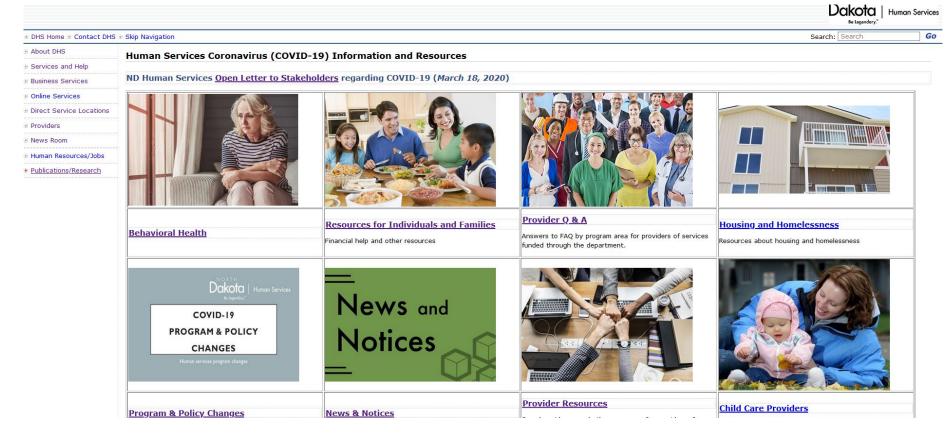
North Dakota Behavioral Health Updates

Pamela Sagness, Executive Policy Director Department of Human Services





http://www.nd.gov/dhs/info/covid-19/





Response to COVID-19

May 4 - May 17

The Department continues to post other Department COVID-19-related information, including a series of Q&As on the COVID-19 page on our website www.nd.gov/dhs/ to help ensure that various partner and provider groups have up-to-date information on recommended practices as well as program and policy changes.

Childcare Emergency Operating Grants

• Extended availability of Childcare Emergency Operating Grants through July 3. Described updated modified operating practices that will go into effect June 1 to further align with K-12 re-start guidance.

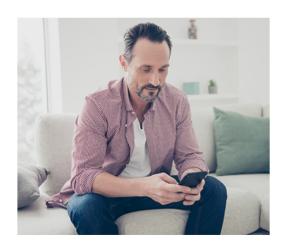
Emergency Rent Bridge

Started accepting applications for Emergency Rent Bridge program and finalized housing provider registration process.
 Coordinating with existing housing counseling providers across state to help assure seamless connections for individuals seeking help.

Human Service Centers

- Updated screening process to identify 1 symptom as trigger for quarantine and testing, as opposed to the original recommended 2 symptoms.
- Identified a tier approach of determining telehealth services versus face-to-face services based on the level of needs of client and their capacity to meaningfully engage in care via telehealth.

www.behavioralhealth.nd.gov/COVID-19

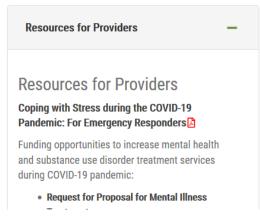


Looking for support during the COVID-19 pandemic for yourself or someone you love?

PROJECT RENEW, a new behavioral health program providing community support services and outreach to individuals impacted by the COVID-19 pandemic, in partnership with Lutheran Social Services of North Dakota.

Call 701-223-1510 (M-F between 8-5pm CT) OR email renew@lssnd.org. Visit **projectrenew.nd.gov** for information on coping and well-being, wellness tips, and who to call in a crisis situation.

Employer Toolkit: Behavioral Health Resources During the COVID-19 Pandemic Loss, Grief and COVID-19: How to Support Someone Suicide Prevention: How to Help a Loved One ND Commissioner of Veterans Affairs Challenge on Suicide Prevention Recognize the signs of child abuse and neglect





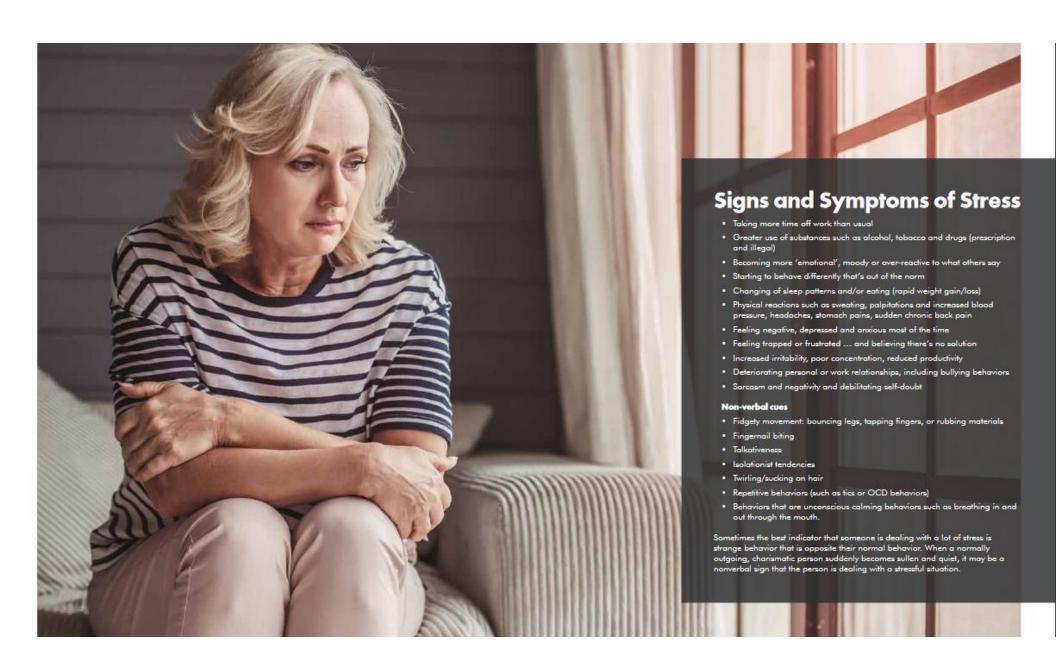
EMPLOYER TOOLKIT

BEHAVIORAL HEALTH RESOURCES
DURING THE COVID-19 PANDEMIC

www.behavioralhealth.nd.gov/covid-19







EMPLOYERS CAN PROMOTE AWARENESS ABOUT THE IMPORTANCE OF BEHAVIORAL HEALTH

Here are some other steps you can take to support the behavioral health of employees:

- Check in with staff frequently during this time; set an expectation for managers to reach out once a week. (Occasional emails, texts, chat are fine but don't make that the only means of communication!) Human beings need personal communication i.e.; familiar voice/face in order to feel safe. For employees who are working remotely, supervisors should call or, when possible, videoconference/video chat at least once a week. Video communication will give the supervisor a better opportunity to identify non-verbal cues for indicators of possible stress.
- Make mental health self-assessment tools available to all employees.
- Offer health insurance with no or low out-of-pocket costs for depression medications and mental health counseling. If you have an Employee Assistance Program, make sure staff know how to get in touch and what it is for.
- Provide free or subsidized lifestyle coaching, counseling, or self-management programs.
- Provide electronic materials, such as brochures, fliers, and videos, to all employees about the signs and symptoms of poor mental health and opportunities for treatment.
- Host seminars or workshops that address depression and stress management techniques, like mindfulness, breathing exercises, and meditation, to help employees reduce anxiety and stress and improve focus and motivation.
- Create and maintain dedicated, quiet spaces for relaxation activities.
- Provide managers with training to help them recognize the signs and symptoms of stress and depression in team members and encourage them to seek help from qualified mental health professionals.
- Give employees opportunities to participate in decisions about issues that affect job stress.
- Ensure staff can access food and other essentials. Many staff are working and don't
 have time to get supplies, and also may not have the means to stock up as so many
 Americans are doing right now. This can cause anxiety and stress. Work with local
 food partries to see if they can possibly deliver to your building or provide snacks or
 meals so that staff have something nutritious to eat during their shift.



Behavioral Health Services:

North Dakota Human Service Centers

The North Dakota Department of Human Services Field Services Area, which includes the eight regional human service centers and the North Dakota State Hospital, provides an array of behavioral health care for individuals with mental illness and substance use disorders.



Northwest Human Service Center: Region 1

316 2nd Avenue West Williston, ND 58802

Crisis Line: 701-572-9111 or toll-free 800-231-7724

North Central Human Service Center: Region 2

1015 S. Broadway, Suite 18 Minot, ND 58/01

Crisis Line: 701-857-8500 or toll-free 1-888-470-6968

Lake Region Human Service Center: Region 3 200 Hwy 2 W. Devils Lake, ND

Crisis Line: 701-662-5050 (collect calls accepted) or tall-free

Northeast Human Service Center: Region 4

151 S. Fourth St., Suite 401 Grand Forks, ND 58201-4735

Crisis Line: 701-775-0525 or toll-free 800-845-3/31

Southeast Human Service Center: Region 5 2624 9th Avenue South Farge, N.D. 58103-2350

Crisis Line: 701-298-4500 or 888-342-4900 or 2-1-1 Helpline

South Central Human Service Center: Region 6

Jamestown, N.D. 58401

Crisis Line: 701-253-6304

West Central Human Service Center: Region 7 1237 W. Divide Ave., Suite 5

Bismarck, ND 58501-1208

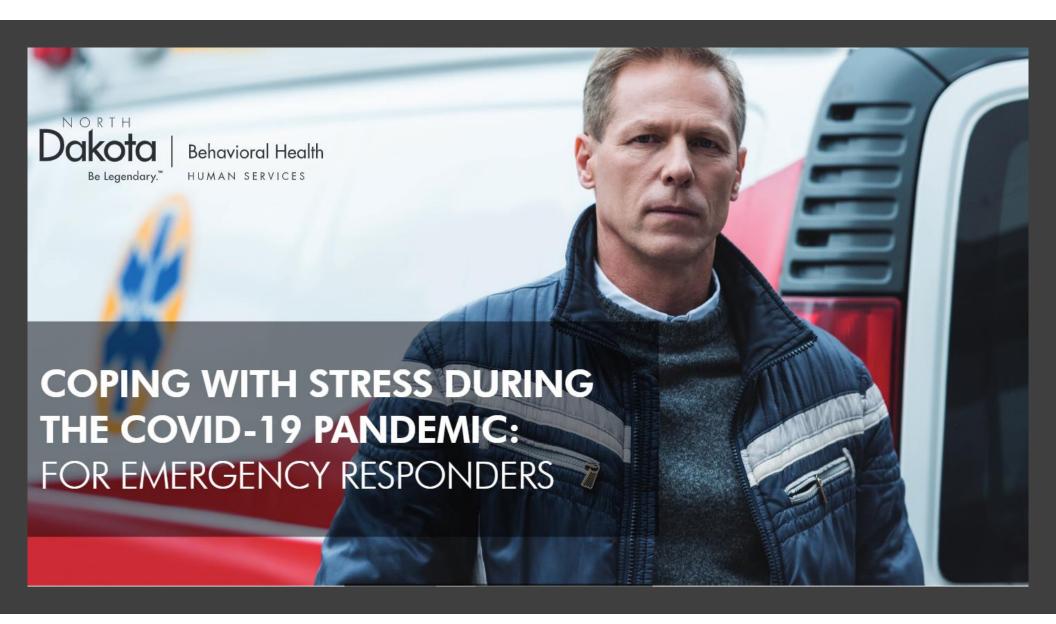
Crisis Line: 701-328-8899 or toll-free 1-888-328-2112

Badlands Human Service Center: Region 8

300 13th Ave. W., Suite 1 Dickinson, ND 58601

Crisis Line: 701-290-5719





News about the coronavirus (COVID-19) is everywhere and concern over this virus can result in families feeling anxious. Parents, family members, and other trusted adults play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.



NEW Resources

- Teleworking with Kids at Home: Finding Balance
- Creating Calm during the COVID-19 Pandemic
- 30-Day Parenting Challenge while Social Distancing
- Getting Movement in during the COVID-19 Pandemic
- COVID-19 Pandemic Changes: Your Adult Child Moves Homes
- How to Talk to Kids if a Family Member Becomes Seriously Ill with COVID-19

Review the resources below to help guide your conversations.

- Early Childhood
- Preschool
- Elementary
- Middle School
- High School
- Supporting those missing milestones because of the COVID-19 pandemic

Understanding COVID-19 and how germs spread

Daniel Tiger - How to talk to your kids

How to talk with your child about the coronavirus

5 ways to help teens manage anxiety about the coronavirus

Coronavirus Resources - for Parents & Kids

Parent/Caregiver Guide to Helping Families Cope With COVID-19

Parenting in the time of COVID-19

ND-Specific Updates

ND Public Instruction

ND Health

CRISIS COUNSELING PROGRAM (CCP)

IMMEDIATE ASSISTANCE PROGRAM (ISP)

Through June 30, 2020 (potential to extend an additional 7 months)

Short-term disaster relief and crisis counseling services





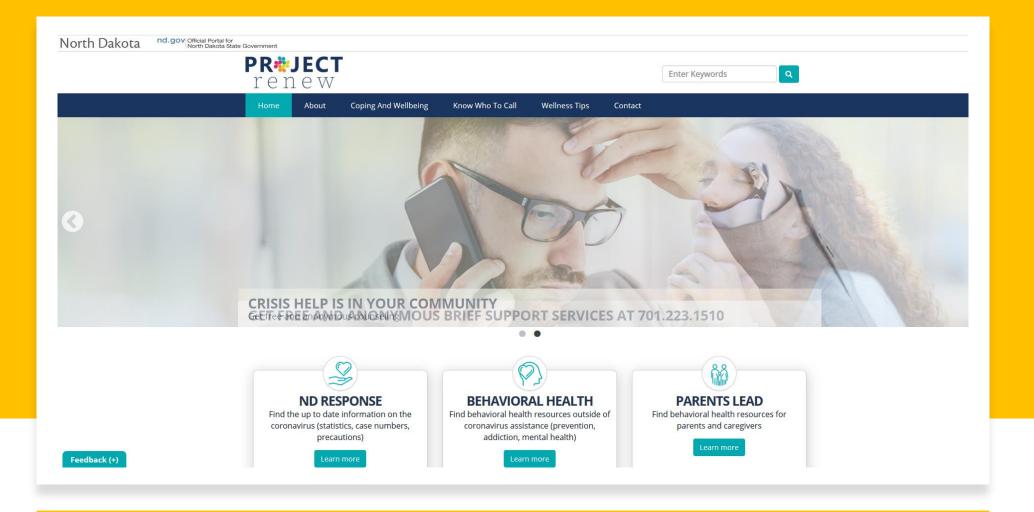
PR#JECT renew

What is Project Renew?

- Crisis Counseling Assistance and Training Program (CCP) funded by the Federal Emergency Management Agency (FEMA)
- Aims to help North Dakotans recover from the COVID-19 pandemic through community outreach and access to mental health services

Services

- The Department of Human Services is partnering with Lutheran Social Services to provide behavioral health supports to North Dakotans physically or emotionally affected by COVID-19.
- Services include:
 - Providing brief support services
 - Helping individuals develop and improve coping strategies
 - Connecting individuals to other community resources and agencies
- Call 701-223-1510 for brief support services from a trained counselor. All calls are free and anonymous.



EMERGENCY GRANT TO ADDRESS MENTAL AND SUBSTANCE USE DISORDERS DURING COVID-19



April 2020 - August 2021 \$2 million

Increased treatment and recovery services for:

- Individuals with a mental illness and/or substance use disorder
- Healthcare practitioners with a mental illness

Emergency Grant to Address Mental and Substance Use Disorders During COVID-19 IMPLEMENTATION

Substance Use Disorder Treatment and Recovery Supports	Mental Illness Treatment and Recovery Supports (not Serious Mental Illness)	Serious Mental Illness and Co- Occurring Treatment and Recovery Supports	Supports for Healthcare Providers with a Mental Illness (not SMI)	Serious Mental Illness Peer Support via Phone
 Sharehouse, Inc. Heartview Foundation 	• Agassiz Associates	• Public service delivery system, with a focus on Regions 2, 4, 5, 6, and 7.	To be determined	• To be determined

COVID-19 EMERGENCY RESPONSE FOR SUICIDE PREVENTION GRANTS

NORTH DAKOTA SUBMITTED AN APPLICATION 5/22/2020

\$800,000 for 16 months in advancing efforts to prevent suicide and suicide attempts among adults age 25 and older in order to reduce the overall suicide rate.

Behavioral health

A state of mental/emotional being and/or choices and actions that affect **WELLNESS**.

Preventing and Preventing and Promoting treating Creating healthy treating Supporting overall wellsubstance use depression and communities recovery disorder or being anxiety other addictions

BEHAVIORAL HEALTH IS HEALTH





TIMELINE

2014

Behavioral Health Planning Final Report Schulte Consulting

2016

ND Behavioral Health Assessment: Gaps and Recommendations

2018

ND Behavioral Health System Study

Human Services Research Institute (HSRI)

North Dakota Behavioral Health System Study April 2018

"A well-functioning behavioral health system attends not only to the intensive needs of children, youth, and adults with serious mental health conditions and substance use disorders but also to the outpatient and community-based service and support needs of individuals, and, critically, to the social and emotional well-being of the majority of the population who have not been diagnosed with a behavioral health condition—especially children, youth, and young adults."

North Dakota Behavioral Health System Study



BEHAVIORAL HEALTH SYSTEM STUDY TIMELINE

1/1/2017 to 6/30/2018



Behavioral Health Division in contract with HSRI to conduct an in-depth review of North Dakota's behavioral health system.

Final report released April 2018

8/1/2018 to 6/30/2019



Behavioral Health Division in contract with HSRI to initiate and facilitate the implementation of a strategic plan based off the recommendations from the comprehensive study of ND's behavioral health system published April 2018.

APRIL 2018 BEHAVIORAL HEATLH SYSTEM STUDY

Served as a component of interim legislative committee studies during the 65th Legislative Interim. This report presents the findings from the North Dakota Comprehensive Behavioral Health Systems Analysis, conducted by the Human Services Research Institute (HSRI) for the North Dakota Department of Human Services' Behavioral Health Division.

The 250-page report provides more than 65 recommendations in 13 categories. This set of recommendations is intentionally broad and far-reaching; it is not expected, nor suggested, that stakeholders in North Dakota endeavor to implement all these recommendations at once.

- 1. Develop a comprehensive implementation plan
- 2. Invest in prevention and early intervention
- 3. Ensure all North Dakotans have timely access to behavioral health services
- 4. Expand outpatient and community-based service array
- 5. Enhance and streamline system of care for children and youth
- 6. Continue to implement/refine criminal justice strategy
- 7. Engage in targeted efforts to recruit/retain competent behavioral health workforce
- 8. Expand the use of tele-behavioral health
- Ensure the system reflects its values of person-centeredness, cultural competence, trauma-informed approaches
- 10. Encourage and support the efforts of communities to promote high-quality services
- 11. Partner with tribal nations to increase health equity
- 12. Diversify and enhance funding for behavioral health
- 13. Conduct ongoing, system-side data-driven monitoring of needs and access

North Dakota Behavioral Health System Study RECOMMENDATIONS

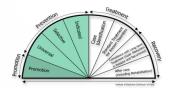
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For more information about BH in ND visit:

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

Keys to Reforming North Dakota's Behavioral Health System



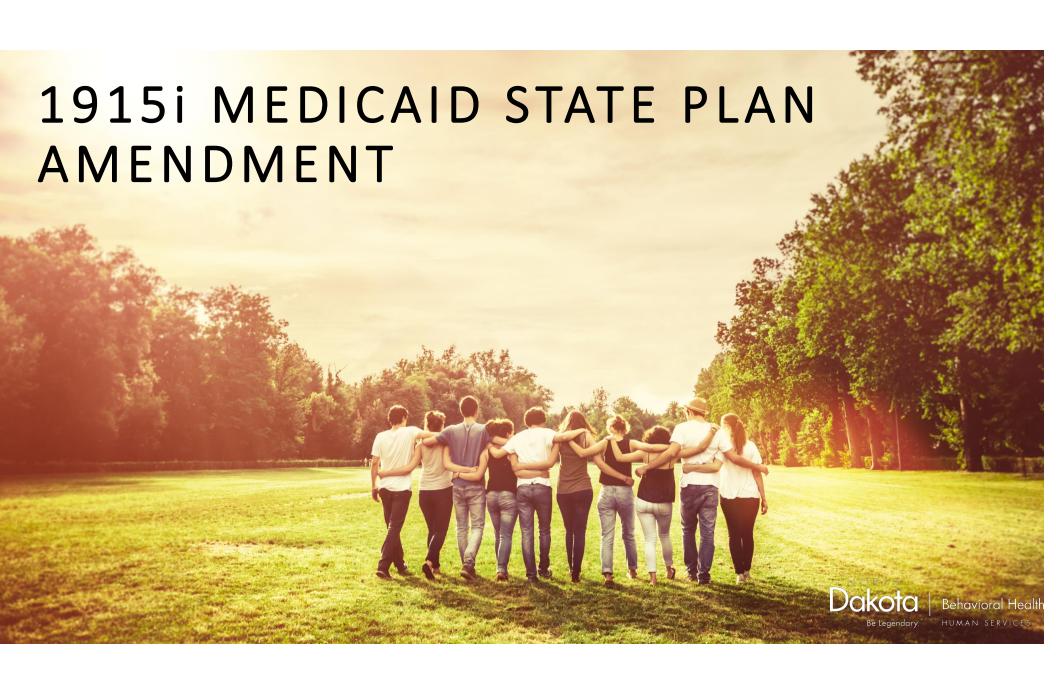
Support the full Continuum of Care



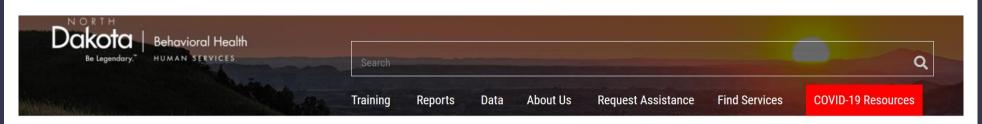
Increase Community-Based Services



Prevent Criminal
Justice Involvement
for Individuals with
a Behavioral Health
Condition



www.behavioralhealth.nd.gov/1915i



Home / 1915(i) Medicaid State Plan Amendment

1915(i) Medicaid State Plan Amendment

During the 2019 legislative session, North Dakota lawmakers authorized the Department of Human Services (Department) to create a Medicaid 1915(i) State Plan Amendment. The amendment allows North Dakota Medicaid to pay for additional home and community-based services to support individuals with behavioral health conditions.

Download the Application

Project Status



Sign up for updates!

Get news from Behavioral Health Division in your inbox.

Email			

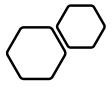
By submitting this form, you are consenting to receive marketing emails from: Behavioral Health Division, 1237 W Divide Ave, Bismarck, ND, 58501, US, https://www.behavioralhealth.nd.gov/. You can revoke your consent to receive emails at any time by using the SafeUnsubscribe® link, found at the bottom of every email. <u>Emails are serviced by</u> Constant Contact.



SERVICE TYPE	DESCRIPTION	Age
Care Coordination	Coordinates participant care, develops Person-centered Plan of Care plan of care and assists individuals with gaining access to needed1915(i) and other services.	0+
Training and Supports for Caregivers	Service directed to individuals providing unpaid support to a recipient of 1915(i) services. Services are provided for the purpose of preserving, educating, and supporting the family and/or support system of the individual.	0+
Community Transitional Services	Non-recurring basic household set-up expenses for individuals transitioning from certain institutions to a private residence where the person is directly responsible for his or her own living expenses. Transition Coordination services are also available	0+
Benefits Planning	Assists individuals considering employment with making informed decisions regarding public benefits and work incentives. Counselors are knowledgeable on public benefits, including Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicare, Medicaid etc.	0+
Non-Medical Transportation	Assists participants with transportation needs to gain access to services, activities and resources, as specified by their plan of care.	0 to 21
Respite	Provided to participants unable to care for themselves. Furnished on a short-term basis because of the absence or need for relief of persons who normally provide care for the participant.	0 to 21
Prevocational Training	Assists participants with developing general, non-job-task-specific strengths and skills that contribute to paid employment	18+
Supported Education	Assists participants who want to start or return to school or formal training with a goal of achieving skills necessary to obtain employment.	5+
Supported Employment	Assists participants with obtaining and keeping competitive employment at or above the minimum wage.	14+
Housing Support Services	Assists participants with accessing and maintaining stable housing in the community.	Six months prior to 18 th birthday
Peer Support	Trained and certified individuals with lived experience as recipients of behavioral health services promote hope, self-determination, and skills to participants to achieve long-term recovery from a behavioral health disorder.	18+

^{*}For a full description read the application draft.





Administrative Rules: 75-03-43 Certified Peer Support Specialists

Public hearing was held at 2:00 pm March 26, 2020 in room 210 of the Judicial Wing of the State Capitol. Public comment was accepted through 5:00 pm April 6, 2020.

Scheduled for Administrative Rule Committee meeting June 9, 2020.

26 March 2020 6 April 2020 9 June 2020

CERTIFIED PEER SUPPORT SPECIALISTS

Certified Peer Support Specialist I

- Self-identify as an individual who has personal lived experience and is willing to publicly identify
- At least 18 years of age
- Currently resides/employed within the state
- HS diploma
- Successfully complete division-approved training program

Certified Peer Support Specialist II

- All requirements of a CPSS I, and
- At least 1,500 direct service hours as a peer support specialist.

OVERVIEW

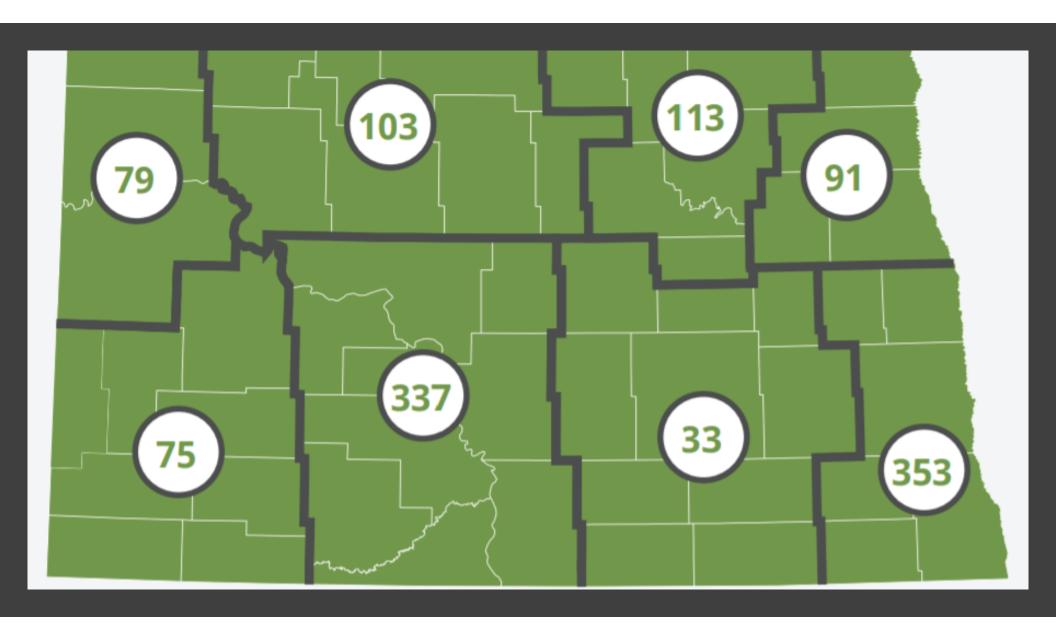
Application Certification Recertification • Proof of successful completion of peer Approved by the BHD Personal statement • Effective for 2 years • Signed code of ethics support training • Three letters of recommendation • Evidence of compliance Personal statement • \$50 fee CONTINUING EDUCATION Signed code of ethics • 20 hours required during the 2-year • \$50 fee certification period • No more than 4 hours self-study or RECIPROCITY distance learning • A certified peer support specialist • 2 hours must be on ethics from another state may obtain certification in ND if the department **REVOCATION/COMPLAINTS** · The BHD may revoke certificate based has entered into a reciprocity agreement with the state that issued on determination that it is necessary the certificate to protect welfare, health and safety of ND residents. · Revocation can be appealed



Monthly Census (active participants), Discharges and Denials



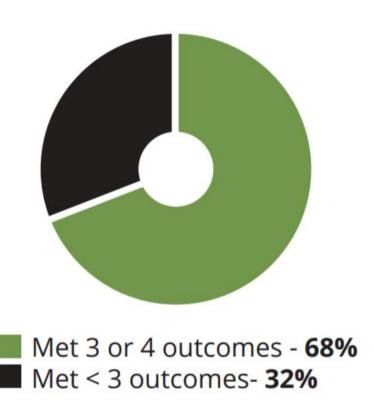
There has been a total of 1,278 discharges from Free Through Recovery. The majority of individuals discharges declined or stopped participating (35%), followed by those who had no contact with their care coordinator or absconded (24%). 165 individuals were identified as not eligible.



FTR Participants



March 2018 – March 2020 Outcomes





SB 2012 SECTION	PROGRAM/SERVICE	DIVISION BUDGET
1	Substance Use Disorder Voucher (additional dollars to support need, additional capacity [2 FTE], and reduction in age eligibility from 18 to 14; previously SB 2175)	Behavioral Health Division
	Parents Lead	Behavioral Health Division
	Mental Illness Prevention (previously 2028)	Behavioral Health Division
	Recovery home grant program	Behavioral Health Division
	Maintain trauma-informed practices network (funding moved from SB 2291)	Behavioral Health Division
	Suicide prevention transfer from Department of Health	Behavioral Health Division
	Statewide Behavioral Health Crisis Services	Field Services Division
4	Peer Support certification (previously SB 2032)	Behavioral Health Division
5	Community Behavioral Health Program (expansion of Free Through Recovery; previously SB 2029)	Behavioral Health Division
18	IMD, Bed Capacity, and Medicaid waiver (1115) Study	Field Services Division
21	School Behavioral Health Grants (previously 2300)	Behavioral Health Division
22	School Behavioral Health Program	Behavioral Health Division
38	Expansion of Targeted Case Management – youth with SED (previously 2031)	Medical Services
39	Expansion of Targeted Case Management – adults with SMI (previously 2031)	Medical Services
40	Withdrawal management coverage in Medicaid	Medical Services
41	1915i Medicaid State Plan Amendment (adults and youth [previously 2298])	Medical Services
45	Sustain HSRI Behavioral Health Study Implementation support (previously SB 2030)	Behavioral Health Division

Other Behavioral Health-Related Bills

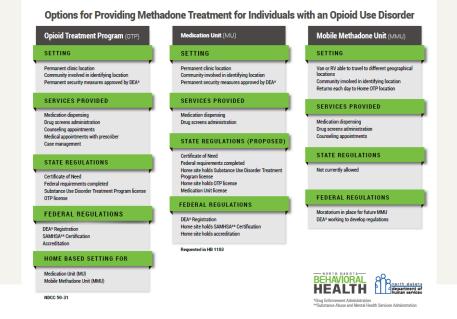
House Bill 1103 Opioid Treatment Medication Units

PASSED

- Passed House (13-0-1) (87-3)
- Passed Senate (6-0-0) (44-0)

50-31-01

"Medication unit" means a facility established as part of, but geographically separate from, an opioid treatment program, from which a licensed practitioner dispenses or administers an opioid treatment medication or collects samples for drug testing or analysis.



House Bill 1105 Voluntary Treatment Program and SUD Voucher

PASSED

- Passed House (12-0-2) (87-1)
- Passed Senate (6-0) (45-0)

50-06-06.13.

...The department may establish a program to prevent outof-home placement for a Medicaid eligible child with a behavior health condition as defined in the "Diagnostic and Statistical Manual of Mental Disorders", American psychiatric association, fifth edition, text revision (2013).

50-06-42.

...assist in the payment of addiction treatment services provided by **private** licensed substance abuse treatment programs, excluding regional human service centers, and hospital-or medical clinic-based programs for medical management of withdrawal.

Senate Bill 2149 Behavioral Health Resource Coordinators

PASSED

- Passed Senate (7-0) (44-3)
- Passed House (14-0) (86-4)

15.1-07-34

Youth behavioral health training to teachers, administrators, and ancillary staff.

...Each school within a district shall designate an individual as a behavioral health resource coordinator.

...The superintendent of public instruction shall maintain the contact information of the behavioral health resource coordinator in each school.

Senate Bill 2313 Children's System of Services and Cabinet

50-06-05.1To develop a system of services and supports to provide behavioral

health services and supports in the community for children at risk of or identified as having a behavioral health condition and for the families of these children.

PASSED

- Passed Senate (5-0-1) (44-0)
- Passed House (14-0) (81-9)

To provide resources on mental health awareness and suicide prevention to the behavioral health resource coordinator at each school. The resources must include information on identifying warning signs, risk factors, and the availability of resources in the community.

50-06

Children's cabinet - The children's cabinet is created to assess, guide, and coordinate the care for children across the state's branches of government and the tribal nations.

Senate Bill 2246 Public Intoxication

PASSED

- Passed Senate (6-0) (47-0)
- Passed House (11-0-3) (91-0)

5-01-05.1

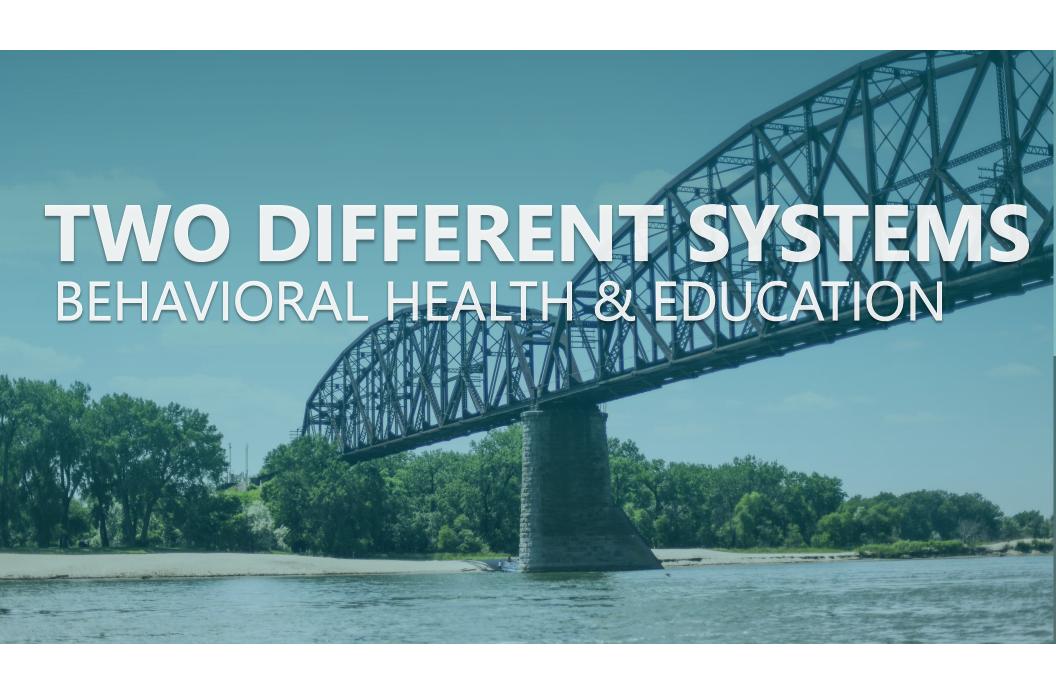
As used in this section "intoxicated" means a state in which an individual is under the influence of alcoholic beverages, drugs, or controlled substances, or a combination of alcoholic beverages, drugs, and controlled substances.

Senate Bill 2240 <u>References to Substance</u> Use Disorders

PASSED

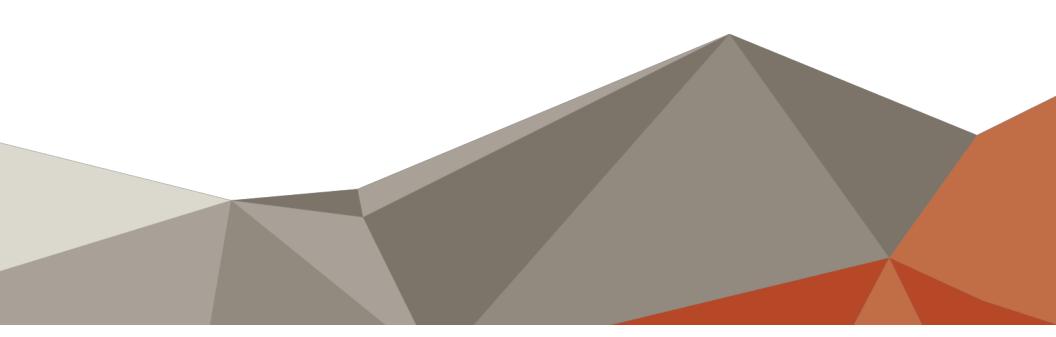
- Passed Senate (6-0) (47-0)
- Passed House (12-2-0) (72-18)

Removes "habitual drunkard"



Hospital Bed Study

Human Services Research Institute





Hospital Bed Study Summary

- Sufficient inpatient bed capacity
- 6-10 hospital beds needed in western North Dakota
- Recommended size of State Hospital 75-85 beds
- Develop and Expand Alternatives to Inpatient Treatment
- Develop standardized coordination of services
- Integrate behavioral health services into physical health



Current Relevant Work

- Behavioral health services expansion
- Assertive Community Treatment (ACT) expansion
- Emergency services expansion
- 1915i Home and Community Based Services implementation
- Psychiatric Residential Treatment Facility Workgroup



behavioralhealth.nd.gov