

WICHE Mental Health Program

Annual Report

2016-2017



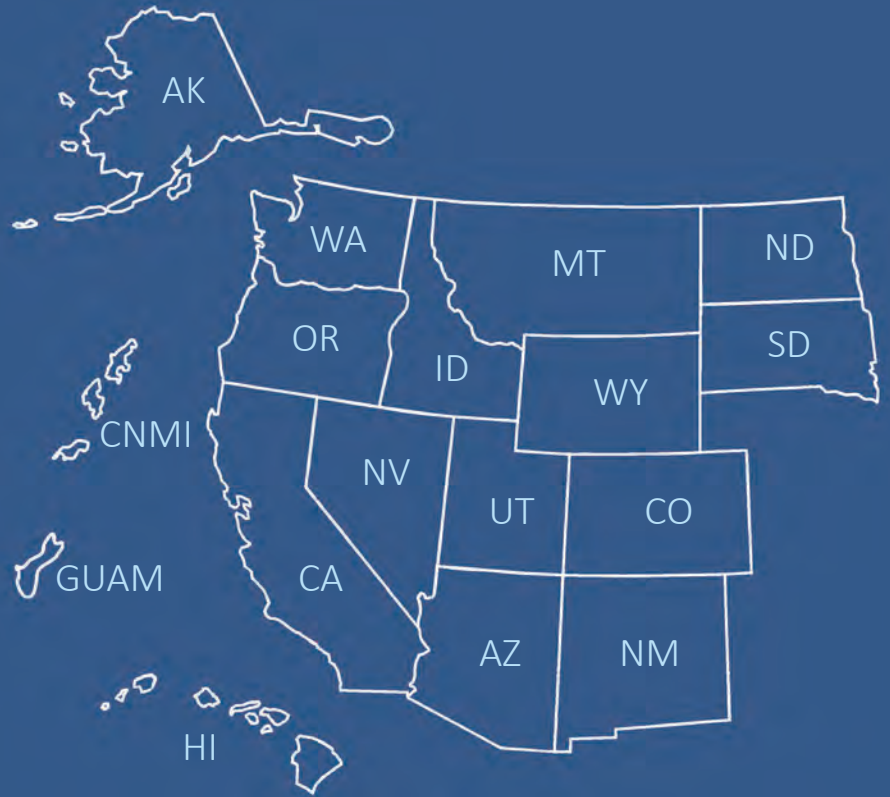
Western Interstate Commission
for Higher Education

Mental Health Program

Alaska
Arizona
California
Colorado
Hawai'i
Idaho
Montana
Nevada
New Mexico
North Dakota
Oregon
South Dakota
U.S. Pacific Territories and
Freely Associated States
Utah
Washington
Wyoming



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Mission

The WICHE Mental Health Program’s mission is very simple, focusing on improving services and building a qualified workforce responsive to, and informed by, persons with behavioral health challenges and their families. In the past sixty years much has changed, but our mission has remained consistent. Our job is to support our member states and territories in a manner that extends capacities and informs action.

Dear Friends of the WICHE Mental Health Program,

Thank you for making Fiscal Year 2017 yet another remarkable one for the WICHE Mental Health Program (WICHE MHP)! This year marked our 62nd year of service to the WICHE West. Our dedicated staff has done an incredible job at expanding our reach, while also strengthening our programs and services. We have once again been able to increase the value and scope of services, with more than 15 projects from Alaska to Arizona, and South Dakota to the Pacific Territories.

A few program highlights include:

- Supporting three new doctoral psychology internship programs through formation, accreditation self-study, and site visits.
- Strengthening our partnership with the Veterans Administration and beginning the process of launching four new rural community-based veteran suicide prevention pilot sites.
- Continuing our efforts to support states' use of evidence-based practices with contract renewals for fidelity review and quality improvement efforts in Arizona and South Dakota.
- Hosting a successful Western States Decision Support Group (WSDSG) Annual Meeting.
- Linking applicants to behavioral health positions within the Hawai'i Public School System.
- Retiring a loan from the WICHE reserves to cover a previous negative fund balance.
- Strengthening Alaska's behavioral health workforce by helping to improve their village Behavioral Health Aid Program, aiding indigenous and other residents.
- Launching a campus sexual violence prevention effort jointly funded by the WICHE MHP and the WICHE Office of the President.

Our ongoing goal is to keep our overhead low while increasing our service in the field, and you truly make this possible! We are stronger than ever due to our continually expanding partnerships with our member states and territories who support our important mission. FY 2018 is shaping up to be another example of the WICHE MHP's ability to shape success through partnership and shared vision. We are owned by the West and we serve the West.

Thank you wholeheartedly for being a part of what makes the WICHE West great!

Sincerely,



Dennis F. Mohatt
Vice President for Behavioral Health



ALASKA

Alaska Psychiatric Institute Technical Assistance

9/2014 – 12/2017

WICHE MHP contracts with the Alaska Department of Health and Social Services, Division of Behavioral Health, to provide technical assistance and consultation to the Alaska Psychiatric Institute (API). WICHE MHP subcontracts with Clinisystems to support API's electronic health record programming and system enhancements. WICHE MHP also subcontracts with subject matter experts for forensic, nursing, adolescent programming, and psychiatric peer review support. Additionally, WICHE MHP provides assistance with hospital quality improvement and accreditation initiatives, as well as other special projects when requested. The most recent funding for this project is \$65,000 and the total funding amount is \$215,000.

Project lead:
Deb Kupfer, M.H.S.

Alaska Psychology Internship Consortium – Interns

7/2013 – 6/2017

WICHE MHP contracts with the Alaska Department of Health and Social Services (DHSS), Division of Behavioral Health, to support the Alaska Psychology Internship Consortium (AK- PIC) to complete the training of students enrolled at the University of Alaska's Ph.D. program in Clinical-Community Psychology and other psychology doctoral students who wish to train and work in Alaska. WICHE MHP facilitates intern and faculty travel for training and program activities, supports distance technology activities, provides technical assistance to maintain accreditation through the American Psychological Association (APA), provides quarterly reports to the DHSS, and maintains program evaluation data and data regarding the in-state retention of internship graduates. The most recent funding amount for this project is \$100,000 and the total funding amount is \$400,000.

Project lead:
Deb Kupfer, M.H.S.

Alaska Psychology Internship Consortium – Technical Assistance

10/2016 – 6/2017

WICHE MHP contracts with the Alaska Department of Revenue, Mental Health Trust Authority to provide technical assistance to the Alaska Psychology Internship Consortium (AK-PIC) and to prepare AK-PIC to successfully become re-accredited by the American Psychological Association (APA), in the wake of newly revised APA accreditation standards. Funding for this project is \$37,500.

Project lead:
Deb Kupfer, M.H.S.



Native Alaskan girl with husky pups/Alaska Tourism

ALASKA

Review of the Alaska Behavioral Health Aide Curriculum and Competency Assessment

8/2016 – 8/2017

WICHE MHP contracts with the Alaska Native Tribal Health Consortium to review the existing Behavioral Health Aide curriculum and associated Knowledge and Skills Checklist competency assessment, as well as to compare the assessment to the Alaska Core Competencies for Direct Care Workers and associated curricula/evaluations. Funding for this project is \$119,100.

Project lead:

Liza Tupa, Ph.D.

Key Partner:

The Annapolis Coalition on the Behavioral Health Workforce

ARIZONA

Arizona Evidence-Based Practices Fidelity Monitoring

1/2014 – 6/2017

WICHE MHP partners with the Arizona Health Care Cost Containment System to support fidelity reviews of four evidence-based practices in the Maricopa County public behavioral health system. WICHE MHP supports the Project Lead and two fidelity reviewers. The most recent funding amount for this project is \$402,585 and the total funding amount is \$1,409,236.

Project lead:

Mimi Windemuller, B.A.

Arizona Mercy Maricopa Evidence Based Practices

6/2014 – 6/2017

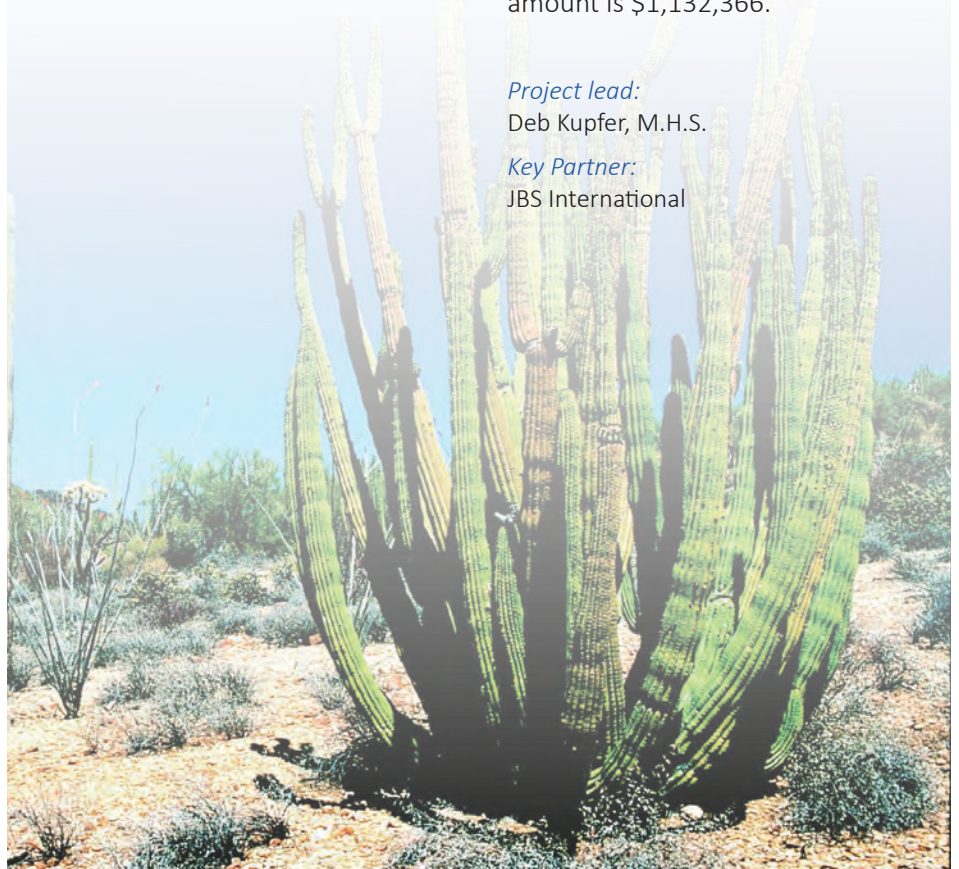
WICHE MHP collaborates with Mercy Maricopa Integrated Care to provide trainings, education, and guidance concerning evidence-based practices (EBPs) and fidelity tools to ensure provider staff are offering high quality EBPs and are ensuring fidelity to identified EBPs protocols. This project supports one fidelity reviewer, training and technical assistance related to the implementation of the identified EBPs, and evaluation/quality improvement monitoring of the practices. The most recent funding amount for this project is \$299,845 and the total funding amount is \$1,132,366.

Project lead:

Deb Kupfer, M.H.S.

Key Partner:

JBS International



Organ Pipe National Monument/Arizona Tourism Board

ARIZONA

Arizona Mercy Maricopa Integrated Care Epicenter Project

10/2015 – 10/2016

WICHE MHP collaborates with Mercy Maricopa Integrated Care (MMIC) to support the EPICENTER clinics – First Episode Clinic Support. WICHE MHP provides ongoing training and support to MMIC’s existing partners: the Institute for Mental Health Research (IMHR) Epicenter/Jewish Family and Child Services (JFCS), and a new partner, Maricopa Integrated Health Systems (MIHS). WICHE MHP will provide evidence-based practice training and technical assistance and consultation to IMHR Epicenter/JFCS and MIHS staff to sustain and enhance their capacity to support client referrals to evidence-based practices. Funding for this project is \$50,000.

Project lead:
Deb Kupfer, M.H.S.

Arizona Mercy Maricopa Training

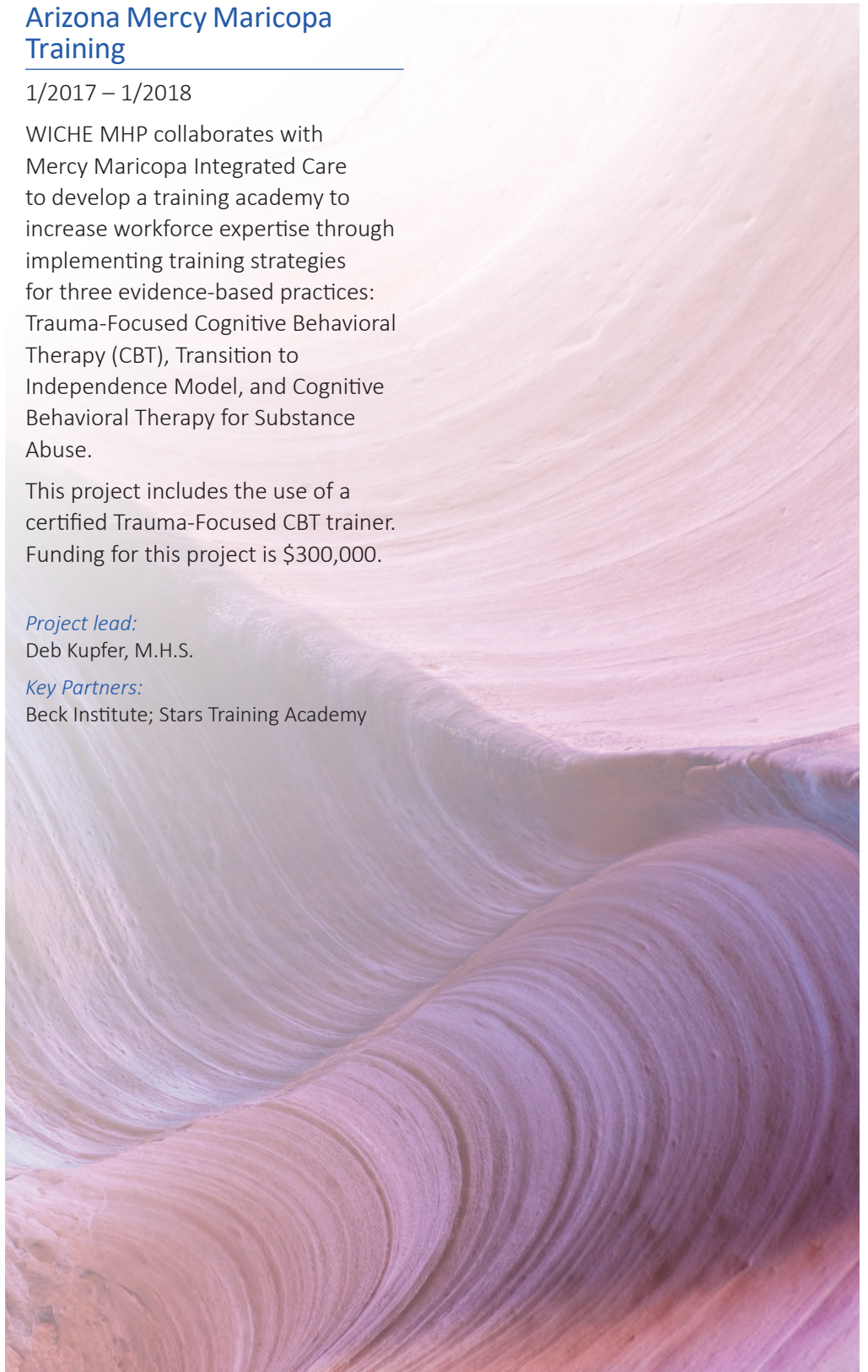
1/2017 – 1/2018

WICHE MHP collaborates with Mercy Maricopa Integrated Care to develop a training academy to increase workforce expertise through implementing training strategies for three evidence-based practices: Trauma-Focused Cognitive Behavioral Therapy (CBT), Transition to Independence Model, and Cognitive Behavioral Therapy for Substance Abuse.

This project includes the use of a certified Trauma-Focused CBT trainer. Funding for this project is \$300,000.

Project lead:
Deb Kupfer, M.H.S.

Key Partners:
Beck Institute; Stars Training Academy



Antelope Canyon /Navajo Reservation Arizona/bigstockphoto.com

COLORADO

Colorado Behavioral Health Funding Study

4/2016 – 11/2016

The Colorado Governor's Office of State Planning and Budgeting contracted with the WICHE MHP to lead a study of behavioral health funding in Colorado, including the state agencies providing services and the services clients receive. The study analyzed behavioral health funding sources and changes in these funding sources that occurred due to Colorado's Medicaid expansion and implementation of the Affordable Care Act. A key focus of the study was funding and services for indigent (non-Medicaid) individuals provided by the Colorado Department of Human Services, Office of Behavioral Health. The study also examined the behavioral health funding needs of individuals who are insured, uninsured, and underinsured, as well as the costs of operating a Community Mental Health Center. The study culminated in recommendations on how Colorado can strengthen funding for indigent clients and align funding in the behavioral health system and the indigent safety net to best support identified behavioral healthcare needs and capacity across the State. Funding for this project is \$199,234.

Project lead:

Ken Cole, M.P.A.

Key Partners:

National Association of State Mental Health Program Directors Research Institute (NRI); Milliman, Inc.; Above the Data

Colorado Circle Program Study

1/2016 – 9/2016

The Colorado Department of Human Services, Office of Behavioral Health retained WICHE MHP to examine the effectiveness of the Circle Program, a 20-bed inpatient program operated by the Colorado Mental Health Institute at Pueblo (CMHIP). The Circle Program, 90 days in length, treats individuals with both a mental illness and a substance use disorder. The study also examined operational and regulatory/licensure options for the program to be autonomous from the federal Institutions for Mental Diseases requirement that restricts Medicaid payments to certain inpatient programs, CMHIP, and the state. Funding for the project totaled \$200,000.

Project lead:

Ken Cole, M.P.A.

Rural Veterans Suicide Prevention

2/2015 – 2/2018

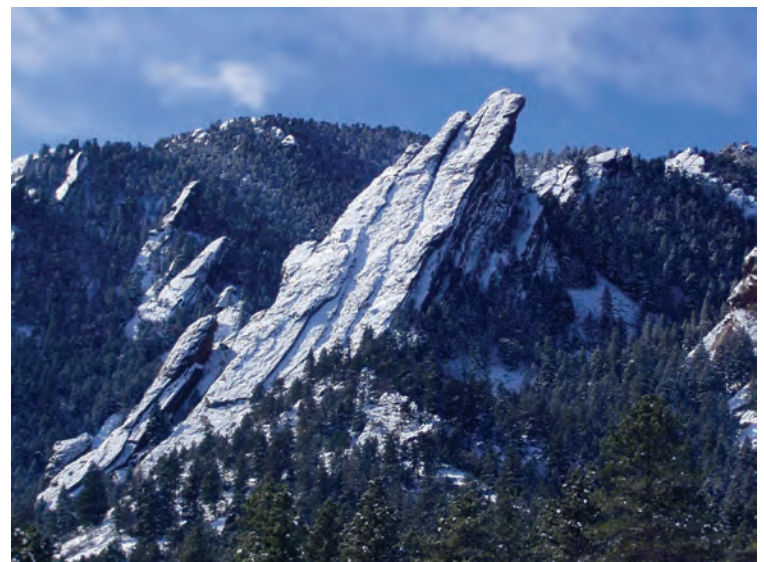
WICHE MHP continues to collaborate with the Denver-based Veterans Administration Rocky Mountain Mental Illness Research, Education, and Clinical Center (MIRECC) for Veteran Suicide Prevention-VISN 19 to develop and pilot-test a Veterans suicide prevention program for rural communities. The U.S. Department of Veterans Affairs has funded this multi-year project. The most recent funding amount for this project is \$200,000.

Project lead:

Gina Brimmer, M.S.W., L.C.S.W.

Key Partner:

Rocky Mountain MIRECC for Veteran Suicide Prevention-VISN 19



Boulder Flatiron/David Wimert

COLORADO

Colorado School-Based Behavioral Health Advocacy Toolkit

1/2017 – 12/2017

Mental Health Colorado retained WICHE MHP to create a toolkit for advocates to use to improve school-based mental health and substance misuse services for students. The project includes a literature review as well as surveys, interviews, and focus groups with key stakeholders. Funding for this project is: \$50,000

Project lead:
Liza Tupa, Ph.D.

Colorado Suicide Prevention Toolkit for Rural Primary Care

2/2017 – 6/2017

WICHE MHP has received funding from the Colorado Department of Public Health and Environment to update the Suicide Prevention Toolkit for Rural Primary Care and associated patient management tools as well as to localize the tool for efficient use in Colorado. Funding for this project is \$22,475.

Project lead:
Liza Tupa, Ph.D.



Colorado Aspens/Colorado Tourism Board

HAWAII

Department of Education: Recruitment, Employment, and Facilitation for School- Based Behavioral Health Professionals

7/2015 – 6/2017

The Hawai'i Department of Education continues to contract with WICHE MHP to provide marketing, recruitment, screening, and referral services for behavioral health professionals to fill public school vacancies across the Hawai'ian Islands. The contract is performance-based and is not to exceed \$2,000,000 based on the number of successful hires. The most recent funding amount for this project is \$2,000,000 and the total funding amount is \$4,000,000.

Project lead:

Deb Kupfer, M.H.S.

Hawai'i Internship Program

7/2014 – 6/2017

WICHE MHP continues to assist the state of Hawai'i in the development and operation of an ultimately accredited psychology internship consortium. A primary goal of the internship program is the establishment of a pipeline to build Hawai'i's behavioral health workforce. Three Hawaii state agencies – the Department of Education, Department of Health, and Department of Public Safety – provide funding to support WICHE MHP's ongoing development and operations of the Hawai'i Internship Program. This project is funded by the Hawai'i Department of Education, Department of Public Safety, and Department of Health. The most recent funding amount for this project is \$512,058 and the total funding amount is \$1,875,538.

Project lead:

Liza Tupa, Ph.D.

Hawai'i Children and Adolescent Mental Health Medicaid Rate Study

7/2016 – 11/2016

Hawai'i Department of Health, Child and Adolescent Mental Health Division, retained WICHE to conduct a multi-state comparison study of child and adolescent behavioral health services and associated Medicaid rates. The study was used to determine the need for rate increases and adjustments, including requesting funds from the Hawai'i state legislature for the same. Funding for this project is \$49,000

Project lead:

Liza Tupa, Ph.D.

HAWAI'I

Hawai'i State Hospital Budgeting

6/2016 – 9/2016

The Hawai'i Department of Health, Adult Mental Health Division, retained WICHE MHP to provide an external, independent evaluation and review of the Hawai'i State Hospital budgeting process and to make recommendations to improve its budget and expenditure system. Funding for this project is \$18,000.

Project lead:

Ken Cole, M.P.A.

MONTANA

Montana State Hospital Staffing Study

3/2017 – 6/2017

The Montana Department of Public Health and Human Services, Addictive and Mental Disorders Division, retained WICHE MHP to obtain, review, and analyze Montana State Hospital (MSH) staffing, length of stay, and hospital bed data, as well as registered nursing staff duties and supervision models for direct care staff, and compare MSH to five similar hospitals on these indicators. Funding for this project is \$19,450.

Project lead:

Ken Cole, M.P.A.

Veterans Administration Montana Healthcare System Psychology Internship

8/2016 – 2/2019

Through a grant from the American Psychological Association (APA), WICHE MHP is providing consultation to the Montana Veterans Administration (MT VA) doctoral psychology internship program to help prepare them for successful APA accreditation. By reviewing their program materials including policies and procedures, conducting a mock accreditation site visit, and providing ongoing program consultation, the MT VA is well positioned to achieve accreditation in 2017. Funding for this project is \$19,850.

Project lead:

Lindsey Banning, Ph.D.



Avalanche Lake, Glacier National Park, Montana/bigstockphoto.com

NEVADA

Nevada Psychology Internship Program

7/2014 – 9/2017

The Nevada Division of Public and Behavioral Health and WICHE MHP provide support and funding for the ongoing development and operations of the Nevada Psychology Internship Consortium, which aims to establish a pipeline to build Nevada's behavioral health workforce. This project focuses on continuing to facilitate the development of the program, ensuring that it meets the American Psychological Association's (APA) accreditation requirements, and supports the initial implementation of the training program, facilitation of in-person shared training activities for the intern cohorts, and the program through the accreditation process. The most recent funding amount for this project is \$238,539 and the total funding amount is \$484,227.

Project lead:

Alyssa Gilden, Ph.D.

OREGON

Oregon Psychology Internship Program

6/2014 – 12/2019

WICHE MHP continues to assist the Oregon State Hospital Psychology Internship Training Program by providing support for the internship website and technical assistance to help the program comply with accreditation standards. The most recent funding amount for this project is \$7,200 and the total funding amount is \$174,788.

Project lead:

Dennis Mohatt, M.A.



Mt. Hood/Oregon Tourism

SOUTH DAKOTA

South Dakota IMP(ACT) Fidelity Reviews

6/2015 – 5/2017

WICHE MHP continues to conduct fidelity reviews of the evidence-based practice Assertive Community Treatment (ACT) at three community behavioral health clinics in South Dakota. This project is funded by the South Dakota Department of Human Services. The most recent funding amount for this project is \$49,000 and the total funding amount is \$98,500.

Project lead:
Liza Tupa, Ph.D.

South Dakota Technical Assistance Systems of Care (SOC) Statewide Implementation.

2/2017 – 6/2017

WICHE MHP is reviewing a community collaborative serving children and youth at risk in Yankton, South Dakota to determine its feasibility of and to make recommendations for statewide implementation. This project is funded by the South Dakota Department of Human Services and the funding amount is \$43,740.

Project lead:
Gina Brimner, M.S.W., L.C.S.W.

TEXAS

Harris County Children's Assessment Center Doctoral Internship Program

6/2016 – 5/2017

The Harris County Children's Assessment Center retained WICHE MHP to provide consultation and technical assistance to the HCCAC regarding achieving American Psychological Association (APA) accreditation for the Children's Assessment Center Doctoral Internship Program. The funding amount for this project is \$20,688.

Project lead:
Alyssa Gilden, Ph.D.



South Dakota hayfield/bigstockphoto.com

TEXAS

University of Texas, El Paso Psychology Internship Program

9/2012 – 8/2017

WICHE MHP continues to provide consultation and technical assistance to the El Paso Psychology Internship Consortium, which is funded through a grant from the Hogg Foundation for Mental Health. The most recent funding amount for this project is \$10,000 and the total funding amount is \$66,576.

Project lead:

Alyssa Gilden, Ph.D.

UTAH

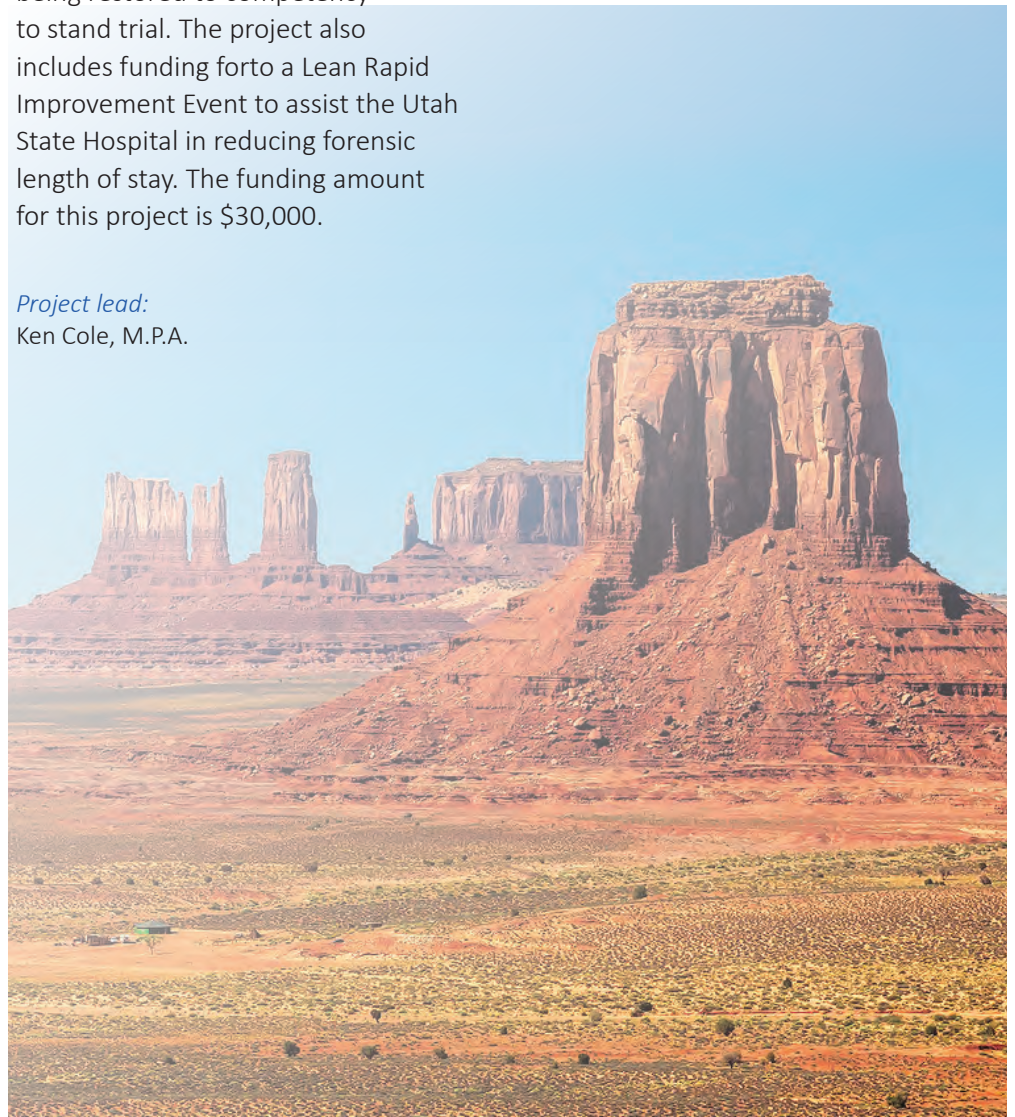
Utah State Hospital Technical Assistance and LEAN Process Improvement for Reducing Restoration Length of Stay

3/2017 --3/2018

The Utah Department of Human Services, Division of Substance Abuse and Mental Health, retained WICHE MHP to provide technical assistance to reduce the average length of stay at the Utah State Hospital for forensic patients at the Utah State Hospital being restored to competency to stand trial. The project also includes funding for a Lean Rapid Improvement Event to assist the Utah State Hospital in reducing forensic length of stay. The funding amount for this project is \$30,000.

Project lead:

Ken Cole, M.P.A.



Monument Valley, Utah/bigstockphoto.com

WYOMING

Wyoming Technical Assistance and Training

3/2016 – 2/2017

The Wyoming Department of Health, Behavioral Health Division, retained WICHE MHP to provide assistance in the development of a dual diagnosis program to serve those diagnosed with an intellectual disability and mental illness, to provide education and training on managing patients with complex behaviors and aggression, and to provide an analysis of the discharge process at the state hospital. The funding amount for this project is \$88,000.

Project lead:

Liza Tupa, Ph.D.

WSDSG

Western States Decision Support Group – Annual Membership Program

The Western States Decision Support Group (WSDSG) is an information-sharing network for the behavioral health data and evaluation staff and managers from WICHE states and territories. WICHE MHP has been managing the WSDSG since 1985. WICHE MHP manages monthly conference calls to discuss emerging issues in behavioral health data and system evaluation and provides ongoing support to WSDSG members. WICHE MHP also organizes an annual meeting with training and presentations for WSDSG members to stay apprised of developments and best practices in the field of behavioral health data and evaluation. Funding is based on an annual membership fee of \$6,000.

Project lead:

Liza Tupa, Ph.D.

FINANCIALS

The WICHE Mental Health Program is self-funded and must earn sufficient revenue to cover its expenses. In FY 2016, the MHP generated \$267,232 in revenue exceeding expenses. For FY 16-17, the MHP is estimated to end the fiscal year with a revenue surplus of \$210,368 (based on actual expenses through March 2017). As indicated in Figure 1, total MHP revenue is projected to decrease from \$4.0 million in FY 2016 to \$3.4 million in FY 16-17. Total MHP expenditures are projected to decrease from \$3.7 million in FY 15-16 to \$3.2 million in FY 16-17.

As shown in Figure 2, the largest portion of MHP revenue (82.5% in FY 16-17) is earned from contracts with state and not-for-profit agencies to provide consulting and technical assistance. Federal revenue for consulting and technical assistance work is estimated to total 8.2% of all revenue in FY 16-17. A small amount of revenue (5.9% in FY 16-17) is earned from support fee payments from the WICHE states and territories. Also, the MHP earns revenue from charging for indirect costs (3.4% in FY 16-17). A portion of the indirect costs goes to WICHE and a portion remains with the MHP.

The largest portion of MHP expenditures (48% in FY 16-17) goes towards staff salaries and benefits, followed by payments to consultants (26.6% in FY 16-17). Charges for office rent, IT services, indirect costs, and other expenses are estimated to total 16.8% of FY 16-17 expenditures, while travel expenses are estimated to total 8.6% of FY 16-17 expenditures.

Figure 1. Total Revenue vs. Expenditures FY 15-16 (Actual) and FY 16-17 (Estimate)

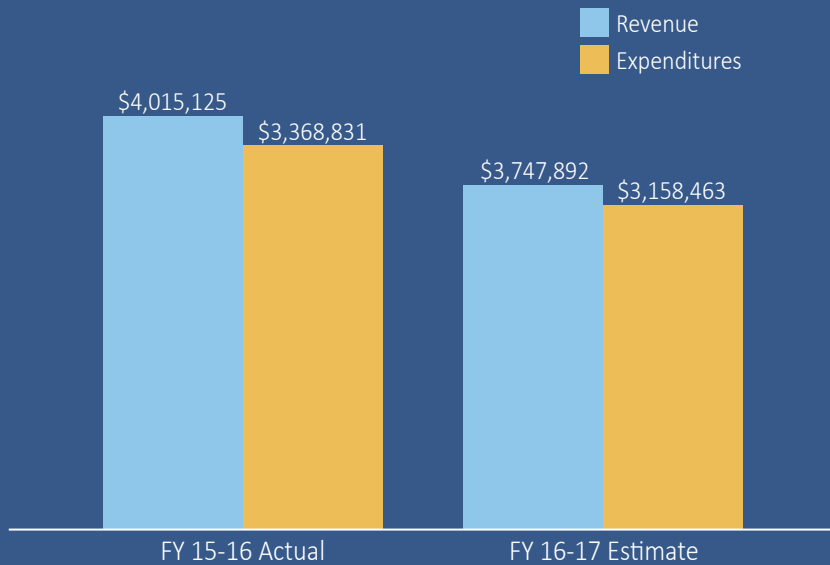
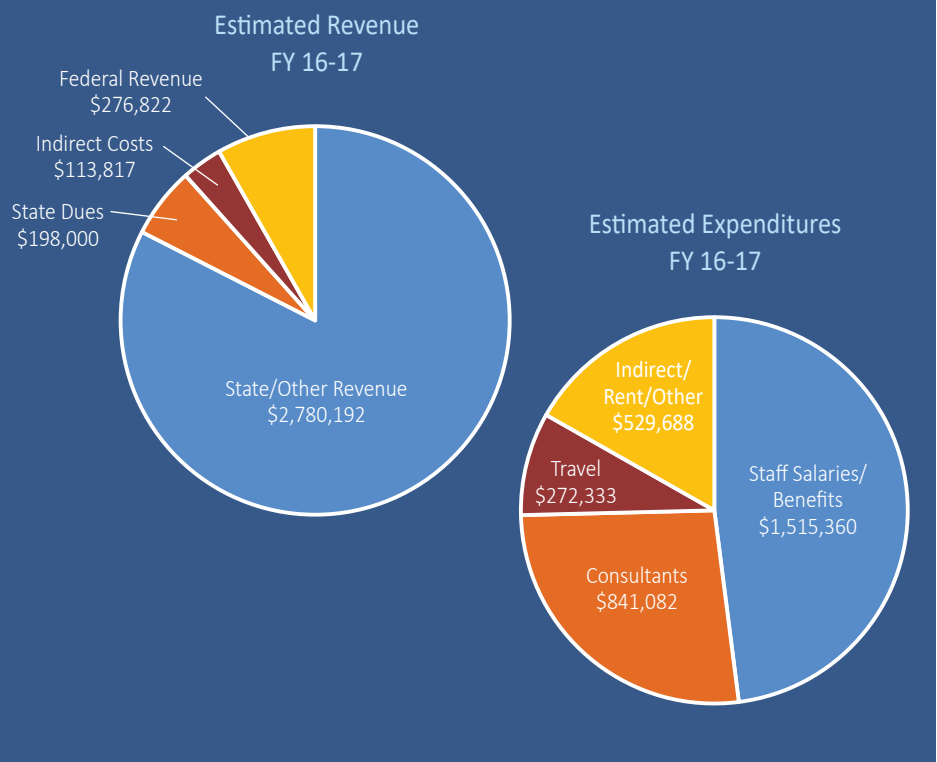


Figure 2. Estimated Revenue and Expenditures FY 16-17



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