

**State of Alaska**  
**FY2023 Governor's Operating Budget**

**Department of Family and Community Services**  
**Inpatient Mental Health**  
**Results Delivery Unit Budget Summary**

## Inpatient Mental Health Results Delivery Unit

### Contribution to Department's Mission

No mission statement.

### Core Services

- Provide emergency and court-ordered inpatient psychiatric services
- Referral to an appropriate level of care and support for recovery from mental illness
- Provide support and personal well-being for vulnerable Alaskans
- Provide quality of life in a safe treatment and living environment for Alaskans

### Major RDU Accomplishments in 2021

\*Note: This RDU was created in FY2023, but the components existed previously.

- The COVID-19 response team at the Alaska Psychiatric Institute (API) effectively navigated the COVID-19 pandemic by developing a mitigation plan, implementing policies and procedures to ensure the safety of staff and patients, installing sanitation stations throughout API, and modifying workstations to limit possible exposure between staff.
- Filled key leadership positions with permanent staff at API including a Medical Director, Director of Clinical Services, two Psychiatrists, and an Advanced Practice Registered Nurse.
- Reopened the Chilkat wing of the Alaska Psychiatric Institute for the adolescent program in May 2021.
- The pandemic put tremendous pressure on the Designated Evaluation and Treatment (DET) system. Hospitals had to manage bed and workforce shortages, smaller airlines shut down, and some villages would not allow travel into their communities even in the case of patients returning home. The department maintained continuous communication and support for DETs and secure transport providers. By working with providers, emergency psychiatric services continued and the best practices for both COVID-19 mitigation and prevention and psychiatric care were used to ensure patient safety. Additionally, technical assistance was provided to the Mat-Su Regional Medical Center, which became the state's newest DET, increasing the DET bed count in the state by 16 beds. The state continues outreach efforts to hospitals in the interest of expanding DETs across the state and to reduce the need for transportation to these facilities.

### Key RDU Challenges

- Alaska Psychiatric Institute is an 80-bed acute psychiatric facility with approximately 30 percent of patient population being long-term patients with complex discharge needs. This limits the number of beds available for admission from the community on a regular basis.
- Alaska Psychiatric Institute is the only psychiatric facility in Alaska. The hospital must admit patients that do not meet admission criteria because the community does not have the necessary infrastructure to meet specific population needs, i.e., individuals with developmental disabilities and mental health and/or substance abuse, geriatric patients with dementia or Alzheimer's, patients who are not competent, or not able to return to the community.
- Although Alaska Psychiatric Institute has had some success in recruiting staff, the hospital continues to rely on locum tenens providers to see patients due to poor results in recruitment efforts.
- Communities often lack adequate facilities or the professional staff necessary to safely stabilize individuals experiencing local behavioral health emergencies.
- Designated Evaluation and Treatment (DET) facilities and local community behavioral health centers will continue to struggle with workforce issues including staff shortages and turnover. There is a need for ongoing training in the management of psychiatric emergencies, short-term stabilization, and the treatment process.
- Over 80 percent of the Alaska Psychiatric Institute's annual admissions come from the Mat-Su Valley and Anchorage. Expanding DET facilities through the southcentral region could alleviate strain on API.
- DET services leverage federal funding in the Medicaid services component through Disproportionate Share Hospital (DSH) funds. It is a challenge to administer and distribute these funds due to the complex fiscal analysis

required for hospital eligibility and the required eligibility review to ensure that these funds are payor of last resort for each patient. However, some hospitals designated as a DET by the state may not qualify for the federal portion of this reimbursement for DSH services.

- Transportation costs have increased because of ending or limited flights on smaller regional airlines due to COVID-19. Many individuals are being transported via charter flights. Transportation costs are also increasing due to longer wait times at airports for safety and health checks and additional time cleaning transport vehicles. Due to COVID-19, many hospitals have limited their admissions and this has increased the burden on other DETs.

### **Significant Changes in Results to be Delivered in FY2023**

- Continue to develop and improve the therapeutic and clinical programming for patients at the Alaska Psychiatric Institute (API).
- Continue the culture of safety established at API during the COVID-19 pandemic.
- Establish an outpatient competency restoration pilot program at API with the goal of decreasing the number of individuals on the forensic waitlist.
- Work with Department of Corrections to evaluate establishing a jail-based competency restoration program.
- Improve collaborative relationships with other state agencies, i.e., Department of Corrections, Office of Public Advocacy, Division of Juvenile Justice, and the Office of Children’s Services.
- The implementation of the 1115 Waiver has been a phased-in approach, as each region adopts new services, and the crisis system responds to individuals in crisis with options to meet their needs. The new services include peer crisis support, mobile crisis response, 23-hour crisis stabilization, and short-term residential crisis stabilization. These services will reduce the high cost of emergency department care, treat people at the level of care that they need, and reduce the reliance on Designated Evaluation and Treatment beds. The department continues to pursue innovative ways to leverage these new service models to allow involuntary commitments to be served through crisis stabilization centers.

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**Inpatient Mental Health  
RDU Financial Summary by Component**

*All dollars shown in thousands*

	FY2021 Actuals				FY2022 Management Plan				FY2023 Governor			
	UGF+DGF Funds	Other Funds	Federal Funds	Total Funds	UGF+DGF Funds	Other Funds	Federal Funds	Total Funds	UGF+DGF Funds	Other Funds	Federal Funds	Total Funds
<b>Formula Expenditures</b> None.												
<b>Non-Formula Expenditures</b> Designated Eval & Treatment	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9,169.8	4,500.0	0.0	13,669.8
Alaska Psychiatric Institute	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22,465.4	34,721.2	0.0	57,186.6
<b>Totals</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>31,635.2</b>	<b>39,221.2</b>	<b>0.0</b>	<b>70,856.4</b>

**Inpatient Mental Health  
Summary of RDU Budget Changes by Component  
From FY2022 Management Plan to FY2023 Governor**

*All dollars shown in thousands*

	<u>Unrestricted Gen (UGF)</u>	<u>Designated Gen (DGF)</u>	<u>Other Funds</u>	<u>Federal Funds</u>	<u>Total Funds</u>
<b>FY2022 Management Plan</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
<b>Adjustments which continue current level of service:</b>					
-Designated Eval & Treatment	9,169.8	0.0	4,500.0	0.0	13,669.8
-Alaska Psychiatric Institute	22,465.4	0.0	34,721.2	0.0	57,186.6
<b>FY2023 Governor</b>	<b>31,635.2</b>	<b>0.0</b>	<b>39,221.2</b>	<b>0.0</b>	<b>70,856.4</b>