

North Dakota Behavioral Health Vision 20/20

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AGENDA

01

Strategic Planning
Process Overview

03

Discussion

Background –
Principles of a Good
and Modern
Behavioral Health
System

02

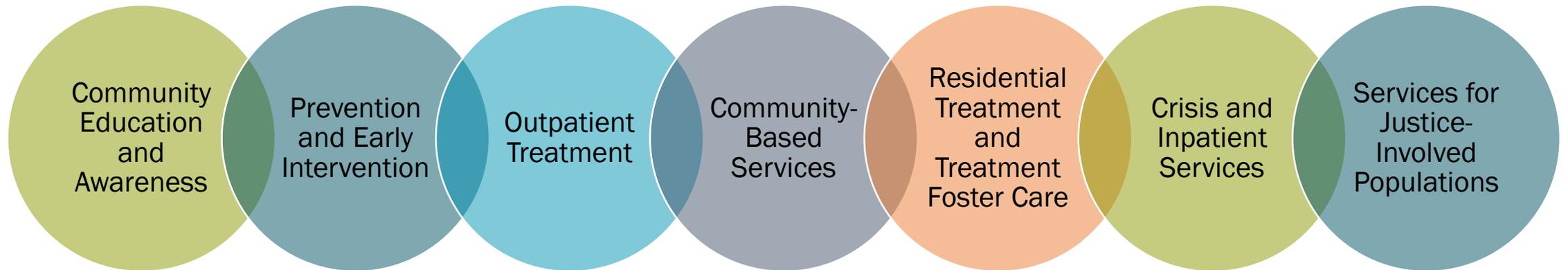
2019 Strategic Goals

04

BACKGROUND: GOOD AND MODERN SYSTEMS

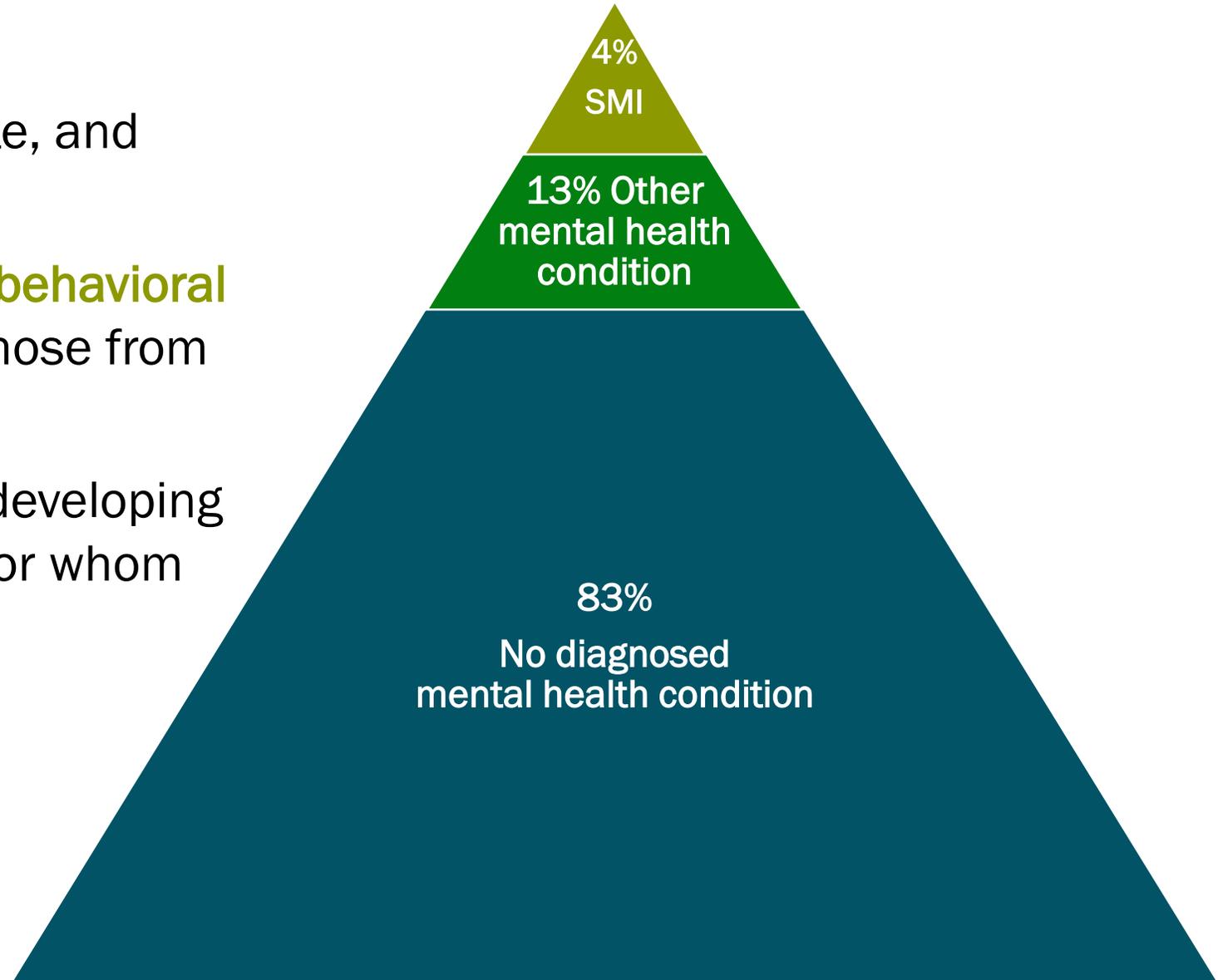


A good and modern behavioral health system spans numerous program types and agencies to provide the right mix of services at the right time.



A **population health** focus includes

- Individuals with mild, moderate, and intensive **service needs**
- Individuals with **undiagnosed behavioral health challenges**, including those from hard-to-reach populations
- Adults and children at risk of developing behavioral health conditions for whom **low-cost, proactive prevention strategies** could avert the need for behavioral health interventions

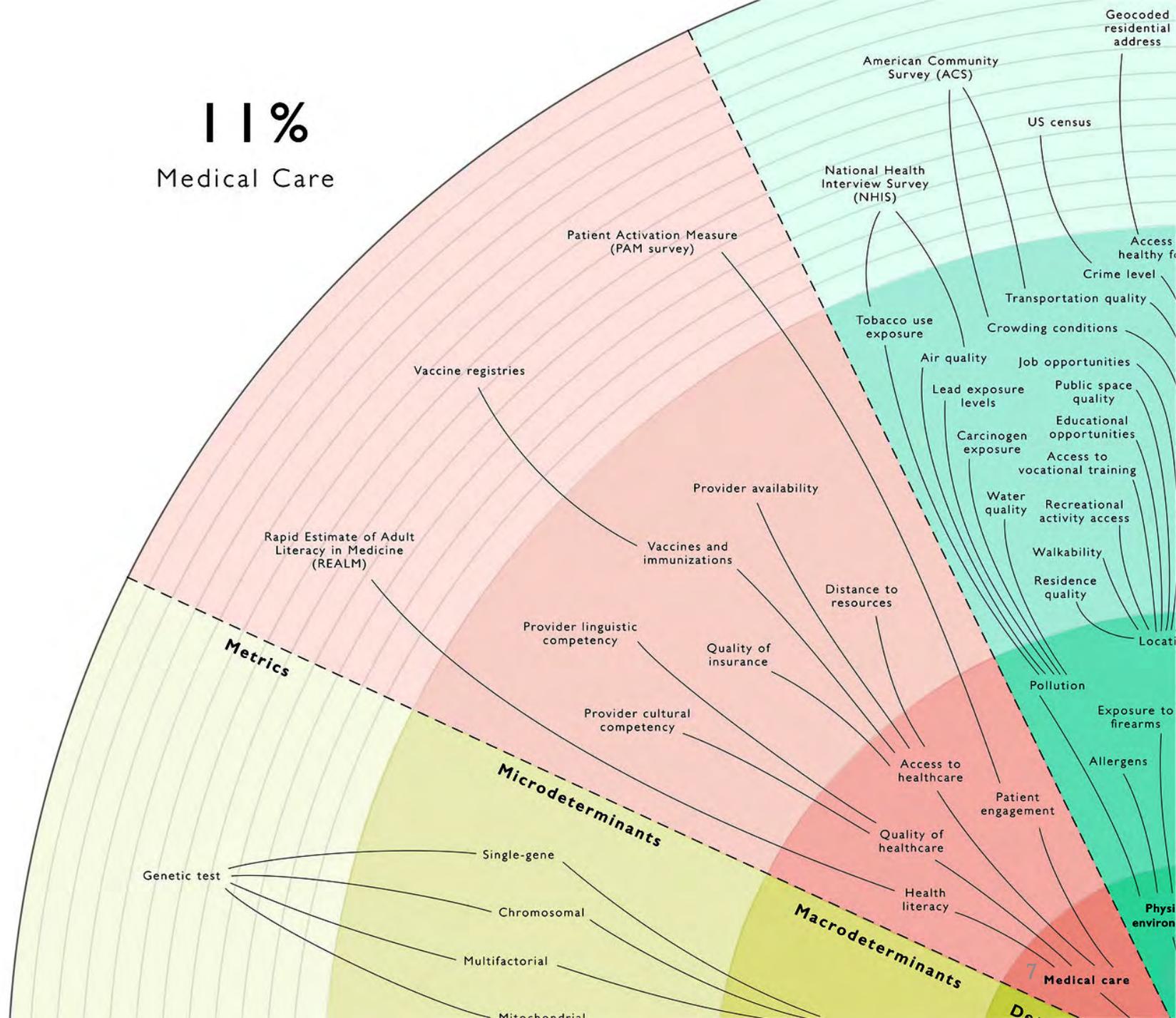




“...the social factors and physical conditions of the environment in which people are born, live, learn, play, work, and age.”

Office of Disease Control and Prevention. “Healthy People: Determinants of Health.” Available at <https://www.healthypeople.gov/2020/about/foundation-health-measures/determinants-of-health>

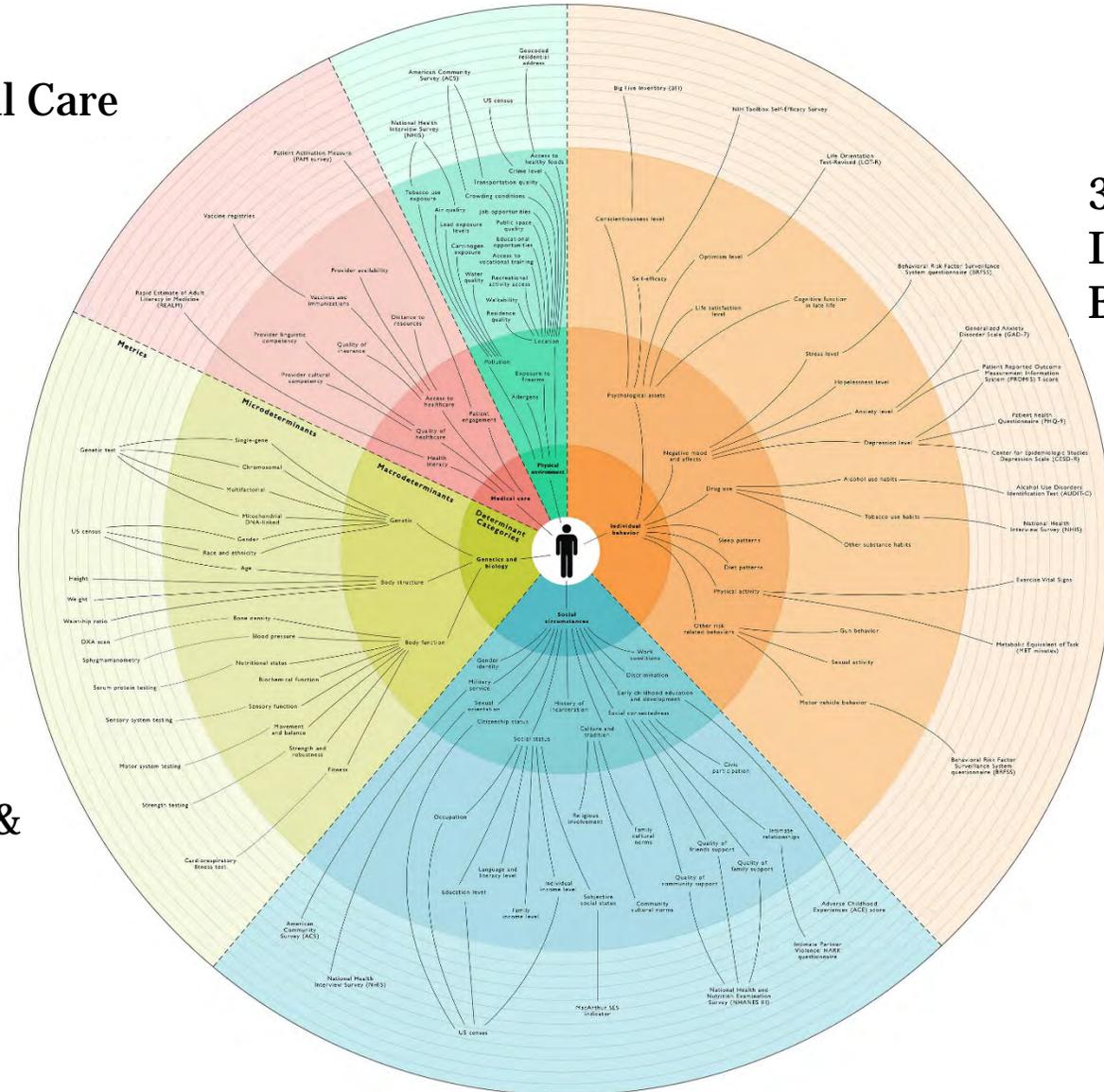
11% Medical Care



7% Physical Environment

11% Medical Care

38% Individual Behavior



21% Genetics & Biology

23% Social Circumstances

How can systems support positive behavioral health determinants?



Manderscheid, R. 2017. *Positive health determinants as vaccination and remedy*. Available at <https://www.behavioral.net/blogs/ron-manderscheid/policy/positive-health-determinants-vaccination-and-remedy>



“

I think we need to pull out all stops in addressing social emotional health for infants, toddlers, and their families as early as we can!

With limited resources, please focus on kids first. This will result in tough decisions.

Invest in ND youth! Children ARE our infrastructure!



“

All agencies need to work better. Not one of us is okay where we are, but we all seem to be siloed and protective of our turf.

There are too many organizations and funding streams operating in silos.

Fragmenting services is tantamount to fragmenting people.



“

People with lived experiences should be on ALL committees that have to do with services and supports. It is critical, and it is evidence-based. Too often North Dakota excludes or engages in tokenism.



“

Native American individuals in ND generally do not feel trust for, or valued by, the state. We experience a high rate of discrimination and structural racism with fewer appropriate treatment services.

Promoting collaboration with Tribal leaders and community members is key to determining the needs of tribal members and their road to recovery.

We should lend support, listen but they should lead.



“

We need something between crisis and recovery. Our systems should be designed to work for people, not to make people work to access them.

THE STRATEGIC PLANNING PROCESS



Our approach

Support **coordinated, data-driven system improvement activities** through the implementation of the recommendations from the *Behavioral Health System Study*

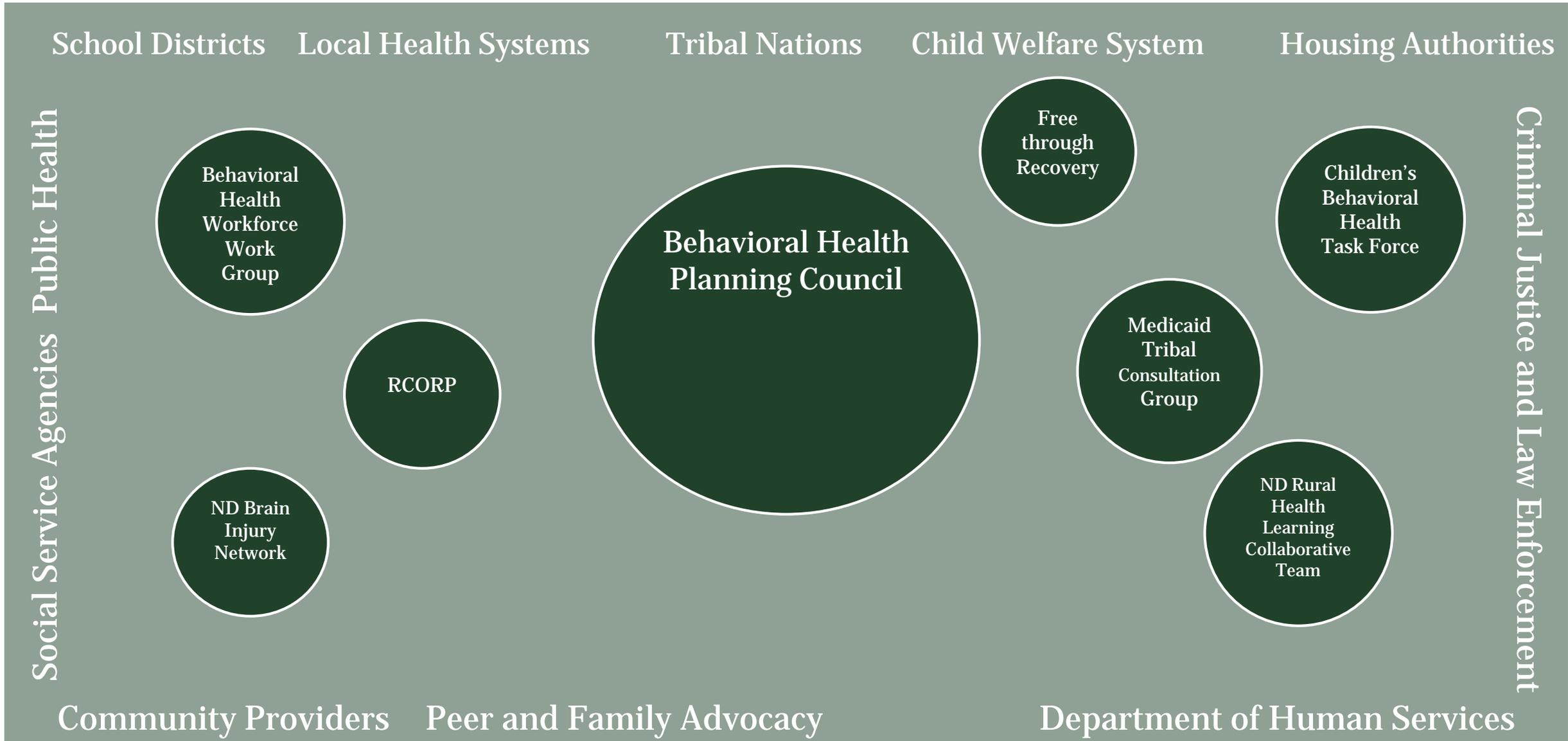
Set the course for the community to engage in **ongoing system monitoring, planning, and improvements** in the long-term

A public process:

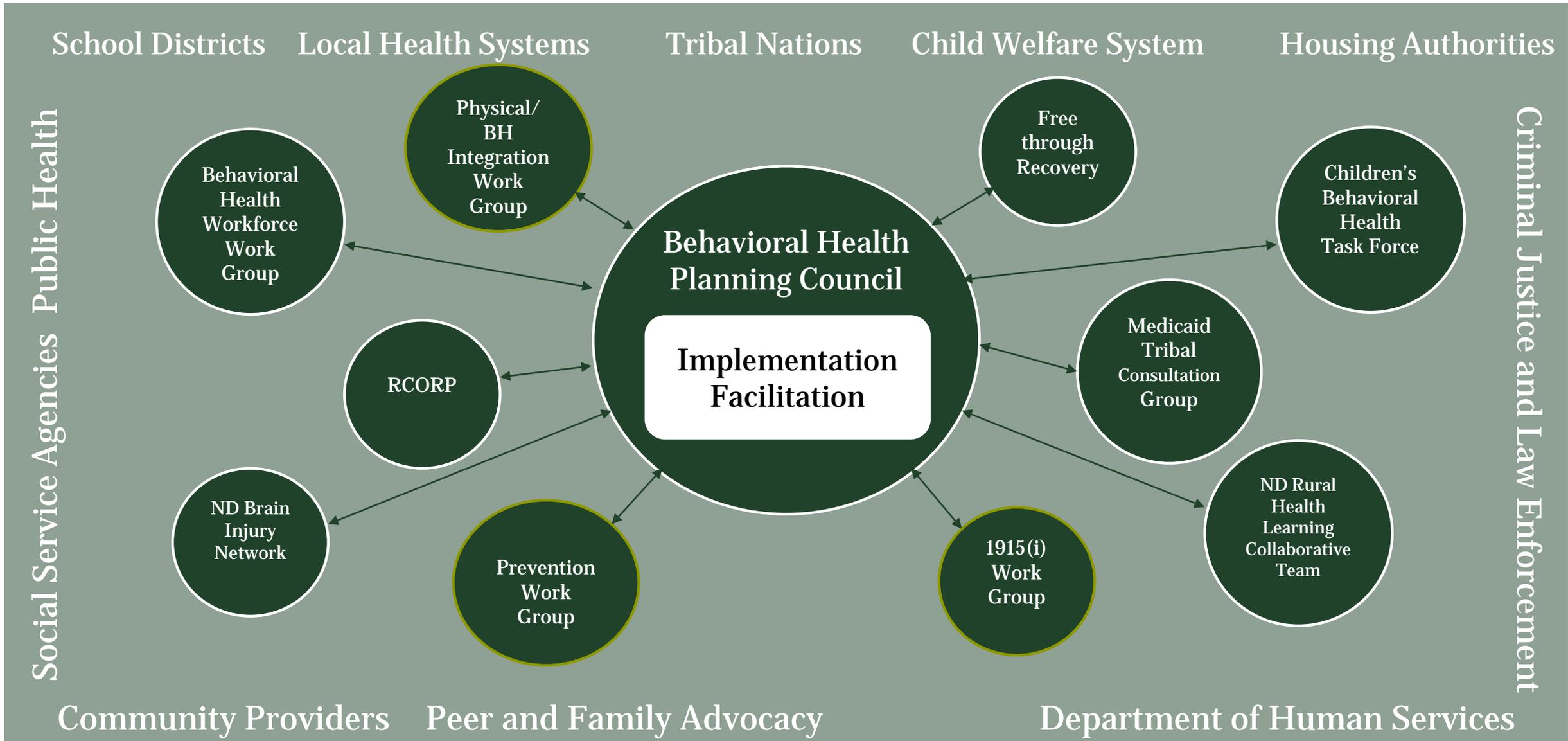
<https://www.hsri.org/NDvision-2020>



Sample View of the Current System



Strategic Planning Roles and Functions



Four Phases of Work



PRIORITIZATION: THE 2019 STRATEGIC GOALS



The Strategic Goals are based on the recommendations of the HSRI *Behavioral Health System Analysis*, principles of good and modern behavioral health systems, and the community's vision for system change.

Invest in **prevention and early intervention**

Ensure **timely access** to behavioral health services

Expand **outpatient and community-based services**

Enhance and streamline **system of care for children and youth**

Continue **criminal justice** strategy

Recruit and retain a competent **workforce**

Expand **telebehavioral health**

Ensure values of **person-centeredness, cultural competence, and trauma-responsiveness**

Encourage and support **community involvement**

Partner with tribal nations to increase **health equity**

Diversify and enhance **funding**

Conduct ongoing, system-wide, **data-driven monitoring** of needs and access

Process for selecting 2019 Strategic Goals

- Public survey
 - Respondents asked to weigh in on the priority of each of 138 strategic goals
 - 570 people took the survey with broad representation across the state
 - Top five highest priority goals were automatically included in the 2019 strategic plan
- Behavioral Health Planning Council nominations
 - Each member nominated one goal based on whether it is: **Actionable, Integral, Timely, and Values-driven**
- HSRI identified additional goals based on our understanding of systems transformation



2019 Strategic Goals: Suicide Prevention

1.1 Implement Zero Suicide statewide

1.2 Expand the implementation of activities focused on decreasing risk factors and increasing protective factors to prevent suicide, with a focus on groups and individuals identified as high risk, including American Indian populations, LGBTQ/gender non-conforming individuals, older adults, and military service members, veterans, family members, and survivors



2019 Strategic Goals: Access

2.1 Identify universal age-appropriate, culturally-sensitive behavioral health screening instruments for children and adults in all human services and social services settings

2.2 Establish statewide mobile crisis teams for children and youth in urban areas

2.3 Ensure people with brain injury and psychiatric disability are aware of eligibility services through all avenues, including Medicaid Waiver Services



2019 Strategic Goals: Outpatient Services

3.1 Provide targeted case management services on a continuum of duration and intensity based on assessed need, with a focus on enhancing self-sufficiency and connecting to natural supports and appropriate services

3.2 Expand evidence-based, culturally responsive supportive housing

3.3 Expand school-based mental health and substance use disorder treatment services for children and youth



2019 Strategic Goals: System of Care

4.1 Establish and ratify a shared vision of a community system of care for children and youth

4.2 Expand culturally-responsive, evidence-based, trauma-informed wraparound services for children and families involved in multiple systems

4.3 Expand in-home community supports for children, youth, and families, including family skills training and family peers



2019 Strategic Goals: Criminal Justice

5.1 Implement a statewide Crisis Intervention Team training initiative for law enforcement, other first responders, and jail and prison staff

5.2 Implement training on trauma-informed approaches – including vicarious trauma and self-care – for all criminal justice staff

5.3 Review jail capacity for behavioral health needs identification, support, and referral, and create a plan to fill gaps



2019 Strategic Goals: Workforce

6.1 Designate a single entity responsible for supporting behavioral health workforce implementation

6.2 Develop a program for providing recruitment and retention support to assist with attracting providers to fill needed positions and retain skilled workforce

January 2019 North Dakota Behavioral Health 20/20 Strategic Goals

6.3 Expand loan repayment programs for behavioral health students working in areas of need

6.4 Establish a formalized training and certification process for peer support specialists

6.5 Implement credentialing programs for Certified Psychiatric Rehabilitation Professionals



2019 Strategic Goals: Telebehavioral Health, Person-Centered Approaches, and Health Equity

7.1 Increase the types of services available through telebehavioral health

8.1 Develop and initiate action on a statewide plan to enhance overall commitment to person-centeredness across DHS systems

8.2: In partnership with tribal nations and local communities, create an ongoing training program for all behavioral health professionals that includes modules on health equity and American Indian history, culture, and governance



2019 Strategic Goals: Advocacy and Tribal Partnerships

9.1 Include dedicated trainings and sessions at the state Behavioral Health Conference related to advocacy skills and partnerships with advocacy communities

10.1 Convene state and tribal leaders to review behavioral health strategic goals and explore an aligned strategic planning process



2019 Strategic Goals: Funding and Data

11.1 Develop an organized system for identifying and responding to behavioral health funding opportunities

11.2 Establish 1915(i) Medicaid state plan amendments to expand community-based services for key populations

11.3 Establish peer services as a reimbursed service in the Medicaid state plan

12.1 Draft a ten-year plan for aligning DHS and other state and local data systems to support system goals (e.g. quality, equity, transparency, cross-system collaboration and coordination) and increase readiness for implementing value-based payment models



Next Steps

- **Spring 2019: Finalize full 2019 Strategic Plan**
 - Objectives, action steps, timelines, responsible entities, and indicators of progress for each goal
- **Summer 2019 and quarterly thereafter: First progress report and goal refinement**



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We have many people, especially our children, within our state that are suffering from trauma-induced events, substance abuse, and mental health issues. This problem will take the commitment and tenacity of many people working together statewide to use all resources available to begin the process of healing. Our most vulnerable population, our children, are being most affected. If this statewide issue is not addressed, we will see more and more negative social and emotional behaviors as these children grow into teens and adults.

Thank You.



www.hsri.org/NDvision-2020

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