

Accessing Behavioral Healthcare Services

Principles of Care

Addiction Treatment Services

- Opioid Treatment Services
- Adolescent Residential
- Gambling Disorder Treatment
- SUD Voucher

Mental Health Services

- Brain Injury Services

Crisis Behavioral Health Services

NORTH
Dakota Be Legendary.

Behavioral Health

HEALTH & HUMAN SERVICES

What is Behavioral Health?

A state of mental/emotional being and/or choices and actions that affect **WELLNESS**.

Preventing and
treating
depression
and anxiety

Preventing and
treating
substance use
disorder or
other
addictions

Supporting
recovery

Creating
healthy
communities

Promoting
overall well-
being

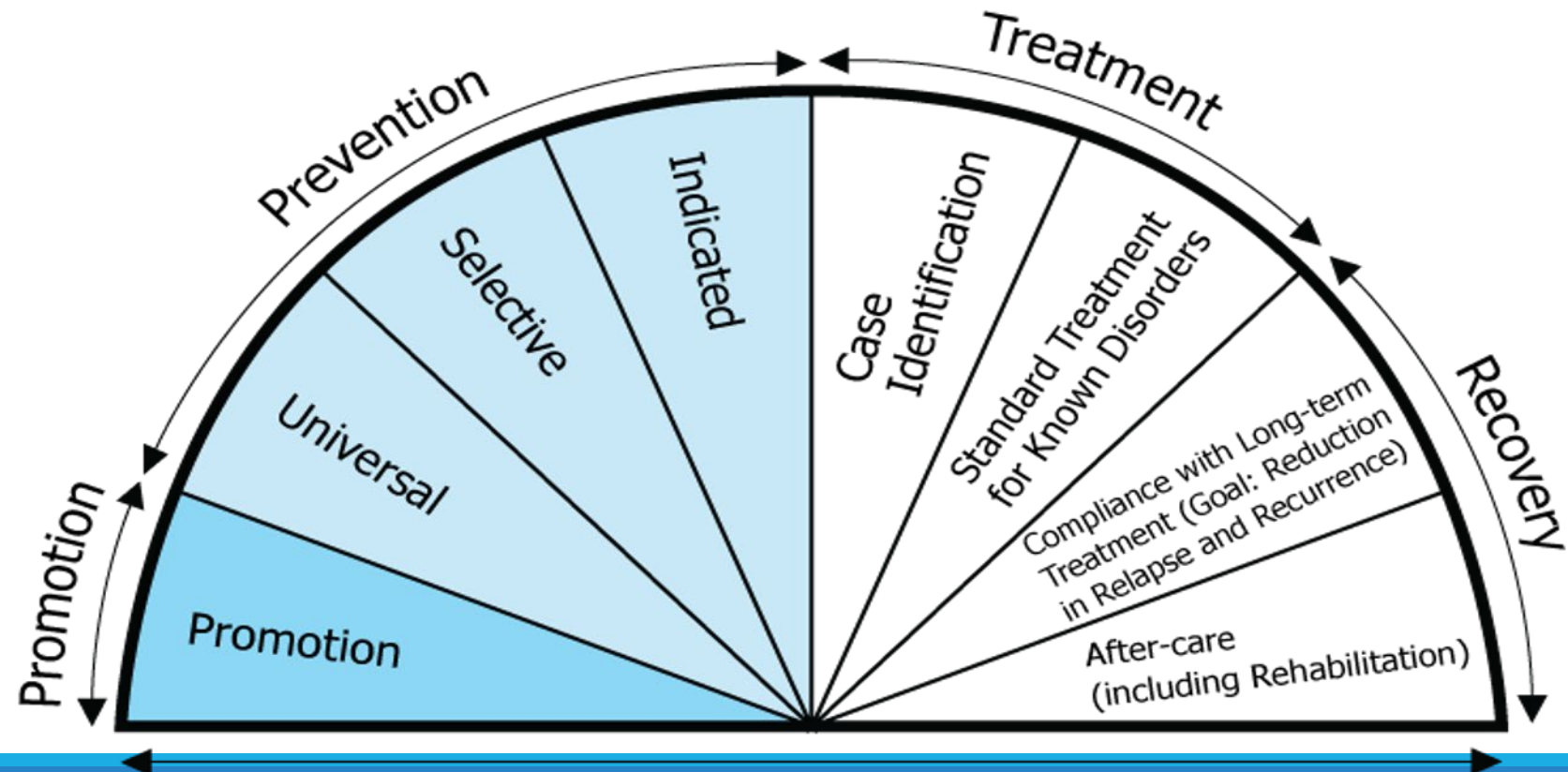
BEHAVIORAL HEALTH IS HEALTH





Behavioral Health **Continuum of Care Model**

The goal of this model is to ensure there is access to a full range of high-quality services to meet the various needs of North Dakotans.



Behavioral Health Division

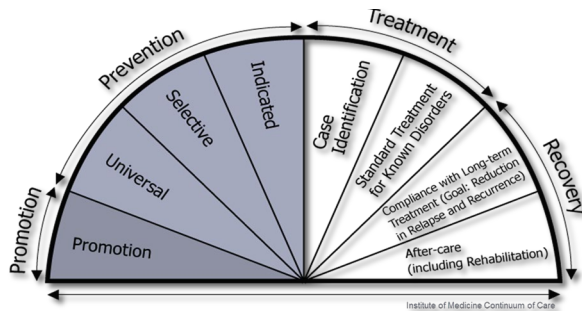
Review and identify service needs and activities in the state's behavioral health system in an effort to:

- 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

Person Centered

“Person-Centered Care describes the effort to ensure that mental health care is centered on the needs and desires of the consumer. It means that consumers set their own recovery goals and have choices in the services they receive, and they can select their own recovery support team. For mental health providers person-centered care means assisting consumers in achieving goals that are personally meaningful.”

- from <http://store.samhsa.gov/shin/content/SMA09-4371/SMA09-4371.pdf>



Person Centered Guiding Principles

- Transparency, individualization, recognition, respect, dignity, and choice related to one's person, circumstances, and relationships.
- Support the decision making abilities and preferences of all individuals for treatment and recovery.
- Involve persons served in the design, administration, and delivery of treatment and recovery services.
- Respond to every individual in the context of the strengths, hopes, culture, and spirituality.
- Interventions tailored to unique preferences, strengths, vulnerabilities, and dignity of each person.

Person-Centered

There is agreement on

- Goals
- Tasks
- Participation and roles

The relationship with the provider is experienced as

- Collaborative
- Respectful
- Understanding
- Encouraging
- Empathic
- Trusting
- Hopeful
- Empowering

Moving Beyond Traditional Approaches

<i>Traditional Approaches</i>	<i>Person-Directed</i>
Disabilities and deficits drive treatment	Abilities/choices define supports
Low expectations	High expectations
Clinical stability or managing illness	Quality of life and promotion of recovery
Facility-based settings and professional supporters	Integrated settings and natural supporters are also valued
Avoidance of risk; protection of person and community	Responsible risk-taking and growth
Medicate for symptom reduction	Medicate for maximum functioning
Illness/symptom focus	Wellness/health focus

Moving Beyond Traditional Approaches

<i>Traditional Approaches</i>	<i>Person-Directed</i>
Professional services only	Diverse services (professional services AND self-management, peer support, holistic medicine)
Compliance is valued	Active participation and empowerment is vital
Linear progress and movement through an established continuum of services	Person's chooses from a flexible array of supports and/or creates new support options with team
Only professionals have access to information (e.g., plans, assessments, records, etc.)	All parties have full access to the same information – often referred to as “transparency.”
Self-determination and community inclusion must be earned through treatment compliance and clinical stability	Self-determination and community inclusion are fundamental human rights of all people



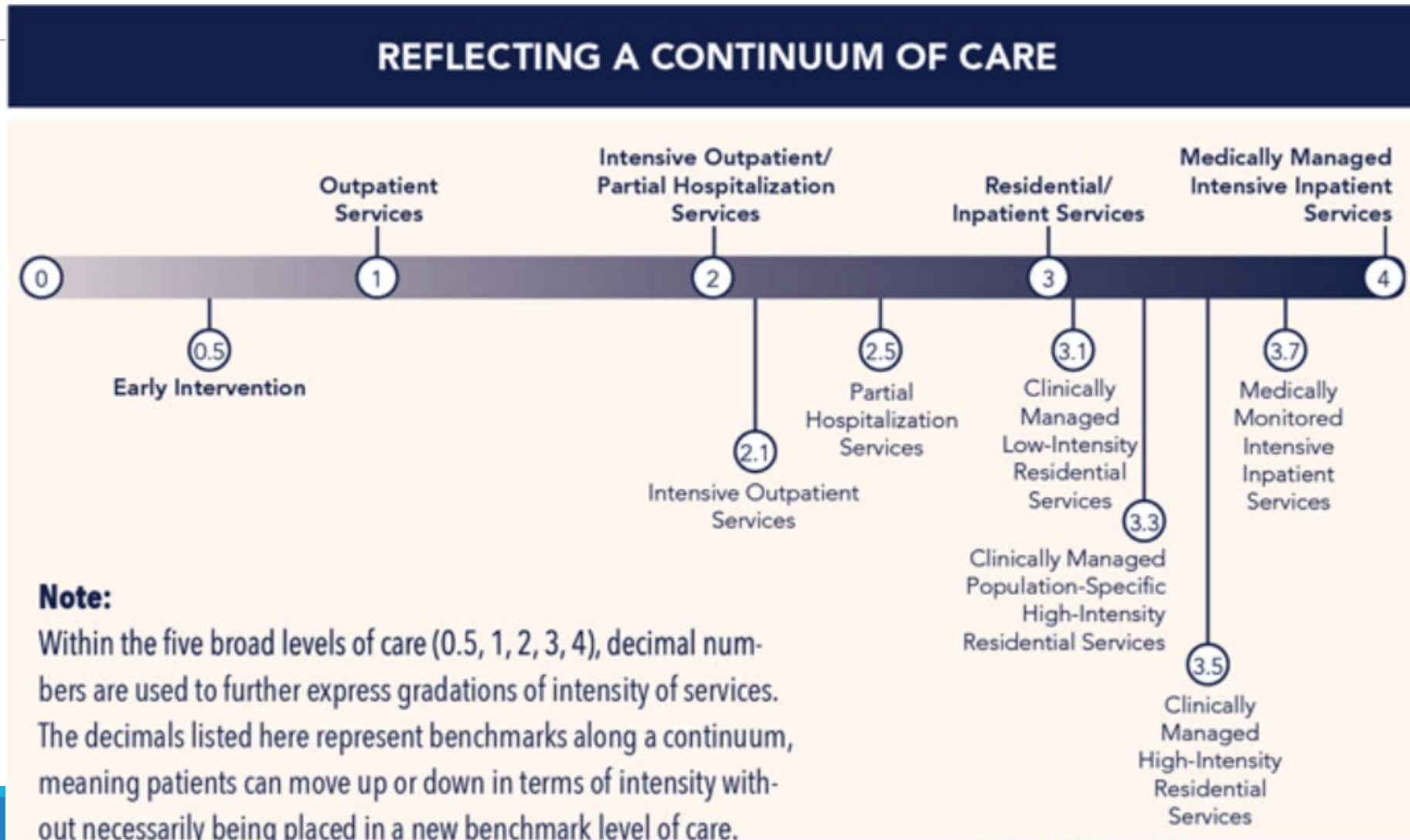
Treatment does not need to be voluntary to be effective.

Sanctions or enticements from family, employment settings, and/or the criminal justice system can significantly increase treatment entry, retention rates, and the ultimate success of drug treatment interventions.

Addiction Treatment



American Society of Addiction Medicine (ASAM)



Licensed Substance Use Disorder Treatment Programs

- 32 Certified MIP Instructors
- 104 Licensed SUD Programs

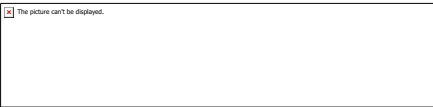
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- Treatment Services are clinical and for individuals with a behavioral health disorder.
- Early Intervention strategies identify individuals at risk for or showing the early signs of a disorder with the goal of intervening to prevent progression

Opioid Treatment Program

Locations

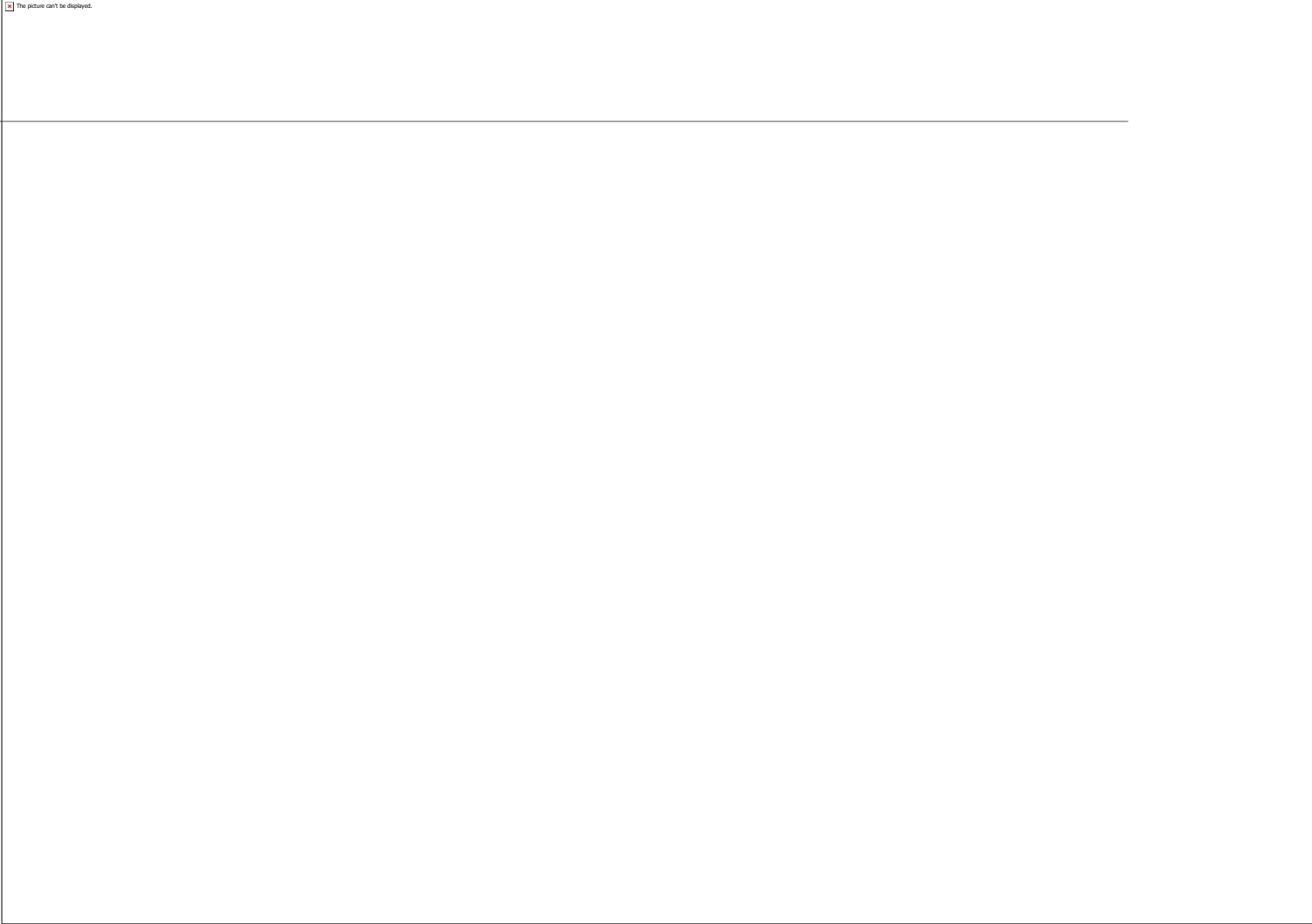
Community
Medical Services
Minot



North Dakota

ND Substance Abuse Treatment Programs
| Health and Human Services North
Dakota

<https://www.hhs.nd.gov/behavioral-health/substance-abuse-treatment-programs>



Office Based Opioid Treatment (OBOTs)

Prescriber with a DEA approved DATA Waiver

[Buprenorphine Treatment Practitioner Locator | SAMHSA](#)

https://www.samhsa.gov/medication-assisted-treatment/find-treatment/treatment-practitioner-locator?field_bup_state_value=39

Youth Residential Substance Use Disorder Treatment Eckert Youth Homes

Adolescent Residential Addiction Treatment
Facility in Williston, ND

Eckert has served 107 youth since March
2020

Funded by Substance Abuse Prevention &
Treatment Block Grant

Required to prioritize adolescents who are
pregnant and or use drugs intravenously

ND Residents



Gambling Disorder Treatment

Gambler ND Program

- Statewide treatment for individuals with a gambling disorder.
- <https://www.gamblernd.com/>
- 1-877-702-7848

GAMBLER ND





Substance Use Disorder (SUD) Voucher

Eligibility Criteria

14 + years old

ND resident

Lacks resources to cover treatment

Family income no greater than 200% Federal Poverty Level
exceptions allowed

Substance Use Disorder (SUD) Voucher

Services:

- Screening & Assessment
- Individual treatment
- Group Therapy
- Family Sessions
- Room & Board
- Transportation

Approved providers:

[Substance Use Disorder Voucher | Health and Human Services North Dakota](#)



Mental Health Program Registry

For the purpose of this registry, a Mental Health Program is:

- An agency/organization that provides mental health services by a licensed mental health professional
- Individually licensed mental health professionals that operate as a sole proprietor(business)

A licensed mental health professional for purposes of this registry includes:

- Professional Counselors
- Marriage and Family Therapists
- Clinical Psychologists
- Psychiatrists
- Advanced Practice Registered Nurse-Mental Health
- Clinical Social Worker

DHS - Mental Health Program Directory (nd.gov)

<https://www.hhs.nd.gov/behavioral-health/directory/search/default.aspx>

Mental Health Program Directory

All Programs

The list below provides a comprehensive view of all mental health programs who offer services to ND citizens, both in-person or via telehealth.

- To limit this list to providers located in your area, use the city or county filters.
- To see all providers who offer virtual telehealth services, regardless of their location, select 'yes' in the telehealth box.
- To limit this list to providers in your area who offer telehealth services, provide a city or county and indicate 'yes' in the telehealth box.

Additional filters are included to allow filtering based on the specific behavioral health concerns or treatments (interventions) offered.

Search Criteria

Program Name	City	County	Telehealth
<input type="text"/>	<input type="text"/>	None selected	<input type="text" value="v"/>

Adult

Conditions	Interventions
None selected	None selected

Children

Conditions	Interventions
None selected	None selected

[View on Map](#) [Print](#) [Clear](#) [Search](#)

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ND Brain Injury Network

PROVIDES RESOURCES AND
PROGRAMS FOR BRAIN INJURY
SURVIVORS, FAMILY MEMBERS,
PROFESSIONALS, CAREGIVERS
AND FRIENDS

[NORTH DAKOTA BRAIN INJURY
NETWORK SERVICES](http://NORTH DAKOTA BRAIN INJURY
NETWORK SERVICES)
[\(NDBIN.ORG\)](http://(NDBIN.ORG))

Crisis Behavioral Health Services

[Crisis Services | Health and Human Services North Dakota](#)

<https://www.hhs.nd.gov/behavioral-health/mental-health/crisis-services>

Call, chat or text, 988.

If you or someone you know is in crisis, call for help 24-hours/7 days a week. It's free and confidential.

Calls are answered by trained specialists who provide support and counseling over the phone. When a crisis cannot be resolved over the phone, a mobile crisis response team takes over.

- Substance Use
- Suicidal thoughts
- Depression
- Relationship conflict
- Stress
- Mental health concerns
- Concerns for loved ones
- Isolation
- Trauma



Case Presentation







Building Bridges:
Behavioral and Public Health

**Center for Rural Health
University of North Dakota**

Questions?



Building Bridges:
Behavioral and Public Health

Center for Rural Health
University of North Dakota

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