

# **State of Alaska FY2008 Governor's Operating Budget**

## **Department of Health and Social Services Rural Services and Suicide Prevention Component Budget Summary**

## Component: Rural Services and Suicide Prevention

### Contribution to Department's Mission

The mission of this component is to encourage and support regional and community-based efforts to address the problems of suicide, self-destructive behavior and substance abuse.

### Core Services

Programs funded through this component include the Community-Based Suicide Prevention Program (CBSPP) which provides small grants directly to communities; and the Rural Human Services System Project (RHSSP) which provides funds to regional agencies to hire, train and supervise village-based counselors. These counselors provide integrated substance abuse and mental health outpatient, aftercare and support services as well as prevention and education activities. The RHSSP training program is administered by the University of Alaska, College of Rural Alaska and an additional part of the mission is to encourage rural Alaskans to pursue higher degrees in human services fields.

Both the Community-Based Suicide Prevention Program and the Rural Human Services System Project focus on ensuring that needed services are both available in and culturally appropriate to the villages and towns of rural Alaska. CBSPP coordinators provide a wide range of prevention and intervention services. Rural human service trained village-based counselors provide a full range of paraprofessional services from screening to aftercare under the supervision of more advanced practitioners. They also provide prevention and education programs in their communities.

### FY2008 Resources Allocated to Achieve Results

<b>FY2008 Component Budget: \$2,401,100</b>	<b>Personnel:</b>	
	Full time	0
	Part time	0
	<b>Total</b>	<b>0</b>

### Key Component Challenges

The Rural Human Services System Project faces the challenge that it does not yet serve every region of the state and there are still many villages without trained counselors. The Project needs to grow to fill in these gaps. The Project also needs to continue to work with the University to explore ways of assisting Rural Human Services graduates to pursue higher education and move into positions of increasing responsibility in their agencies. Another major challenge is coordinating with the new Behavioral Health Aide program to ensure there is no duplication and to enhance the efforts of each group. We are working closely with the University of Alaska Fairbanks in identifying ways to increase our partnership, better utilize these limited funds, and to maximize and sustain the outcomes of the Rural Human Service training program.

The Community-Based Suicide Prevention Project is challenged to develop new ways to enhance training for project coordinators and establish and/or broaden links among projects. In addition, the Division's Prevention staff is working with CBSPP grantees to develop better strategies, outcome measures and community planning and readiness to deal with issues related to suicide. In addition, we are assisting our smallest and most remote grantees to develop broader community ownership of the behavioral health issues within their communities and to address the readiness issue before trying to implement prevention and intervention programming. We are working in close partnership with the Statewide Suicide Prevention Council with the state suicide prevention plan and their statewide media campaign to increase awareness and education about suicide and its impact on individuals, families and communities.

## Significant Changes in Results to be Delivered in FY2008

FY08 will continue the change that began in FY06, when we integrated the suicide prevention program into a broader behavioral health system of care for the state of Alaska. Through FY05, the suicide and rural human services programs functioned somewhat separately from the other community-based behavioral health grant programs. During FY06 we incorporated the community-based Suicide Prevention Program into a combined DBH Comprehensive Prevention and Early Intervention Services Request for Proposals, recognizing that all of the health and wellness issues we deal with are interrelated and impact each other (FASD, substance abuse prevention, suicide prevention, early mental health and youth development, resiliency and connectedness). For example, we know that alcohol use and abuse is often a factor in suicide attempts and successes. We also know that suicidal ideations are very prevalent among youth and young adults with disabilities resulting from prenatal exposure to alcohol. By focusing on a more integrated and comprehensive approach to all substance abuse and mental health concerns, we can begin working toward health and wellness promotion, as well as prevention of these issues. Some of the changes to a more outcomes-based grant approach have been a challenge for our small suicide grantees, but we are beginning to see great progress and anticipate continuing progress in FY08.

The Rural Human Service System Program aims to identify individuals who already live (most often were born and raised) in communities, to provide them training and to establish these rural human service system positions as local providers who work under the supervision of a professional clinician providing ongoing support, resources, referral and general early intervention services in their community of origin with the intent of developing and training local paraprofessional providers. The Rural Human Service System Program will continue to be solicited separately from the other Prevention and Early Intervention grant programs due to its unique partnership with the University of Alaska Fairbanks Rural Human Service certification program and its training component.

These positions are vital to our statewide coverage for early intervention services in the most rural and remote locations and these positions enhance our Treatment and Recovery grant programs in rural Alaska. With a stronger emphasis on workforce development, we will be working with the UAF Rural Human Services staff to develop a stronger program to reach more individuals in the coming years.

## Major Component Accomplishments in 2006

During FY06, over 20 communities received community suicide grant funds. In addition, other programs began integrating suicide prevention activities into their more general program. Grant awards ranged in value from \$10,000 to \$30,000, with the average award approximately \$15,000. DBH Prevention staff continued to work deliberately with these programs to develop ways to better identify and document the outcomes of their program activities.

The program continued its work with all communities, urban and rural, to provide training, information and public education about suicide and how we can develop support systems to prevent suicidal outcomes and to promote healthier individuals, families and communities. In addition, the program worked closely with the Suicide Prevention Council as they launched their educational media campaign. The development of the Suicide Prevention Gatekeeper training curriculum has been completed and this training is being incorporated into grantee communities, as well as other communities who want to begin addressing suicide prevention.

In FY06 the Rural Human Services System Project continued funding 12 grants that ranged in value from \$12,000 to \$464,735. Grantees included 7 regional Health Corporations and 5 sub-regional mental health and substance abuse agencies. They helped support 96 village-based counselors working in 89 different rural communities. Each program is designed slightly differently, but all focus on developing local paraprofessional providers through training and certification through the UAF Rural Human Services Program and funding to fund or partially fund counselors in the villages. These programs assist in supplementing our larger urban and hub community treatment and recovery programs by providing qualified local providers to act as a "first responder" and "gatekeeper."

The 30 credit RHS training program is now offered at four rural campuses: Interior/Aleutian Campus at University of Alaska Fairbanks; Kuskokwim Campus in Bethel; Northwest Community Campus in Nome; and Chukchi Campus in Kotzebue. The program is also newly available at the University of Alaska Anchorage where it focuses on students who work or plan to work providing services to individuals who have relocated to the City of Anchorage from rural communities. In addition, the UAF RHS program has developed a new 16-hour pre-certification for individuals who already have a BA but need the rural certification, or for individuals who are not yet ready to commit to the 30 hour program, but want to begin the process of getting their RHS certification.

## Statutory and Regulatory Authority

AS 47.30.470-500  
7 AAC 78

Mental Health  
Grant Programs

Contact Information
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**Rural Services and Suicide Prevention  
Component Financial Summary**

*All dollars shown in thousands*

	<b>FY2006 Actuals</b>	<b>FY2007 Management Plan</b>	<b>FY2008 Governor</b>
<b>Non-Formula Program:</b>			
<b>Component Expenditures:</b>			
71000 Personal Services	0.0	0.0	0.0
72000 Travel	0.0	0.0	0.0
73000 Services	183.3	300.0	300.0
74000 Commodities	0.0	0.0	0.0
75000 Capital Outlay	0.0	0.0	0.0
77000 Grants, Benefits	1,871.8	2,101.1	2,101.1
78000 Miscellaneous	0.0	0.0	0.0
<b>Expenditure Totals</b>	<b>2,055.1</b>	<b>2,401.1</b>	<b>2,401.1</b>
<b>Funding Sources:</b>			
1002 Federal Receipts	70.8	0.0	0.0
1004 General Fund Receipts	10.0	285.9	285.9
1037 General Fund / Mental Health	222.5	128.4	128.4
1180 Alcohol & Other Drug Abuse Treatment & Prevention Fund	1,751.8	1,986.8	1,986.8
<b>Funding Totals</b>	<b>2,055.1</b>	<b>2,401.1</b>	<b>2,401.1</b>

**Estimated Revenue Collections**

<b>Description</b>	<b>Master Revenue Account</b>	<b>FY2006 Actuals</b>	<b>FY2007 Management Plan</b>	<b>FY2008 Governor</b>
<b>Unrestricted Revenues</b>				
None.		0.0	0.0	0.0
<b>Unrestricted Total</b>		<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
<b>Restricted Revenues</b>				
Federal Receipts	51010	70.8	0.0	0.0
<b>Restricted Total</b>		<b>70.8</b>	<b>0.0</b>	<b>0.0</b>
<b>Total Estimated Revenues</b>		<b>70.8</b>	<b>0.0</b>	<b>0.0</b>

**Summary of Component Budget Changes  
From FY2007 Management Plan to FY2008 Governor**

*All dollars shown in thousands*

	<u>General Funds</u>	<u>Federal Funds</u>	<u>Other Funds</u>	<u>Total Funds</u>
<b>FY2007 Management Plan</b>	<b>414.3</b>	<b>0.0</b>	<b>1,986.8</b>	<b>2,401.1</b>
<b>FY2008 Governor</b>	<b>414.3</b>	<b>0.0</b>	<b>1,986.8</b>	<b>2,401.1</b>