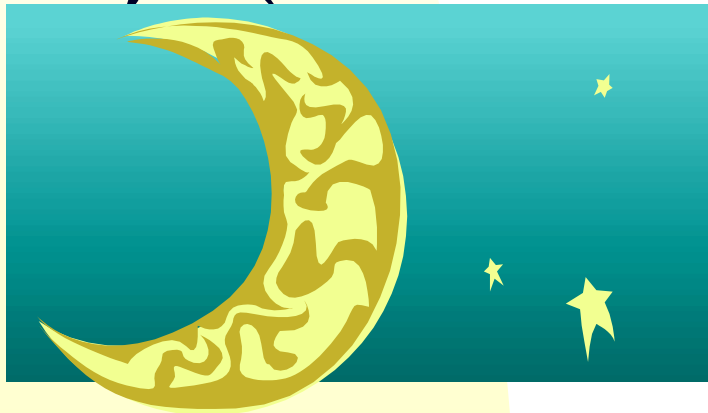


API TeleBehavioral Health

"Reaching Beyond the Stars"

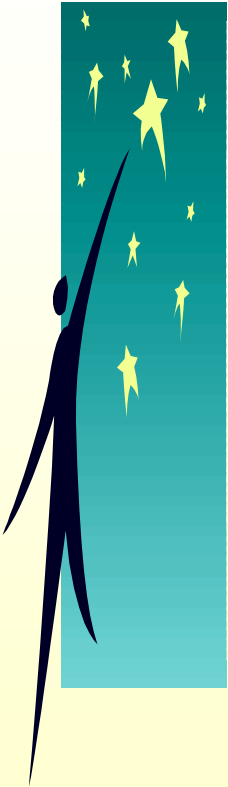


Alaska Psychiatric Institute
(API)

TeleBehavioral Health Project

Anchorage, Alaska

President's New Freedom Commission on Mental Health ¹



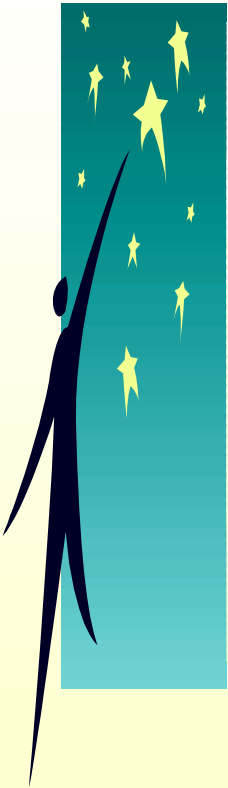
“Emerging technologies provide the means to overcome geographical distances that often hinder access to care.”

“Telehealth . . . is a greatly underused resource for mental health services . . . especially for individuals with multiple chronic health conditions, those with severe illness and disability, underserved populations, children, and the frail elderly.”

¹ President's New Freedom Commission on Mental Health – Achieving the Promise: Transforming Mental Health Care in America. Final Report, July, 2003, p. 80.

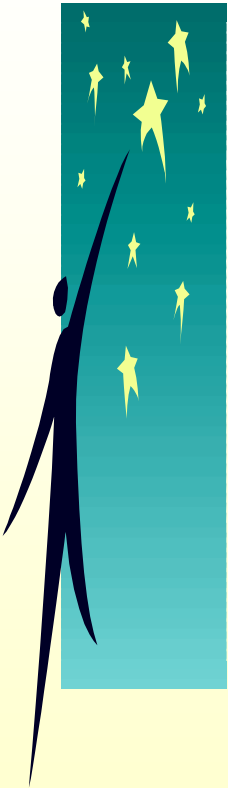
Overview & Goals

- Extend Clinical Infrastructure of the hospital to Rural / Remote areas of Alaska with High Quality – High Bandwidth Video Connectivity.
- Increase Access to Services via Technology
- **Maximize Federal Revenue Streams for Behavioral Health Services.**
- Expand Services to Children & Youth.
- Integrate Behavioral Health Services with primary care and tribal health clinics.
- **Align with the President's New Freedom Commission on Mental Health.**

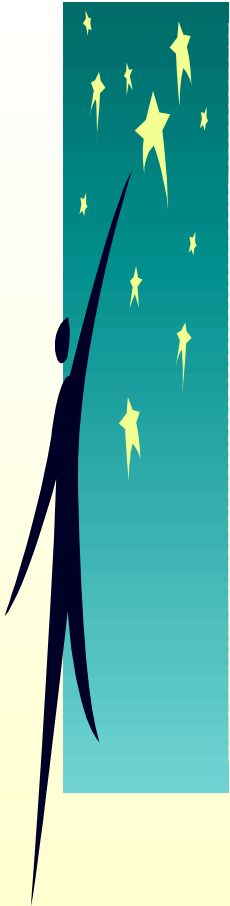


Objectives

- **Expand number of TBH locations and services over a three-year period.**
- **Develop statewide technical training and resource center for users.**
- **Enhance network coordination between API and ANTHC; maximize GCI Connect M.D.**
- **Develop on-line substance abuse treatment & recovery program.**
- **Develop psycho-educational component for high bandwidth delivery emphasizing principles of recovery and resiliency.**



Alaska Psychiatric Institute (API)

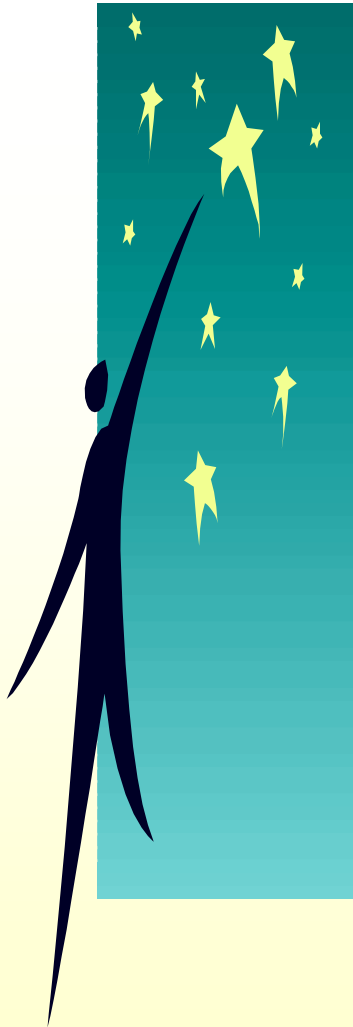


- **Alaska's only public psychiatric hospital. Providing inpatient behavioral health care for all Alaskans. Established September 9, 1962 with 50 inpatient beds & quickly expanded to 225 beds.**
- **Currently 74 beds** (62 adult & 12 adolescent) on five (5) units: Chilkat, Denali, Katmai, Susitna, Taku.
- **API Advisory Governing Body** provides oversight to ensure programs & services are responsive to both constituents and stakeholders alike.
- **Most extensive multi-disciplinary Mental Health capabilities and staff in Alaska.**
- **July 2005 – Moving to new replacement hospital.** State of the art therapeutic environment & design emphasizing recovery & healing.

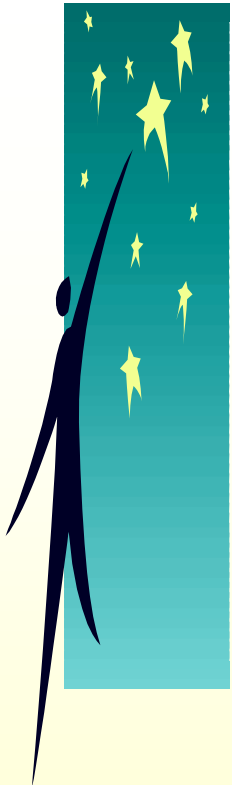
Facts about Alaska

Total population: 635,000

- Alaska's largest city, Anchorage, covers 1,955 sq. miles (including the entire political municipal district).
- Rhode Island covers 1,045 square miles; Delaware covers 1,955 square miles.
- If NYC had the same population density as Alaska, only 16 people would be living in Manhattan.

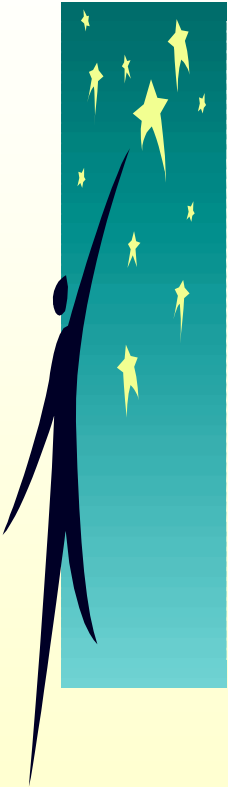


Facts about Alaska



- **Alaska is as big as England, France, Italy and Spain combined.**
- **Only one city in Alaska has a larger population than the town of Framingham, Mass. (which has less than 70,000 people) .**

Facts about Alaska

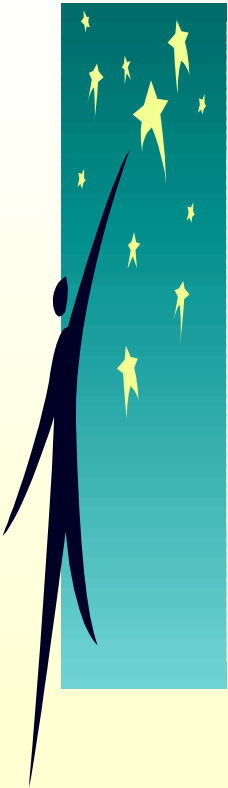


- **More than half the world's active glaciers are in Alaska.**
- **About 5% of Alaska is covered by glaciers.**
- **There are more than 3,000 rivers and 3,000,000 lakes in Alaska.**

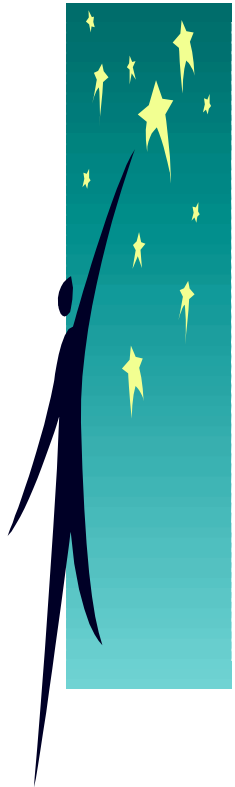
Facts about Alaska

Alaska is one-fifth the size of the "Lower 48," larger than the next three biggest states combined, more than twice the size of Texas and 488 times larger than Rhode Island.

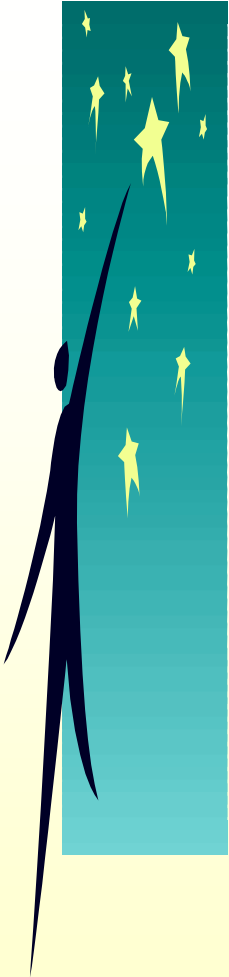
If New York City had the same population density as Alaska, only 16 people would be living in Manhattan.







According to Mr. Webster:



Transform:

To change the nature, function, or condition of;

Change:

To make different; to give a totally different form or appearance to.

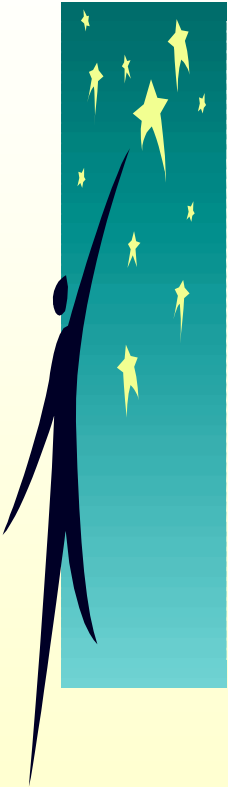
Alaska Transformations



- **Macro-economic conditions – Transforming to a natural resource based economy**
- **Governor established the Division of Behavioral Health, July, 2003 (integration of Mental Health & Substance Abuse)**

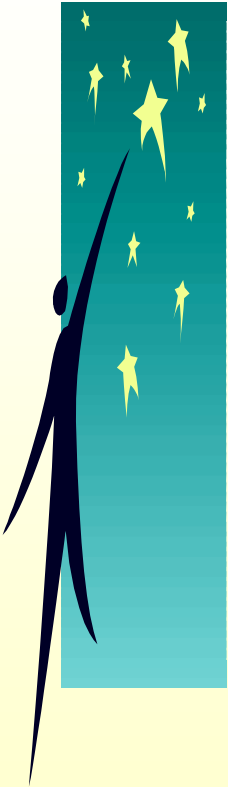
State Hospital Transformations

Alaska Psychiatric Institute



- **Move to a new, state of the art facility, July, 2005**
- **Implement Recovery Based Clinical Programs**
- **API TeleBehavioral Health Project (TBH) – Statewide Implementation**

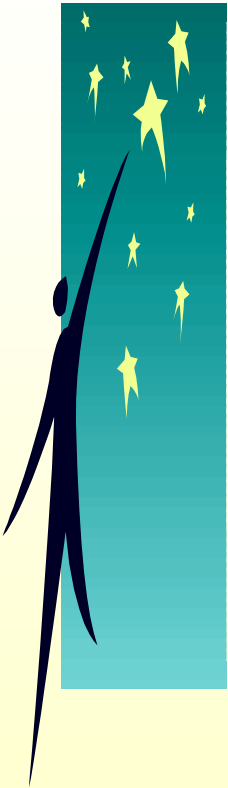
Basic Assumption



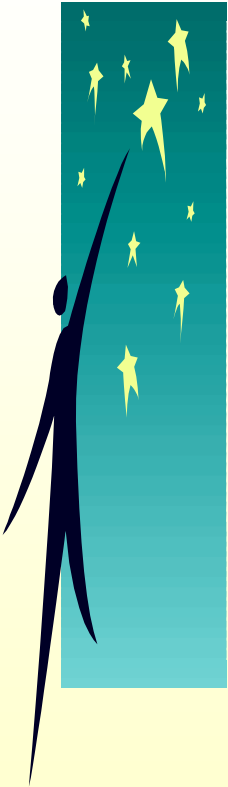
- The State Psychiatric Hospital is a **fixed asset** in the continuum of care
- Clinical Excellence (**X**) + Cost Effectiveness (**Y**) = Value Added to the System (**Z**)

Why TeleBehavioral Health ?

- Remote / Rural Areas - Year Round Access Prohibitive.
- Maldistribution of Child & Adolescent Psychiatry throughout state.
- Under-served and undiagnosed populations in rural / remote areas, e.g., psychiatric illness, substance abuse, co-occurring disorders, Fetal Alcohol Syndrome (FAS) & suicide – *especially Alaskan children & adolescents.*
- Itinerant Professional Services – Cost vs. Benefit.
- Rural mental health center staffing issues - Under-staffing, recruitment & retention.

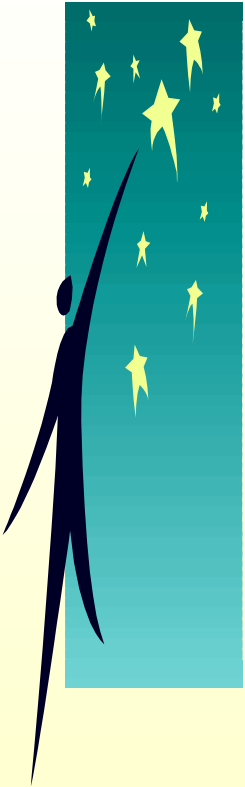


API TeleBehavioral Health Services

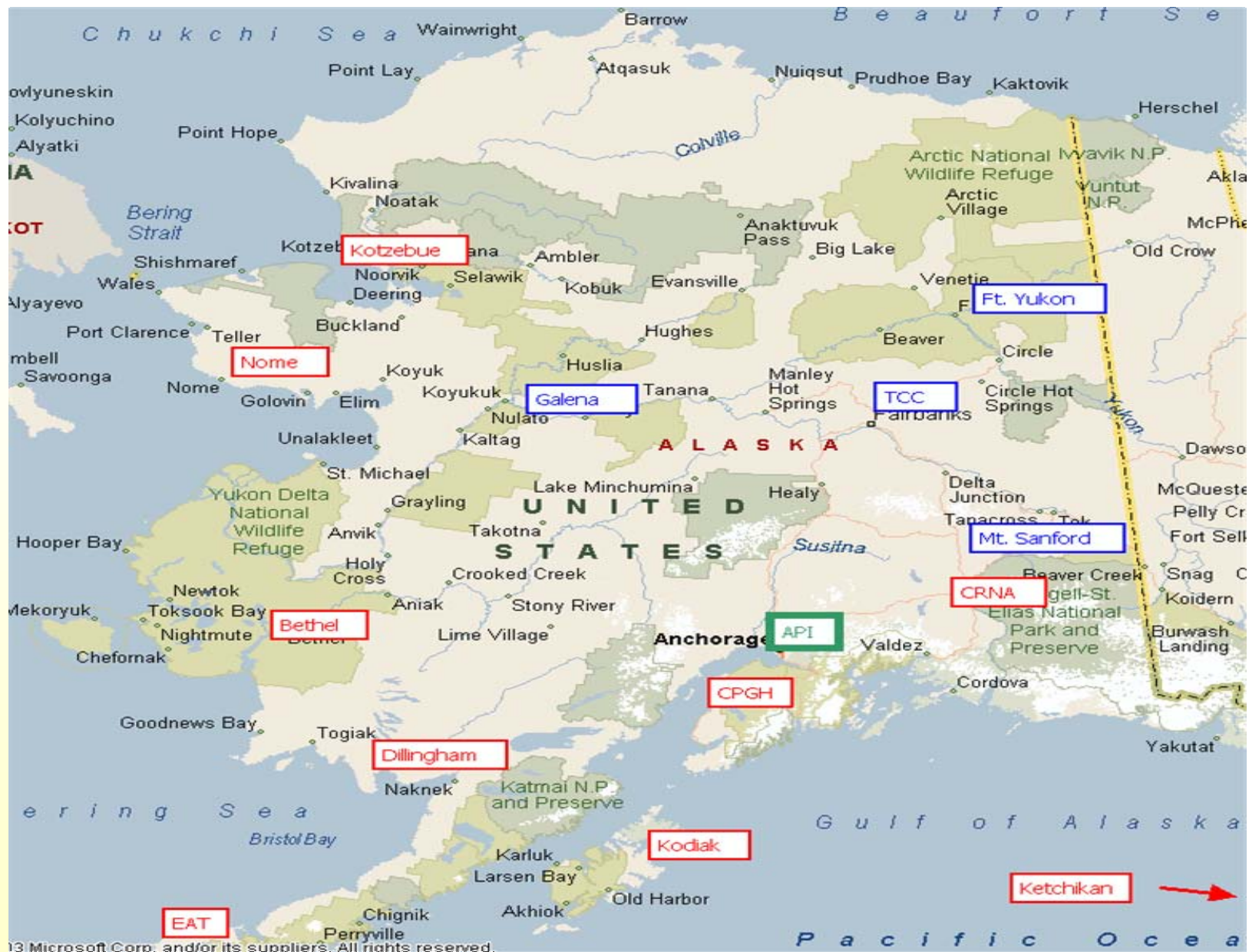


- Multi-disciplinary Team Approach: Adult & Child Psychiatry, Clinical & Forensic Psychology, Clinical Social Work, Clinical Pharmacists, Advanced Nurse Practitioner, & Nurse Educator.
- Provide array of services to rural/remote beneficiaries:
 - ◆ Psychiatric assessment, evaluation, diagnosis, psycho-pharmacology, and on-going treatment.
 - ◆ Psychological assessment and testing.
 - ◆ Clinical Supervision, training, support, & distance-delivered psycho-education.
 - ◆ Court-ordered Forensic evaluations.

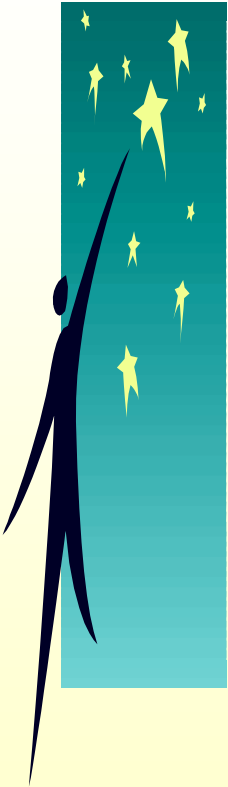
Technical Considerations – Service Delivery Priorities



- **High Bandwidth.**
- **High Quality Video-Conferencing Equipment.**
- **Multi-point connectivity.**
- **Zoom Camera Capability.**

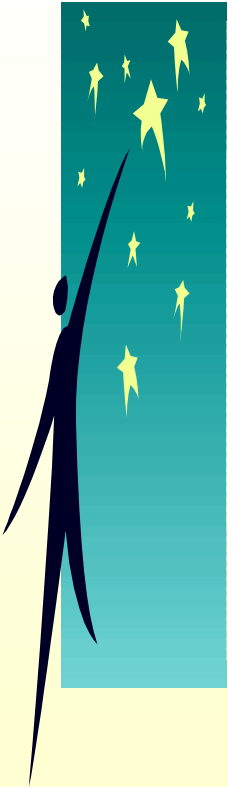


- **2000-2002 Pilot Child Telepsychiatry, Ketchikan, Alaska**
- **May, 2003 AMHTA – ATAC Award \$59k to API**
- **May, 2003 Borrow, beg & steal PolyCom equipment inside DHSS**
- **July, 2003 API develops Physicians Outpatient MHC**
- **August, 2003 Telecom carriers provide connectivity for remote pilot sites**
- **September, 2003 – April, 2005 Developed connectivity to Galena, Fairbanks, Ft. Yukon, & Mt. Sanford**
- **May, 2004 ATAC showcases project as top priority for federal funding**
- **December, 2004 Notification of federal earmark for statewide implementation**
- **February, 2005 Submitted USDA – RUS Rural Telemedicine Grant – scoring and notification pending**



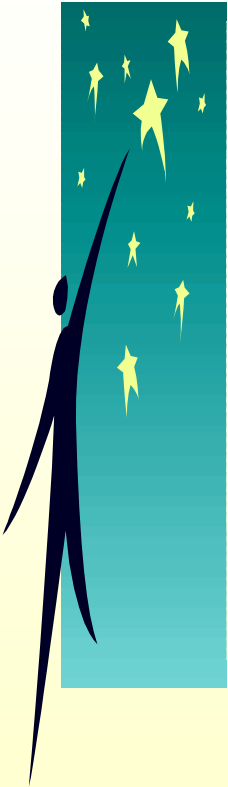
Partnerships & Stakeholders

- **State of Alaska DHSS-DBH**
- **Alaska TeleHealth Advisory Council**
- **Alaska Native Tribal Health Consortium**
- **Alaska Mental Health Trust Authority**
- **Tribal Health Clinics**
- **Community Providers**
- **AT&T Alascom*******
- **GCI*******

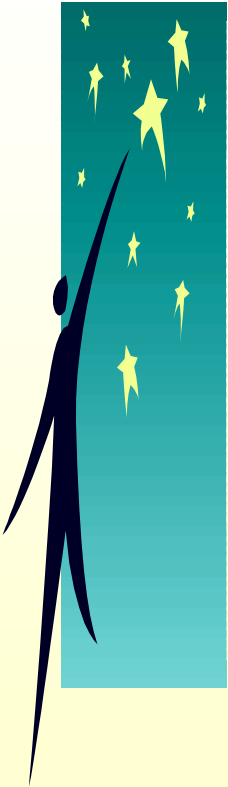


How We Do Business

- **Partial Subsidy**
- **Pay to Play**
- **Existing Network Connectivity**
- **Billing Options**



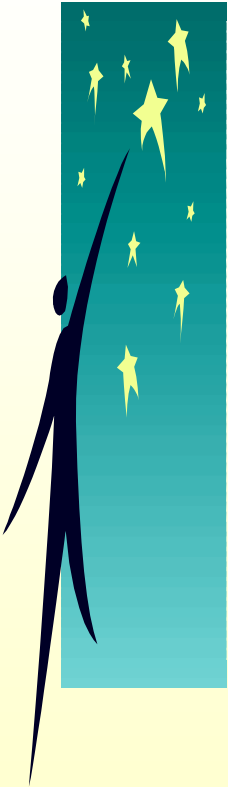
Project Staff



- Ron Adler, CEO, Alaska Psychiatric Institute
- Current TBH Program Manager
- In a career spanning 25+ years with behavioral health services, Mr. Adler has held a variety of direct clinical service, senior management and executive management positions at the Hunterdon Developmental Center of New Jersey, University of Medicine & Dentistry of NJ Community Mental Health Center, Kino Community Hospital, Southern Arizona Mental Health Center, and Gateway Center for Human Services in Ketchikan. In Ketchikan, Mr. Adler implemented the demonstration pilot site for the Ketchikan Child Telepsychiatry Project which linked the Ketchikan and Metlakatla communities with a Board Certified Child & Adolescent Psychiatrist in Juneau.
- **Contact information: Ronald M. Adler (907) 269-7105**
- **Ron_Adler@health.state.ak.us**

Project Staff

- Wandal W. Winn, M.D.
- TBH Medical Coordinator
- Board Certified Psychiatrist and life-long Alaskan. Chief of Psychiatry and Director of Mental Health Services at Alaska Native Medical Center for three years, then entered a private medical practice in Anchorage, providing care to patients in rural Alaska and community mental health centers on a monthly basis for 25 years. Dr. Winn is a designated expert in trauma, safety sensitive employee issues and disability, serving as a consultant to the FAA, VA, State and three managed care companies. He has traveled to Russia and China reviewing the provision of health care, and is a recipient of the National Alliance for the Mentally Ill Exemplary Psychiatrist Award. Dr. Winn initiated and participated in the first TeleBehavioral connection in Alaska via AT&T Videophone, and joined the Medical Staff at Alaska Psychiatric Institute to provide medical leadership to API's growing TeleBehavioral Project.
 - **Contact: Dr. Wandal Winn (907) 269-6059
wandal_winn@health.state.ak.us**





***For more information,
contact:***

Ronald M. Adler, CEO

Alaska Psychiatric Institute (API)

**2900 Providence Drive
Anchorage, Alaska 99508**

AC 907-269-7106

E-mail:

Ron_Adler@health.state.ak.us



**Happy
Trails from
Alaska
Psychiatric
Institute**

**Ron &
Rosie**