise* critical thinking skills; FASD Into Action and will soon be equipped to train Mental Health First Aid for Youth which was just released late last year and the first train the trainers class graduates in February 2113.

The Physical Structure and Associated Equipment

Building Square Footage: 14,925

All land, building operating costs and maintenance provided by Alaska Children's Services.

Whether it is violence towards another or violence aimed inwardly or both, the nation and our state is witnessing a dramatic increase in violence by young people below 25 years of age. Much of this violence can be prevented if we are able to intervene early. Early intervention comes in a variety of forms; the earliest is geared towards the parents and other members of the family. This early intervention seeks to put knowledge and tools in the hands of the individuals most likely to spot trouble and be in the position to intervene at the first signs. Giving family members and educators the right tools and skills can prevent a lifetime of hardship on the part of the individual, his or her family and all the people who live within their range of harm.

The vision behind the Statewide Behavioral Health Outreach and Training Center was born from a variety of sources. First and foremost, the vision was born out of a desire to reach more children and families in need of high quality treatment services. There is a commonly held maxim in the behavioral health field that proclaims that it takes a minimum of eight years before well-research treatment technology are introduced to the providers of treatment services. This eight year maxim doesn't even take into account the extended length of time and effort to translate and adapt services developed for Caucasian clientele living in an urban setting into services that meets the needs of rural communities

and culturally diverse populations. By having this Center, Alaska Children's Services will be able to dramatically reduce the amount of time it takes Alaskans to receive the very best treatment adapted to the unique needs of Alaska's people.

We believe that far too many families in Alaska ultimately have to settle for out of home, out of community and out of state treatment. This reality results in delays in treatment services that both take a toll on valuable time and emotional hardship for children and families and the overall cost to the state of Alaska financially. We seek to provide training and mentoring to individuals who wish to provide treatment and care in their own village, where treatment is most effective and the least expensive. We are all too familiar with the limitations in workforce resource so we are clearly targeting the most logical individuals; family members, elders, clergy, school personnel and the occasional professional or Para-professional.

Oftentimes children with behavioral health issues, such as Fetal Alcohol Spectrum Disorder, Attachment Disorder, Trauma Disorders and early onset of mental illness progressively need specialized services that are not available to them in their villages due to the lack of training opportunities for teachers, other professionals and family members. Even if the training were available, training without deliberate follow up and mentoring would fall short of the expertise needed to meet the sometimes complex requirements necessary to sustain the adequate care to keep the child at home and in his or her community. This is why along side of the training and we will provide outreach that will augment training with clinical back up using technology such as cell phones and tele-behavioral health. As a 24/7 facility we are prepared to manage crisis or simply to answer behavioral health questions any time night or day. We believe that by having the Statewide Outreach and Training Center, Alaska Children's Services will dramatically reduce the amount of time it takes Alaskans to receive the very best treatment available.

Our goal is to significantly expand the number of trained individuals in Alaska who will be equipped to intervene and support young people grappling with issues of violence, suicide, Fetal Alcohol Spectrum Disorder, trauma based disorders, Autism Spectrum Disorder and attachment disorders. By providing individuals throughout the state with the tools and skills necessary to both identify problems early and meet the needs of these behavioral health issues in the home and home communities, we can dramatically reduce the effects of these and other behavioral health disorders on fellow Alaskans and on the lives of the next generation.

We believe that the co-location of this center and our active treatment program bring efficiency and practicality to this project. By housing the Statewide Behavioral Health Outreach and Training Center alongside of our community and residential treatment services, our training will be more applicable to families and providers in Alaska. By using staff who work daily with children from all parts of the state as trainers we are able to use hands-on examples to better illustrate the practical application of well research techniques. We believe that we may get just one invitation to a community and we believe we will have a better chance of reaching people with tried-and-true menthol rather than offering training that has not been vetted and tailored to the community settings in Alaska.

Youth and Family Statewide Behavioral Health Outreach and Training Center

The Facility itself has been designed with a dual purpose: an active treatment setting with state of the art treatment modalities in mind with in-person and Tele-behavioral health components and a training facility for professional and parent with a focus on in- house, in- community and distance learning. This will necessitate the flexible use of space geared toward multimedia production equipment what will permit activity within the facility to be recorded. This dual function will give trainees hands-on experience as well as provide others with real time examples of how various techniques and modalities are to be implemented.

This facility is estimated to require approximately 14,925square feet, at a cost of approximately \$8,540,000. The facility will house multipurpose training rooms with movable partitions to create on sizable space, for both large and small groups. In addition to this multipurpose training area, there will be classrooms to treat and educate young people and families from throughout the state both in person and connected electronically. Like the rest of the facility, this space will be used to provide ongoing treatment services to young people and training for families while supplying demonstration for training purpose on line and in various digitally recorded modes. A full kitchen will be available to prep food for facility based training as well as serve as a teaching kitchen to better assist young people in learning daily living skills.

The Statewide Behavioral Health Outreach and Training Center will be on the property already owned by Alaska Children's Service which will not only assist in initial cost savings but continues to provide for cost savings with ongoing maintenance. All maintenance required for the Statewide Behavioral Health Outreach and Training Center will be provided by an existing maintenance team with years of experience in all aspects of preventive maintenance , facility repair and safety preservation. The ongoing maintenance plan will insure that the Center will be maintained and functional for many generations to come

In closing, research provided though the Center for Disease Control has revolutionized children's behavioral health treatment by tying together behavioral health and the effects of adverse childhood experiences. The cold facts are that young people with behavioral health issues will live significantly shorter and more traumatic lives than the general populations unless we can intervene in their live before lifelong maladaptive coping mechanism are ingrained in their way of life. The Statewide Behavioral Health Outreach and Training Center purpose is to intervene early to disrupt these potential patterns. Simply stated our intent is to intervene in the lives of children where they live before the use of violence against self and others or drug and alcohol use becomes their knee jerk reaction to any and all stress in their lives.