

# Review of 2019 Legislative Assembly Accomplishments/Program Updates

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Behavioral Health Planning Council  
December 9, 2020




# Peer Support

## **TRAINING**

- Peer Support Specialist (PSS) training has moved to a virtual platform to continue allowing interested individuals the opportunity to become a PSS while following safety guidelines.
- 463 individuals trained
- Upcoming Trainings:
  - Week of December 7
  - Week of January 11
  - March 2021

## **CERTIFICATION**

- 27 Certified Peer Support Specialists, 11 pending certifications



# Behavioral Health Prevention and Early Intervention School Pilot

The goal of this project is to learn with schools on how a fully integrated continuum of support could look in various schools throughout North Dakota. Specifically developing an innovative systemic approach to addressing gaps in the school system related to prevention and early intervention of behavioral health conditions or related consequences.

- October 2018 - Pilot project to **Simle Middle School** in Bismarck.
- October 2020 - Awarded funding for the expansion of the pilot to **Dunseith Public School** and **Barnes County North Public School** near Wimbledon.
  - The two school districts together will share up to \$150,000 to build a comprehensive strategy to improve children's behavioral health in school settings by using a fully-integrated continuum of support that includes health promotion, primary prevention, treatment and recovery that can be shared with other North Dakota schools in the future.
  - One resource that will help guide the prevention and early intervention pilot grant is a workbook created by educators and administrators from Simle Middle School. It outlines step-by-step their implementation process, which the new grantees will be able to utilize and customize based upon their enrollment size and behavioral health needs of their students.



# Behavioral Health Resource Coordinator Support

The **Central Regional Education Association (CREA)** was awarded the contract (through a Request for Proposal) to provide resources, information, and support to school behavioral health resource coordinators at each school in North Dakota, collaborating with the Behavioral Health Division.

- CREA is one of seven regional education associations that supports students, educators, and schools in North Dakota.
- CREA will develop a web resource hub and disseminate evidence-based content to include webinars, toolkits, templates, training and technical assistance resources to support the behavioral health of students and families in the school on topics including, but not limited to:
  - Substance use disorder prevention and treatment
  - Mental illness prevention and treatment
  - Suicide prevention
  - Anxiety, coping, resilience
  - Behavioral health support during the COVID-19 pandemic
  - Restorative practices
  - Behavioral health service reimbursement options
  - Evidence-based curriculums
  - Multi-tiered systems of support
  - Professional development
  - Community behavioral health resources by region of the state



# Behavioral Health School Grants

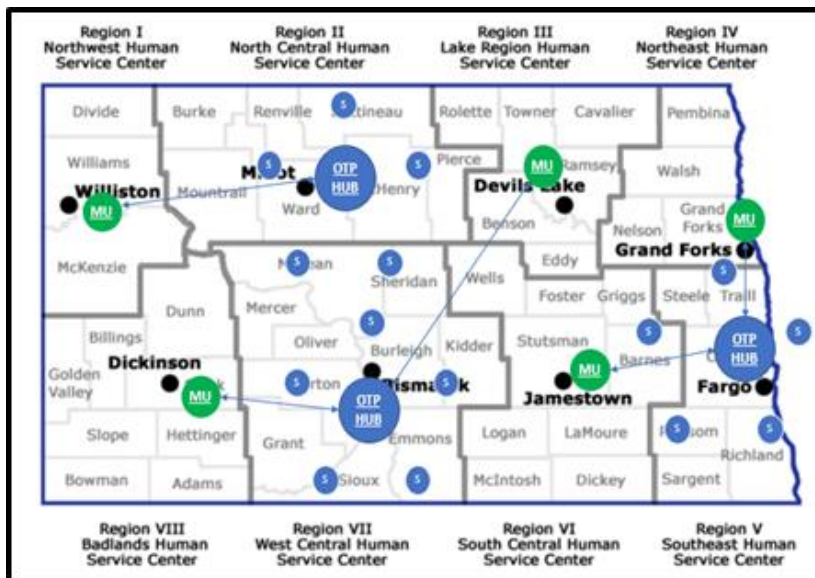
The ND 66th Legislative Assembly passed Senate Bill 2012 appropriating \$1,500,000 to the Department of Human Services for the purpose of providing behavioral health services and support grants to school districts to address student behavioral health needs.

- The goal of the School Behavioral Health Grant project is to identify and address gaps along the behavioral health continuum of care. This includes:
  - identifying prevention and early intervention services that have no other funding source,
  - using funds to reimburse clinical or treatment services that are effective but not currently covered services, and
  - filling gaps in service coverage for populations that do not qualify for other forms of reimbursement.
- Applications are being accepted on an on-going basis and will be reviewed by the 15th and 30th of each month. The contract will run from the acceptance date through June 30, 2021.
- 25 schools utilized ND State Medicaid reimbursement during the previous school year and are eligible for funding.
- As of today, the Division has received **three grant applications**. **One application has been awarded (Grand Forks Public)** in the amount of \$197,357 and the other two applications are pending.

*For more information on how to apply for the School Behavioral Health Grant project or to determine if your school is eligible for funding, please visit [behavioralhealth.nd.gov/education/grant-funding](https://behavioralhealth.nd.gov/education/grant-funding)*

# Medication Units

- Administrative Rules have been fully promulgated.
- There are currently no Licensed Medication Units in the State.
- Average distance traveled to treatment one way is 15 miles.
- Planning with OTPs and HSCs is currently underway.



Patient Miles to Treatment	1 - 5	6 - 10	11 - 20	21 - 50	51 - 100	101 or more
Number of patients	524	83	14	8	72	17

# Pregnant and Parenting Women

<b>RFP Schedule</b>	<b>Dates</b>	<b>Time (CT)</b>
<b>RFP Issue Date</b>	November 12, 2020	
<b>Deadline for Receipt of Proposals</b>	December 18, 2020	4:00PM
<b>Approximate issue date of Notice of Intent to Award</b>	January 4, 2021	
<b>Approximate Contract Start Date</b>	May 3, 2021	

- The Behavioral Health Division is soliciting proposals for the purpose of providing residential substance use disorder treatment services for pregnant and/or parenting women with a diagnosis of a substance use disorder and their children, who meet medical necessity for low intensity or high intensity residential treatment and/or withdrawal management.
- The goal of treatment services for pregnant and parenting women should always be to provide the least restrictive services in the woman's local community. However, at times, pregnant/parenting women are presented with behavioral health needs that cannot be met with community resources and require residential treatment to remain safe. Residential services allowing pregnant/parenting women to bring their children to treatment and continue parenting is best practice. Providing effective short-term residential services and follow up case management to pregnant/parenting women and their children is the primary goal for a successful return to home and community.
- The pregnant and parenting women's residential treatment will be supported by the Substance Abuse Prevention & Treatment (SAPT) Block Grant per 45 CFR Part 96.131.

# Substance Use Disorder (SUD) Voucher

Initiated during 2015 legislative session (NDCC 50-06-42)

Began serving individuals in 2016

4,200 individuals have received services through the SUD Voucher from July 2017 through June 2020.

Twenty-one providers are providing voucher services.

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	<b>2015-2017</b>	<b>2017-2019</b>	<b>2019-2021</b>
<b>TOTAL BUDGET</b>	\$575,000	\$4,917,087	\$7,997,294
<b>AMOUNT EXPENDED</b>	\$252,293.85	\$8,288,293.05	\$9,194,310.72 (as of November 30, 2020)

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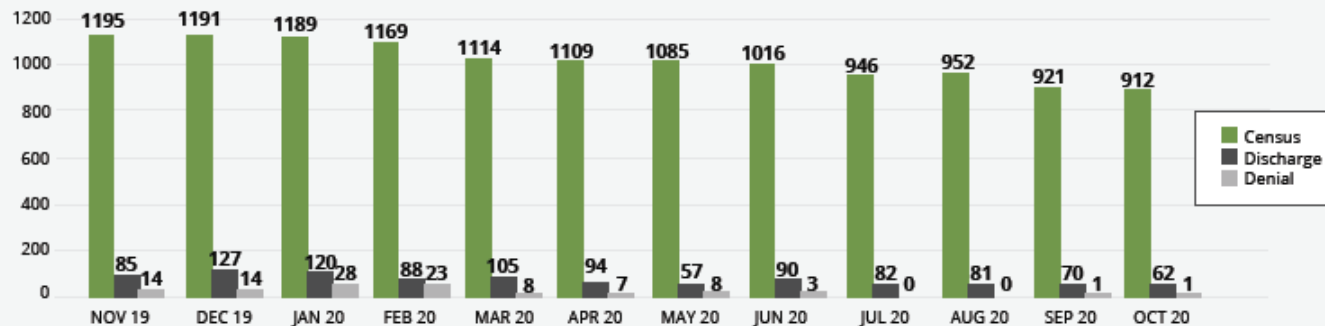


# Free Through Recovery

- There are currently 40 Free Through Recovery Providers located throughout the state

Free Through Recovery launched on February 1, 2018. Since then, over 2,824 individuals have participated in the program, with 912 individuals being served (as of October 2020).

## Monthly Census (active participants), Discharges and Denials



There has been a total of 2,057 discharges from Free Through Recovery. The majority of individuals declined or stopped participating (39%), followed by those who had no contact with their care coordinator or absconded (23%). 247 individuals were identified as not eligible.



# Expanded Free Through Recovery

The North Dakota Behavioral Health System Study 2018 reported stakeholders noted North Dakota's current behavioral health system is "primarily crisis oriented and pays inadequate attention to rehabilitative and community-based services."

The study identified a recommendation (4.1) to ensure access to needed recovery support services, including providing funds to support the implementation of a "Free Through Recovery" program outside of the criminal justice system.

During the 2019 North Dakota legislative session, Senate Bill 2012 passed which created a new section in ND Century Code and provided funding to implement the program.

- Four of the six BHD positions have accepted.
- Potential program launch early 2021



# COVID-19 Behavioral Health Supports

## **Crisis Counseling, Assistance and Training Program (CCP Grant)**

- Project Renew (Lutheran Social Services of North Dakota)

## **Emergency COVID-19 Grant**

- Support for Healthcare providers (Sanford Health, “Reach for Resilience”)
- Addiction treatment (Sharehouse and Heartview)
- Mental health treatment (Agassiz Associates)
- Crisis support (Field Services)



[www.behavioralhealth.nd.gov/helpishere](http://www.behavioralhealth.nd.gov/helpishere)



The COVID-19 pandemic can take a toll on stress levels. Fear and anxiety about a disease can be overwhelming while also considering the many changes we are having to make to our routines and traditions to keep each other safe.

The Behavioral Health Division has resources, supports and services available.

Help is Here.



Taking care of your mental health

[Learn more](#)



Looking for addiction or mental health treatment services?

[Learn more](#)



For support and assistance with finding resources, call 701-223-1510 to talk with a trained counselor.

[Learn more](#)



Supporting your child

[Learn more](#)



Educators

[Learn more](#)



Healthcare & Behavioral Health Providers

[Learn more](#)



# Community-based Behavioral Health Program

## *CARES Funding*

At the request DHS, on Friday October 23, 2020 the North Dakota Emergency Commission approved an allocation of \$1.7 million of the Coronavirus Relief Fund (CRF) for community-based behavioral health services. This request was reviewed and provided final approval by the Budget Section on October 28, 2020.

By providing community-based behavioral health services to individuals in their homes and community the state can reduce the need for individuals to enter congregate settings such as residential treatment facilities, inpatient hospitalization, and avoiding the need for emergency department interventions.

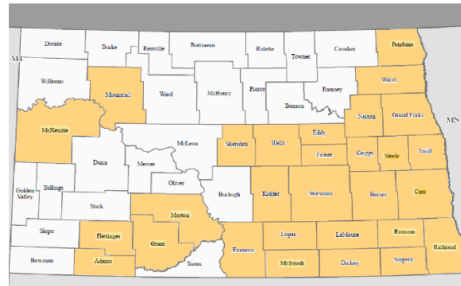
As of December 9, 2020:

- 10 providers
- 4 Individual applications received

# Other BHD Updates

- Administrative rules were developed and approved to allow Opioid Treatment Programs to operate medication units in the state, increasing access to best practice treatment options for individuals with an opioid use disorder.
- Administrative rules were approved to change the SUD Voucher age from 18+ to 14+. The changes also involved changing criteria to ensure tribes and local public health can apply to become SUD Voucher providers.
- The community behavioral health program replicating the Free Through Recovery model, but outside of the criminal justice system is set to begin serving individuals in early 2021.
- On July 1<sup>st</sup>, the Behavioral Health Division opened the certification process for peer support specialists. We are grateful for legislative support to expand peer support opportunities and the ability to continue this workforce growth built on lived experience. For more information or to apply visit: [www.behavioralhealth.nd.gov/addiction/peer-support](http://www.behavioralhealth.nd.gov/addiction/peer-support). This includes 2 levels of peer support specialists with lived experience in mental illness, addiction, and/or brain injury.
- The Department of Human Services has submitted a Medicaid State Plan Amendment (1915i) which provides reimbursement for home and community-based services for individuals with behavioral health conditions (mental illness, addiction, and brain injury). These new services include care coordination, peer support, housing and employment supports, and many more opportunities to better serve those in need. Once federally approved, this program provides reimbursement for vital behavioral health services, visit [www.behavioralhealth.nd.gov/1915i](http://www.behavioralhealth.nd.gov/1915i) to learn more.
- Person-Centered Planning efforts are underway including a PCP Virtual Summit this fall and roll out of the person centered assessing and planning of DHS divisions starting with Aging, DD, and CFS.

- DHS has proposed several amendments to its Medicaid State Plan to expand access to behavioral health services for individuals eligible for traditional Medicaid coverage. North Dakota Medicaid will pay a flat rate per week for all services related to medication-assisted treatment for opioid use disorders. Another notable Medicaid State Plan coverage change includes the addition of withdrawal management services, previously known as detoxification services, which are used to help treat substance use disorders. These proposed changes will shift some expenditures from the state-funded Substance Use Disorder Voucher to North Dakota Medicaid making federal funding available for the services. Once approved by the federal Centers for Medicare and Medicaid Services (CMS), the medication-assisted treatment and withdrawal management services will be considered Medicaid-covered services. Medicaid payments for these services will be available retroactively to Oct. 1, 2020.
- The Behavioral Health Division has awarded funding from two federal grants to 23 local public health units across the state to continue to implement evidence-based strategies aimed at substance abuse and opioid prevention efforts and effective treatment and recovery services.
- 24/7 behavioral health crisis services have been developed and are being rolled out in each region of the state by the regional human service centers.
- The Behavioral Health Division was recently awarded \$4,000,000 to address behavioral health needs of individuals living in counties with declared disasters from flooding events in 2019.



#### COVID-19 Resources from the Department of Human Services:

- COVID-19 specific resources and services have become available at [www.behavioralhealth.nd.gov/COVID-19](http://www.behavioralhealth.nd.gov/COVID-19). There are free resources regarding taking care of your behavioral health during the pandemic, supporting high risk individuals, and even a toolkit for employers including signs and symptoms and opportunities for promoting behavioral health.
- Mental health and addiction treatment services are available to those impacted by COVID-19 visit [www.behavioralhealth.nd.gov/covid-19/emergency-grant](http://www.behavioralhealth.nd.gov/covid-19/emergency-grant) for more information (\$2,000,000 SAMHSA grant awarded to the Behavioral Health Division).
- Free and confidential crisis counseling services are currently available to North Dakotans. Visit [www.projectrenew.nd.gov](http://www.projectrenew.nd.gov) or call 701-223-1510.
- The Parents Lead program ([www.parentslead.org/COVID-19](http://www.parentslead.org/COVID-19)) has resources to support parents and caregivers navigating the new challenges of parenting during a pandemic, including a toolkit with age specific resources whether you are co-parenting a toddler or supporting a teenager.