

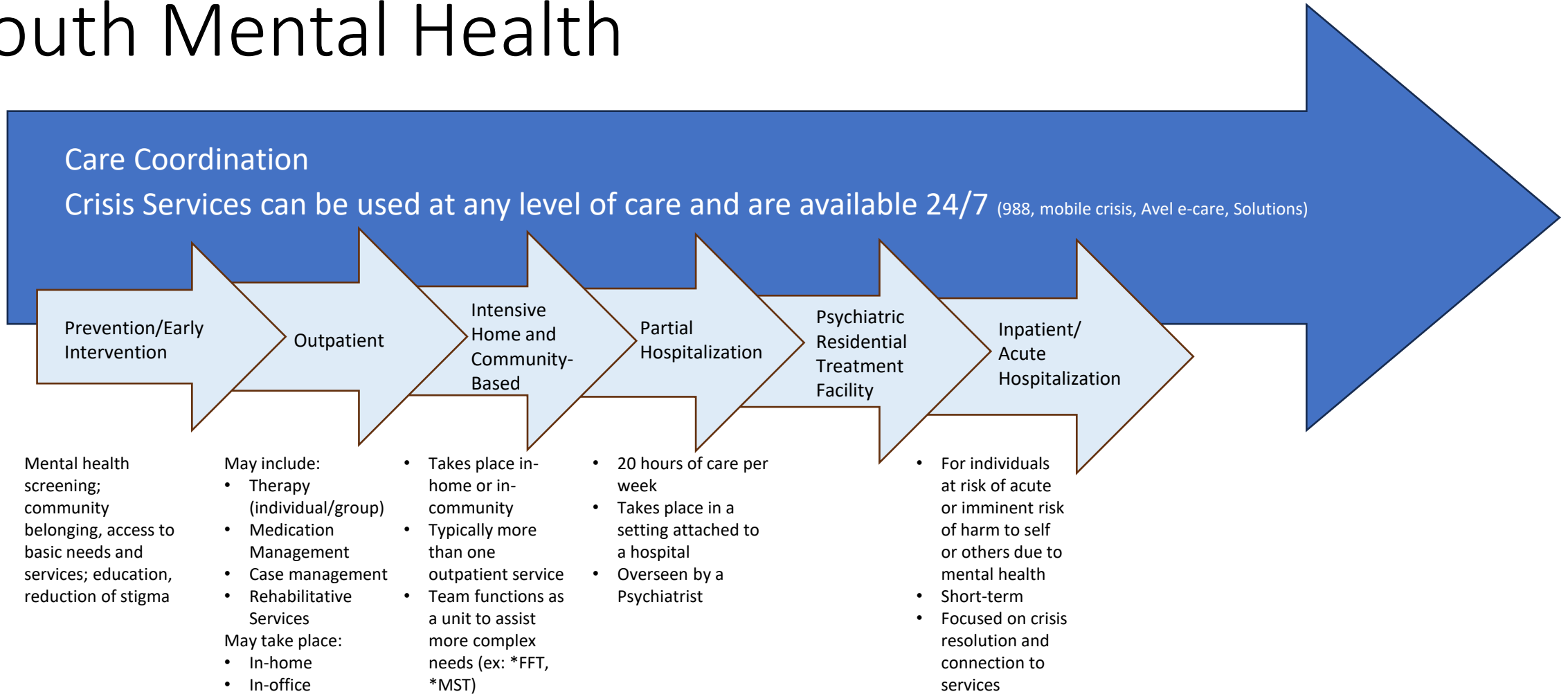


# Youth Mental Health in North Dakota

Behavioral Health Division

NORTH  
**Dakota** | Health & Human Services  
Be Legendary.

# The Continuum of Care: Youth Mental Health



Other specialty services: Competency Assessment and Remediation; Psychological Testing; Applied Behavioral Analysis

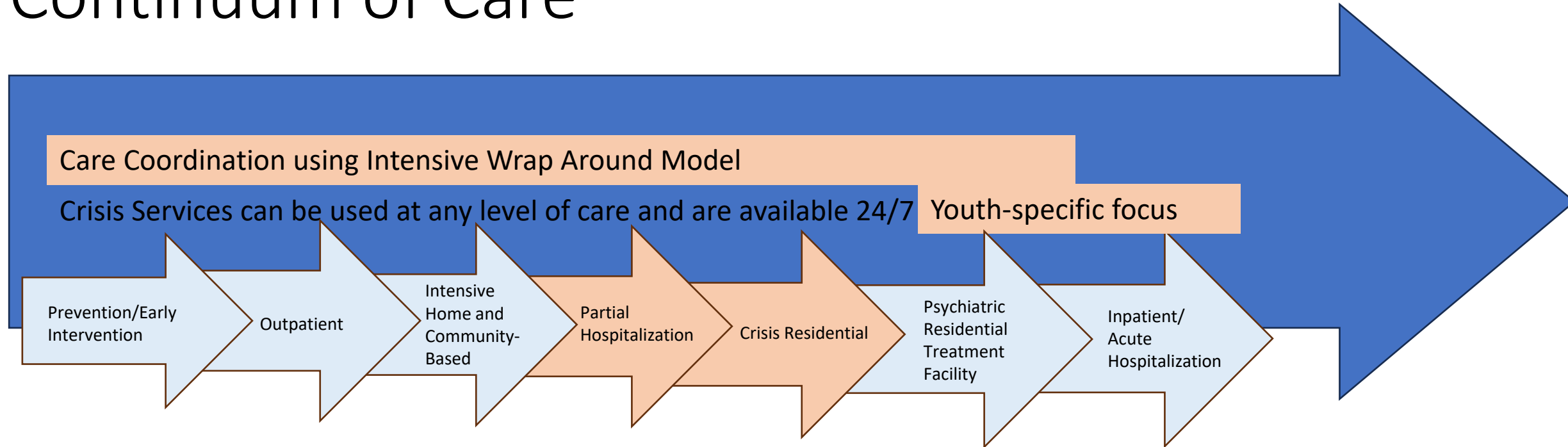
\*FFT- Functional Family Therapy (evidence-based modality for team-based care for youth with complex behavioral health needs and their families)

\*MST- Multi-Systemic Therapy (evidence-based modality for team-based care for youth with complex behavioral health needs and their families)

# Gaps and Limitations

- Crisis Services- national best practices call for youth-specific crisis services
  - MST and Solutions in Fargo region
  - Limited behavioral health workforce also a challenge
- Care Coordination enhancements- this is a new service provided by the Regional Human Service Centers/Behavioral Health Clinics and aligns with the Certified Community Behavioral Health Clinic model
  - Evidence-based practices are available through Intensive-Wrap Around and are highly suggested for both adults and youth
- Outpatient Services/Intensive Home and Community-Based Services
  - Research indicates the need for enhanced community partnerships to adequately treat individuals needs
  - The need for services is outpacing the behavioral health workforce
  - Fee for service models are not adequate in funding services for individuals with complex needs
- Crisis Residential for Youth
- Psychiatric Residential Treatment Centers (CTS-LOC)
- \*Acute Hospitalization Safety Net

# Enhancements of the Youth Mental Health Continuum of Care



- Enhancements of youth-specific crisis services (System of Care initiative)
- Partial Hospitalization beginning December 2024 St. Alexius (System of Care Initiative)
- CTS-LOC Clinical Alignment across Behavioral Health Division, Medicaid, and Child and Family Services
- Certified Community Behavioral Health Center (CCBHC) Initiative (2022-current)
  - Care Coordination using Intensive Wrap Around Model (System of Care Initiative)
- Improved navigation for citizens

# Prevention and Early Intervention Efforts

## **Parents Lead**

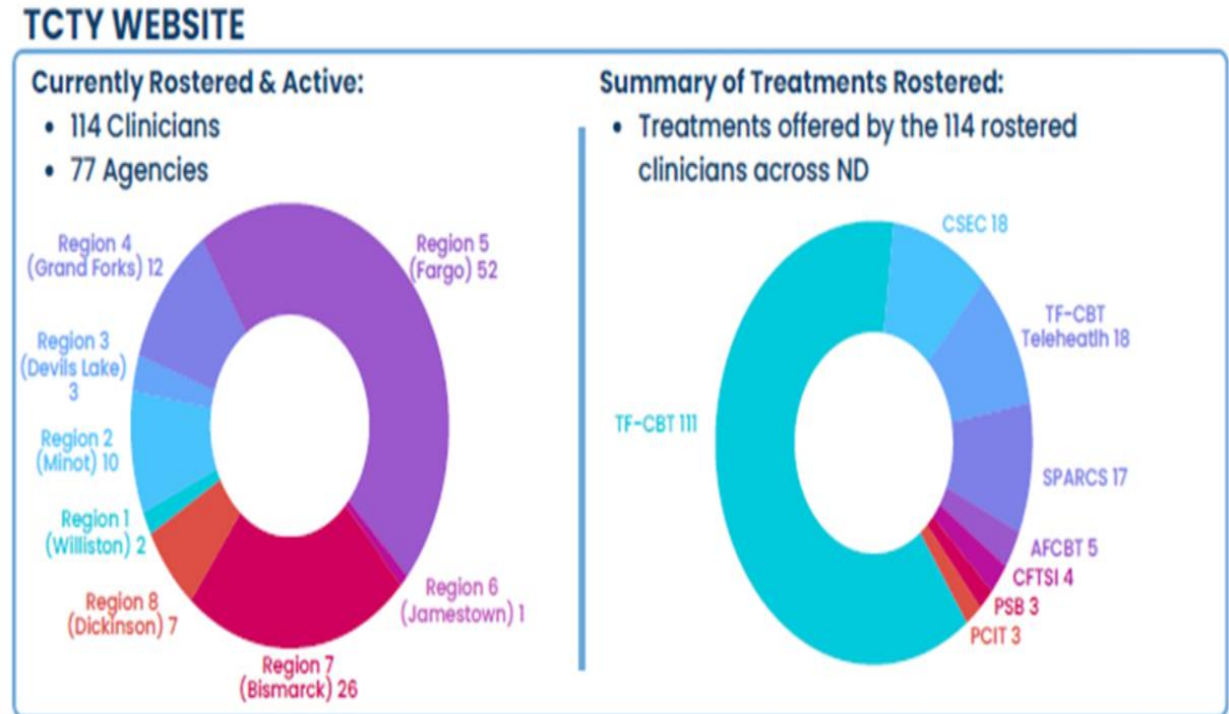
- Evidence-based prevention program that provides parents and caregivers with a wide variety of tools and resources to support them in creating a safe environment for their children that promotes behavioral health
- Added an additional administrator in 2024

## **Pediatric Mental Healthcare Access**

- Behavioral Health Division took over grant from Department of Health following merge in 2023
- ECHO educational sessions for pediatric and family health providers
- Consultation line
  - Federation of Families
  - Psychiatric providers
- Central Regional Educational Association (CREA) partnership in full-service community schools

# Training and Technical Assistance

- TCTY
  - Funded through state dollars
  - Provide annual TF-CBT training with up to six months technical assistance
  - Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment for children and adolescents ages 3-18
    - TF-CBT integrates cognitive behavioral techniques with trauma-specific interventions
    - As of June 30, 2024: Approximately 550 clinicians have been trained since project implementation with approximately 114 of those clinicians actively \*rostered
      - \*Rostered means that the clinician completed the TF-CBT training and six months of consultation calls and is rostered to the directory <https://www.tcty-nd.org/clinicians/> and active means they have maintained contact with TCTY and elect to be on the website



# School-Based

## System of Care Support for Schools

- Belcourt Education Resource Center (\$66,280, Belcourt, ND): To support the implementation of trauma-informed evidence-based practices for professionally licensed mental health care providers and school and community members. The grant will further work that has been initiated within the Turtle Mountain Schools as part of the Child HELP Partnership.
- Belcourt School District (\$128,092, Belcourt, ND): To support the Turtle Mountain Community School (TMCS) implementation of Belcourt Youth Activities Program and Healthy Living Project. In Summer 2024, the program anticipates serving 200 children and adolescents ages 6-17 through a 4-week program that includes mental health and substance use education, prevention, and skill building using the Seven Teachings approach.
- Bismarck Public Schools (\$170,334, Bismarck, ND): To support the development and implementation of services for students in the School Within a School (SWIS) and RenewEd settings. The grant will support the hiring of professional staff to provide services and support for students identified with behavioral health needs in the district.
- Fort Totten School District (\$115,611, Fort Totten, ND): To address the need for behavioral health services and support for youth at Four Winds High School within the Spirit Lake Nation Reservation. The grant will focus on hiring a Student Services Coordinator to be responsible for coordinating behavioral health services and transportation logistics for students. The grant will support the implementation of evidence-based mental health interventions to address trauma and improve overall well-being among Four Winds High School students.
- Mandan Public Schools (\$135,000, Mandan, ND): The grant will assist the district in expanding the scope of the current elementary Nexus-Path case manager to provide services for all students.

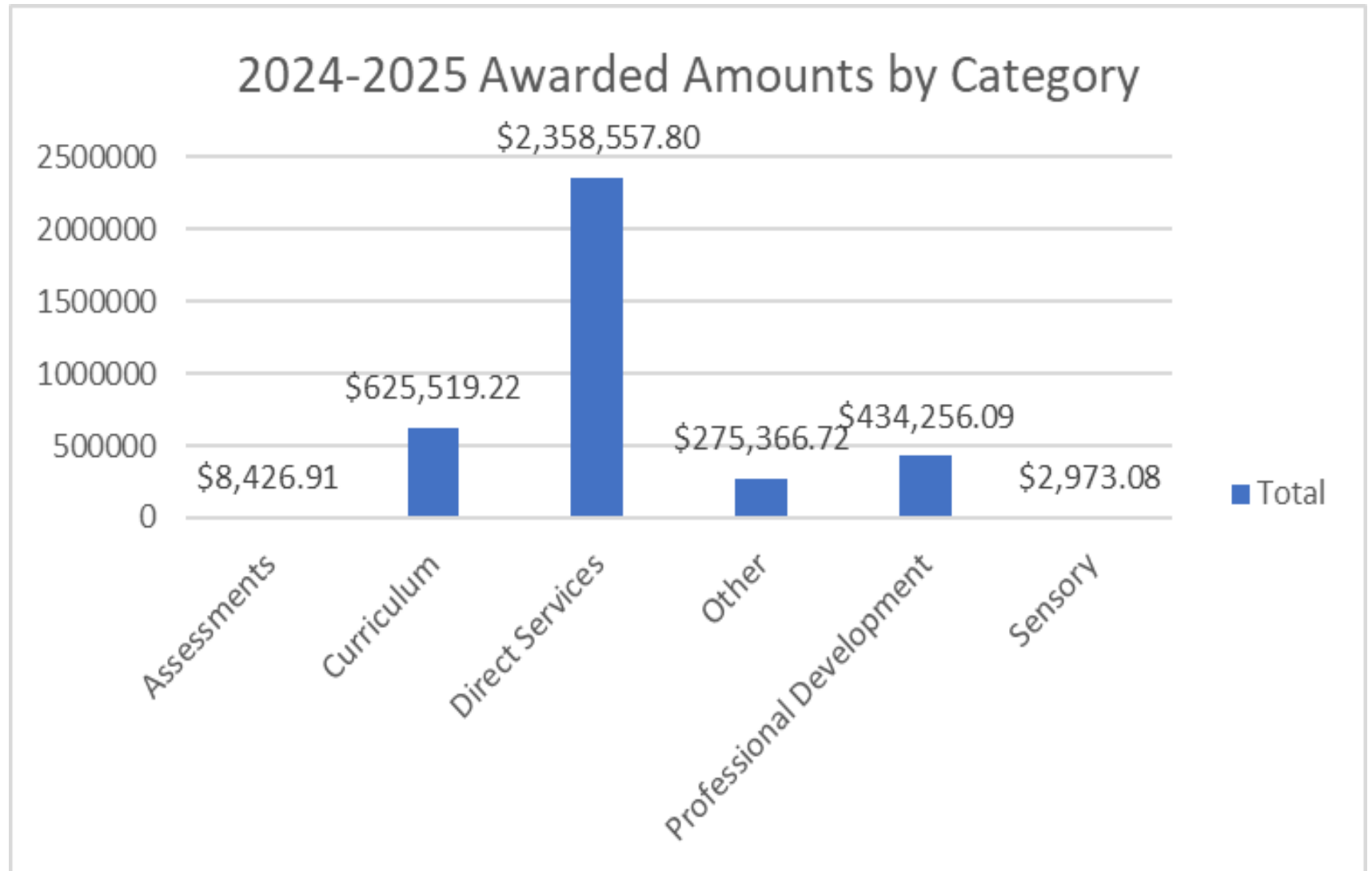
# School-Based

## **B-HERO trainings**

- Trauma-Sensitive Schools
- PREPaRE Crisis Prevention and Intervention
- Classroom Wise
- Question, Persuade, Refer (QPR)
- Harvard Relationship Mapping Protocol



# Behavioral Health School Grants 2024-2025



# Crisis Service Enhancements

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## SAMHSA's National Guidelines for Child and Youth Behavioral Health Crisis Care

- Someone to talk to
  - Crisis call centers (988)
- Someone to Respond
  - Mobile crisis response including immediate support, safety planning, and follow up with qualified crisis responders
  - Prioritization to keep youth in the home when it is safe to do so
- A Safe Place to Be
  - Crisis Receiving and Stabilization Services
    - May include crisis receiving units (CRU)
    - May include in-home service delivery over several weeks following the crisis

# Navigation

2023 legislative session provided funding for a Behavioral Health Navigator position within BHD

- As of October 31, 2024 - 282 individual connections

Family navigation/CTS-LOC for youth

- CTS-LOC partnership began in 2019 in the creation of the Clinical Alignment Team
  - Members of Child and Family Services (CFS), Medicaid, and Behavioral Health (BHD)
  - Goal of re-aligning clinical criteria for admission into Psychiatric Residential Treatment Facilities (PRTF), Qualified Residential Treatment Programs (QRTP), and Treatment Foster Care (TFC) to ensure youth receive the right service at the right time, for the right duration, in the right setting
  - In 2023, a contract was awarded to Maximus to make these LOC determinations in alignment with the correct criteria
  - Currently, all youth in private custody (family) are screened through the Behavioral Health Navigator
    - From July 1, 2024-November 27, 2024- 114 youth from private families have been screened and connected to services
  - In 2024, Medicaid funded a position within Behavioral Health to assist families in navigating the system, applying for higher level of care payment through Maximus
    - Family Navigator (currently in process of being posted)
  - BHD offering technical assistance and clinical staffing to PRTF facilities in addition to licensure
    - Regional Reviews and State Reviews
    - Once per month clinical staffing meeting

# Certified Community Behavioral Health Clinics (CCBHC Model)

## CCBHC

*Services may be delivered directly by the CCBHC or by a Designated Collaborating Organization (DCO). CCBHCs are expected to directly deliver the majority of encounters.*



Crisis Services



Screening, Assessment and Diagnosis



Person-centered and Family-centered Treatment Planning



Outpatient Mental Health and Substance Use Services



Primary Care Screening and Monitoring



Targeted Case Management Services



Psychiatric Rehabilitation Services



Peer Supports and Family/Caregiver Supports



Community Care for Uniformed Service Members and Veterans

***Provision of all services is person- and family-centered.***

***Funded through Prospective Payment System (PPS) in collaboration with Medicaid***

# Care Coordination

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- Care coordination a part of the CCBHC model
- Currently approved to hire a total of 16 care coordinators across the Human Service Centers
- 4 Care Coordinators have been hired to date at the Human Service Centers
  - 1 NWHSC, 1, LRHSC, 1 NEHSC, 1 SCHSC

# High-Fidelity Wrap Around

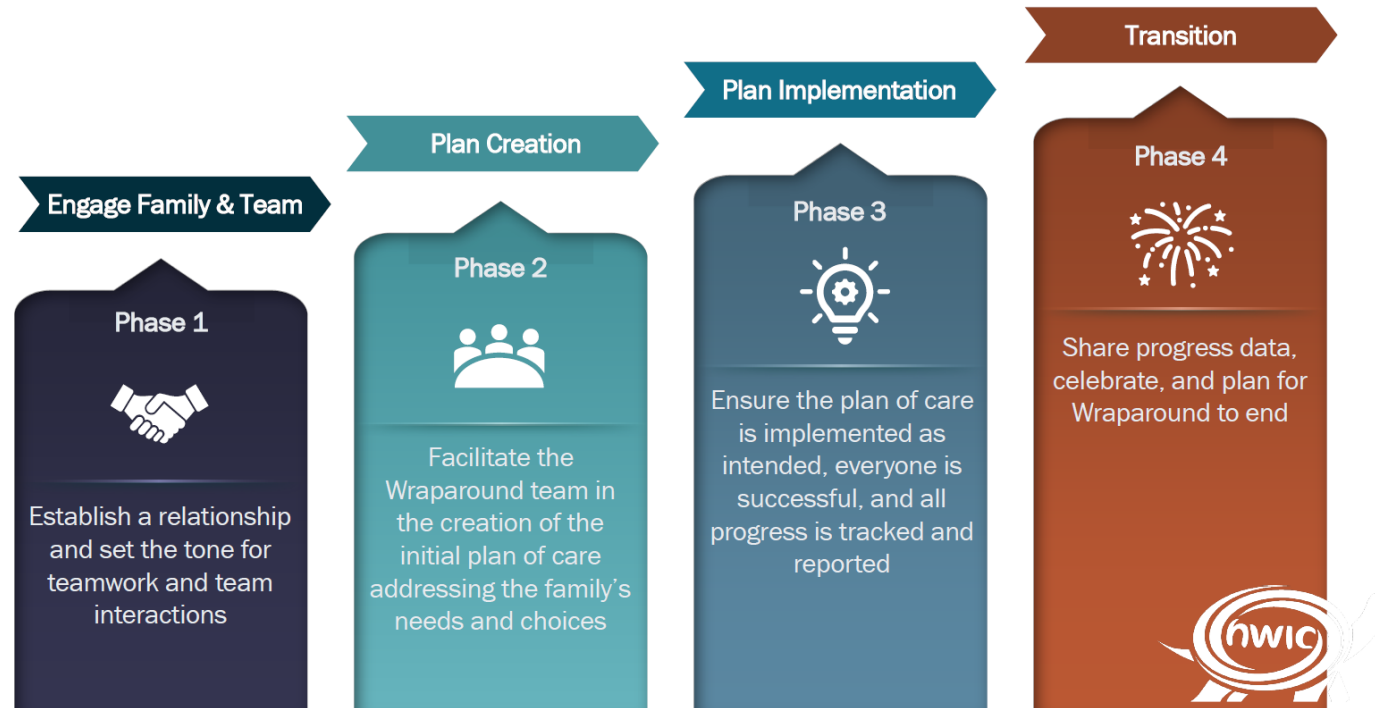
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- High Fidelity Wraparound is an evidence-based, intensive care coordination approach grounded in the standards and requirements established by the National Wraparound implementation Center.
- Single entity responsible for facilitating the HFW process for youth with complex needs with multisystem involvement.
- The interactive, team-based approach employs ten principles and four phases to help families:
  - Reach their desired outcomes
  - Develop skills, confidence, and natural support systems for the future
  - Staff ratios of 1:10
- Allows for intensive, individualized, youth and family driven care.

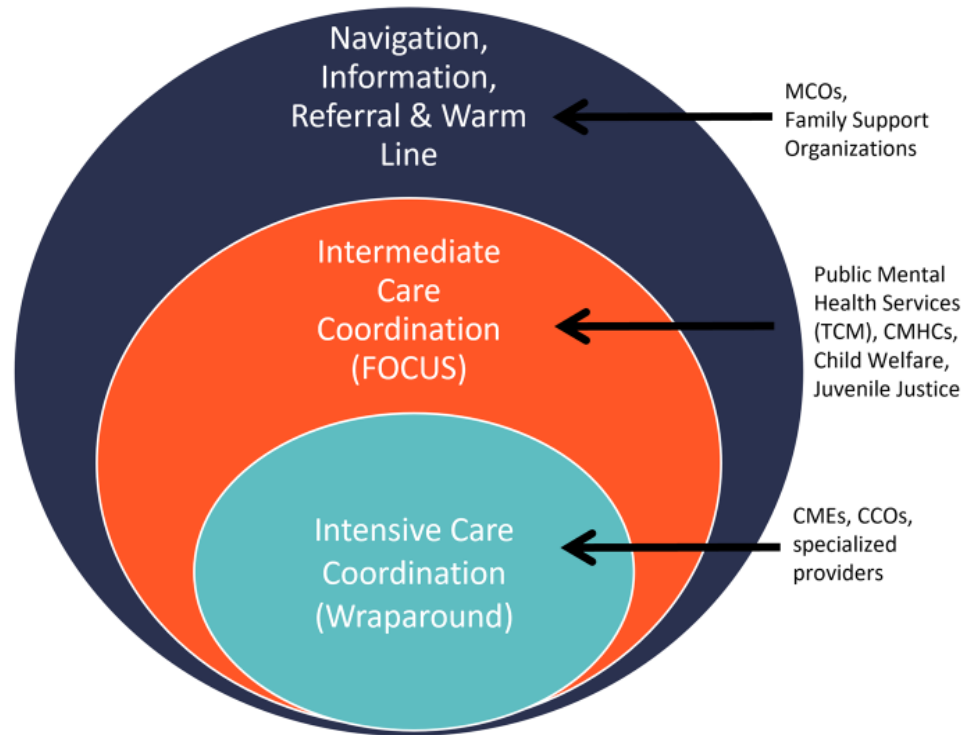
# High-Fidelity Wrap Around

- HSRI Aim 5- Enhancements in community-based services for youth with multi-system involvement

## Care Coordinator Responsibilities Across the Phases of Wraparound



# High Fidelity Wraparound – Timeline



**June-July 2024:** BHD Leadership and SOC Steering Committee meetings with NWIC

**October 2024:** Finalize contract with NWIC for TA and training on High Fidelity Wraparound implementation.

**November-January 2024:** Complete Wraparound Implementation Standards – Systems WISS Tool and System Reform Support Instrument (SRSI) to guide implementation.

**November-January 2024:** Market research by SOC Team with public and private entities on interest and feasibility to provide intensive care coordination/HFW.

**January-March 2025:** Assessment outcome and implementation planning.



# Partial Hospitalization

- Gap identified in various regions across ND
- One program funded through System of Care in 2024
- RFP issued January 3, 2024 for Bismarck and Lake Region
- CHI St. Alexius was awarded a contract
  - Plan to begin taking referrals in December, 2024