

— NORTH DAKOTA —  
**BEHAVIORAL**  
**HEALTH**



# JUSTICE-INVOLVED POPULATIONS:

- Services for Justice-Involved Populations Several data sources indicated a very high prevalence of behavioral health issues in the state's criminal justice systems for both adults and youth in North Dakota, which is consistent with national trends.
- We also observed a great amount of energy and attention in the state to improving the system's capacity to meet the needs of justice involved individuals with behavioral health needs, particularly within the DOCR and the Department of Juvenile Services. For example, multiple state entities are collaborating on a Dual Status Youth Initiative to improve policies and practice related to youth involved in the justice and child welfare systems.



- A common theme in stakeholder interviews was that, in many cases, judges are sentencing individuals with behavioral health conditions for low-level crimes to provide them access to treatment they would be unable to access in their communities.
- Many stakeholders stressed that individuals with justice involvement experience multiple barriers to accessing services.
- A common theme was that, in general, community-based treatment providers are resistant to serving individuals with criminal justice histories.
- Stakeholders said that the need for community-based services is high among the re-entry population, although the newly implemented Free Through Recovery program and other initiatives are expected to expand capacity.



# ND's Behavioral Health System is in a state of reform:



Need for  
community based  
services



Stop criminalizing  
behavioral health



Support full  
continuum of care

# HSRI Final Report

Released April 2018



## North Dakota Behavioral Health System Study

Final Report  
April 2018



Stakeholders described a **“double bottleneck”** in the system—with some children and youth underserved while others are receiving services at a higher level than is needed.

**5 – Enhance  
and streamline  
system of care  
for children and  
youth**

- 5.1 Improve coordination between education, early childhood, and service systems
- 5.2 Expand targeted, proactive in-home supports for at-risk families
- 5.3 Develop coordinated system to enhance treatment foster care capacity and cultural responsiveness
- 5.4 Prioritize residential treatment for those with significant/complex needs

We observed a great amount of **energy and attention** to improving the system's capacity to meet the needs of **justice-involved individuals with behavioral health needs.**

**6 – Continue to implement and refine criminal justice strategy**

- 6.1 Ensure collaboration and communication between systems
- 6.2 Promote behavioral health training among first-responders and others
- 6.3 Review behavioral health treatment capacity in jails
- 6.4 Ensure Medicaid enrollment for individuals returning to community

# Recommendations



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
9. 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

# Behavioral Health Division Priorities

## Adult Substance Use Disorder



**1. Improve access to quality services<sup>3/4/8/10</sup>**



**2. Develop and enhance recovery support services<sup>4</sup>**



**3. Develop early intervention capacity<sup>2/3</sup>**



**4. Stop shame and stigma surrounding addiction<sup>10</sup>**



**5. Develop diversion capacity and support individuals with substance use disorder in the justice system<sup>6</sup>**

## Adult Mental Health



**1. Increase capacity for community-based services<sup>3/4/8/10/12</sup>**



**2. Develop and enhance recovery support services<sup>4</sup>**



**3. Develop early intervention capacity<sup>2/3</sup>**



**4. Stop shame and stigma surrounding mental illness and promote mental health<sup>10</sup>**



**5. Develop diversion capacity and support individuals with mental illness in the justice system<sup>6</sup>**

## Children's Behavioral Health



**1. Increase capacity for community-based services<sup>3/4/8/10</sup>**



**2. Improve family-driven services and supports<sup>5</sup>**



**3. Develop early intervention capacity<sup>2/3</sup>**



**4. Improve access to quality services<sup>10</sup>**



**5. Partner with schools to support children's behavioral health across the continuum<sup>5</sup>**



**6. Develop diversion capacity and support individuals in juvenile justice<sup>6</sup>**

## Prevention/Early Intervention



**1. Increase implementation of effective prevention statewide<sup>2/3/10</sup>**



**2. Decrease underage drinking<sup>2</sup>**



**3. Decrease adult binge drinking and related consequences<sup>2</sup>**



**4. Decrease opioid misuse and overdose<sup>2</sup>**



**5. Develop early intervention capacity<sup>2/3</sup>**

# Substance Use Disorder (SUD) Voucher

The SUD Voucher program was established in 2016 to address barriers to treatment and increase the ability of people to access treatment and services for substance use disorders.

State funds were set aside by the legislature with the directive that the department develop rules to:

- Focus on underserved areas and programs
- Increase the provision of evidence based services
- Ensure reporting on process and outcome measures

[behavioralhealth.nd.gov/addiction/sud-voucher](https://behavioralhealth.nd.gov/addiction/sud-voucher)

# ND Behavioral Health Conference

September 4; 6-7

*Keynote/Breakout  
sessions on harm  
reduction and primary  
prevention!*



## 2018 ANNUAL Behavioral Health Conference

### Opening Keynote Speaker **DR. DREW**

Dr. Drew Pinsky is a practicing physician, Board Certified in Internal Medicine, and Board Certified in Addiction Medicine. Pinsky starred in the hit reality series *Celebrity Rehab* with Dr. Drew which chronicled the struggle for sobriety and the cycle of addictive disorders of a group of celebrities.



**REGISTER NOW**



**Pre-Conference Day:**  
September 4  
**Conference:**  
September 6-7

Behavioral health professionals, policymakers, consumers, advocates, healthcare professionals, first responders and others are invited to register and attend to learn about best practices in mental health and addiction, from prevention to recovery.

Holiday Inn | Fargo, ND

\*Recovery Reinvented will be held on the 5th at the Fargo Civic Center

NORTH DAKOTA  
**BEHAVIORAL  
HEALTH**  
*conference*

# RECOVERY

REINVENTED

**REGISTER NOW**

**SEPTEMBER 5, 2018**  
**FARGO CIVIC CENTER**

[#recoveryreinvented](#)

**LET'S REINVENT RECOVERY.**

# Recovery Reinvented

*September 5, 2018*  
*Fargo Civic Center*

A hand holding a piece of white chalk is positioned on the right side of a dark chalkboard. The chalkboard features the text "NEXT STEPS" written in white, uppercase letters. The text is enclosed within a large, hand-drawn yellow arrow pointing to the right. Above and below this yellow arrow are two white arrows, also pointing to the right. The overall scene suggests a focus on planning or identifying the next steps in a process.

NEXT STEPS

# NEXT STEPS

In April 2018, the Human Services Research Institute (HSRI) completed a comprehensive study of North Dakota's behavioral health system for the state's Department of Human Services (DHS). The final report included 13 recommendations for improving the current system. The recommendations were far-reaching in scope and interconnected, and many involved continuations and enhancements of existing initiatives and projects across multiple state and local agencies. **To that end, the first recommendation – to *develop a comprehensive implementation plan* – and the last recommendation – to *conduct ongoing, system-wide, data-driven monitoring of need and access* – were crafted to set the course for a sustainable process** for coordinated, data-driven system improvement activities across all areas.

# NEXT STEPS

Department of Human Services Behavioral Health Division is contracting with Human Services Research Institute (HSRI) to begin the implementation process:

<b>Task</b>	<b>Timeframe</b>
Phase 1: Planning	September to October 2018
Phase 2: Prioritization and Refinement	November to December 2018
Phase 3: Initiation	January to March 2019
Phase 4: Monitoring and Sustaining	April 2019 to June 30
<b>Total</b>	<b>July, 2018 – June, 2019</b>

# NEXT STEPS

In addition, HSRI will provide the state with additional hours of support for ad hoc data and report requests through the duration of the contract. This enhanced support would allow for additional data analysis, expert consultation and the vast array of subject matter experts that HSRI works with to attend meetings, contribute to requests and the development of targeted review of specific implementation strategies as requested by the state.

FREE THROUGH

*Recovery*



**FREE THROUGH**

# *Recovery*



**THE MISSION OF FREE THROUGH RECOVERY IS TO IMPROVE HEALTHCARE OUTCOMES AND REDUCE RECIDIVISM BY DELIVERING HIGH-QUALITY COMMUNITY BEHAVIORAL HEALTH SERVICES LINKED WITH EFFECTIVE COMMUNITY SUPERVISION.**

# FREE THROUGH RECOVERY PARTICIPANTS WILL WORK WITH LOCAL PROVIDERS TO RECEIVE:

## Care Coordination

Includes an ongoing source of prosocial connection, helping participants access treatment and recovery support services, and creatively addressing barriers to individual success. It also includes the provision of assessment, care planning, referrals, and monitoring collaboration with clinical services and probation and parole.

## Recovery Services

Includes access to nourishment assistance programs, supportive housing, educational opportunities, meaningful employment, leisure activities and wellness, family and community social supports, parenting education, spiritual engagement, and any other individualized resources the person needs to help participants lead a healthy and fulfilling life.

## Peer Support

A supportive relationship with peers who have similar lived experience and who serves as an advocate and mentor, offering sound advice and resources.

**QUESTIONS?**

