



# TRIBAL AND STATE RELATIONS COMMITTEE

February 8, 2022



# BEHAVIORAL HEALTH IS HEALTH



# PERSON CENTERED PRACTICES

**Person-Centered Practices assist individuals to have control over the life they desire and engage fully in their communities**

*North Dakota is developing a strong and consistent statewide vision and universal understanding of person-centeredness across all North Dakota Department of Human Services (ND DHS) entities and community partners. Together we will: bring diverse voices to the table, support individuals participating in services and statewide system change efforts, transform policies to reflect statewide person-centered values and culture, and ensure communication is accessible and relatable.*



# Partnering Equitably with Communities

## to Promote Person-Centered Thinking, Planning & Practice

April 2020

To address disparities and ensure that service systems are person-centered, it's critical to understand what equity and person-centered practice look like from a variety of service-user and cultural perspectives. This brief describes themes and lessons learned from conversations with a variety of stakeholders across the state of North Dakota.

The North Dakota Department of Human Services (ND DHS) is receiving technical assistance from the National Center on Advancing Person-Centered Practices and Systems (NCAPPS) as part of a statewide initiative to enhance overall commitment to person-centered practices for all disability populations it serves or funds. A major component of the NCAPPS work involves strengthening human service systems' relationships with people who use their services by engaging service users more meaningfully and on an ongoing basis to drive and inform systems change, strengthen communication, and build lasting partnerships. These efforts can help ensure that ND DHS policies, procedures, and practices reflect the priorities of people with lived experience.

In the fall of 2019, representatives from ND DHS and NCAPPS visited and spoke with communities throughout North Dakota to exchange ideas about equity and person-centered thinking, planning, and practice. This brief describes the themes and lessons learned from these activities, as well as next steps for ND DHS to continue strengthening its partnerships and working toward a more person-centered system.



### Equity in Engagement

Creating equity is one important aspect of strengthening engagement. Equity in engagement means reaching out to people who may not traditionally be engaged in self-advocacy and systems advocacy. Equity also means making sure that underrepresented groups feel welcome and supported to engage with the system.

NCAPPS and the ND DHS are grateful to the following groups and individuals who shared their time and insights through this process:

- Native American Development Center, Bismarck, ND
- Turtle Mountain Band of Chippewa Indians Elders, Turtle Mountain Retirement Home
- Standing Rock Elders, Standing Rock Visitor Center
- New American Gathering, Lutheran Social Services, Fargo, ND
- Phyllis Howard, MHA Nation Tribal Elder
- Theresa Grant, Turtle Mountain Band of Chippewa Indians

### Need: Time & Resources

To implement equitable person-centered practices, DHS must invest time



and promoting health equity including cultural competence training for all ND DHS staff

skills of human interaction staff (including listening and communicating with friendly body language)

engaging staff with cultural competence for the populations

specific peer support

community organizations and specific services

culturally relevant

to caregivers

### For American Indian populations, it is important for ND DHS to:

- Build connections with tribal leadership
- Ensure all ND DHS staff have an understanding of American Indian cultures, values, and history

### For New American populations, it is important for ND DHS to:

- Build connections with members of New American communities
- Ensure access to interpretation services
- Translate informational materials into the languages spoken by New American communities

### Engagement Best Practices

NCAPPS and ND DHS learned several lessons from engagement efforts with communities throughout



that these beginning, and are dialogue of

ed from ND DHS when writing group talk about

the and knowledge, was minimal of NCAPPS

or ND DHS, and it was made clear that the purpose of the meetings was to develop greater understanding.

- Culturally responsive engagement may involve **inviting participants to tell stories** about their experiences and communities. Using people's experiences as examples can facilitate engagement and discussion.

Participants expressed hope for follow-up after the meetings. Participants who were engaged in similar meetings in the past had little or no follow-through or no follow-through left feeling deflated and disappointed. Follow-through should include: a summary of what was discussed, a list of what was heard and the actions that are expected to result from the discussion. The question of how ND DHS intends to use the information moving forward

(whenever possible) that using community feedback system changes

materials, be sure those are accessible. This means that complicated information should be summarized.

Materials translated into English and distributed ahead of an engagement effort help engage people who are not comfortable with a first language.

Engagement and community information about the community. Potential barriers to more likely to engage if they

- Offer optional **pre-meetings to prepare people to engage**, build trust in the process, and understand what's coming.
- Accommodations go a long way in promoting engagement. These may include:
  - Transportation
  - Food
  - Interpreters
  - Childcare
  - Multiple sessions held at different times of the day
  - Opportunities to engage in-person, particularly for people who aren't comfortable using technology to connect
  - Opportunities to engage using videoconference, phone, or social media
  - Opportunities to share written or recorded feedback because not everyone is comfortable sharing stories in public or in front of others. This would mean paper and online options, as some do not have access to the internet or proficiency with a computer.

Advancing Person-Centered Practices and Systems (NCAPPS) is an initiative from the National Center on Advancing Person-Centered Practices and Systems (NCAPPS) and the Centers for Medicare & Medicaid Services to help states implement U.S. Department of Health and Human Services policy on person-centered thinking, planning, and practice. NCAPPS is administered by the Human Services

Human Services



# GRANT AWARDS - FEDERAL

A total of **\$2,270,236.95** in contract with tribal nations 2019-2022.

	Spirit Lake Nation	Standing Rock Sioux Tribe	Three Affiliated – MHA Nation	Turtle Mountain Band of Chippewa
Substance Misuse Prevention	\$240,000.00	\$240,000.00	\$160,000.00	\$240,000.00
Underage Drinking Prevention	\$106,515.48	–	–	\$106,515.48
Opioid Prevention, Treatment and Recovery	\$467,738.99	–	\$77,795.00	\$150,154.00
Substance Use Disorder Treatment	–	–	\$481,518.00	–
Mental Health Clinical Treatment	\$495,000*			

\*contract is through May 2023

# SUBSTANCE MISUSE PREVENTION - EXAMPLE

## Standing Rock Sioux Tribe Prevention Program Highlight



**Texting Tipline**



**Evidence-Based Curriculum**

Takoja Niwacyape  
(giving Life to our Grandchildren)



**Standing Rock Youth  
Council**

# SUBSTANCE USE DISORDER TREATMENT - EXAMPLE

**Eligibility:** Available to all tribes

**Goal:** Address gaps related to substance use disorder treatment and recovery

**Current Efforts:** Three Affiliated Tribes – MHA Nation

- Parshall Resource Center
  - 8 bed residential treatment
  - Licensed Addiction Counselor

# STATE FUNDING - PREVENTION

## Prevention and Early Intervention School Pilot Project

- Dunseith Public School awarded
  - \$75,000 FY 2021
  - \$50,000 FY 2022

## Suicide Prevention

- March 2021-2022
  - Sacred Pipe Resource Center
  - Rolette County Public Health District (Includes Turtle Mountain)
- 2021-2023 Funding Opportunity – no applications from tribal nations.



# STATE FUNDING – PREVENTION

## Kognito

Kognito is an evidenced-based, online, role-playing simulation to help school personnel learn to recognize the signs of distress, use conversation to approach a student and discuss concerns, and if, necessary, refer parents/students to the appropriate resources.

Schools and districts statewide can opt into The training program with no costs to school personnel.



# STATE FUNDING – COMMUNITY SUPPORT

## Free Through Recovery

- Since launching in Feb. 2018, this program has enrolled 1,055 individuals that have identified as American Indian.

## Community Connect

- Since inception in Feb. 2021, this program has enrolled 512 individuals that identify as an enrolled member of at least one tribe in ND.

# STATE FUNDING – PEER SUPPORT

- 76 of the individuals trained as peer supports identified they reside on tribal lands in the state.
- Three of the 10 Peer Support Trainers for the state are enrolled members of MHA Nation.
- In 2021 the division hosted training specifically for MHA Nation, as requested, to build capacity for peer support services. This will be done again in April 2022.



# STATE FUNDING

## **1915(i) State Medicaid Amendment**

Native, Inc awarded \$10,000 provider development grant

- Native, Inc is in the process of enrolling for at least 5 of the 1915(i) services.

7 of 47 individuals enrolled in 1915(i) identify as AI/AN

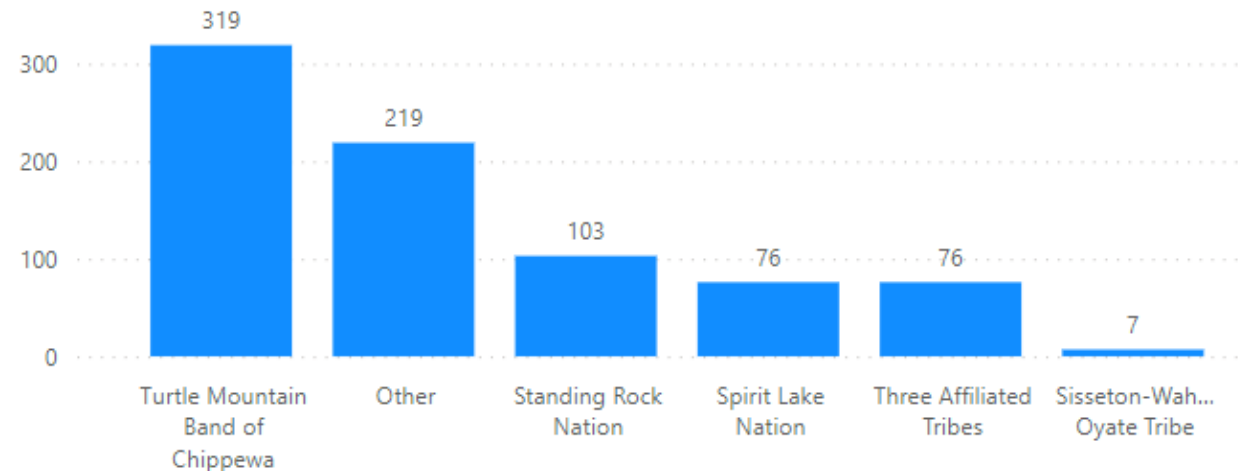
# STATE FUNDING

## SUD Voucher

21% (1,012) of individuals who have received services self-identified as American Indian on their most recent application.

800 individuals identify as being affiliated with a tribal organization. Of these, 581 identify as being an enrolled member in North Dakota.

Client Count by Most Recent Tribe Selected



# ADDICTION TREATMENT SERVICES

8 Licensed addiction programs located on tribal lands or in collaboration with tribes.

Type of Service	Number of Providers
DUI Seminar	4
Social Detox	1
Adult Outpatient	6
Adult Day Treatment	3
Adult Residential	3
Adolescent Outpatient	2
Adolescent Day Treatment	1



# PUBLIC BEHAVIORAL HEALTH SYSTEM

Region	Individuals
Northwest	118
North Central	503
Lake Region	1,181
Northeast	306
Southeast	428
South Central	130
West Central	760
Badlands	74
NDSH	1190

**4690 of the 19,732 individuals served by the public behavioral health system in 2020 & 2021 self-identified as Native American.**

\*excludes individuals provided only crisis services and excludes individuals assessed and referred elsewhere

# PUBLIC BEHAVIORAL HEALTH SYSTEM

## Ongoing Services

- Satellite clinics in New Town and Fort Yates - open 1-2 days weekly and staffed with LAC, therapist, case managers, and skills trainers – clinician attendance based on current needs.
- Engagement, outreach and clinic services – Trenton Indian Service Area, Spirit Lake and Turtle Mountain.
- Crisis line and mobile crisis services provided to tribal members on and off tribal lands.
- At Elbowoods Memorial Health Center, tele-psychiatry medication clinic provided by a UND psychiatry resident with NEHSC psychiatrist supervision.
- Post-suicide support and counseling as requested.

## New Initiative

- Current negotiations are underway to enter into an agreement with Elbowoods Memorial Health Center for collaborative care – offering psychiatric training and consultation to general practice practitioners.

N O R T H  
**Dakota**  
Be Legendary.™

Behavioral Health  
HUMAN SERVICES

[behavioralhealth.nd.gov](http://behavioralhealth.nd.gov)



# BEHAVIORAL HEALTH DIVISION

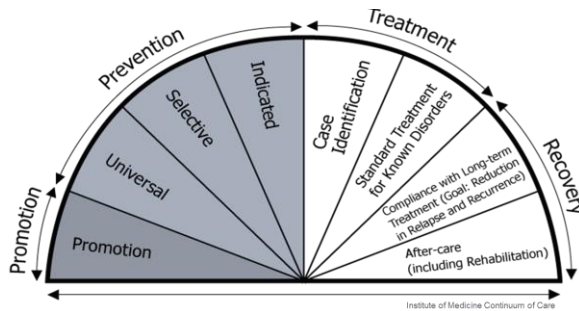
Review and identify service needs and activities in the state's behavioral health system in an effort to:

- Ensure health and safety,
- Increase access to services,
- Increase quality services

*NDCC 50-06-01.4*



# Keys to Reforming North Dakota's Behavioral Health System



**Support the full Continuum of Care**



**Increase Community-Based Services**



**Prevent Criminal Justice Involvement for Individuals with a Behavioral Health Condition**