

FY24 Budget Presentation

Charting the Course: An Alabama State of Mind



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Alabama Department of Mental Health

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State of Mental Health
in Alabama

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One-time Appropriation
Requests

COVID Long-term Implications

Increase in depression and anxiety:

- Individuals with depression and anxiety die eight years earlier than others
 - 200 million lost workdays and \$200 billion in healthcare costs
- Decreased mental health among caregivers is associated with subsequent poor mental health among children.
 - Individuals with fewer socioeconomic resources experience a greater burden of mental health disorders because of their lack of access to care.
 - Even if the increase in symptoms does not meet diagnostic criteria, individuals are experiencing symptoms that can affect success in school, work and relationships.

Youth Mental Health Crisis

- Up to one in five children has a reported mental, emotional, developmental or behavioral disorder.
- Youth with mental health challenges also experience a higher risk for early substance use, regular substance use, and substance use disorder.
- Even the first use of a drug can be deadly if laced with fentanyl.
- Early investment in mental health care yields up to 10 times the savings in health care, juvenile and criminal justice, and lost productivity.

In two of Alabama's fastest growing communities, youth must be transported out of the community for crisis stabilization services.

- In Huntsville, the local ambulance service transports approximately 800 youth per year out of the county for psychiatric stabilization.
- In 2021, East Alabama Medical Center was unable to provide access to mental healthcare to almost 500 individuals (255 children and adolescents/239 adults) because of lack of available services.

Workforce Crisis

Problem:
Workforce shortages result in reduced access to care and a lack of capacity of providers.

Background

- Nationally, 150 million people live in a mental health professional shortage area.
- Before COVID, Alabama ranked last in availability of mental health care providers at one provider per 1,260 people.
- The COVID 19 pandemic has resulted in higher demand for behavioral health services during a workforce shortage.

Solutions: Wage increases as a part of broader strategies

- Clinical transformation
 - Pediatric Access to Telemental Health Services (PATHS)
 - Certified Community Behavioral Health Clinic (CCBHC)
- Reducing administrative burden
- Efforts to align wages across settings

Developmental Disabilities Workforce

FY24 Request: \$11,125,411 General Fund



Through an RFP process, ADMH obtained an objective third party to conduct a rate study for services provided through the Division of Developmental Disabilities. The goal of the study is for rate models to reflect the reasonable costs providers incur to deliver services consistent with the state's requirements and individuals' service plans.

The study supports an increase in the average wage for:

- Support Coordinators to **\$23.43/hour**
- Direct Support Professionals **\$14.51/hour**

Programs that closed due to workforce issues
(as of 2/7/23):

42 agencies with 140 settings
affecting 1,012 people

Workforce Strategy:
Efforts to align wages
across settings as a part
of a broader strategy

Behavioral Health Workforce

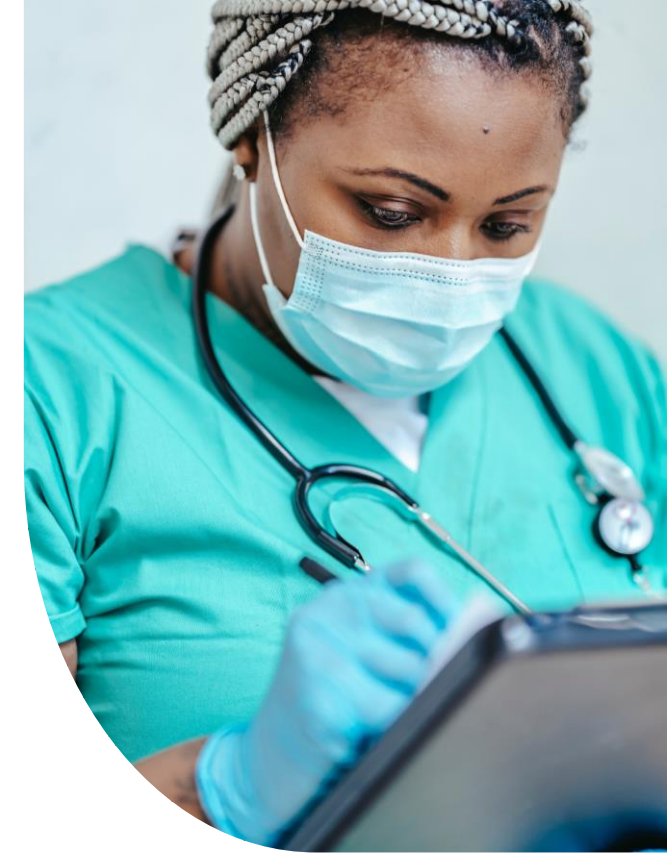
FY24 Request: \$19,500,000 General Fund • \$15,500,000 MH
• \$4,000,000 SA

There is more demand for behavioral health treatment than there is workforce to deliver the services.

- **Mental Health Safety Net:** Essential behavioral health services to children and adults who are uninsured, underinsured, or have no ability to pay.
- The 19 community mental health centers provided \$41 million, and substance use programs provided \$8 million, in uncompensated care in FY 2022.
- It will take multiple years of funding to address the issue (\$10 million invested in FY2023).

In Alabama, this represents 45% of the individuals we serve.

- To manage the demand for free care, providers are forced to rely on waiting lists for services and low wages for staff.
- Vacancies have gone from 741 in 2020 to 1,168 vacancies in January 2023.



Workforce Strategy:
Efforts to align wages across settings as a part of a broader strategy

Summary of Workforce Strategies

- \$15,500,000 Mental Health
- \$4,000,000 Substance Use Disorder
- \$11,125,411 Developmental Disabilities

Total = \$30,625,411 General Fund

Workforce Strategy:
Efforts to align wages
across settings as a part of
a broader strategy

Autism Services for Adults

FY24 Request: \$500,000 General Fund



NEED:

One in 44 Alabamians have Autism, but they can only receive services until age 21.

What happens when they enter the workforce?



REQUEST:

We are requesting funds for a pilot program to **serve approximately 250 adults with Autism:**

- Group 1 - 50 individuals aging out of Autism Services
- Group 2 - 100 individuals with only ASD (not ID)
- Group 3 - 100 ASD and no restrictions



RESULTS:

The result? More happy, healthy, and independent adults.

Prevention & Improved Outcomes

FY24 Request: \$1,100,000 General Fund



NEED:

As a record number of Alabamians live with undiagnosed mental illnesses and substance use disorders, we must face two realities:

- Substance use disorder is preventable.
- Most of our healthcare does not happen in doctors' offices, but where we live, work, go to school, and raise families.



REQUEST:

\$1.1 million to build prevention capacity and infrastructure at the state and community levels.

With 22 Certified Prevention Providers, upstream services will:

- Address the daily factors that impact our health
- Prevent the onset and reduce the progression of substance use and mental illness (Ex. teen drinking, opioid addiction)



RESULTS:

Strong return on investment at individual and community levels:

- Happy and healthy Alabamians with a reduced risk of developing mental illness and substance use
- Decreased healthcare, law enforcement, and child welfare costs
- Living in communities that support good health and mental health

Alabama's Crisis System of Care

- 988
- Mobile Crisis Teams
- Crisis Centers

**“SOMEONE TO
CALL.

SOMEONE TO
COME TO YOU.

AND, IF NEEDED,
SOME PLACE TO
GO.”**

Dr. Anita Everett, SAMHSA

Someone to Call:
988

FY24 Request: \$500,000
General Fund

911

Medical
Emergency or
Immediate Danger

988

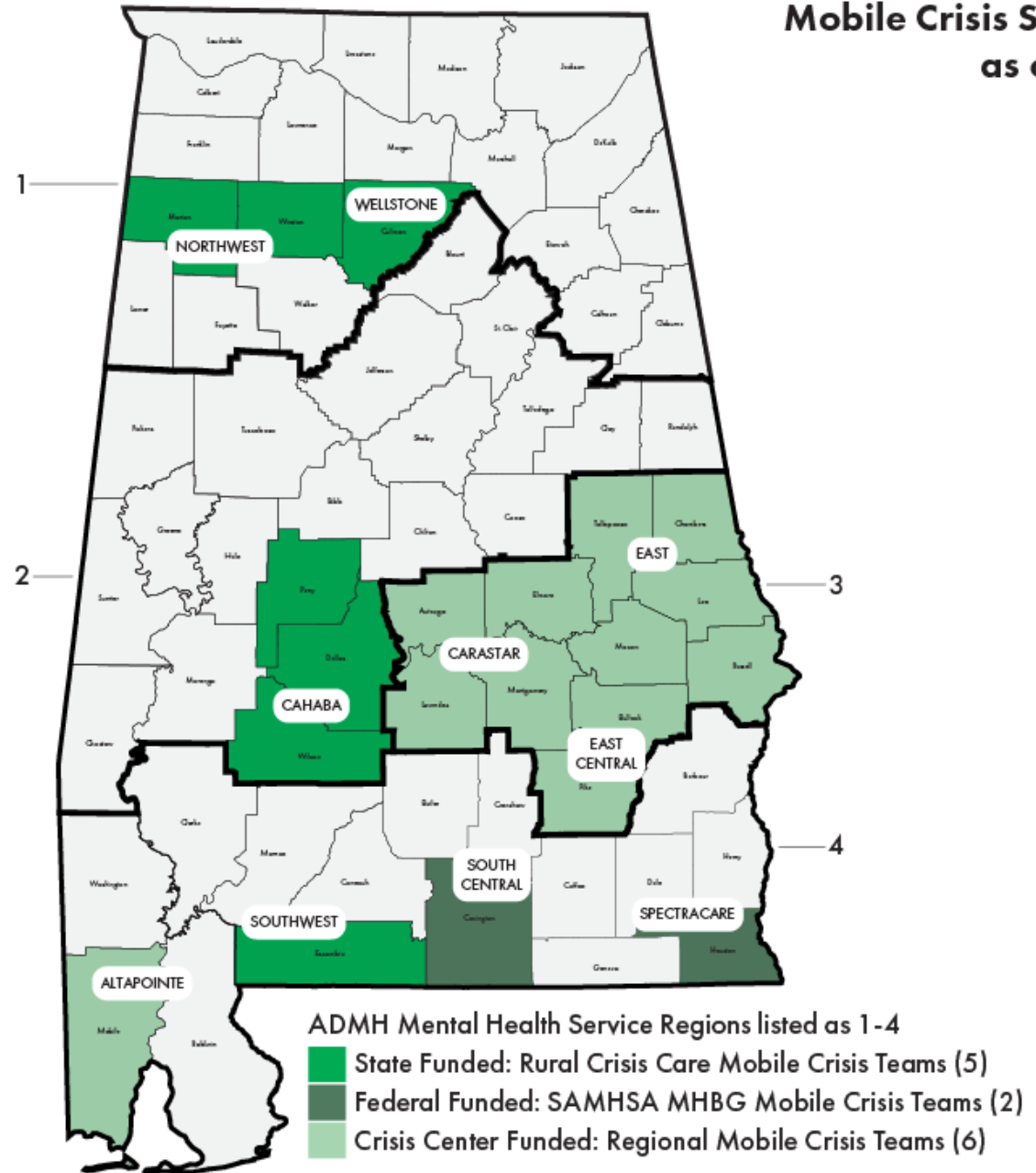
Mental Health
Crisis & Suicide
Hotline

Someone to Come to You: Rural Crisis Care

FY24 Request: \$3,000,000
General Fund



Mobile Crisis Services as of FY23





Alabama Department
of Mental Health

Alabama Crisis System of Care: Progress Report 2022

CRISIS CENTERS AltaPointe Health (Mobile) • WellStone (Huntsville) • Carastar (Montgomery)

BY THE NUMBERS

2106 Evaluations

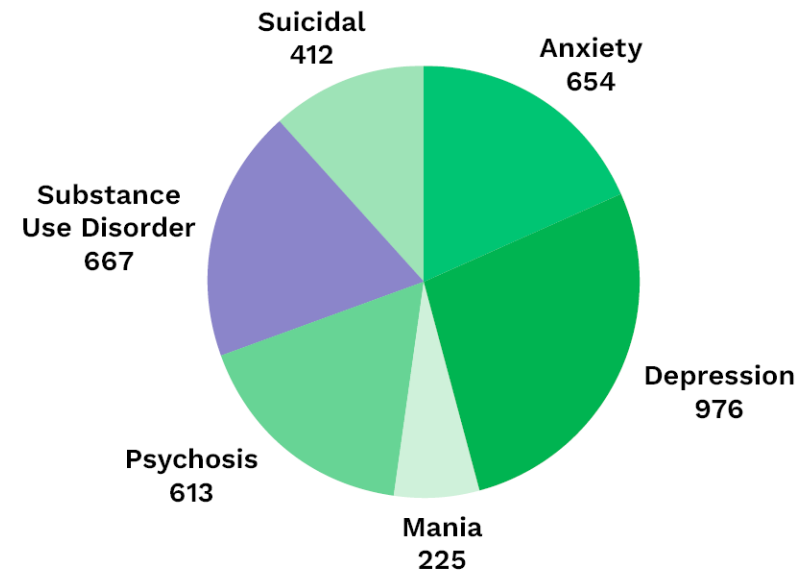
1513 Individuals who Avoided Emergency
Department Admission¹

469 Individuals who Avoided Jail
Admission¹

140 Law Enforcement Drop-offs

PRESENTING SYMPTOMS

Individuals may present with Multiple Symptoms

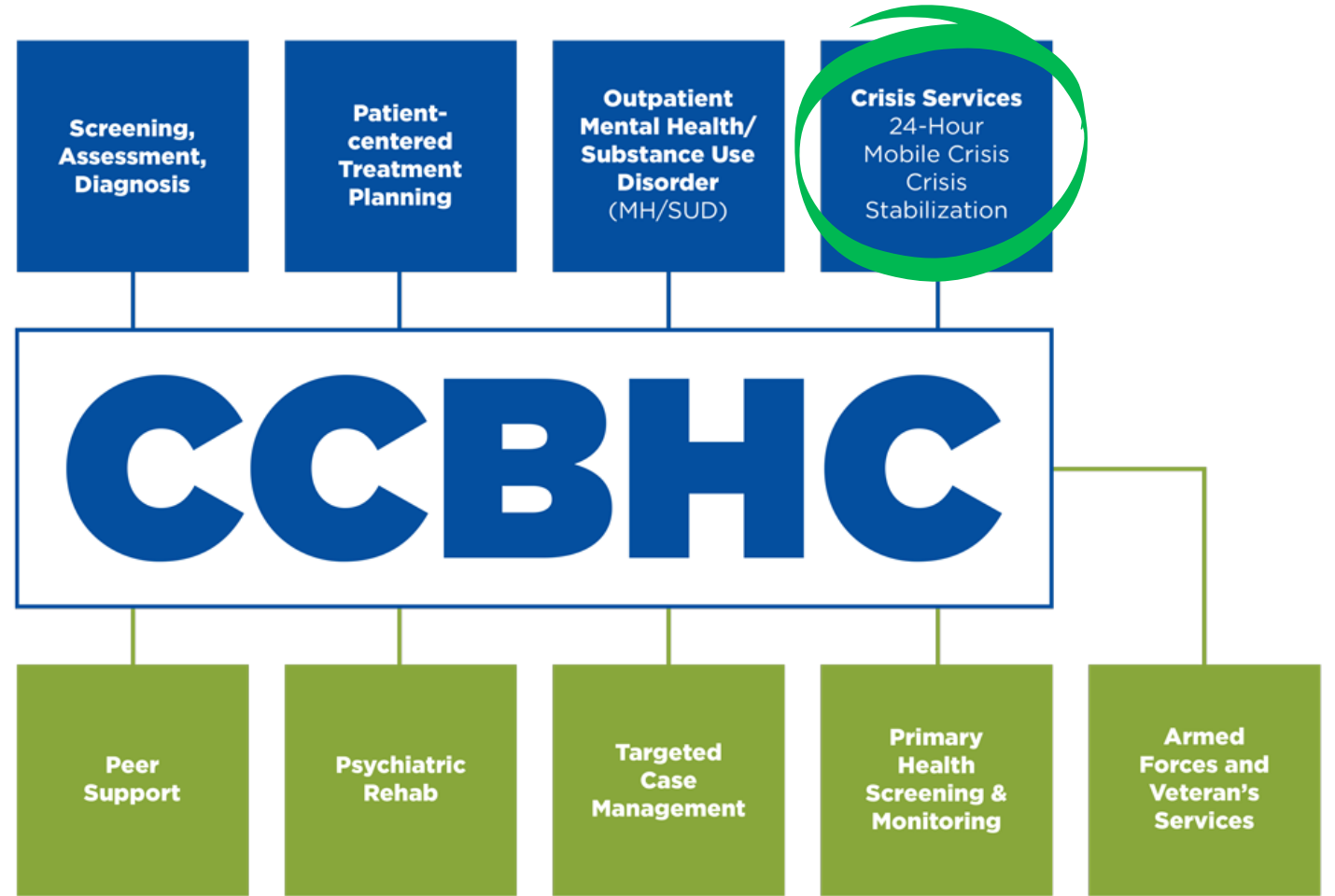


The CCBHC Model

A specially-designated certified community behavioral health clinic that receives flexible funding to expand the scope of mental health & substance use services available in the community to ensure health equity and high-quality care for underserved populations.

Workforce Strategy: Clinical transformation

- Must be delivered directly by a CCBHC
- Delivered by a CCBHC or a Designated Collaborating Organization (DCO)



Eliminating the Waiting List for Services to Individuals with Intellectual and Developmental Disabilities

FY24 Request: \$5,151,110 General Fund

	Total Enrolled at End of FY22	Total Enrolled at End of FY23	Total Enrolled at End of FY24	3-Year Growth
ID Waiver	4,528	4,729	4,929	401
LAH Waiver	540	603	664	124
CWP Waiver	173	503	1,097	917
TOTAL	5,241	5,835	6,695	1,447

- Existing waiting list could be reduced from 1,630 to 183
- Unlikely all will want services now
- Unlikely all are still living, in-state, or able to be located

Anticipated Result: Complete elimination of number of people waiting for services appropriate to their current needs.

ADMH FY24 General Fund Requested Increases

TOTAL:
\$41,416,486

Professional Workforce

\$30,625,411

Workforce Wage Strategies

System of Care and Partnerships

\$500,000

Autism Services for Adults

\$1,100,000

Prevention & Improved Outcomes

\$3,500,000

Alabama's Crisis System of Care

\$5,151,110

Developmental Disabilities Waitlist

Youth Mental Health Crisis



No matter how great the education policy, we can't expect our children to thrive in the classroom when they are dealing with unmet mental health needs, trauma, homelessness, and hunger.

- 30% of mental health needs identified in middle and high school began before age 4
- 50% of all mental health conditions begin by age 14 and 75% begin by age 24

Expansion of Pediatric Access to Telemental Health Services (PATHS)

FY24 Request: \$1,032,730 Education Trust Fund

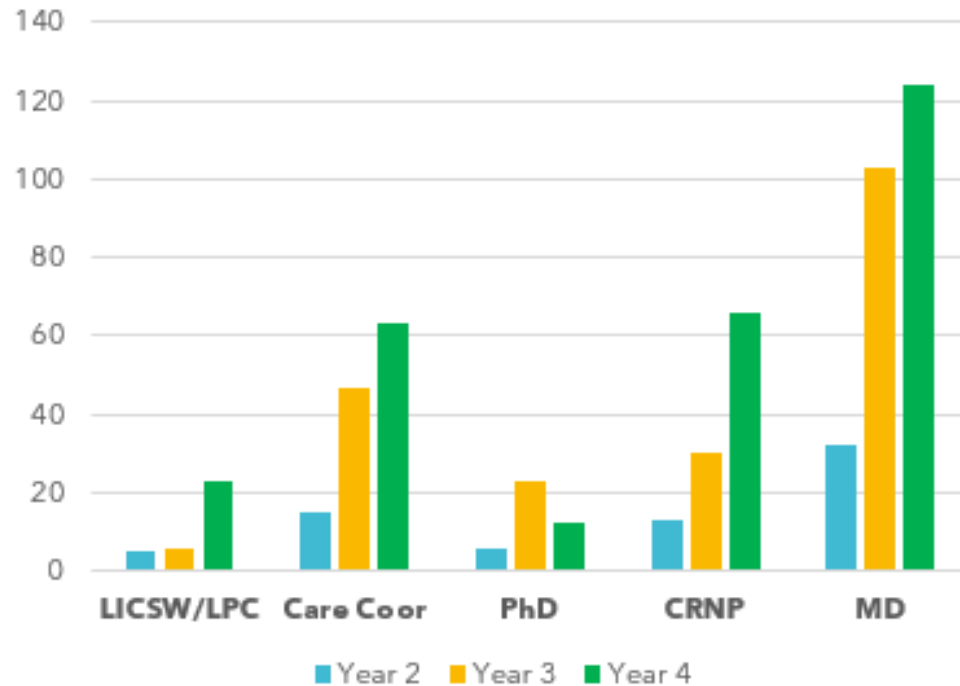
PATHS increases access to mental health care by building capacity for primary care providers in Alabama communities to diagnose, treat and manage mild to moderate behavioral health conditions in children and adolescents.

PATHS provides:

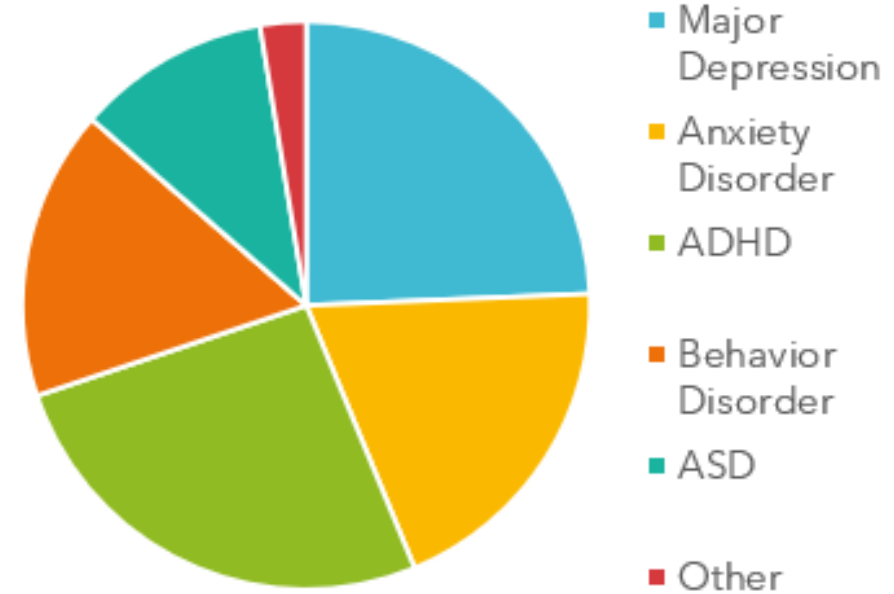
- Behavioral health case consultation for primary care providers.
- Educational programs in the treatment of a variety of behavioral health disorders in children and adolescents.
- Care coordination for those patients with complex conditions or comorbid disorders.
- Referrals to behavioral health resources in the patient's community where available.
- Behavioral health services via telemedicine between a patient in the primary care office and a PATHS behavioral health professional at Children's of Alabama, when specialist intervention is needed.

Pediatric Access to Telemental Health Services (PATHS)

Children's of Alabama Providers Responding to Consult Request



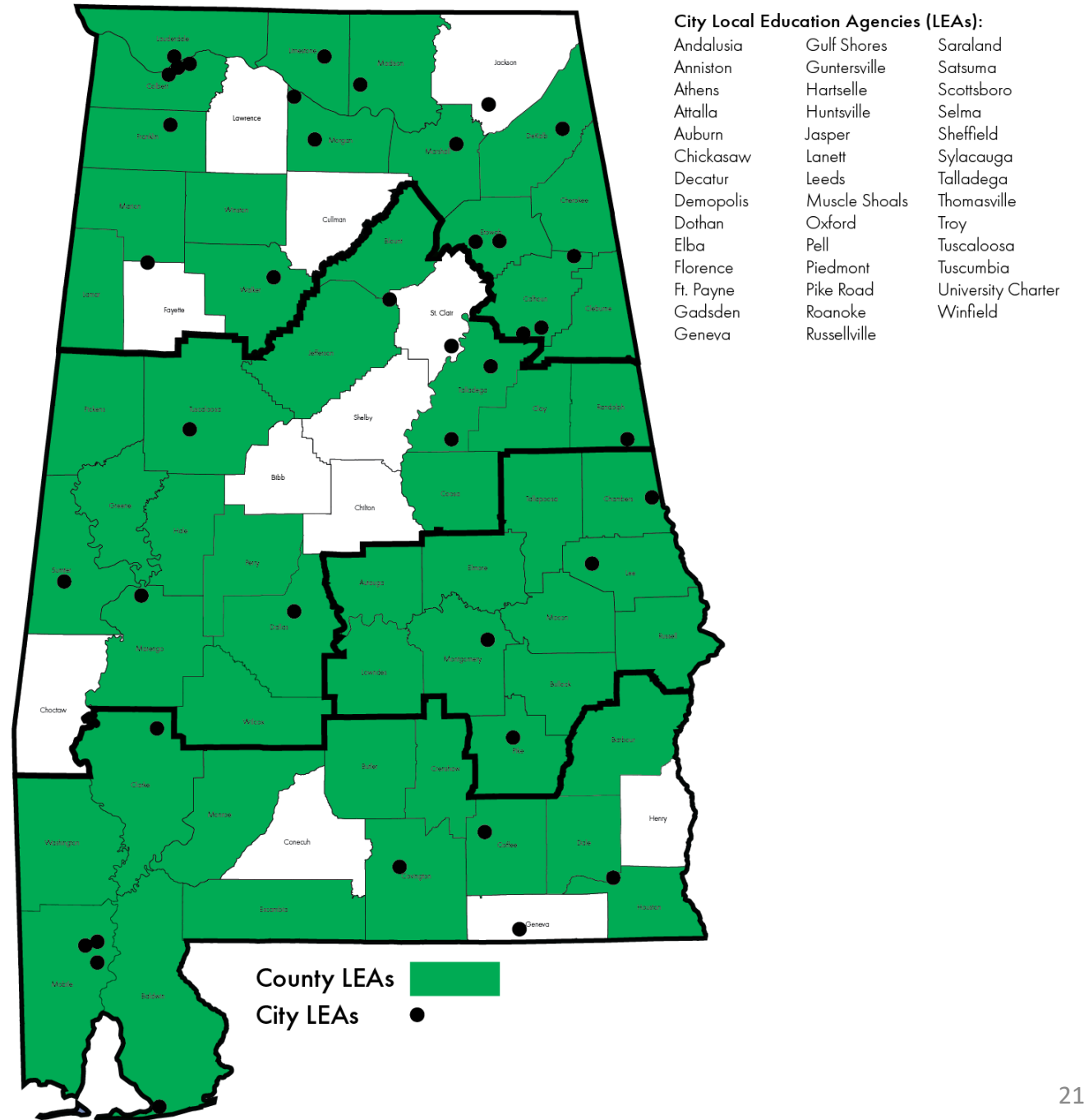
Conditions for Which Consultation is Sought



Workforce Strategy:
Train primary care and pediatricians to screen and provide access to mental health care

School-Based Mental Health Collaboration

FY24 Request: \$1,000,000
Education Trust Fund



ADMH FY24 Education Trust Fund Requested Increases

TOTAL:
\$2,032,730

System of Care and Partnerships

\$1,032,730

Pediatric Access to Telemental
Health Services (PATHS)

\$1,000,000

School-Based Mental Health
Collaboration

Alabama Department of Mental Health

FY24 Budget Request
\$43,449,216

\$2,032,730

Education Trust Fund

\$41,416,486

General Fund

One-time Appropriation Requests

Project	Description	Request
Taylor Hardin Secure Medical	Additional Construction Costs	\$23,000,000
WellStone	Pediatric Crisis Unit (24 beds)	\$5,000,000
Pickens County Medical Center	Renovations for psychiatric and child services	\$10,000,000
East Alabama Medical Center	Psychiatric Care Facility (adult and child)	\$18,000,000



Alabama Department
of Mental Health
connecting mind and wellness

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