



ALASKA
BEHAVIORAL
HEALTH

What does it mean to be a CCBHC?

CCBHC = Certified Community Behavioral Health Center

As a CCBHC, Alaska Behavioral Health provides a list of comprehensive integrated services meeting **161 criteria** related to **quality and access**, as defined by SAMHSA (Substance Abuse and Mental Health Services Administration).

How does that make us different?

Alaska Behavioral Health

- ✓ **Integrated Primary Care**
- ✓ **Integrated Psychiatry**
- ✓ **Assessments completed at first visit using evidence-based practice models**
- ✓ **Treatment within 2 weeks**
- ✓ **Walk in and same day assessments for those with urgent needs**
- ✓ **Electronic medical record using evidence-based documentation practices; documentation is done collaboratively with the patient**

Other providers

- **No integrated Primary Care**
- **Many don't offer integrated Psychiatry**
- **Assessments can take up to 4 sessions to complete¹**
- **It can take months before treatment begins¹**
- **100 pages of documentation²**

(1) Alaska Behavioral Health Association Behavioral Health Parity Presentation Page 4 Jan 2024

(2) Alaska Behavioral Health Association presentation to Alaska State Legislature in support of HB 361 March 2024

Alaska Behavioral Health Staff

100+ clinical providers: Adult and Child Psychiatric providers • Licensed Clinical Social Workers • Licensed Professional Counselors • Physician Assistants • Family Practice Nurse Practitioners • Psychologists

Well-trained support staff: certified peer support specialists • registered nurses • clinical associates

We invest in Alaska.

We work to build the behavioral health workforce. We have agreements with over 40 universities to provide clinical internships to students and host ~30 students per year. We host nationally-recognized trainers to keep our staff current on evidence-based practices.



We share our expertise with the community. We have hosted 11 annual **Alaska Trauma Training Institutes**, bringing nationally known speakers to Alaska.

Our **Trauma 101** curriculum is widely requested by community providers.



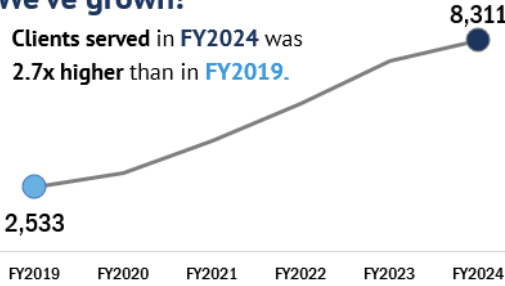
ALASKA BEHAVIORAL HEALTH

Clients and Services



We've grown!

Clients served in FY2024 was
2.7x higher than in FY2019.



56% of our clients are
women and girls.

We serve clients across the lifespan.

From toddlers to seniors,
the **average age** of our clients is **33 years**.

7% **early childhood**
(8 and under)

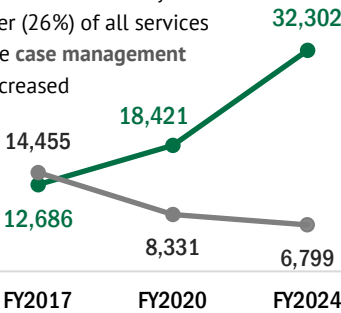
19% **30 to 39**
years

24% **transition age youth**
(13 to 24 years)

7% **seniors**
(65+)

Psychotherapy services (individual and family)

have increased **2.5x** and currently
make up a quarter (26%) of all services
we provide, while case management
services have decreased
by over half.



The increase in **psychotherapy services** is
especially notable in **child & family programs**.

The **Alaska Child Trauma Center** and **Little Tykes**
therapeutic preschool both provided
3x more psychotherapy services
in FY24 than in FY17.

Adult outpatient programs now
provide **2x more psychotherapy**
services than in the past.

123,409
total services
provided
during FY2024.

Our clients are diverse!



1 in 3 clients (31%) identified
as a **person of color***

13% Black, African American
10% Alaska Native, American Indian
8% Other

*A client is considered a **person of color** if
they self-identify as any race other than
white, alone or in combination.

The **primary payer** for **3 in 4 clients**
(73%) was **Medicaid/Medicare**.



17% Private insurance
5% VA/Tricare

We serve clients all over Alaska.

From Anchorage, Mat-Su, and the Kenai Peninsula,
Fairbanks to Utqiagvik,
Ketchikan to Haines,
Dillingham, Bethel, and Nome.



Telehealth services
help increase access to
mental health care
throughout our great
state.

Just over half (51%) of clients were being **treated for mood disorders.**



The most common diagnoses included depression (26%), trauma- and stressor-related disorders (26%), anxiety (13%), bipolar disorder (13%), schizophrenia and schizoaffective disorders (11%) and ADHD (9%).

We use **age-appropriate standardized assessment tools**

to regularly screen for depression and anxiety symptoms

to measure and monitor client progress and treatment outcomes.



At the start of treatment...

49%

Youth

reported **moderate to severe anxiety** symptoms.

60%

Adults

61%

Youth

reported **moderate to severe depression** symptoms.

57%

Adults

After a few months of treatment...

54%

Youth

experienced **improvement in anxiety** symptoms.

As measured by the **Generalized Anxiety Disorder 7-item (GAD-7)**.

54%

Adults

53%

Youth

experienced **improvement in depression** symptoms.

As measured by the **Patient Health Questionnaire 9-item (PHQ-9)** for adult clients and PHQ-9A modified for Adolescents for youth clients.

56%

Adults



72%

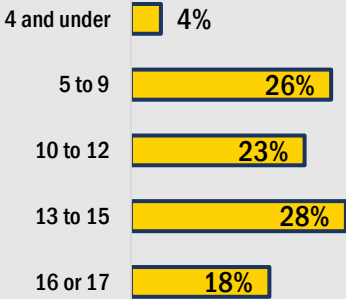
Adults

experienced **improvement in traumatic stress** symptoms.

As measured by the **PTSD Checklist 5-item (PCL-5)**.

We served 1,861 Child & Youth Clients in FY2024!

(17 years and under)



Average age: 12 years

Our child & youth population is diverse!

41% identified as a **person of color***

17% Alaska Native, American Indian
17% Black, African American
7% Other

*A client is considered a **person of color** if they self-identify as any race other than white, alone or in combination.

Based on clients with available race data (n = 1263).
Nearly a third (32%) of clients had missing race data.



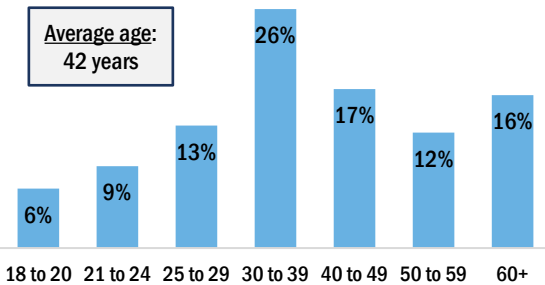
50% of child & youth clients were **girls**.



3 in 4 child & youth clients (74%) had **Medicaid or Medicare** as their **primary payer**. 16% had Private insurance, 6% had VA/Tricare, and 4% was missing/unknown.

We served 4,908 Adult Clients in FY2024!

(18 years and above)



Average age: 42 years



Over half of adult clients served were **women**.



1 in 4 adult clients (28%) identified as a **person of color***

12% Black, African American
9% Alaska Native, American Indian
7% Other

Based on clients with available race data (n = 3207); 35% of clients had missing race data.

*A client is considered a **person of color** if they self-identify as any race other than white, alone or in combination.

73% of adult clients had **Medicaid or Medicare** as their **primary payer**.



17% Private insurance
4% VA/Tricare
6% Missing or unknown