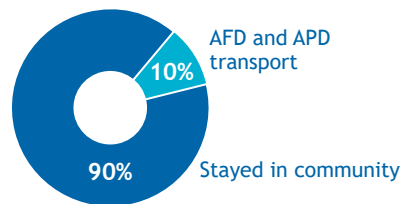


Community Updates

Anchorage

The Anchorage School District created the Critical Response and Wellness Coordinator position in recognition that schools are on the frontlines of the youth mental health crisis. This position supports the district in having a strategic focus on crisis response including assessments, district-wide prevention teams, and coordinating with community resources to provide students and families wrap-around support.

Anchorage Fire Department's (AFD) Mobile Crisis Team (MCT) had 2,716 responses to 770 unique individuals during January 1–September 30, 2023. 90% of all



AFD MCT responses resulted with the individual staying in the community. The MCT is working to increase youth and adolescent services, including direct crisis response calls and working with community partners to meet the needs of youth. From January 1–September 30, 2023, the MCT responded to 158 calls about youth under the age of 18 for 45 unique youth.

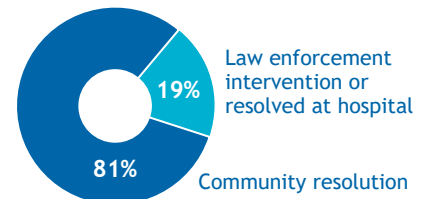
Southcentral Foundation's Crisis Stabilization unit will now be built outside of the hospital campus. A new building will be constructed at the site of the current withdrawal management program at Tudor and Elmore. The new facility is anticipated to have 16 chairs for 23-hour crisis stabilization, 16 beds for short-term stabilization, and include an expanded withdrawal management program. The current withdrawal management program will continue operations during construction. This change in location and construction plans have extended the project timeline, but it is hoped everything will be complete and go-live in two and a half years.

Providence continues planning operations for 23-hour and short-term stabilization services. The anticipated start date for services is August 2024.

Fairbanks

On October 9th, the Fairbanks City Council passed a resolution to request legislative capital funding for a Crisis Now stabilization center that will service the Interior Region of Alaska. First responders, including the leadership of the Fairbanks Police Department, report a high need for an entity to provide a 'no wrong door' model of behavioral health stabilization to citizens in need of immediate, appropriate, and comprehensive healthcare. The Mobile Crisis Team (MCT) is seeking a center that will accept patients who need a full range of emergency behavioral healthcare to include suicide care and involuntary commitment.

Fairbanks has officially had a MCT operating 24/7 for two years as of November 1, 2023. The MCT has been dispatched to 219 calls from July 1 – November 1, 2023 with



a 81% community resolution rate. The MCT conducts safety plans, intervention, referrals, offers transportation and warm handoffs and introductions to healthcare providers. One of the MCT peer specialists even attended the full follow-up care appointments with a patient and continued to advocate for the appropriate services for this community member in need.

In a new development for the Fairbanks area, Alaska Behavioral Health (AKBH) was awarded funding for a mobile outreach program for families and children. While AKBH sees around 20 children or adolescents a year through MCT, this family-specific team has already served 14 families since July 1st through this new State-funded grant. Popularity is growing and the team has received seven referrals in the first part of November for services. The team (a clinician and a peer) can provide services in a rapid response model such as assessment, care coordination, and caregiver support for up to six weeks for the entire family. The contact for this program is 907-371-1359. The most acute cases are dispatched to the MCT who have instant access to back-up from law enforcement and emergency medical services through the Fairbanks Emergency Communications Center.

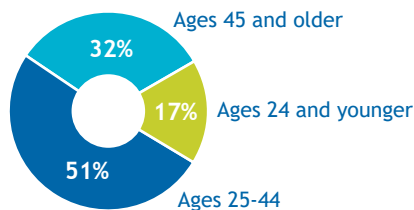
Juneau

A community workgroup is planned for December 1, 2023. This is the first meeting since April 2023 and is a chance to reconnect as a community about Crisis Now-related needs and updates locally and from around the state. In August, six Juneau Police Department staff and five Capital City Fire and Rescue staff completed the Crisis Intervention Team (CIT) Academy. Another academy is anticipated in January 2024.

Mat-Su

The Community Care Team, formerly the Post-Crisis Network, continues to develop a growing membership excited about the opportunity to participate in building partnerships and relationships between organizations. The team continues to work on supporting Mat-Su residents with the referrals, resources and support they need to recover and thrive after a crisis.

Since starting services in March for Wasilla, the True North Recovery (TNR) MCT has responded to a total of 208 calls for 151 unique individuals. Of all call responses to date, 17% are for people ages 24 and younger; 51% for people ages 25-44; and 32% for people ages 45 and older. TNR continues to work with the Trust to explore expansion of current operations.



Kotzebue

The Maniilaq Association continues to work with the Trust, Agnew::Beck Consulting, and Pugsley Consulting, to complete the early stages of planning for a 'no wrong door' crisis stabilization center. Several staff participated in site visits at the end of November with partners in Anchorage and Mat-Su.

Ketchikan

The Ketchikan City Council approved job positions for the Ketchikan Fire Departments' Mobile Integrated Healthcare (MIH) program. Estimated implementation of MIH is set for March 2024!

Youth crisis stabilization was one of the focus topics during the Southeast Youth Roadmap Conference and Community Cafe held in Ketchikan in October. Community Connections is working to expand their therapeutic foster care program and Residential Youth Care is providing youth crisis stabilization services and expanding their outpatient services to help decrease escalation and the need for higher levels of services outside of the community.

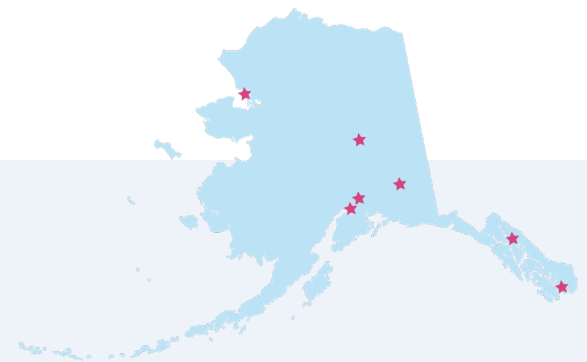
PeaceHealth Ketchikan Medical Center is working on a 5-year plan to remodel the Emergency Department. The plans include a specially designed room for behavioral health emergencies and evaluations.

On October 30th the Ketchikan KAR House, a residential addiction treatment facility for adults operated by Akeela, Inc., temporarily closed. The closure of this 15-bed co-ed facility impacts the crisis continuum of care. Those seeking this level of care are encouraged to reach out to the Akeela House located in Anchorage.

988 and Careline awareness efforts continue on social media, radio, and printed platforms.

Copper River

The Copper River Native Association (CRNA) MIH team continues to collaborate with the Trust and other partners for community outreach and ongoing staff training.



To learn more about community implementation efforts or get involved, contact:

Anchorage: Megan Carlson, Agnew::Beck Consulting, megan@agnewbeck.com, (907) 277-1150

Fairbanks: Brenda McFarlane, bmcfarlane@fairbanks.us, (907) 459-6794, www.fairbanksalaska.us/crisis

Ketchikan: Lisa DeLaet, lisa@KetchikanWellness.org, (907) 225-9355

Mat-Su: Melissa Toffolon, mt@actionabledataconsulting.com, (907) 414-8180

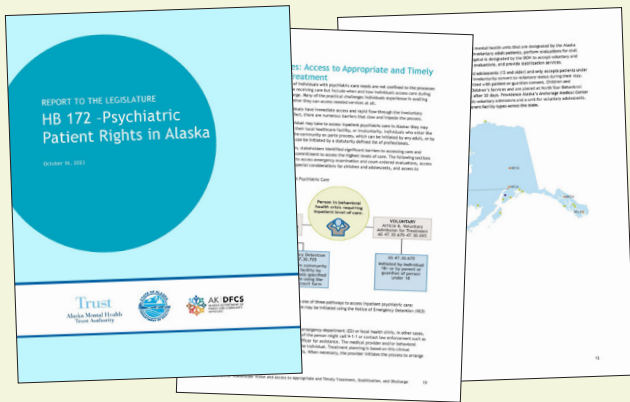
Juneau: Megan Carlson, Agnew::Beck Consulting, megan@agnewbeck.com, (907) 277-1150

Crisis Now planning in other communities: Eric Boyer, Alaska Mental Health Trust Authority, eric.boyer@alaska.gov, (907) 269-7912

System Notes and Updates

Report to the Legislature: HB 172 Psychiatric Patient Rights in Alaska

The HB 172 Psychiatric Patient Rights Report to Legislature was submitted October 16, 2023. The full report, supplement, and public comments with response are available at: <http://notice.alaska.gov/212954>.



The Division of Behavioral Health oversees multiple projects funded by the Garrett Lee Smith grant, “Strengthening Pathways to Care for Alaska’s Youth.” The grant is currently in year two of five and focused on advancing statewide suicide prevention work with youth. This includes lethal means safety education and training for school staff, CAMS4Teens (Collaborative Assessment and Management of Suicidality for Teens), and a youth summit for suicide prevention coming in the spring of 2024. It also includes the return of the 988 Create campaign in partnership with the Youth Alliance for a Healthier Alaska, which featured youth-designed 988 artwork and marketing materials for the promotion of the national 988 Suicide and Crisis Lifeline.

Both 988 and Careline Alaska have resources dedicated to supporting youth—including 2SLGBTQ+ youth and individuals— as well as 24/7 text and chat services. Find out more at: <https://health.alaska.gov/dbh/Pages/Prevention/988/default.aspx>



Zero Suicide

The Division of Behavioral Health’s Zero Suicide Initiative continues work to expand best practices in safer suicide care throughout Alaska. Now through December, there is a free training opportunity in Assessing and Managing Suicide Risk (AMSR) – Inpatient, Outpatient, and Direct Care Inpatient. If you are interested in this asynchronous AMSR course, please email anneliese.hudson@alaska.gov. If you would like to be notified of upcoming CAMS4Teens (Collaborative Assessment and Management of Suicidality for Teens), join the UAA Training Cooperative email list: <https://lp.constantcontactpages.com/su/cTPH0gB/AKTCEmails>.

For continued engagement in State of Alaska Zero Suicide work, you can join the Zero Suicide Community of Learning meetings, which occur every other month by emailing sheli.delaney@alaska.gov. You can also join the State of Alaska, Suicide Prevention listserv here: <https://list.state.ak.us/mailman/listinfo/alaskagatekeeper>.

Division of Behavioral Health Updates

In September, the State of Alaska Department of Health, Division of Behavioral Health was awarded funding for Alaska’s 988 Crisis Coordination Project (Cooperative Agreements for States and Territories to Improve Local 988 Capacity). This funding will support a new satellite location for Alaska’s Crisis Call Center with increased staffing, expanded technological capacity, and the development of a model to link 988 callers to Tribal Health Organizations. The Division of Behavioral Health has partnered with BerryDunn and statewide stakeholders to evaluate the current and future needs of the crisis call center to improve the coordination between the call center and the crisis continuum of care and find the best-fit IT solution for the 988 Suicide & Crisis Lifeline across Alaska.

Trust Funding Spotlight

RECENT GRANT AWARDS INCLUDE

- Aurora Crisis Services - Commencement of Operations Assistance, *Bartlett Regional Hospital* | \$476,200
- Crisis Now Community Coordinator, *City of Fairbanks* | \$138,000
- Fairbanks Mobile Crisis Team, *Alaska Behavioral Health* | \$750,000
- Ketchikan Crisis Now Community Director, *Ketchikan Wellness Coalition* | \$125,500
- Mat-Su Mobile Crisis Team, *True North Recovery* | \$750,000

SAMHSA Grantee Awards for 988

SAMHSA awarded grant funds at the end of September 2023 to several Alaska-based organizations to improve the capacity and effectiveness of 988 for callers across the state. The full list of grant awards and project descriptions for fiscal year 2023 can be found here: <https://www.samhsa.gov/grants-awards-by-state/AK/discretionary/2023/details?page=0> Congratulations to these and many other grantees on the work they're doing to improve the health of their communities!

Alaska Native Tribal Health Consortium (ANTHC) plans to use its funds for system and resource support to improve 988 contacts in multiple communities. ANTHC will work closely with Careline to develop a Quality Improvement Plan focused on connecting individuals at risk of suicide with local tribal behavioral health care services.

The Central Council Tlingit and Haida Indian Tribes of Alaska awarded grant funds will enable the tribe to provide culturally responsive and appropriate methods of addressing behavioral health issues as part of partnership with Alaska's Careline and SAMHSA's 988 Tribal Response Cooperative Agreements.

Fairbanks Native Association plans to develop culturally specific suicide prevention and 988 marketing campaign materials. They also plan to develop and provide training to 988/Careline staff in culturally specific communication techniques, and community-based resources such as Talking Circles and Community Response Teams to support their community.

988 Caller Resources

988 added nationwide American Sign Language (ASL) services in September 2023 for individuals who are Deaf and Hard of Hearing. To connect directly to a trained 988 Lifeline counselor in ASL, callers who are Deaf, DeafBlind, DeafDisabled, Hard of Hearing,

and Late-Deafened can click the "ASL NOW" button on 988lifeline.org/help-yourself/for-deaf-hard-of-hearing/ and follow the prompts. Direct dialing to 988 from a videophone will be available in the coming weeks, and in the meantime, ASL callers can call 1-800-273-TALK (8255) from their videophone to reach ASL services.



The 988 Lifeline also links to the Veterans Crisis Line (VCL), which military members, veterans and their families can reach by dialing 988 and pressing option 1.



Individuals who speak Spanish can connect directly to Spanish-speaking crisis counselors by calling 988 and pressing option 2, texting "AYUDA" to 988, or chatting online at 988lineadevida.org or 988lifeline.org.

Lesbian, gay, bisexual, transgender, queer, and intersex (LGBTQI+) youth and young adults under the age of 25 who want to connect with a counselor specifically focused on meeting their needs can:

- Call 988 and select option 3
- Text "Y" to 988
- Access the service via chat: 988lifeline.org/chat/

Specialized services are available when you connect with the 988 Suicide & Crisis Lifeline!

- ✓ Military veterans, service members, and their families
- ✓ Spanish speakers
- ✓ LGBTQI+ youth and people under 25

The graphic includes three small images: a man in a military uniform looking at a phone, a woman with curly hair talking on a phone, and a young man with glasses talking on a phone. At the bottom right is the 988 SUICIDE & CRISIS LIFELINE logo.