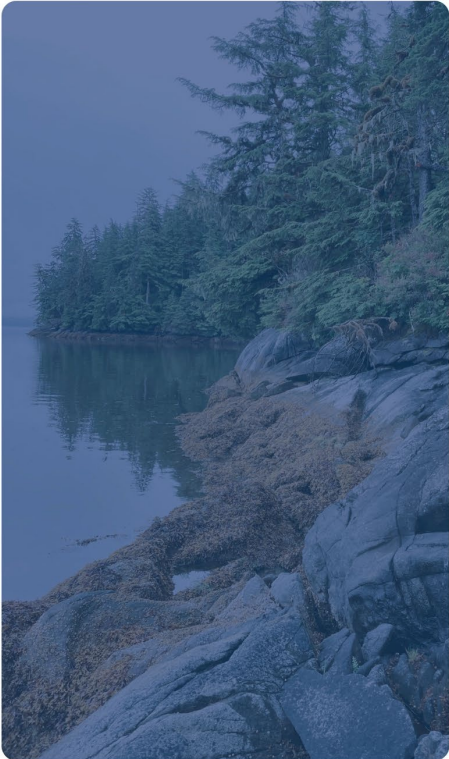


Treatment & Recovery: Data Update






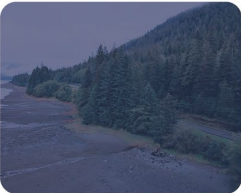


Trust
Alaska Mental Health
Trust Authority



Priority 3: Treatment & Recovery

Expanding timely, culturally grounded care across Alaska

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- 
- Access to effective, timely treatment remains one of Alaska's greatest challenges.
 - Every year, thousands of Alaskans seek care for mental illness, substance use, dementia, or traumatic brain injury, often navigating barriers of distance, cost, and workforce shortage.
 - Every Trust beneficiary has access to timely, high-quality, culturally grounded treatment as close to home as possible.
- 
- 
- 

Alaska — Right Places for Care



Federally Qualified Health Center
Certified Community Behavioral
Health Clinic
Primary Care
Tribal Health
Community Health Clinics
Private Providers
Non-profit BH SUD Providers
State
Hospital
Crisis Centers
Others

Access

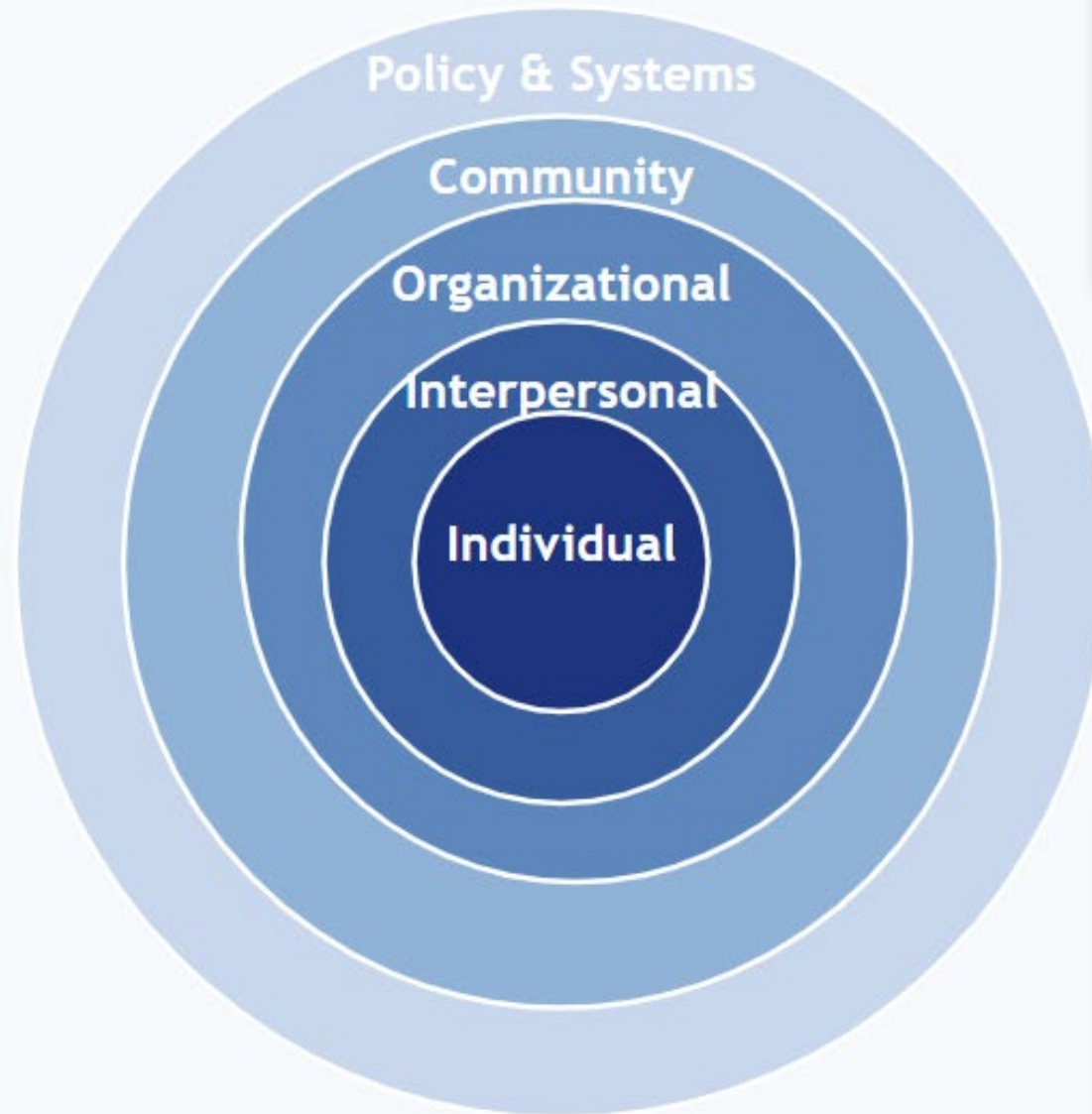
Organizational

- Clinic hours & wait times
- Sliding-scale fees
- Language access services
- Care coordination

Interpersonal

- Patient-provider trust
- Family support networks
- Peer navigation programs
- Cultural values

STIGMA



Policy & Systems

Policy & Systems

Insurance regulations
Telehealth regs
Medicaid/Medicare
Legislation (HB 172)
Medicaid 1115 Waiver

Community

Transportation
Safety-net clinics
Geographic barriers

Individual

Health literacy
Insurance status
Employment & flexibility
Beliefs & attitudes

Workforce

Data Sources

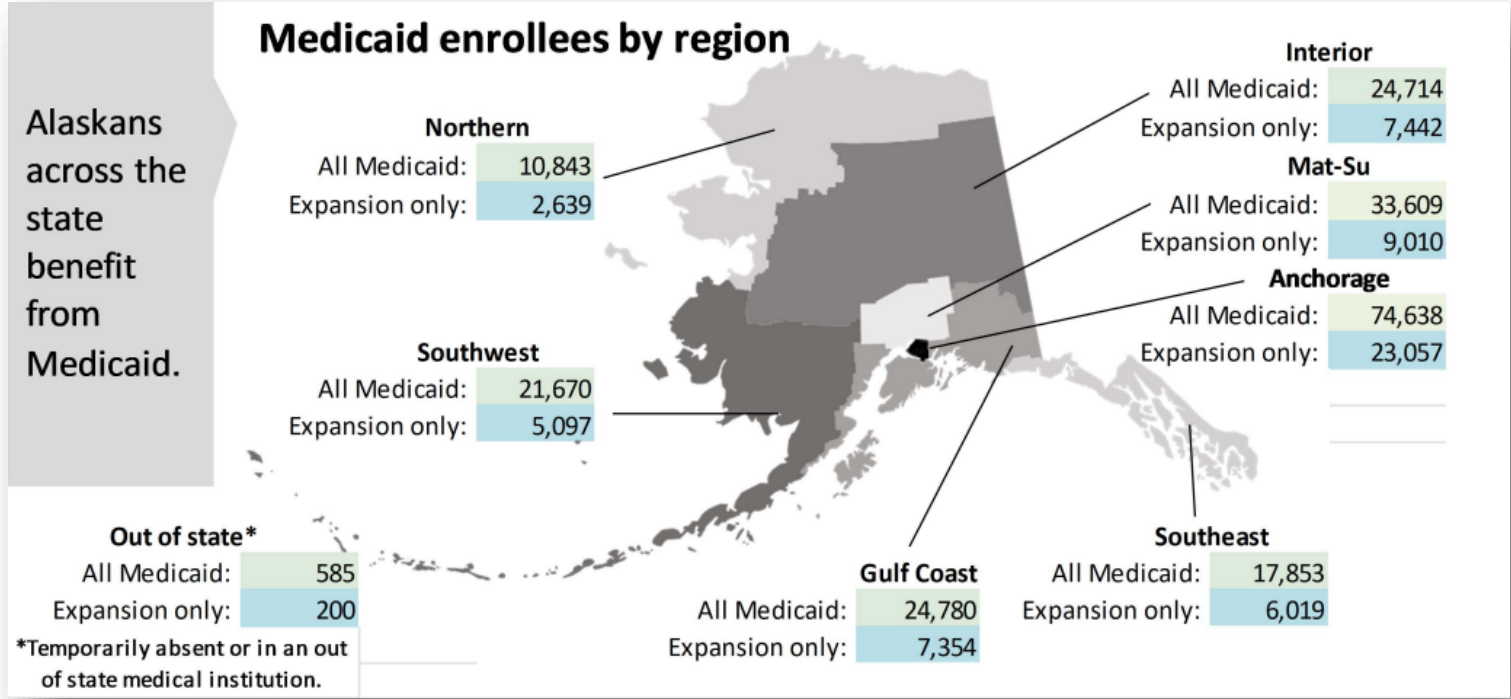
Source	Description	Year
PDMP	Prescription Drug Monitoring Program for scheduled prescriptions	2026
Alaska Dept. of Health, Medicaid Data Dashboard	Medicaid enrollment, regional breakouts, and diagnosis data	2026
Alaska Dept. of Health, Medicaid 1115 Waiver Data	Administrative Partial Hospitalization Data	2026
SAMHSA CBHSQ, NSDUH, N-SUMHSS	Mental health and substance use incidence, prevalence, and treatment facility data	2024
Alaska Dept. of Health, Division of Juvenile Justice	Youth with identified behavioral health or neurobehavioral disorders	2024
CMS 2023 T-MSIS BH Data Book	Medicaid BH treatment, readmissions, and transitions	2025
AMHTA	Administrative program data	2025

Medicaid Data

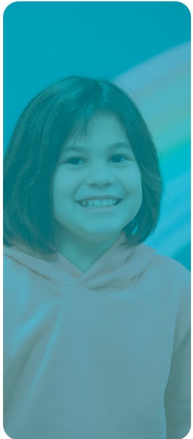
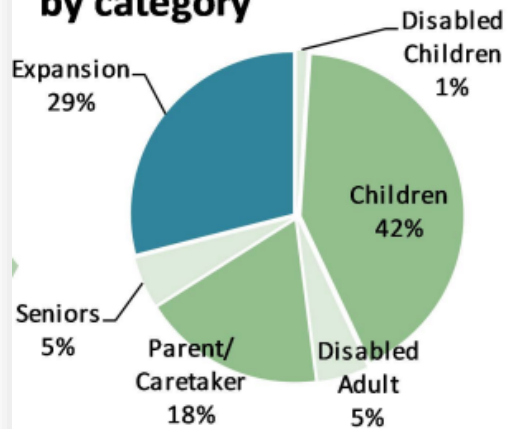
23,221 treated for SUD (11%)
 39,136 treated for MH (19%)
 9,251 experience co-occurring SUD & MH (4%)

Alaskans across the state benefit from Medicaid.

Medicaid enrollees by region



All Medicaid enrollees by category



208,692

Lives covered by all Medicaid

Demographics of all Medicaid enrollees

	18 or less	19-34	35-44	45-54	55-64	65+
Enrollee count	83,003	47,011	29,427	18,501	18,105	12,645
Male	103,453		Female 105,239			

A decorative sidebar on the left side of the slide. It features a vertical stack of elements: a landscape photo of a river and reeds at the top; a blue vertical bar; a yellow rectangle; a photo of a young child holding a beach ball; a dark blue square; a light blue square; a yellow rectangle; a vertical bar with a blue-to-green gradient; a photo of a field at dusk; and another vertical bar with a blue-to-green gradient at the bottom.

1115 Behavioral Health Reform Demonstration Waiver Extension

In FY24

- 837,026 behavioral health Medicaid claims processed, totaling \$337M in reimbursement to providers for rendered services
- 15,099 unique recipients
 - 5,788 recipients received SUD services
 - 9,311 recipients received behavioral health services
- Consistent with historical trends, alcohol and opioid related disorders remain among the leading diagnosed concerns

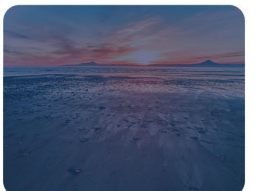
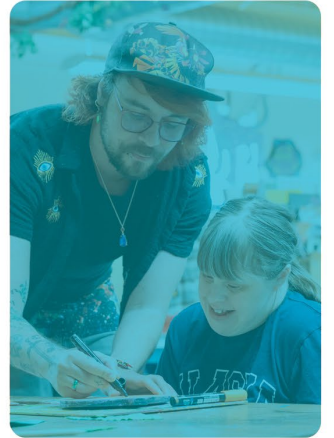
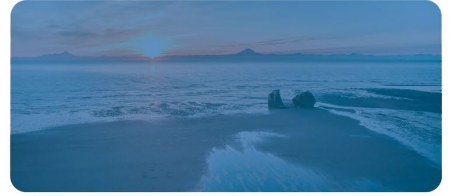
1115 Behavioral Health Waiver services

- Outpatient
- Intensive outpatient
- Partial Hospitalization
- Assertive Community Treatment
- Ambulatory withdrawal management
- Home based Family Treatment
- Therapeutic Treatment Homes
- Low, medium, high intensity SUD residential
- Various levels of withdrawal management
- Children's Residential Treatment
- Adult Mental Health Residential

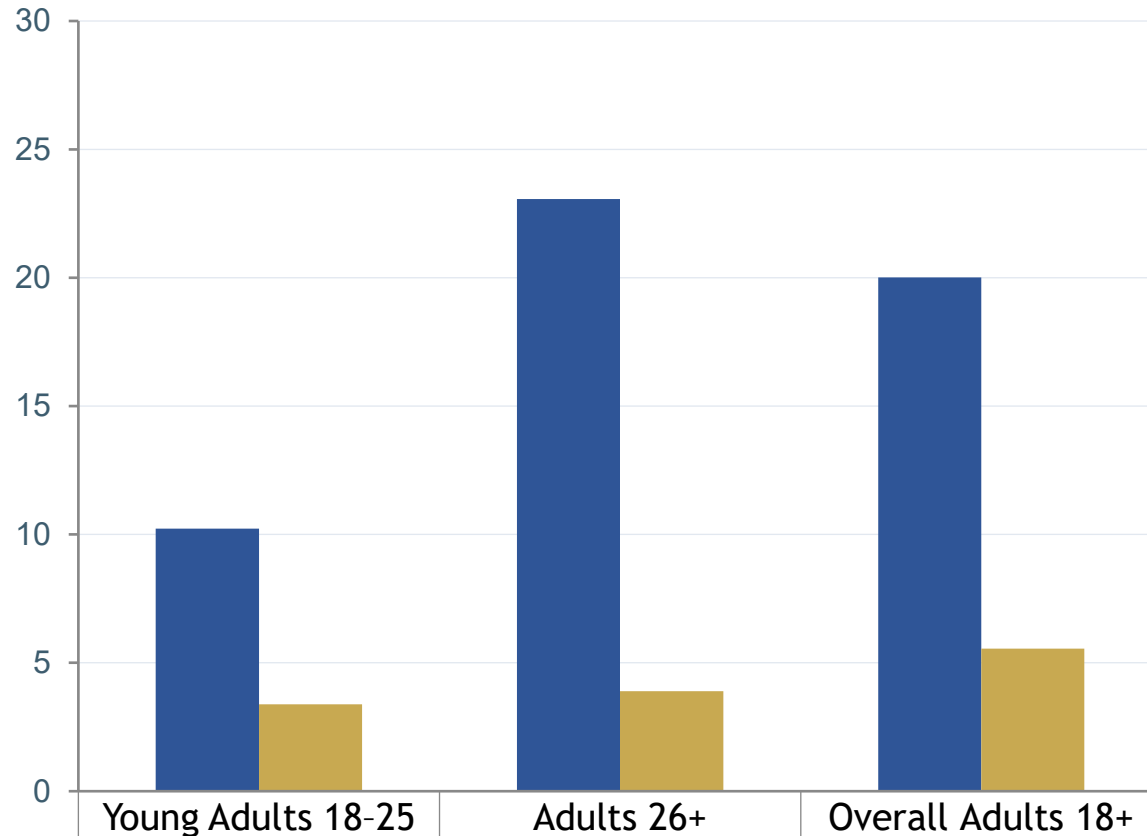


1115 Waiver services-Partial Hospitalization Program

- PHP is an intensive, structured outpatient program for individuals who need more support than outpatient care, but do not require 24-hour inpatient care.
- PHP can be youth specific like AKBH or VOA adult specific like Set Free, AKBH, Wisdom Traditions.
- Expansion from FY 24 - FY 25, from 12 → 16 locations.
- With expansion, client rates doubled from 251 → 427.
- Providers are located throughout the state, including less urban areas like Ketchikan, Seward, and Bristol Bay.



SUD Treatment Need vs. Actual Receipt

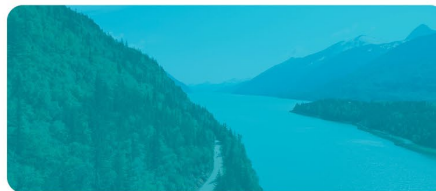
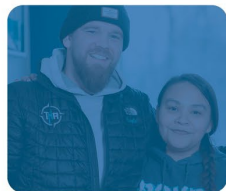


110,000
Alaskans need SUD treatment

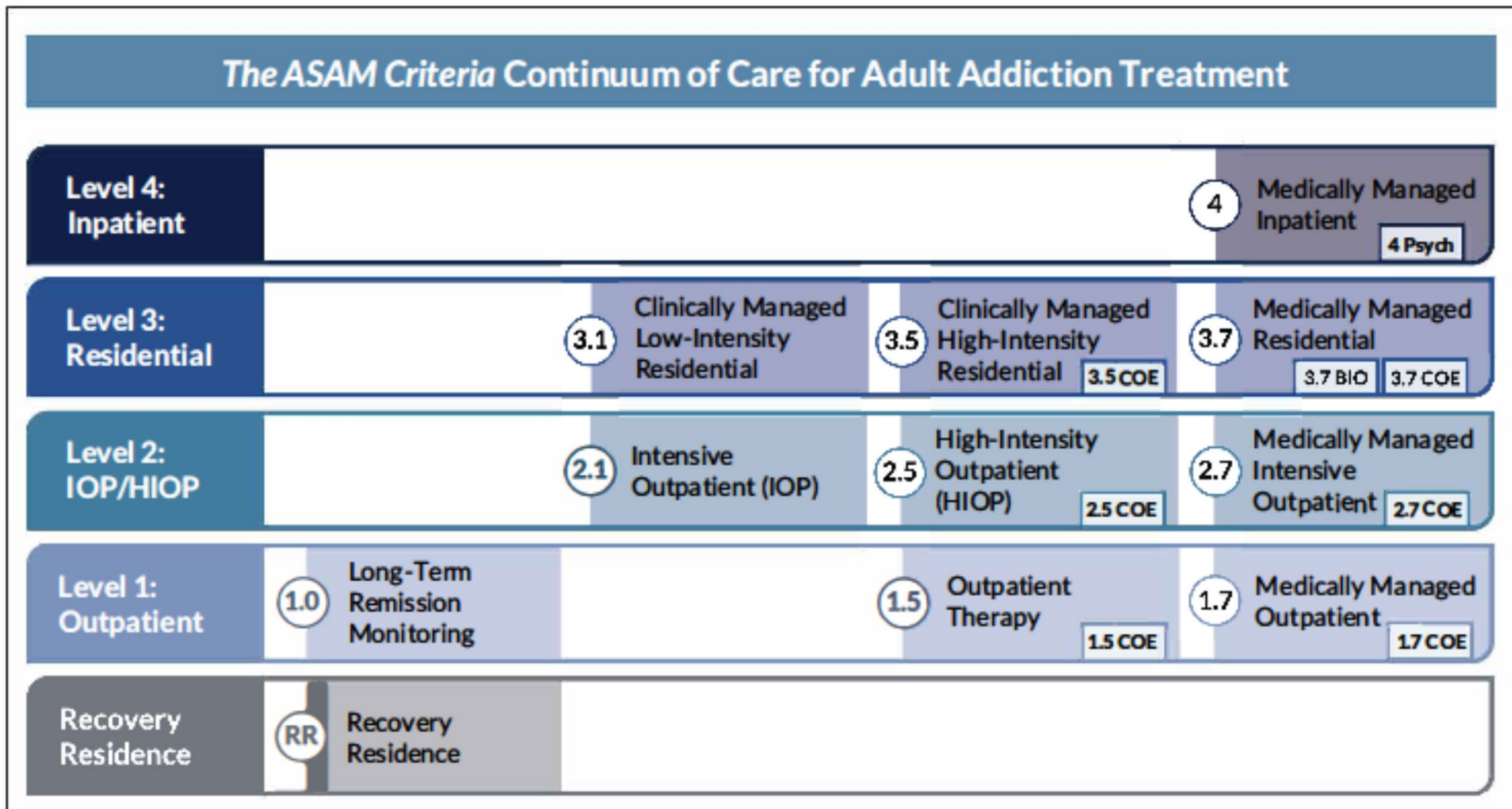
6,100
Actually received treatment

Only 1 in 18 gets help

■ % Needing Treatment	10.23	23.06	20.01
■ % Receiving Treatment	3.38	3.89	5.55



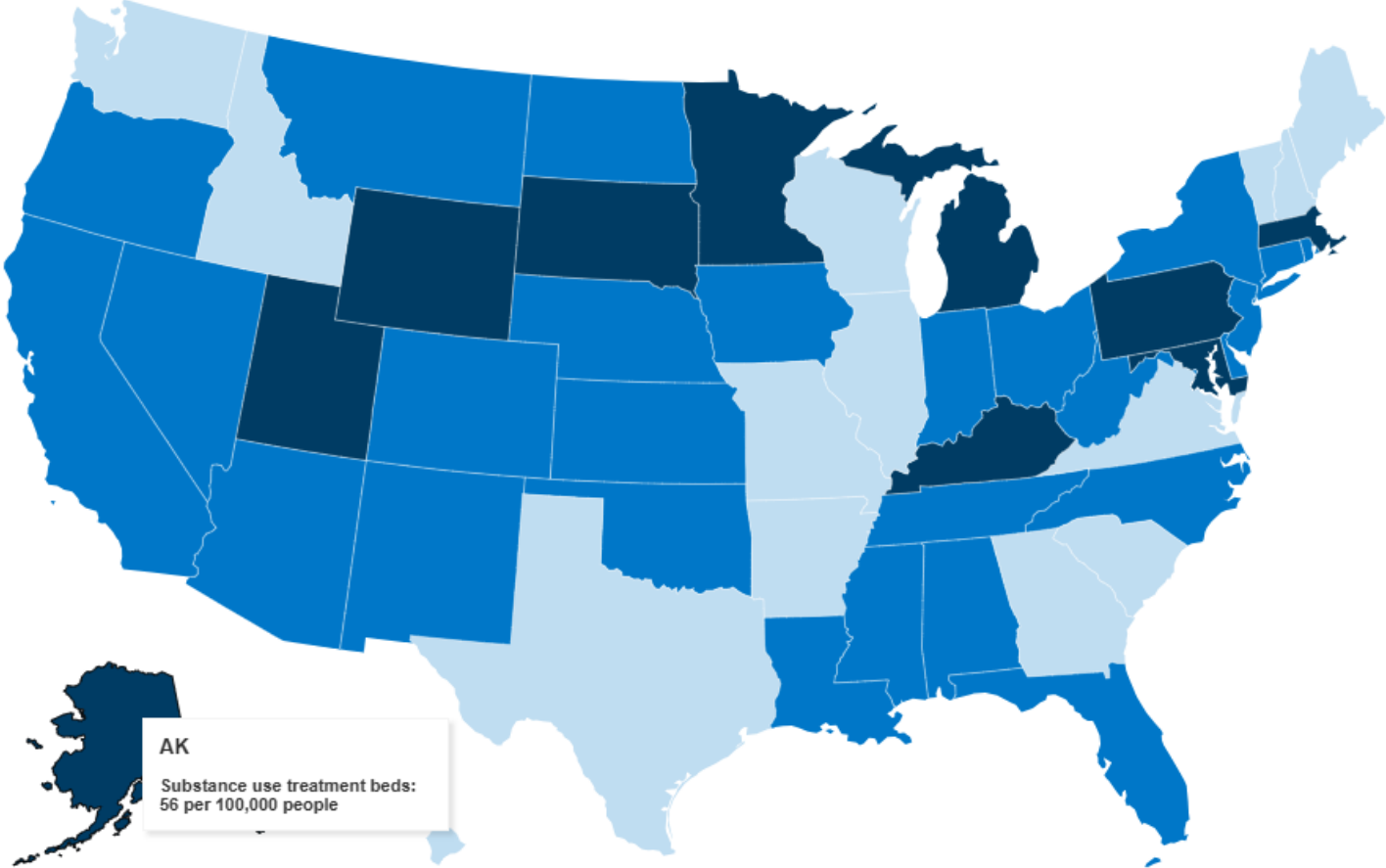
SUD-ASAM Levels of Care



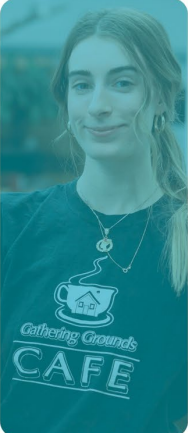
Number of Substance Treatment Beds

Substance Use Treatment Beds/100,000 People

- 0 to 24 beds/100,000 people (14 states)
- 25 to 49 beds/100,000 people (27 states including D.C.)
- 50+ beds/100,000 people (10 states)



NOTE: "Beds" includes the total number of residential and inpatient beds for substance use treatment in a state. Detailed state data can be found on KFF's state health facts.
SOURCE: KFF Analysis of National Substance Use and Mental Health Services Survey (N-SUMHSS), 2022 • PNG

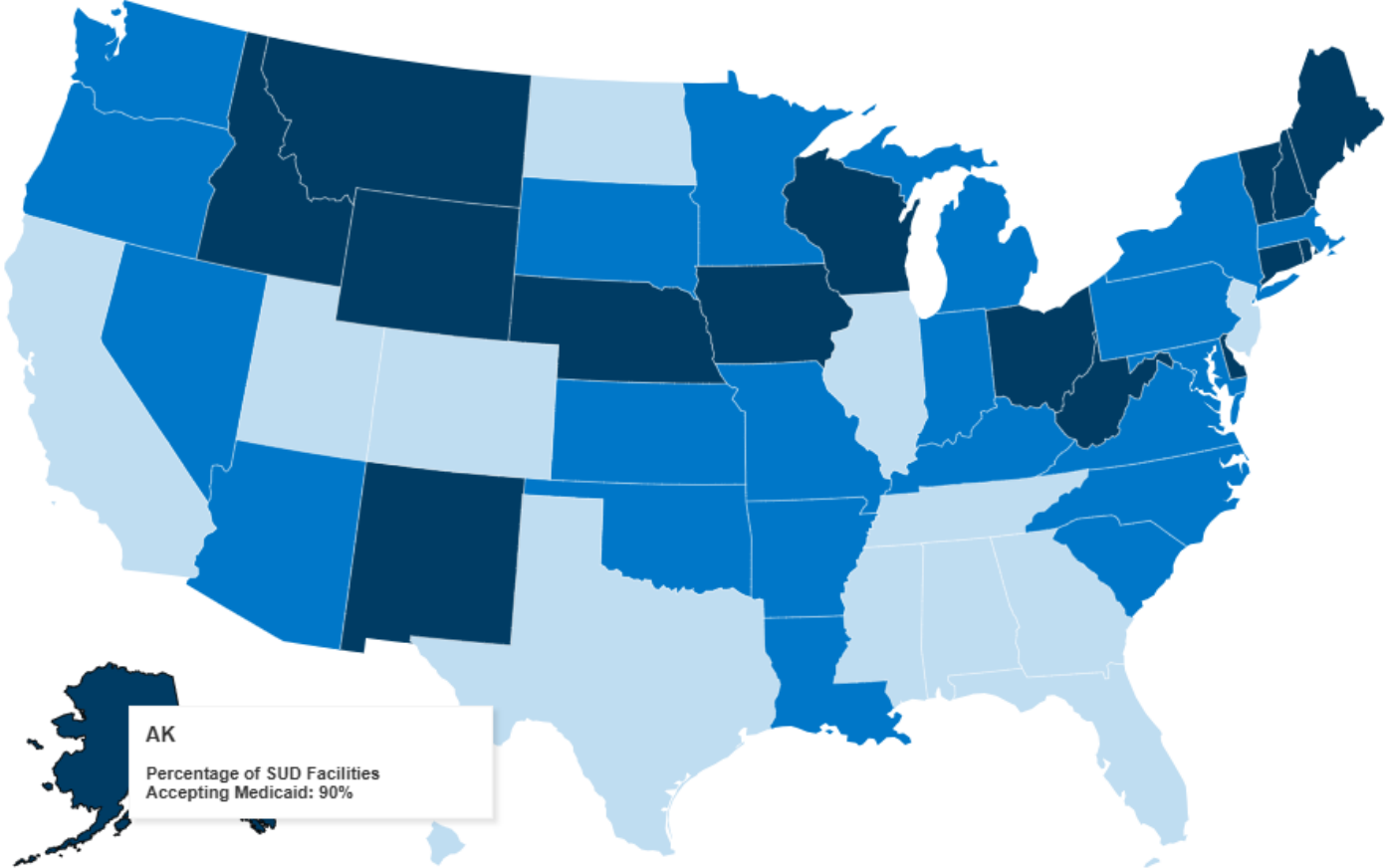




Reported Medicaid Participation in Substance Use Treatment Facilities

Percentage of Facilities Reporting Medicaid Participation

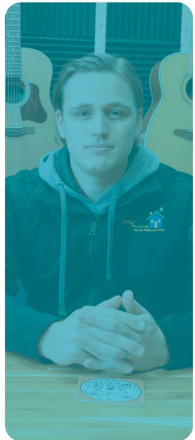
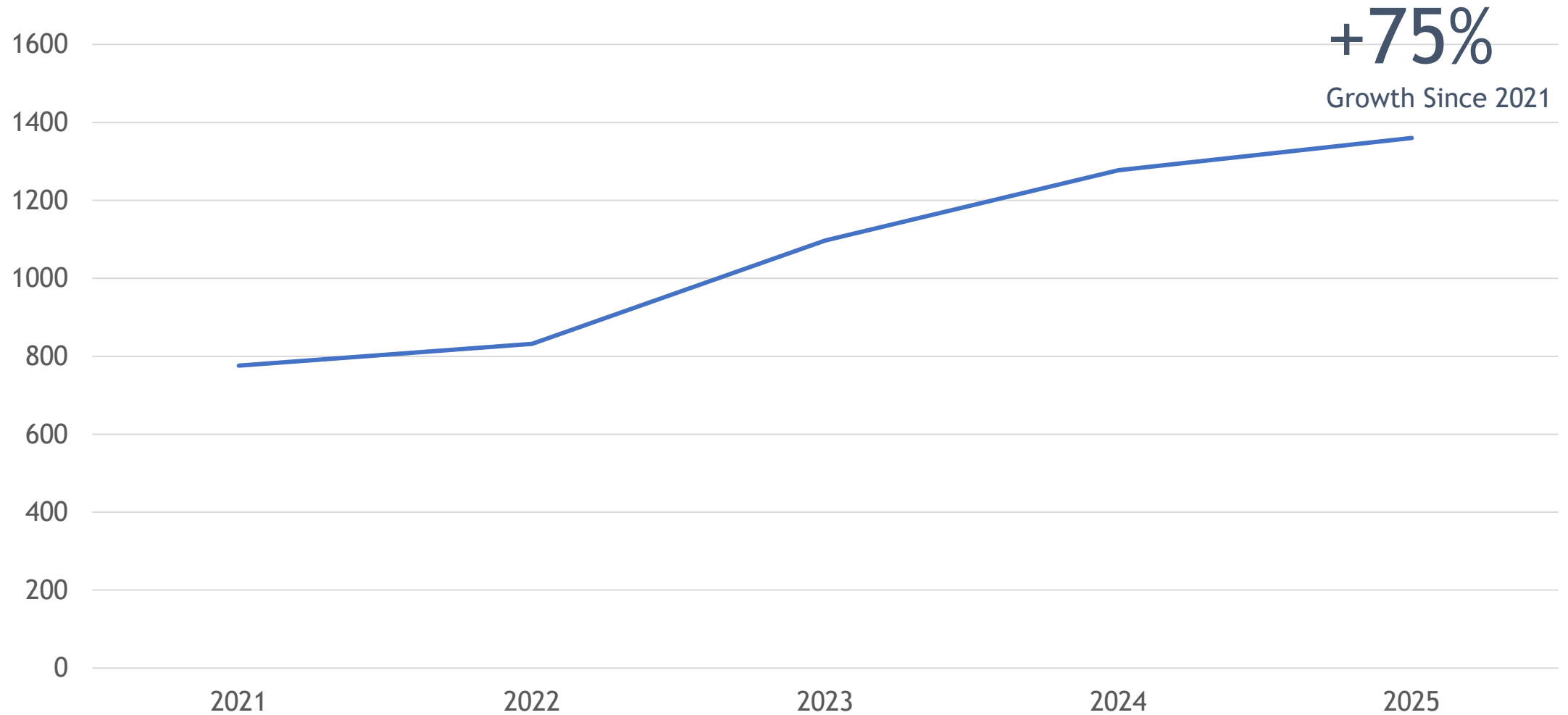
- Less than 70% (13 states)
- Between 70% and 90% (22 states, including D.C.)
- Equal or greater than 90% (16 states)



NOTE: This map shows the percentage of facilities reporting that they participate in Medicaid. Actual participation, including acceptance of new Medicaid enrollees and the number of enrollees the facility accepts, may differ.

SOURCE: KFF Analysis of National Substance Use and Mental Health Services Survey (N-SUMHSS), 2022 • PNG

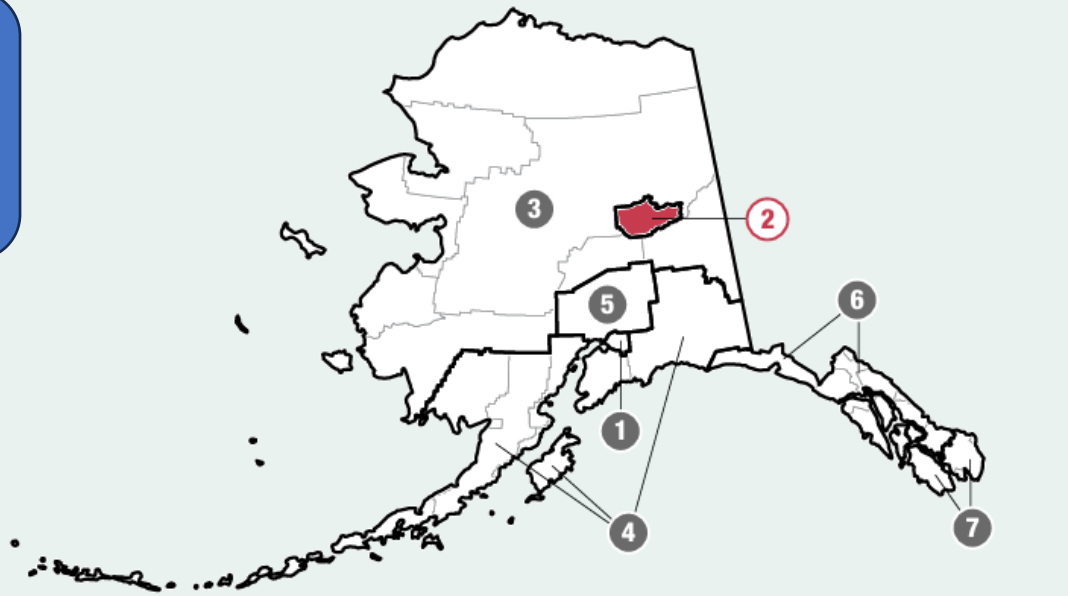
Growing Reach: Buprenorphine Prescribers in Alaska, 2021-2025





Mental Health Status and Receipt of Treatment

Past year any mental illness by region, 2023



Substate Region Estimate and Statistical Significance

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

Substate Region	Small Area Estimate	95% Confidence Interval	
		(Lower)	(Upper)
1 ⊖ Anchorage	24.5%	21.3%	27.9%
2 ➤ Fairbanks North Star	29.2%	24.4%	34.4%
3 ⊖ Northern, Interior, and Western	20.7%	16.5%	25.6%
4 ⊖ Aleutians, Gulf Coast, and Kenai Peninsula	22.3%	18.2%	27.0%
5 ⊖ Mat-Su	22.9%	19.1%	27.3%
6 ⊖ Northern Southeast	24.1%	19.7%	29.3%
7 ⊖ Southern Southeast	25.0%	20.2%	30.4%

134,801 / 37,401
any / serious mental illness

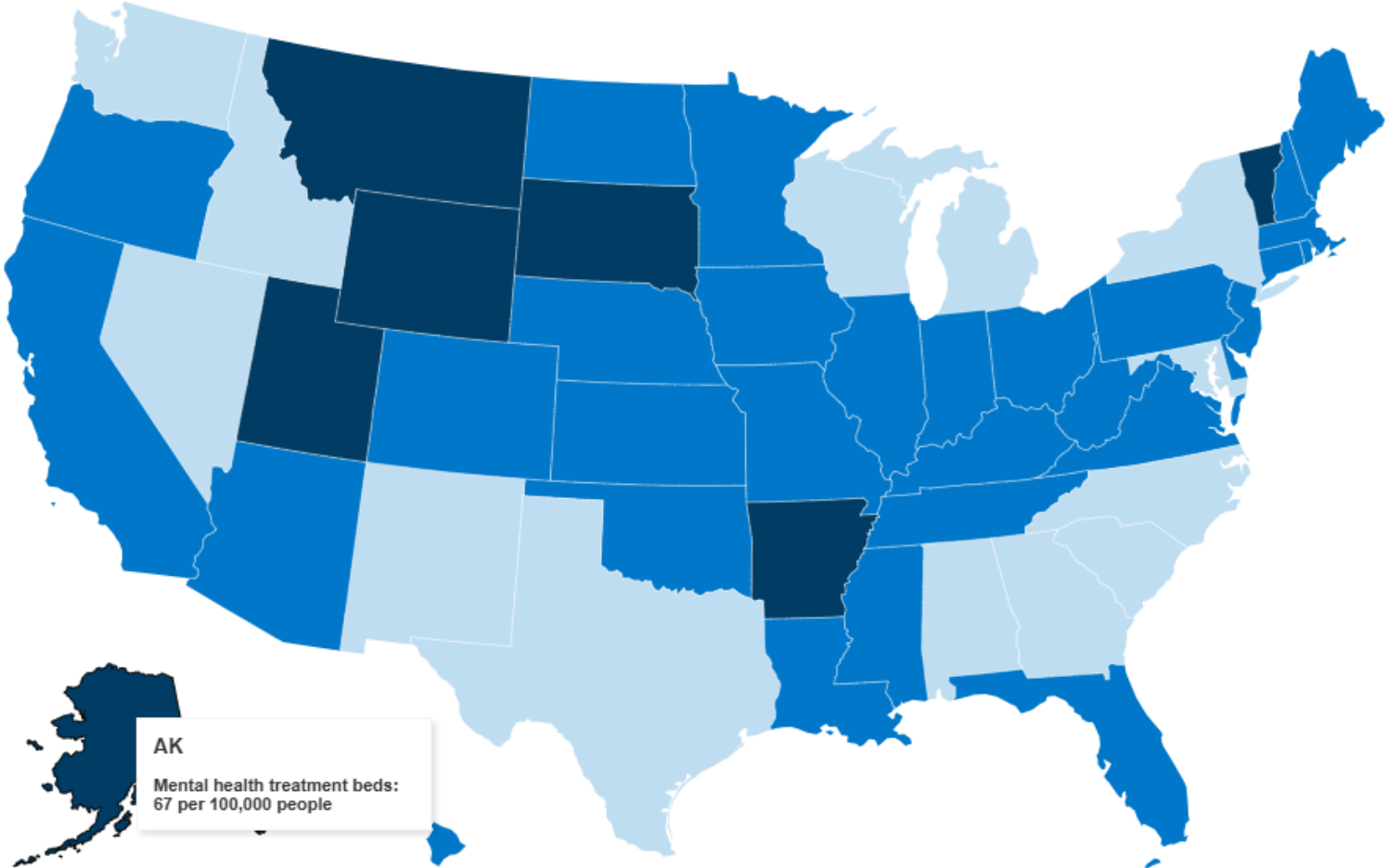
124,520
Adults 18+ received treatment

Number of Mental Health Treatment Beds



Mental Health Treatment Beds/100,000 People

- 0 to 24 beds/100,000 people (13 states)
- 25 to 49 beds/100,000 people (31 states including D.C.)
- 50+ beds/100,000 people (7 states)

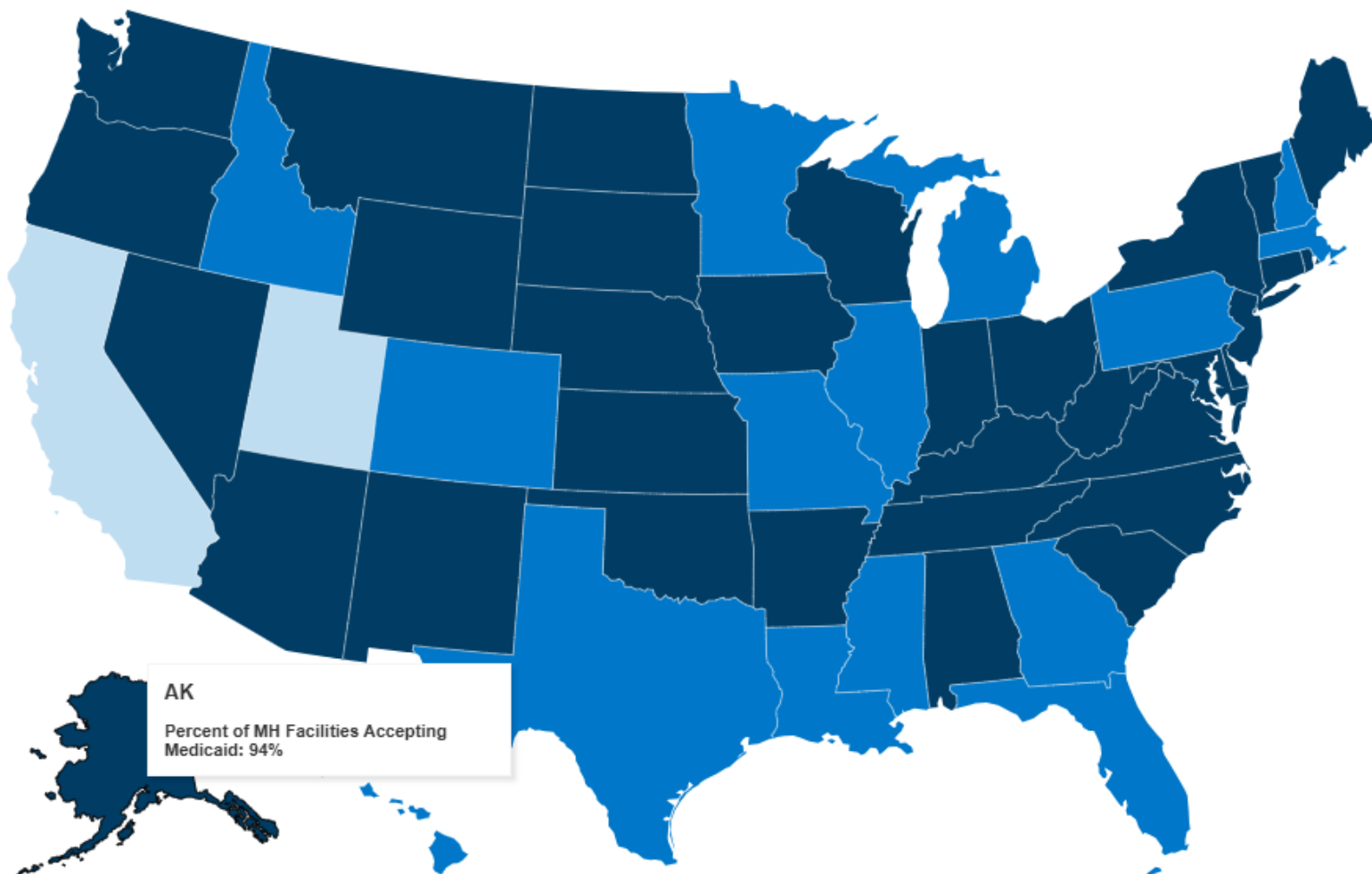


NOTE: "Beds" includes the total number of residential and inpatient beds for mental health treatment in a state. Detailed state-level data can be found on KFF's state health facts.
SOURCE: KFF Analysis of National Substance Use and Mental Health Services Survey (N-SUMHSS), 2022 • PNG

Reported Medicaid Participation in Mental Health Facilities

Percentage of Facilities Reporting Medicaid Participation

- Less than 70% (2 states)
- Between 70% and 90% (16 states, including D.C.)
- Equal or greater than 90% (33 states)



NOTE: This map shows the percentage of facilities reporting that they participate in Medicaid. Actual participation, including acceptance of new Medicaid enrollees and the number of enrollees the facility accepts, may differ.

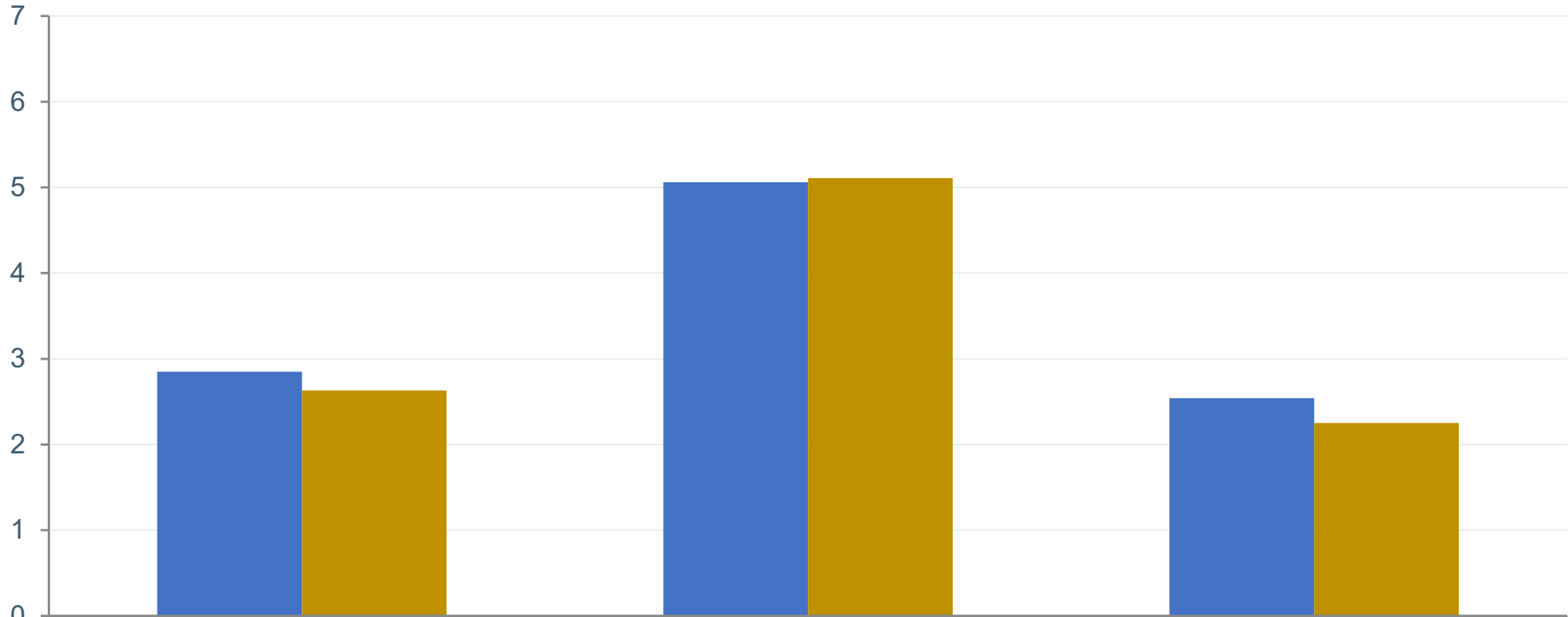
SOURCE: KFF Analysis of National Substance Use and Mental Health Services Survey (N-SUMHSS), 2022 • PNG

KFF



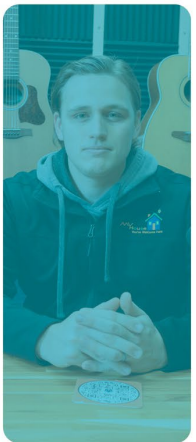
Co-occurring SUD & Serious Mental Illness

2023–2024 — Alaska slightly above the national average for adults 26+



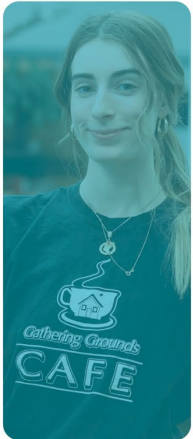
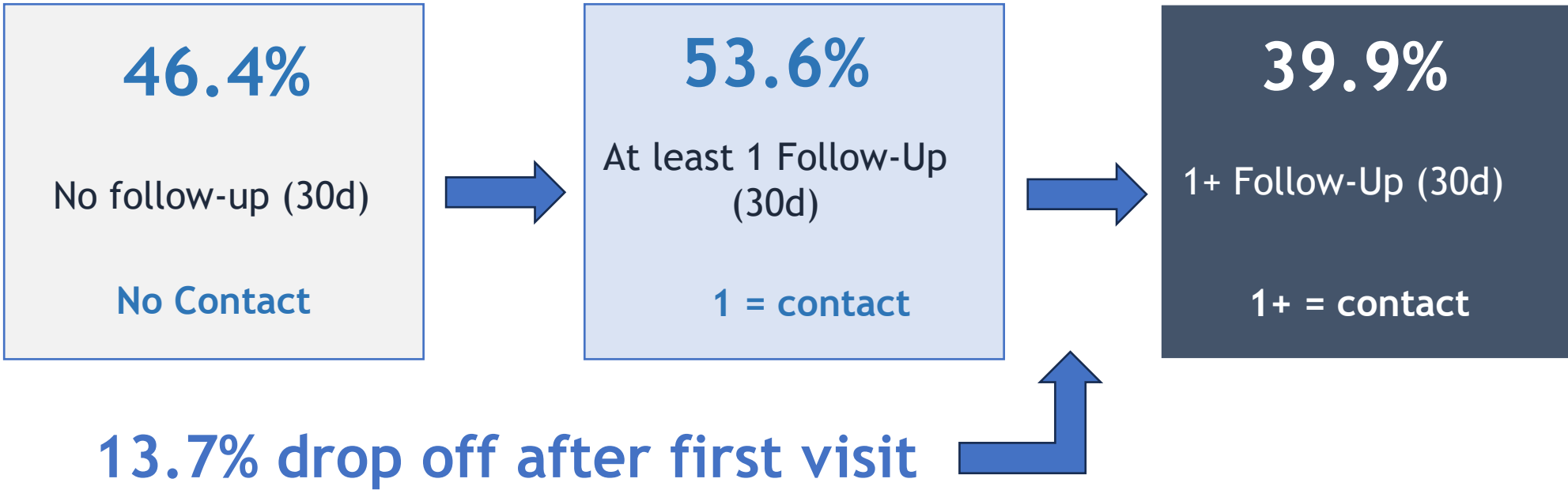
	Adults 18+	Ages 18-25	Adults 26+
■ Alaska (%)	2.85	5.06	2.54
■ U.S. (%)	2.63	5.11	2.25

■ Alaska (%) ■ U.S. (%)



Progression of care

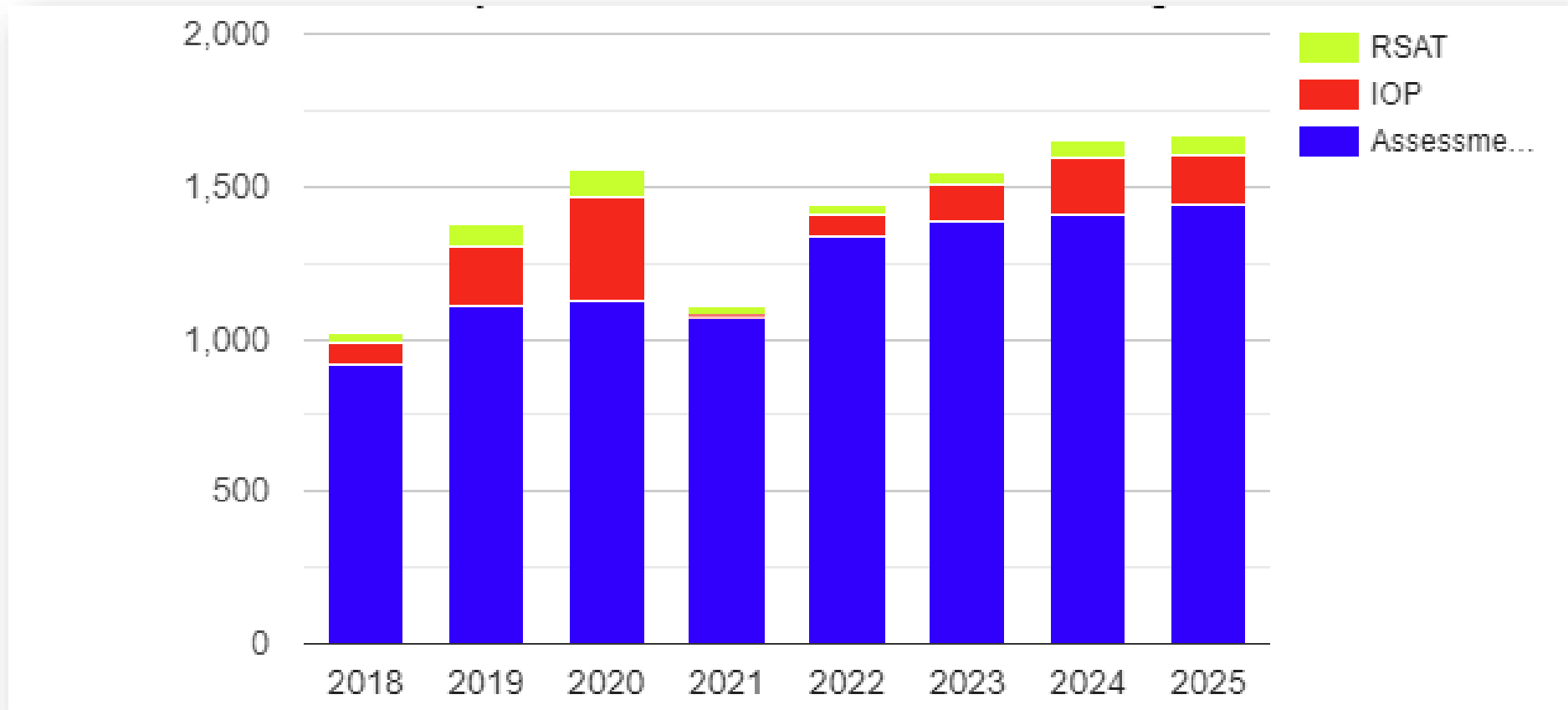
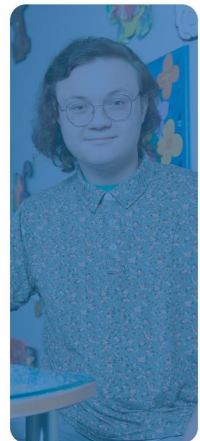
Medicaid beneficiaries treated for a SUD or a MH condition who received services in an inpatient or residential setting, 2023, 30-day follow-up





Justice Involved Settings

Completion of an Institutional or Community-Based Substance Abuse Treatment Program



Integrating BH into Shelter Services

Catholic Social Services

Clinical Care

Screenings & Assessments
90-Day Care Plans
Therapy Services

Case Management

Housing Navigation
Employment Support
Legal Connections

Peer Support

Recovery Coaching
Ongoing Support

Integrating Behavioral Health Care into Shelter Services

An Alaskan Case Study

The journey to become a behavioral health provider

The journey to become a fee for service behavioral health provider started when the CEO of Catholic Social Services (CSS) was approached by State of Alaska (SOA) staff who were implementing a Medicaid Section 1115 Demonstration Waiver. The state believed that having a community-based organization focused on providing shelter and rehousing services would fit under the waiver.¹ They felt this would allow CSS to provide a needed service for clients, as well as add new revenue sources for the organization.

"When they're introduced to it [BH services] or they get to meet the clinician, then they're like, let me give this a try and then they see the positive outcome. So, I feel like a lot of our clients wouldn't just go into a behavioral health clinic and be like, 'Hey, I need help.' I think that is maybe a different aspect that we provide - it's, you are coming into the shelter, and we happen to be here, we can help serve you. I think some of our clients are more apt to receive services that way." -CSS staff

CSS staff believe that in-house behavioral health services are essential for shelter clients because of substantial barriers facing clients to access these services in the community. CSS leadership wanted to

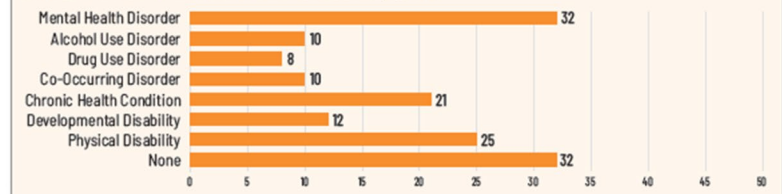
offer a deeper level of service that wraps around the person in a trauma-informed manner.

In FY25, five CSS shelters served 2,272 individuals. Table 1 shows the number and percentage of individuals served in the five shelters.

Name of Shelter	Count
Brother Francis Shelter	799
Medical Respite	101
Clare House	369
Complex Care Shelter	301
East 56th	1,274

Males (60%) were more likely to be clients as compared to females (39%). The most common age groups served were 35-44 years (24%) and 25-34 years (20%). The most common client races were Alaska Native people² (47%) and White people (34%). Approximately 32% of clients had no disabling conditions, 23% had three or more conditions, and 15% had 2 conditions, and 14% had one condition. FY25 CSS data shows that the most common behavioral health disorder of clients was a mental health disorder (24%), followed by alcohol use disorder (7%), drug disorder (6%) or cooccurring disorder (9%) (see Figure 1).

FIGURE 1 - DISABLING CONDITIONS OF SHELTER CLIENTS (%) FY25



¹ Waivers are designed to provide flexibility for State Medicaid programs to test new way to innovate providing behavioral health services with Medicaid reimbursement without increasing overall State budget costs.

² The most common Alaska Native include those people who identify as Aleutian, Eskimo, or Inupiat.

Therapeutic Campus Expansion in the Mat-Su *Set Free Alaska*

Completed 21,000 sq ft community facility in Wasilla

Primary Outcome: Reduced waitlists and faster access to care

30%

Capacity
Increase

1,300

Beneficiaries

+75%

Outpatient
Growth

+8

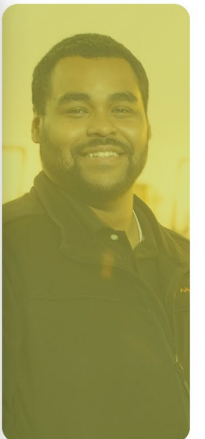
Crisis Beds

+5

Recovery Beds

Secondary Outcomes:

- Expanded children & family services
- More timely treatment
- Increased recovery supports
- Improved continuity of care



Mobile MAT Program

Ninilchik Tribal Council

“Bringing care directly to the community”

Services

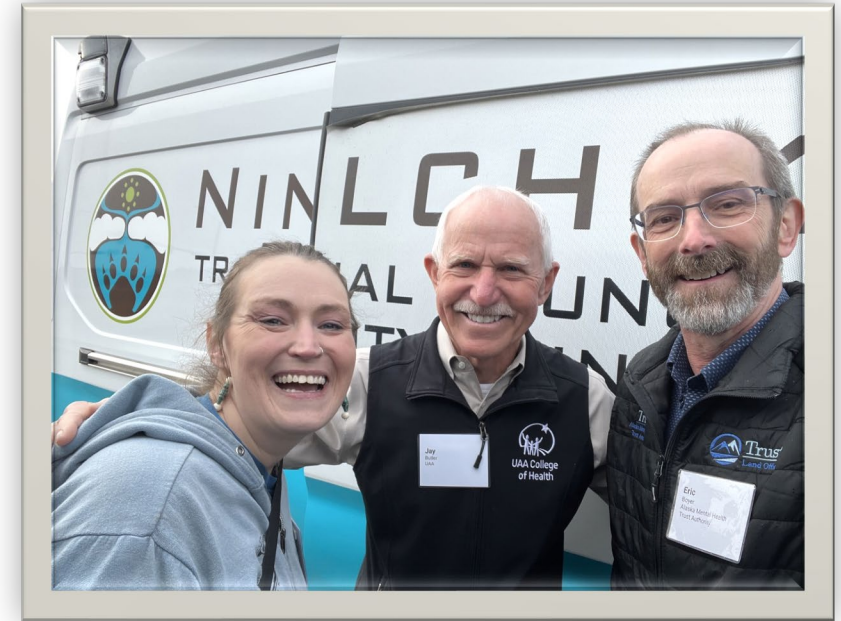
Injectable buprenorphine, primary care, wound care, peer support

Access Model

2 days/week • Visits • Walk-ins • Outreach

Impact

Removes geographic & transportation barriers



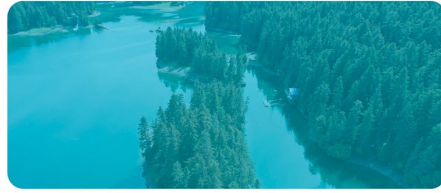
330
Individuals
Served

+26%
TX
Access

153
Patients in
Past 60 days

The Right Conditions for Care





Questions?

