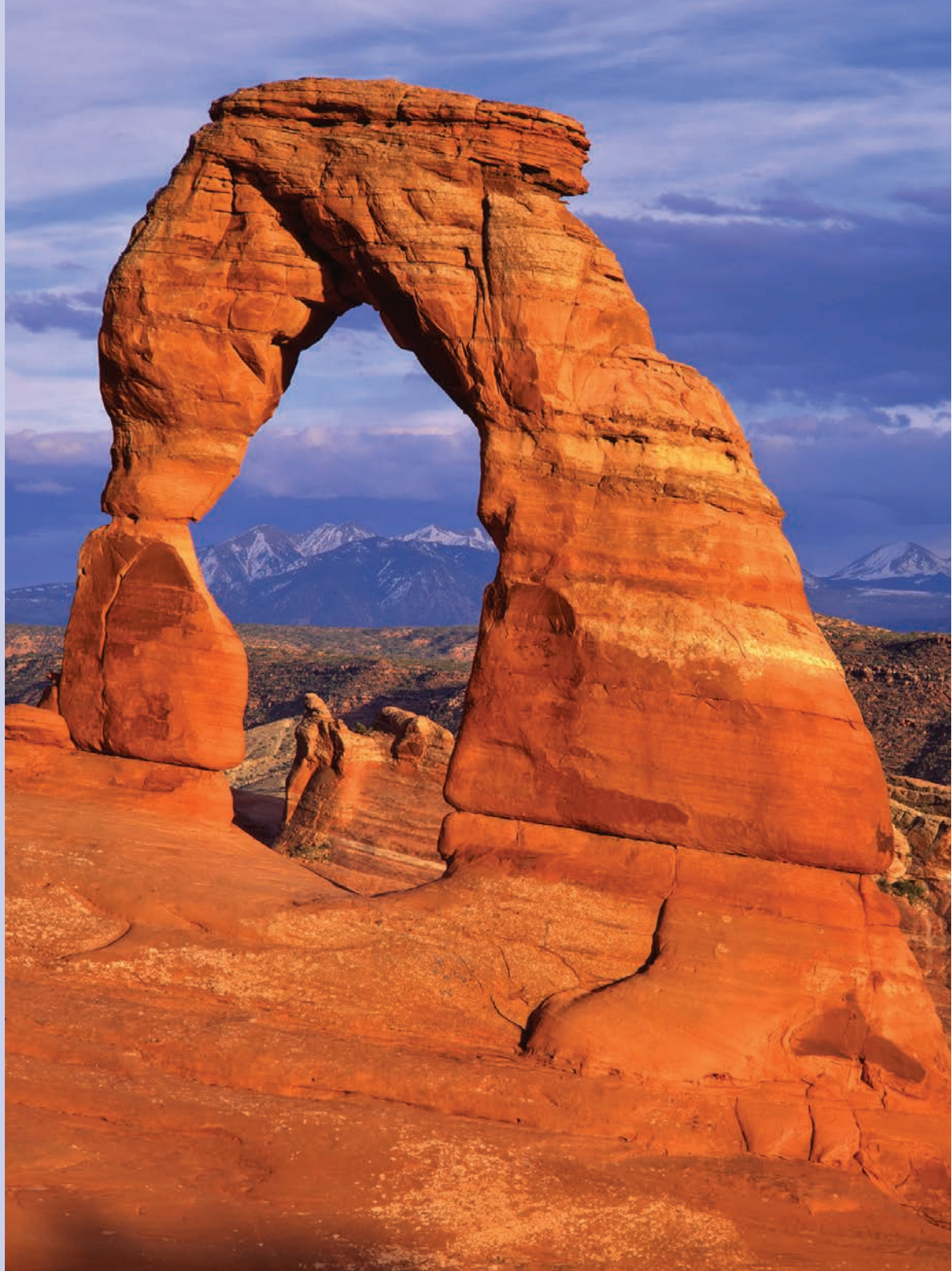


Alaska  
Arizona  
California  
Colorado  
Hawai'i  
Idaho  
Montana  
Nevada  
New Mexico  
North Dakota  
Oregon  
South Dakota  
U.S. Pacific  
Territories  
and Freely  
Associated States  
Utah  
Washington  
Wyoming



# WICHE Mental Health Program Annual Report 2017-18

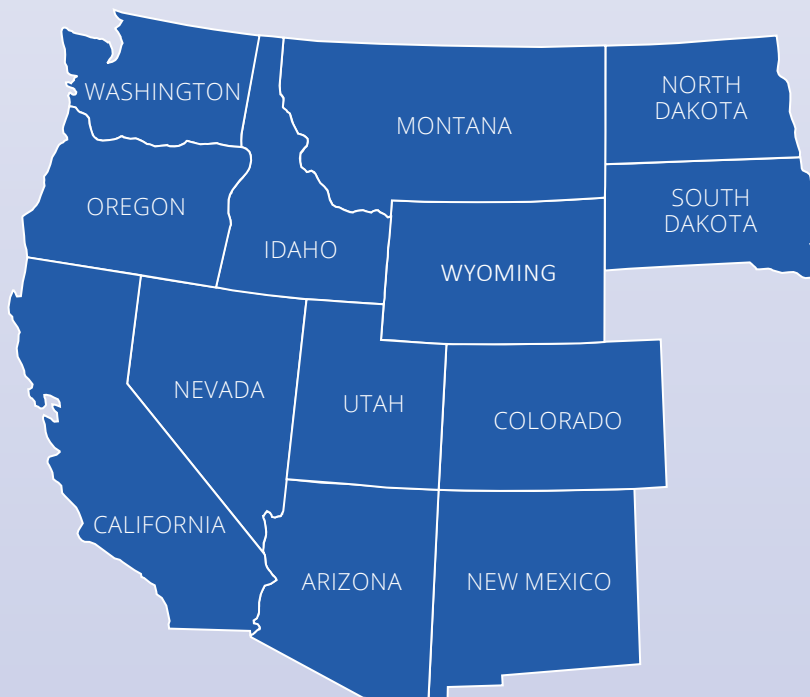
# MISSION

**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.**



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# INTRODUCTION FROM LEADERSHIP

Dear WICHE Mental Health Program Partners:

In the six-plus decades since the Western Interstate Commission for Higher Education established its Mental Health Program (MHP) in 1955, we have striven to improve the quality of behavioral healthcare throughout the West. Though some may ponder why a higher education organization focuses on behavioral health, the answer is very simple: A healthy mind is essential to learning and success across the entirety of our lifecycles.

Our efforts support improvements in care and help build and sustain a quality behavioral health workforce. Like other programs in WICHE's broad and deep portfolio of work, we accomplish this by promoting innovation, cooperation, resource-sharing, and sound public policy. The WICHE MHP extends the capabilities of our partners, whom we support through technical assistance, research and evaluation, and professional development. The WICHE MHP seeks to add value through collaboration.

Our dedicated staff have been busy in 2017–18. This annual report provides you with a snapshot of our efforts across the West. Highlights include:

- **Our doctoral clinical psychology internship programs in Alaska, Hawai'i, Nevada, and Oregon.** This year, we will launch new programs in Idaho and Utah. We are proud to report that over 60 percent of interns continue their professional work in the states in which they completed their internship, and in public behavioral health practice—increasing capacity in otherwise-underserved areas.
- Our continued support of the adoption of **Evidence-Based Practice**, through fidelity review and training, in Arizona and South Dakota. In South Dakota, we are developing an evaluation tool geared toward rural Assertive Community Treatment settings.
- A revision of the **Suicide Prevention Toolkit for Primary Care** in partnership with the Suicide Prevention Resource Center (SPRC), including a Colorado-specific version completed with generous support from the Colorado Department of Public Health and Environment
- Our **Together with Veterans** rural veteran suicide prevention pilot project with the Rocky Mountain Veterans Administration Mental Illness Research, Education and Clinical Centers (MIRECC), which continues with a new community-based effort launching in Montana and North Carolina in 2018–19
- **Program and needs assessments** we've completed for several state partners, including Hawai'i, Idaho, Montana, and Washington

We've been busy! I hope you find the projects described within to be illustrative of both our portfolio of work and our capabilities. We look forward to another busy year supporting states, institutions, and institutions throughout and beyond the American West.

Sincerely yours,



**Dennis F. Mohatt**  
Vice President for Behavioral Health



**Joseph A. Garcia**  
President, Western  
Interstate Commission  
for Higher Education

**A healthy mind  
is essential to  
learning and  
success across  
the entirety  
of our lifecycles.**



**DENNIS MOHATT**  
Vice President for Behavioral Health



**JOE GARCIA**  
WICHE President





Haines, Alaska

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 10/2016 – 6/2018
 

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### Alaska Psychology Internship Consortium — Technical Assistance

The 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.

*The most recent funding amount for this project is \$63,000 and the total funding amount is \$100,500.*

**Project lead:**  
**Deb Kupfer**

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 7/2013 – 6/2018
 

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### Alaska Psychology Internship Consortium — Interns

The 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. The 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 \$500,000.*

**Project lead:**  
**Deb Kupfer**

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 9/2014 – 12/2018
 

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### Alaska Psychiatric Institute Technical Assistance

The 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). The WICHE MHP subcontracts with Clinisystems to support API's electronic health record programming and system enhancements. The WICHE MHP also subcontracts with subject-matter experts for forensic nursing, adolescent programming, and psychiatric peer review support. Additionally, the WICHE MHP helps with hospital quality improvement and accreditation initiatives, as well as other special projects when requested.

*The most recent funding for this project is \$50,000 and the total funding amount is \$265,000.*

**Project lead:**  
**Deb Kupfer**

1/2017 – 12/2018

## Arizona Mercy Maricopa Training

The WICHE MHP collaborates with Southwest Catholic Health Network Corporation d/b/a/ Mercy Care Plan (Mercy Care) and Mercy Maricopa Integrated Care (Mercy Maricopa); together as Mercy 360—Building Paths to Healthier Communities, to develop a training academy to increase workforce expertise through the implementation of training strategies for three evidence-based practices: Trauma-Focused Cognitive Behavioral Therapy (CBT), Transition to Independence Model, and Cognitive Behavioral Therapy for Substance Use, with a focus on opioid use. This project includes the use of a certified Trauma-Focused CBT trainer, Marcela Torres, Ph.D. from the Institute of Behavioral Science, University of Colorado Boulder.

*Funding for this project is \$300,000.*

**Project lead:**  
**Deb Kupfer**

**Key partners:**  
**Beck Institute**  
**Stars Training Academy**



**Maricopa Fidelity Review Team**

7/2017 – 6/2018

## Arizona Mercy Maricopa Evidence-Based Practices

The WICHE MHP provides training, education, and guidance concerning EBPs and fidelity tools to ensure Mercy Maricopa provider staff is offering high-quality EBPs and are ensuring fidelity to identified EBP protocols. The WICHE MHP supports training and technical assistance related to the implementation of the identified EBPs and the evaluation/quality improvement monitoring of the practices.

*The most recent funding amount for this project is \$244,075 and the total funding amount is \$543,920.*

**Project lead:**  
**Deb Kupfer**

1/2014 – 6/2018

## Arizona Evidence-Based Practices Fidelity Monitoring

The WICHE MHP partners with the Arizona Health Care Cost Containment System to support fidelity reviews of four evidence-based practices (EBPs) in the Maricopa County public behavioral health system. The WICHE MHP supports the project lead and three fidelity reviewers.

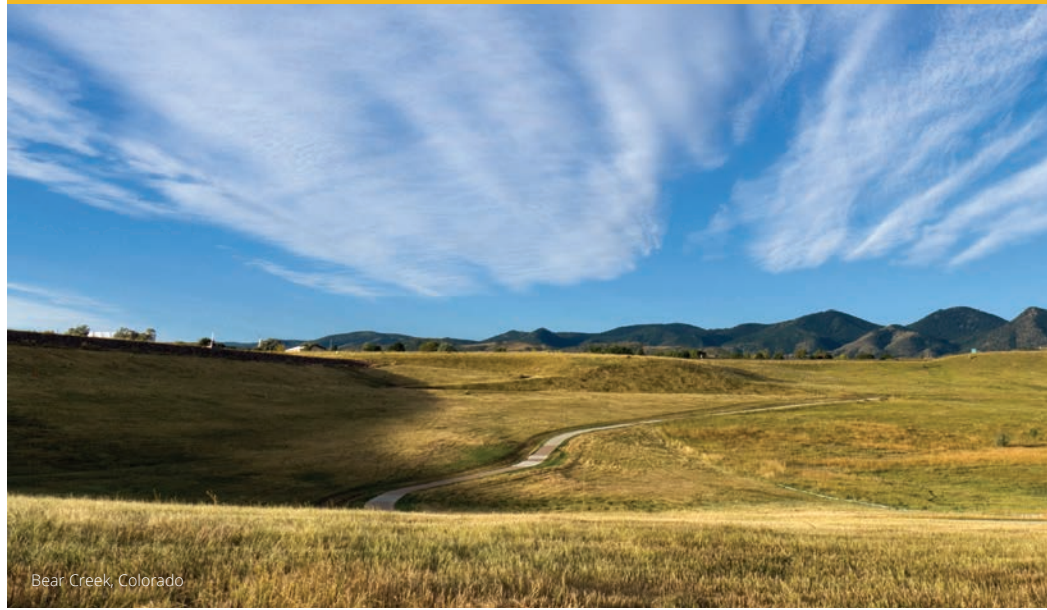
*The most recent funding amount for this project is \$461,732 and the total funding amount is \$1,468,383.*

**Project lead:**  
**Mimi Windemuller**

**“We as a society have a hard time asking for help, so it’s hard enough to ask for help (without feeling) that everybody’s going to know it. Your neighbors don’t have a clue in a city if you’re going to go get some help. But everybody (in a small town) will know if your pickup truck is parked outside of the mental health provider’s office.”**

**DENNIS MOHATT**  
WICHE vice president of behavioral health, as quoted in on the *Next Avenue* news site

## COLORADO



Bear Creek, Colorado

**7/2017 – 6/2018**

### **Colorado Suicide Prevention Toolkit for Rural Primary Care**

The WICHE MHP received funding from the Suicide Prevention Commission of Colorado to provide several trainings about the recently developed Colorado Suicide Prevention Toolkit for Rural Primary Care Practices, along with other toolkit-related activities and copies of the printed toolkit.

*Funding for this project is \$20,935.*

**Project lead:**  
**Liza Tupa**

**1/2017 – 12/2017**

### **Colorado School-Based Behavioral Health Advocacy Toolkit**

Mental Health Colorado retained the 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 to inform the creation of a toolkit that provides best practices in wellness promotion, social and emotional learning, school behavioral health treatment models, funding models, and advocacy techniques.

*Funding for this project is \$50,000.*

**Project lead:**  
**Liza Tupa**





8/2017 – 9/2017

### Colorado System of Care Study Design

The Colorado Department of Human Services (CDHS) has been awarded a System of Care Expansion and Sustainability Grant from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. This grant builds on the prior planning grant and implementation grant. CDHS has asked the WICHE MHP to develop the methodology for a study to assess the community-based behavioral health service array for children, youth, and young adults with behavioral health challenges in Colorado.

*Funding for this project is \$19,250.*

**Project lead:**  
**April Hendrickson**

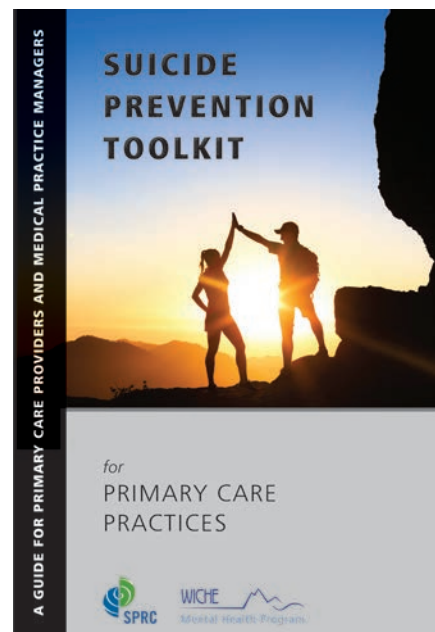
9/2017 – 6/2018

### Colorado Division of Youth Services — Operational Program Plans

The WICHE MHP prepared Operational Program Plans for three Division of Youth Services facilities located in Greeley, Colorado Springs, and Grand Junction. An Operational Program Plan documents program needs in relation to the physical space needed for the program and is the first requirement for state capital construction funding. For example, each facility will be assessed to determine if more space is needed to provide behavioral health services for youth.

*Funding for this project is \$24,900.*

**Project lead:**  
**Ken Cole**  
**Partners:**  
**Guthrie Consulting**  
**Leaf Consulting**



The Western Interstate Commission for Higher Education Mental Health Program (WICHE MHP) and the Suicide Prevention Resource Center have collaborated to bring primary care staff a comprehensive yet easy-to-use resource to help primary care providers address and treat patients at risk of suicide. The Suicide Prevention Toolkit for Primary Care Practices provides information, resources, and tools to support primary care practices in their suicide prevention efforts. First developed in 2009 with support from a grant from the Health Resources and Services Administration (HRSA), the Toolkit has been updated to align with Zero Suicide, a nationally recognized framework for providing safer and more comprehensive suicide care in primary care and behavioral health care settings.



**Hawai'i Internship Program  
Graduation 2017**

7/2014 – 6/2018

## Hawai'i Internship Program

The WICHE MHP continues to assist the state of Hawai'i in the operation of an 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 the WICHE MHP's ongoing assistance to the Hawai'i Psychology Internship Consortium (HI-PIC). This project is funded by the Hawai'i Department of Education, Department of Public Safety, and Department of Health.

*Fiscal year 17–18 funding for this project is \$645,063 and the total funding amount is \$2,305,051.*

**Project lead:**  
**Liza Tupa**

7/2017 – 12/2017

## Hawai'i Children's and Adolescent Mental Health Division Quality Improvement Review

The Hawai'i Department of Health, Children's and Adolescent Mental Health Division, retained the WICHE MHP to review the division's quality improvement processes across four domains, including program monitoring, clinical quality, billing compliance, and customer and client service. Five other states were reviewed and best practices from these states—along with recommendations for improving quality reporting, analysis, and communication to strengthen client care—were provided to the division.

*Funding for this project is \$49,000.*

**Project lead:**  
**Ken Cole**



7/2015 – 6/2018

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

The Hawai'i Department of Education continues to contract with the WICHE MHP to provide marketing, recruitment, screening, and referral services for behavioral health professionals to fill public school vacancies across the Hawaiian Islands.

*The contract is performance-based, and funding depends on the number of recruits placed that stay in their position for 90 work days.*

**Project lead:  
Brittany Copithorn**

7/2017 – 12/2017

**Hawai'i Early Intervention Services Rate and Salary Study**

The Hawai'i Department of Health, Early Interventions Section (EIS), retained the WICHE MHP to analyze differences in reimbursement rates paid by other state EIS agencies across the country for various disciplines (including occupational therapy, speech therapy, etc.). The study included a comparative analysis of salaries for various EIS positions and adjusted the rates and salaries based on regional cost-of-living differences.

*Funding for this project was \$45,000.*

**Project lead:  
Hannah Koch**



**“I am from Kauai and this HI-PIC internship through WICHE has enabled me to live and work where I want to be. I’m able to learn about the population in the community I want to work in, and I’ve gained significant experience in both assessment and intervention. I have also learned to work within a school system, which I now know is crucial in our field.”**

CHRISTINA UEMURA,  
Doctoral Student, Clinical Psychology, Hawai'i Psychology Internship Consortium, WICHE Mental Health Program



Kauai, Hawai'i



Rathdrum Prairie, Idaho

**“WICHE is working on a follow-up report on the now decade-old evaluation of Idaho’s overall behavioral health system. This will provide necessary information on the best practices in system development over the next 10 years. WICHE’s strong partnership and its credibility in Idaho has moved the needle and helped dramatically improve Idaho’s behavioral health system.”**

ROSS EDMUNDS  
Administrator, Idaho Division  
of Behavioral Health

1/2018 – 1/2019

### **Idaho Adult Mental Health Services Needs Assessment**

The WICHE MHP is assessing services available in Idaho for adults with serious mental health needs, identifying gaps in the continuum of services, and making recommendations regarding the most efficient and effective service array. The study also includes an assessment of the status of the WICHE MHP recommendations made in 2008 as part of the Idaho Behavioral Health System Redesign Study.

*Funding for this project is \$84,498.*

**Project lead:**  
**Liza Tupa**

10/2017 – 6/2018

### **Idaho Southeast Behavioral Health Needs Assessment and Strategic Planning**

The WICHE MHP is working with several organizations in Southeastern Idaho, including the Portneuf Health Trust, to identify community behavioral health needs and document gaps in available programs and services. As part of the project, the WICHE MHP is also assisting with the strategic and operational planning needed to launch a crisis center and a transitional housing center.

*Funding for this project is \$57,250.*

**Project lead:**  
**Ken Cole**



## NEVADA



Nevada's Red Rock National Conservation Area

7/2014 – 8/2019

### **Nevada Psychology Internship Program**

The Nevada Division of Public and Behavioral Health and the 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. The consortium received American Psychological Association (APA) accreditation in 2017 and the WICHE MHP continues to facilitate the operations of the program, ensuring that it meets the APA accreditation requirements and continues to facilitate the employment and shared training activities of the interns.

*The most recent funding amount for this project is \$172,500 and the total funding amount is \$656,728.*

**Project lead:**  
**Alyssa Gilden**

## OREGON



Central Oregon

6/2014 – 12/2019

### **Oregon Psychology Internship Program**

The 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 project funding amount is \$174,788.*

**Project lead:**  
**Dennis Mohatt**



## SOUTH DAKOTA




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6/2015 – 5/2018

### South Dakota IMP(ACT) Fidelity Reviews and Training

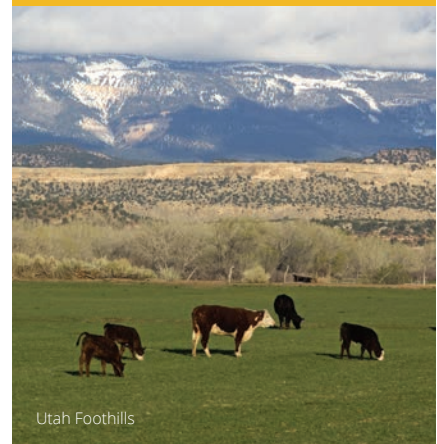
The WICHE MHP conducted fidelity reviews of the evidence-based practice Assertive Community Treatment (ACT) at community behavioral health clinics in South Dakota. The WICHE MHP is currently engaged in developing trainings and a South Dakota-specific IMPACT quality assurance scale. This project is funded by the South Dakota Department of Human Services.

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*The most recent funding amount for this project is \$45,625 and the total funding amount is \$144,125.*

**Project lead:**  
**Hannah Koch**

## UTAH




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2/2018 – 6/2020

### Utah Psychology Internship Program

The WICHE MHP is working with partner agencies to develop a doctoral psychology internship consortium. The WICHE MHP will facilitate program development, help ensure the program meets American Psychological Association accreditation standards, and assist with the accreditation process.

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*Funding for this project is \$150,000.*

**Project lead:**  
**Hannah Koch**

## WASHINGTON



Palouse, Washington

9/2017 – 4/2018

### Washington Health Care Authority (HCA) Data Consultation

The WICHE MHP provided technical assistance to the Washington HCA on how to meet Substance Abuse and Mental Health Services Administration (SAMHSA) federal reporting requirements and identified and assessed potential options for meeting SAMHSA's reporting requirements in a way that maximizes the use of existing data and minimizes the burden on behavioral health partners.

*Funding for this project is \$66,788.*

**Project lead:**  
**April Hendrickson**

***An estimated 11 to 20 percent of students are diagnosed with mental illness, and of those, 64 percent withdraw.***

***“Imagine if 5 percent to 10 percent of students were dropping out due to another health crisis, such as vision. They would immediately get going with vision screenings and assistance for treatment and glasses and you name it. But it’s not happening. It’s not being talked about at this level.”***

LIZA TUPA, WICHE director of education and research, as quoted in the *Missoulian*

## MULTI-STATE PROJECTS

2/2015 – 3/2019

### Rural Veterans Suicide Prevention

The 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 suicide prevention program for veterans in rural communities. The U.S. Department of Veterans Affairs funds this multi-year project.

*The most recent funding amount for this project is \$368,211 and the total funding amount is \$919,516.*

**Project lead:**  
**Gina Brimner**

**Key partner:**  
**Rocky Mountain MIRECC for Veteran Suicide Prevention-VISN 19**

### 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. The WICHE MHP has been managing the WSDSG since 1985. The WICHE MHP manages monthly conference calls to discuss emerging issues in behavioral health data and system evaluation and provides ongoing support to WSDSG members. The 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.

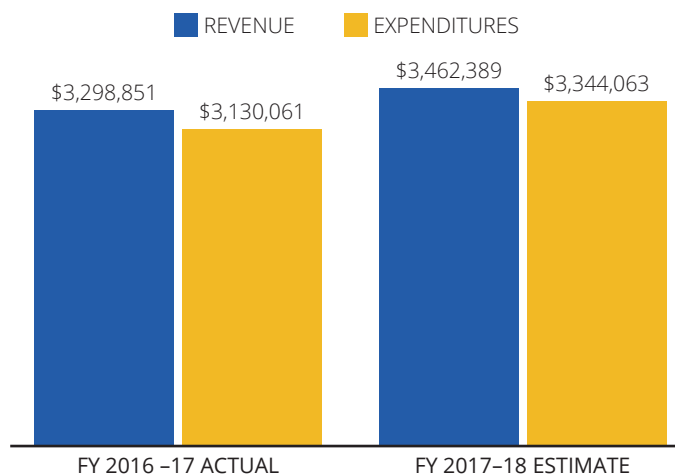
*Funding is based on an annual membership fee of \$6,000.*

**Project lead:**  
**Liza Tupa**

# FINANCIALS

The WICHE Mental Health Program (MHP) is self-funded and must earn sufficient revenue to cover its expenses. In FY 2017, the MHP generated \$168,791 in revenue exceeding expenses. For FY 2018, the MHP is estimated to end the fiscal year with a revenue surplus of \$118,326 (based on actual expenses through February 2018).

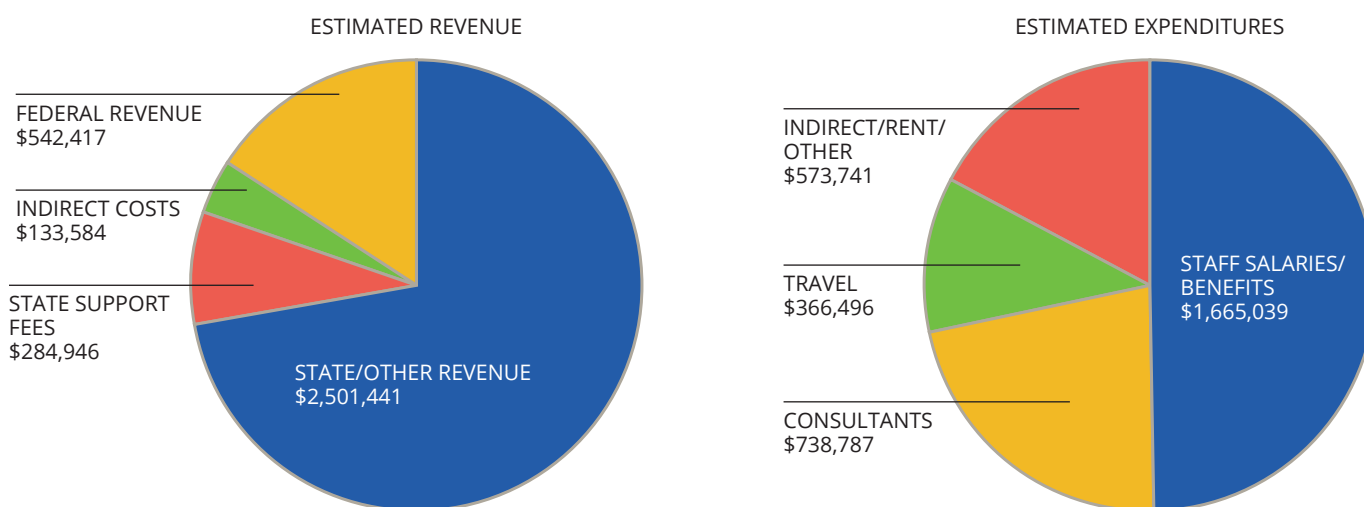
As indicated in Figure 1, Total MHP revenue is projected to increase from \$3.3 million in FY 2017 to \$3.5 million in FY 2018. Total MHP expenditures are projected to increase from \$3.1 million in FY 2017 to \$3.3 million in FY 2018.



**FIGURE 1: Total Revenues vs Expenditures FY 2016-17 (Actual) and FY 2017-18 (Estimate)**

As shown in Figure 2, the largest portion of estimated FY 2018 MHP revenue (72.2 percent) 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 percent of all revenue in FY 2018. Support fee payments from the WICHE states and territories are estimated to account for 8.2 percent of revenue in FY 2018. Also, the MHP earns revenue from required indirect cost charges (3.9 percent in FY 2018). A portion of the indirect cost revenue covers WICHE costs and a portion covers MHP costs.

The largest portion of estimated MHP FY 2018 expenditures (49.8 percent) is for staff salaries and benefits, followed by payments to consultants (22.1 percent). Charges for office rent, IT services, indirect costs, and other expenses are estimated to total 17.2 percent of FY 2018 expenditures, while travel expenses are estimated to total 11.0 percent of FY 2018 expenditures.



**FIGURE 2: Estimated Revenues vs Expenditures FY 2017-18**



# MENTAL HEALTH PROGRAM OVERSIGHT COUNCIL

Founded in 1955, the mission of the WICHE Mental Health program is twofold: 1) to assist states in improving systems of care for behavioral health consumers and their families; and 2) to advance the preparation of a qualified behavioral health workforce in the West. The program collaborates with states to meet the challenges of changing environments through regional research and evaluation, policy analysis, program development, technical assistance, and information-sharing.

The Mental Health Oversight Council is the WICHE's Mental Health Program's advisory board. The Mental Health Oversight Council is composed of the chief state behavioral health official from each WICHE state and two representatives of the WICHE Commission.

The purpose of the Mental Health Oversight Council is to advise in establishing the programmatic and fiscal direction of the program; to provide active representation of the public behavioral health service system in the program's formulation of its policies, objectives, and priorities; and to advocate for financial and participatory support of the program.

## 2017-18 Members

Ross Edmunds, Idaho (Chair)  
Wayne W. Lindstrom,  
New Mexico (Vice-Chair)  
Zoe Barnard, Montana  
Thomas Betlach, Arizona  
Royce Bowlin, Oregon

Randall Burns, Alaska  
Lynn N. Fallin, Hawaii  
Nadine Hamilton Sablan,  
CNMI  
Dina Kokkos-Gonzales,  
California

Julie Kotchevar, Nevada  
Chris Newman, Wyoming  
Pam Sagness, North Dakota  
Ken Taylor, Washington  
Doug Thomas, Utah  
Rey Vega, Guam

Robert Werthwein, Colorado  
Tiffany Wolfgang,  
South Dakota  
Jude Hofschneider, CNMI  
(WICHE Commissioner)  
Ray Holmberg, North Dakota  
(WICHE Commissioner)

# MENTAL HEALTH PROGRAM STAFF



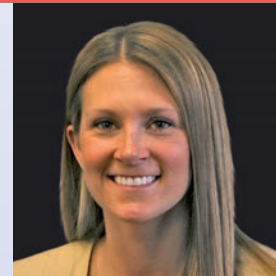
**DENNIS MOHATT**  
Vice President for  
Behavioral Health



**GINA BRIMNER**  
Senior Consultant



**KEN COLE**  
Director of Operations



**BRITTANY COPITHORN**  
Project Coordinator



**ANDIE HANCOCK**  
Budget Coordinator



**APRIL HENDRICKSON**  
Program Evaluation and  
Research Associate



**HANNAH KOCH**  
Research and Technical  
Assistance Associate



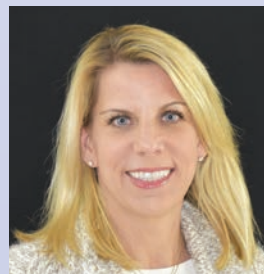
**DEB KUPPER**  
Senior Consultant



**LIZA TUPA**  
Director of Education  
and Research



**DARLENE WILLIAMS**  
Administrative Assistant III



**MIMI WINDEMULLER**  
Project Manager





## ABOUT WICHE

For 65 years, the Western Interstate Commission for Higher Education (WICHE) has been the leading higher education agency serving states, students, and institutions throughout and beyond the American West. WICHE is one of four regional U.S. interstate compacts, with a diverse portfolio of programs and priorities that:

- Help students pursue higher education affordably and conveniently
- Accelerate regionwide sharing of ideas and resources to help states and institutions improve their educational systems, services, and workforce
- Provide expert research and policy guidance for legislators and educational leaders in diverse niches including data-sharing, governance, behavioral health, and demography
- Prepare universities, colleges, and communities for social, economic and technological change

WICHE's Mental Health Program is one of numerous programs (some of whose scope and impact is national) that provide direct value to its 16 member states and territories. Others include:

- Student Exchange Programs that enable discounted out-of-state tuition at 160+ Western colleges and universities. Students save over \$380 million in tuition each year through the Western Undergraduate Exchange (WUE) and similar programs for graduate and healthcare professional students—yielding a 10,000 percent return on state membership dues, on average
- Policy and research work on myriad topics, including Knocking at the College Door, the nation's most authoritative report on high school graduate demographics; and a Multistate Longitudinal Data Exchange that will help answer key questions about the development and mobility of human capital by linking education and occupational outcomes across state lines
- The WICHE Cooperative for Educational Technologies (WCET), an incubator for innovation in areas ranging from open educational resources to accessibility, whose 370 members in 49 states and Canada are leaders in the practice, policy, and advocacy of technology-enhanced learning in higher education
- The western regional office of the State Authorization Reciprocity Agreement, a WICHE-incubated set of uniform regulatory standards that make distance education more accessible to students across state lines.

Based in Boulder, Colo., WICHE is funded by the legislatures of its members—who reap strong returns on investment from WICHE programs—and by grantmakers and others who share our desire to overcome the education and workforce challenges of tomorrow.



Western Interstate Commission  
for Higher Education  
Mental Health Program

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Boulder, CO 80301

**303-541-0311**  
[wiche.edu/mentalhealth](http://wiche.edu/mentalhealth)