



STATE OF ALASKA

DEPARTMENT OF HEALTH

Behavioral Health Roadmap for Alaska Youth

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BEHAVIORAL HEALTH ROADMAP PROJECT

FOR ALASKA YOUTH

Mission: to initiate a timely, intentional path forward to address behavioral health needs for youth and adolescents, ensuring compassionate, appropriate, acceptable, and timely care for every Alaskan child.



Youth Mental Health in Alaska



Suicide is the **leading cause of death** for youth ages 15-24



Of all lifetime cases of mental illness,
50% begin by **age 14**
75% begin by **age 24**



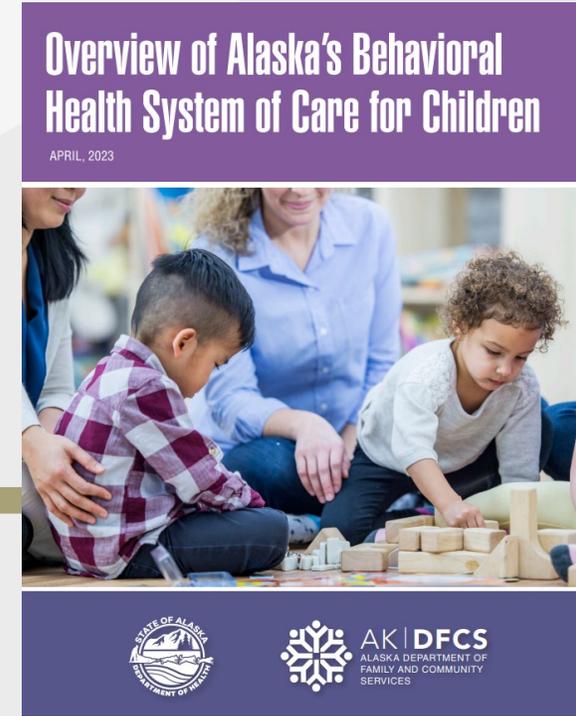
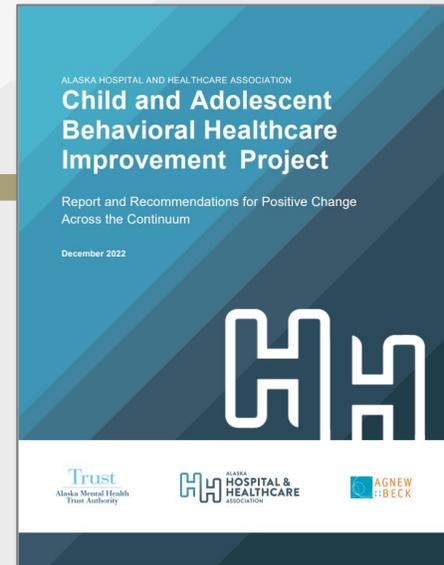
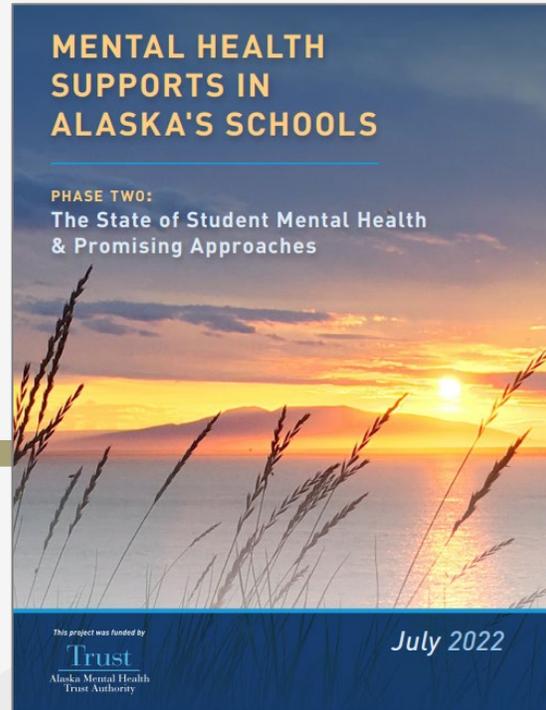
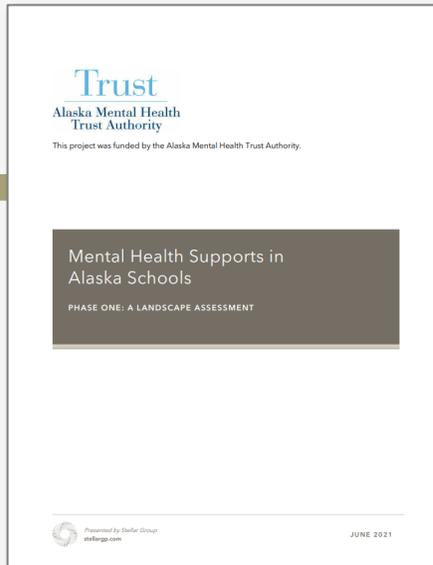
1 out of every 5 high school students in Alaska reported a suicide attempt

Leading causes of hospitalization for youth ages 15-24 in 2022:

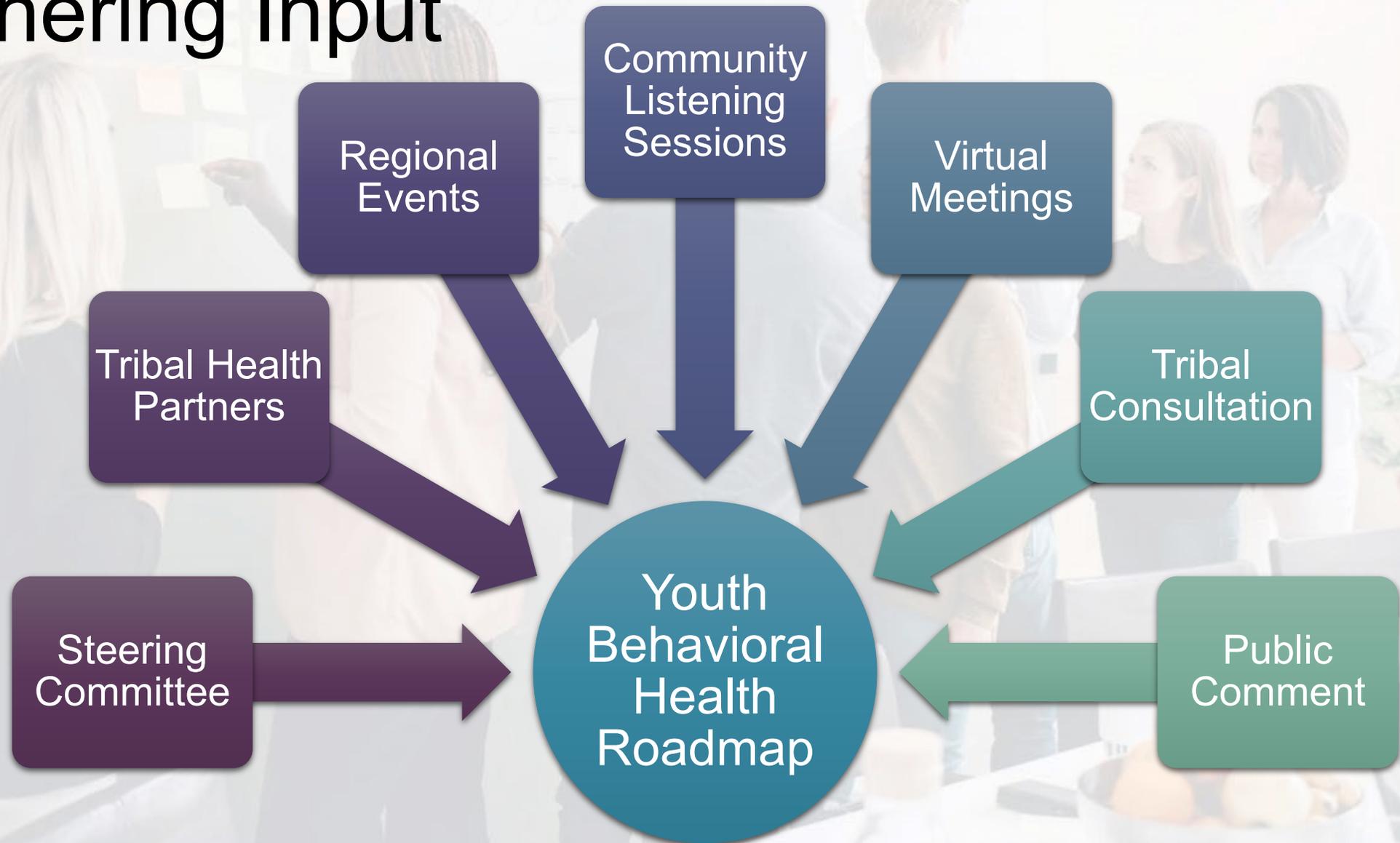
- Depressive disorder
- Suicidal ideation, suicide attempt, and self harm
- Bipolar and related disorders



Background and Assessments



Gathering Input



Steering Committee



- ✓ State agencies
- ✓ Legislators
- ✓ Tribal Health Organizations
- ✓ Provider representatives
- ✓ Alaska Mental Health Trust Authority
- ✓ Behavioral health stakeholder groups

Provides **GUIDANCE** and acts in an **ADVISORY** capacity

Interior
Fairbanks
8/2 - 8/3

66 attendees

Northern
Nome
10/4 - 10/5

46 attendees

Southwest
Bethel
11/15 - 11/16

46 attendees

Southcentral
Mat-Su
11/8 - 11/9

86 attendees

Southeast
Ketchikan
10/16 - 10/17

86 attendees







Prevention & Early Intervention

- Increase access to school-based Medicaid services **in progress**
- Increase youth utilization of call center for prevention **in progress**
- Systems navigation for parent and families



Outpatient Supports

- Improve claims processing **in progress**
- Implement behavioral health organization **in progress**
- Increase federal funding for youth-focused initiatives **in progress**





Crisis & Subacute Care

- Improve crisis continuum services **in progress**
 - Expand mobile crisis teams
 - Bolster crisis stabilization and short-term residential services
- Increase youth suicide prevention efforts **in progress**



Residential & Inpatient Services

- Improve care pending hospital transfers
- Add long-term residential care for specialized populations
- Expand therapeutic treatment homes **in progress**





Step Down Services

- Improve services for individuals with complex needs **in progress**
- Pursue Medicaid waiver for health-related needs **in progress**



Data

- Implement care team notifications in emergency departments
- Identify youth frequently utilizing emergency services for intervention & care coordination
- Analyze data to define key risk factors **in progress**





Care Coordination & Navigation

- Develop a bed registry platform in progress
- Enhance care coordination and navigation by leveraging data
- Expand awareness of existing resources



Provider Support

- Increase opportunities for behavioral health training in progress
- Update Medicaid rate methodology in progress
- Develop regional provider capacity and support



Charting a Path Forward



The Behavioral Health Roadmap for Alaska Youth will be published May 1st

Questions?

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