

Prince of Wales Behavioral Health System

Needs Assessment Report Summary

In 2009, the Prince of Wales (POW) Health Network¹ received funding from the State of Alaska, Department of Health and Social Services to complete a planning process for behavioral health service delivery for the Prince of Wales Island region. This project includes an assessment of the current behavioral health system and planning for improved prevention and early intervention services to serve Prince of Wales Island residents. The guiding priority of this project is to identify actions that local communities can take to positively impact behavioral health.

In the first year of this project, a thorough needs assessment based on input from stakeholders throughout the island, as well as independent data collection and analysis was completed.

The key questions that guided the needs assessment process included:

- What services are already available?
- Who is providing those services?
- Which services are needed based on a profile of the population?
- Where are the gaps?
- What is the most pressing problem that should be addressed?

Data Collection efforts sought to identify needs and inventory existing resources; present preliminary health status data; identify the problem behaviors related to substance abuse that should be a priority for action on an island-wide level.

The report was divided into the following sections:

Chapter 1: Background + Project Description

Chapter 2: Prince of Wales Island Communities

Chapter 3: Population + Health Status

Chapter 4: Behavioral Health Service Delivery System Description

Chapter 5: Problem Behavior + Substance Abuse Related Consequence

Chapter 6: Community Strengths + Resources

Chapter 7: Summary of Results

Needs Assessment Findings

For a complete description of data and findings, please see the completed Prince of Wales Behavioral Health System Planning project needs assessment. You can view and download the completed document, as well as the project webpage at: <http://www.agnewbeck.com/pages-portfolio/southeast/prince-of-wales.html>

Secondary data describing the health status of the Prince of Wales Island population was compiled from a variety of sources including: the U.S. Census Bureau; the Alaska Department of Labor and Workforce Development; Alaska Native Tribal Health Consortium; State of Alaska Behavioral Health Prevalence Estimates; State of Alaska, Division of Public Safety and much more. Secondary data analysis was intended to assess the current health status of the local population and provide a baseline of information to monitor and evaluate future changes. Health indicators show individual behaviors, physical and social environmental factors, and health system issues that affect the health of individuals and communities. This information is provided in the needs assessment in **Chapter 3: Population and Health Status**.

¹ The Prince of Wales Health Network is a collaborative effort between the City of Craig, PeaceHealth – Ketchikan General Hospital, Southeast Alaska Regional Health Consortium (SEARHC), State of Alaska – Craig Public Health Center, and Alaska Island Community Services. The Health Network's mission is to build a strong and sustainable network of healthcare organizations collaborating to strengthen quality health care on Prince of Wales Island and increase access to quality healthcare for all island residents far into the future. The Network is funded by a three year grant from the Health Resources and Services Administration Office of Rural Health Policy.

Interviews + Surveys

Qualitative data was collected through structured interviews with area service providers and those involved with the delivery of social services. A standardized list of questions was developed and used to guide interviews that took place in person and by telephone. The goals of the interviews were to identify the services currently being provided; whether the level of services being provided met demand; identify gaps and any workforce challenges; and to identify priorities for new service development. As part of the assessment process, questionnaires were circulated to community members and service providers on Prince of Wales Island. A total of 43 community member/stakeholder questionnaires were returned. A total of 18 service provider questionnaires were returned by organizations providing services on Prince of Wales Island. Questionnaire were returned by mail, through an online survey tool and by email. Qualitative and primary data were used to instruct the following sections in the needs assessment: **Chapter 4: Behavioral Health Service Delivery System; Chapter 5: Substance Related Consequence or Problem Behavior;** and **Chapter 6: Community Strengths and Resources.**

As part of the survey process, community members and service providers were asked to choose from a list of negative social behaviors and rank problems of greatest to least importance in regard to problems impacting communities on Prince of Wales. The following table shows the results:

Community members rank Top 5 negative behaviors

1	Underage Drinking + Binge drinking (Adult 21+) <i>Tied as top negative social behavior</i>
2	Illicit drug use (Adult 21+)
3	Illicit drug use (Underage)
4	Alcohol related crashes
5	Underage binge drinking

Providers ranked Top 5 negative behaviors

1	Binge Drinking (Adult 21+)
2	Illicit Drug Use (Adult 21+)
3	Domestic Violence
4	Underage Drinking
5	Illicit Drug use (Underage)

Gaps + Barriers to Service Delivery

When asked if satisfied with the array of services provided in their home community or island-wide:

- Approximately ¼ of respondent reported being satisfied
- Approximately ¾ reported being dissatisfied

Reasons that stakeholders reported dissatisfaction included:

- Type of care is needed locally that is not currently available
- Services are centered in Craig and Klawock, which makes it hard for residents from remote communities and less mobile populations such as Elders and youth to travel to receive services
- Providers are spread too thin to deal with the depth of issues that exist island-wide – there is a recognition that existing providers are doing the best they can with limited resources
- Respondents not well informed about what exists

Service providers and community members gave input on services or supports that are not currently available or should be further developed on POW as a way of enhancing the continuum of care locally. These include:

- Prevention and education
- Substance abuse related services
- Other (such as community shelters/temporary housing/safehomes; wilderness + culturally based treatment; group home; etc.)
- Limited law enforcement
- Stigma associated with seeking and receiving care
- Lack of “healthy activity” options
- Lack of understanding of what is available

Finally, stakeholders were asked to identify the community strengths and resources available on the local level. Responses demonstrated that residents share values about their homes and communities and that significant resources are available on the local level. These can be built on as ways of enhancing local services and thinking strategically about action that can be taken on the local level to increase community wellness.

Local resources include:

- Cultural projects and programs
- Prince of Wales Interagency Group
- Regularly convened support groups
- State of Alaska services
- Elder-related services
- Community events
- School based programs, youth and early learning opportunities
- Community facilities
- Island-wide Emergency medical services

For more information, please visit the Prince of Wales Behavioral Health Planning project website at:

<http://www.agnewbeck.com/pages-portfolio/southeast/prince-of-wales.html> or <http://www.princeofwaleshealthnetwork.org/currentactivities.html> where you can:

- Get project updates
- Download a copy of the Prince of Wales Behavioral Health Needs Assessment

Or contact:

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How to Organize and Run a Meeting

Prince of Wales Behavioral Health System

Organize a Meeting in Your Community

- Secure a time, date and place for the meeting. If you are adding this discussion to a standing meeting (such as a staff meeting) make sure it's OK with the meeting host.
- Reach out to Potential Participants: E-mail or contact everyone at least one week prior to meeting, inviting them to participate. Include time, date and place for the discussion. The only preparation they should do ahead of time is visit the project website and review the needs assessment (available on the website) and make notes of items they think are of highest priority to their community and POW as a whole. Ask people to contact you back to confirm their participation.
 - Convey Appreciation: Thank folks for being willing to engage in the discussion.
 - Purpose of the Meeting: to collect information from as many people as possible about issues in their communities, issues with which they have direct experience.
- Send one follow-up reminder a day or two before the meeting.

Running the Meeting

- Thank everyone for participating.
- Review the discussion agenda for meeting (see below)
- Explain the purpose of the meeting – to collect information from as many as possible about issues in their communities, issues with which they have direct experience. The information they share will be used to create the Strategic Plan for Behavioral Health in POW and will influence state and local funding and programs.
- Ask everyone to introduce themselves (if the group is not known to each other)
- Ask someone to volunteer to take notes on the discussion.

Discussion agenda

- **Review Needs Assessment:** Give everyone a moment to review needs assessment summary. Ask people to mark/highlight topics that they know about and think are of highest importance. If people have had the chance to review the needs assessment prior to attending this meeting, ask them to have their thoughts ready to share with the group.
- **Discuss Needs Assessment:** Go around the table. Ask people to share what they see as the most important findings of the needs assessment.
- **Discuss Possible Solutions:** Of the needs identified, which were mentioned most? How might these be addressed within your local community? With assistance from outside (e.g., the State DBH?); through local volunteer effort (?); with the help of local organizations (?); other ideas?
- Thank everyone again for participating and encourage them to visit the project website – <http://www.agnebeck.com/pages-portfolio/southeast/prince-of-wales.html> or <http://www.princeofwaleshealthnetwork.org/currentactivities.html>
- Let people know that there will be opportunities to take part in planning for action on the local level with a Coalition Building workshop at the end of September and a Strategic Planning workshop in early winter. Updates on dates, times, places will be posted on the web and advertised in advance of each meeting. People looking for more information can check in with Esther Hammerschlag or Beth McLaughlin:

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pownetwork@aptalaska.net

Beth McLaughlin
Agnew::Beck Consulting
Phone: (907) 222-5424
beth@agnebeck.com

Meeting Follow-Up

- Collect notes from note taker.
- Fax, mail or drop off the sign-in sheet and the notes from the discussion to Esther Hammerschlag

Meeting Agenda

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Purpose

Collect information from as many people as possible about issues in their communities, issues with which they have direct experience.

Thank You!

In 2009, the Prince of Wales Health Network, behavioral health providers, stakeholders and community members participated in a needs assessment and strategic planning process for behavioral health services here. A thorough needs assessment has been completed based on our input and also independent data collection and analysis. Thanks to all who participated in making this assessment as complete and useful as possible!

Now we need to come together to figure out how to address the needs in our communities and how to encourage health and wellness on Prince of Wales Island. These discussions will lead to recommendations at the local and state levels for ways to enhance behavioral health services and reduce the impacts of behavioral health issues on our island. Thank you for ensuring that the Strategic Plan for Behavioral Health for Prince of Wales Island will encourage health and wellness in practical ways we can use.

Discussion agenda

- **Review Needs Assessment:**
 - Please review needs assessment summary.
 - Mark/highlight topics that you know about and think are of highest importance.
- **Discuss Needs Assessment:**
 - What are the most important findings of the needs assessment.
- **Discuss Possible Solutions:**
 - Of the needs identified, which were mentioned most?
 - How might these be addressed within our local community?
 - How might these be addressed with assistance from outside (e.g., the State DBH?).

Learn more

Visit the Agnew::Beck project website:

www.agnewbeck.com

Click on “Current Projects”

Click on Prince of Wales Behavioral Health Planning Project

<http://www.agnewbeck.com/pages-portfolio/southeast/prince-of-wales.html>

Visit the Prince of Wales Health Network website:

www.princeofwaleshealthnetwork.org

Click on “Current Activities”

Click on “Current Activities of Prince of Wales Health Network”

<http://www.princeofwaleshealthnetwork.org/currentactivities.html>

Sign-In Sheet

Prince of Wales Island Behavioral Health System Planning Project

Community Meeting

Community Name:

Date:

Location:

FIRST NAME

LAST NAME

PHONE

EMAIL

1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
8	_____	_____	_____	_____
9	_____	_____	_____	_____
10	_____	_____	_____	_____

Sign-In Sheet

Prince of Wales Island Behavioral Health System Planning Project

Community Meeting

Community Name:

Date:

Location:

FIRST NAME

LAST NAME

PHONE

EMAIL

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