

# BEHAVIORAL HEALTH SYSTEMS OF CARE

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A PARENT'S PERSPECTIVE



# OUR STORY

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# WHAT IS A “SYSTEM OF CARE?”

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- Term “system of care” was first used by Stroul and Friedman in 1986
- Core values of a System of Care
  - Family-driven and youth-guided
  - Community-based
  - Culturally and linguistically competent
- Guiding principles for a System of Care
  - broad-base of services, individualized, least restrictive, family/youth engagement, cross-system collaboration, care management, developmentally appropriate, transition-age supports, prevention, continuous quality improvement, protects individual rights, non-discriminatory



# SYSTEM OF CARE IMPLEMENTATION

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- Challenges:
  - Unequal implementation across states
  - Limited access to community-based services in certain populations
    - children with a higher-level of need
    - families in rural communities
- Result:
  - Investigations and lawsuits across the country related to a lack of community-based services and continued reliance on residential treatment

# ALASKA'S STRENGTHS

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- Medicaid waivers
- Relationships with tribal partners and other stakeholders
- State-level legislation
  - crisis intervention
  - telehealth opportunities

# LESSONS FROM OTHER STATES

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- Parents and youth should be equal partners, at the treatment level and at the system level.
- Medicaid is a funding source, not a system design.
- Person-centered data tells stories and transforms systems.

# THANK YOU!

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