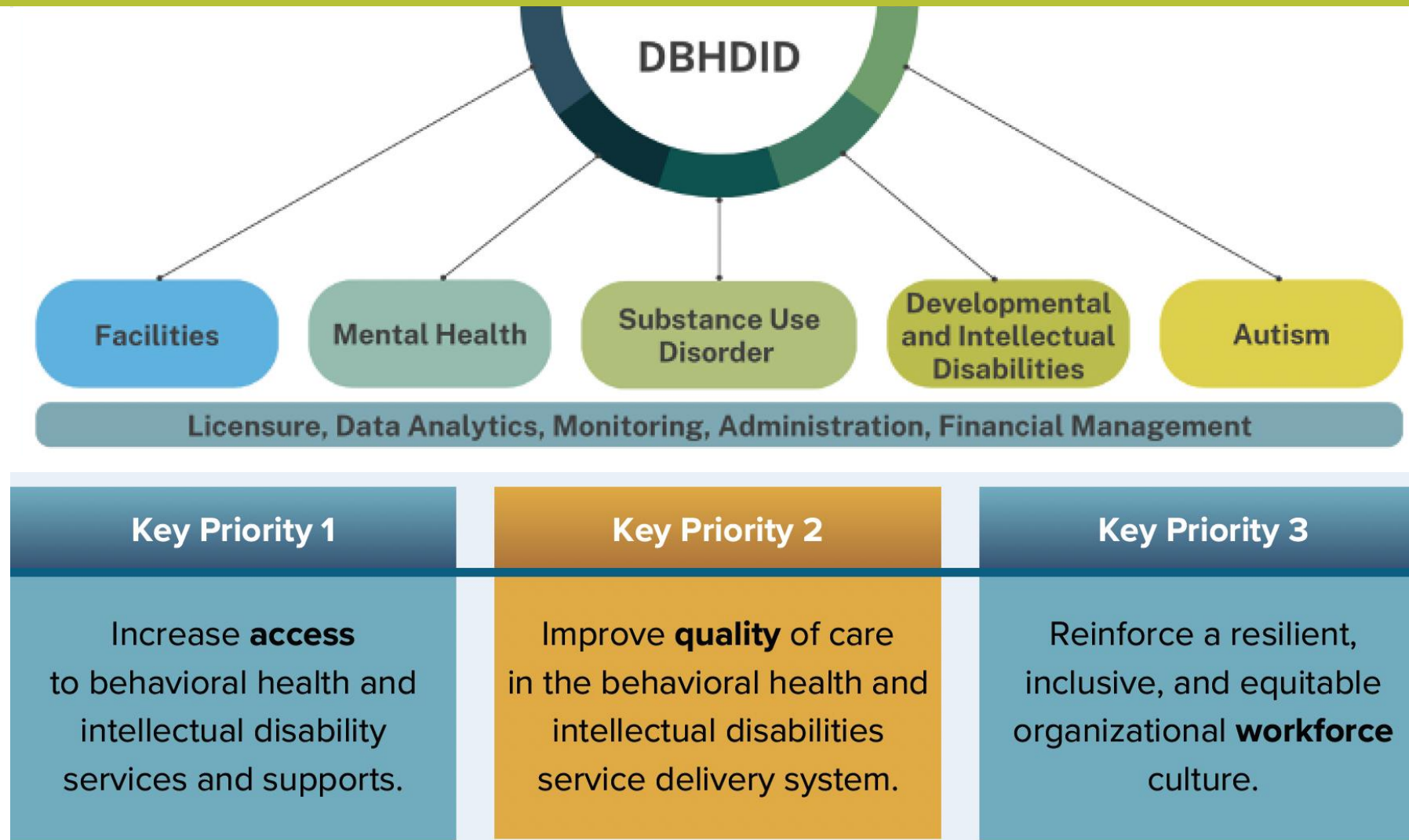




CABINET FOR HEALTH
AND FAMILY SERVICES

Department for Behavioral Health, Developmental and Intellectual Disabilities

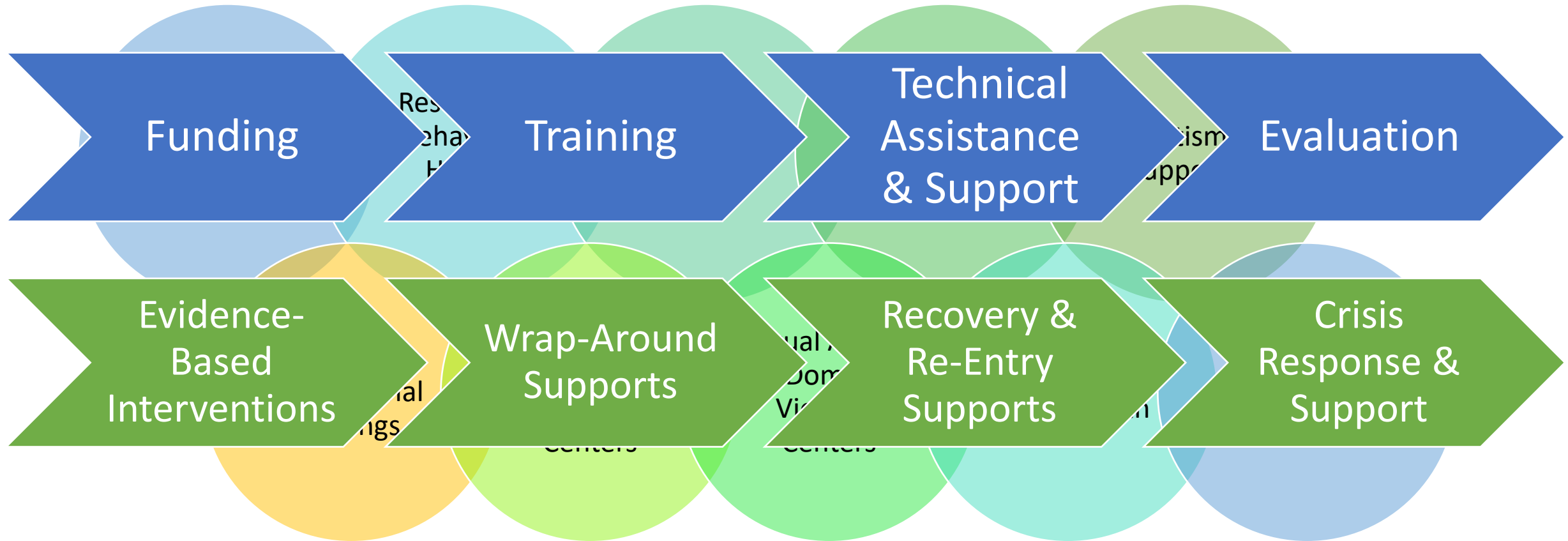
Mission: Promote health, well-being, and resilience for all; facilitate recovery for people affected by mental illness and substance use; and support people with developmental and intellectual disabilities.



CoCREATE Values



Supporting Trauma-Informed & Resilience-Oriented Programs & Services in Communities



Department Overview

Hospitals:

- Appalachian Regional Healthcare
- Central State Hospital
- Eastern State Hospital
- Western State Hospital
- Kentucky Correctional Psychiatric Center

Long Term Care:

- Glasgow State Nursing Facility (GSNF)
- Western State Nursing Facility (WSNF)

Intermediate Care Facilities:

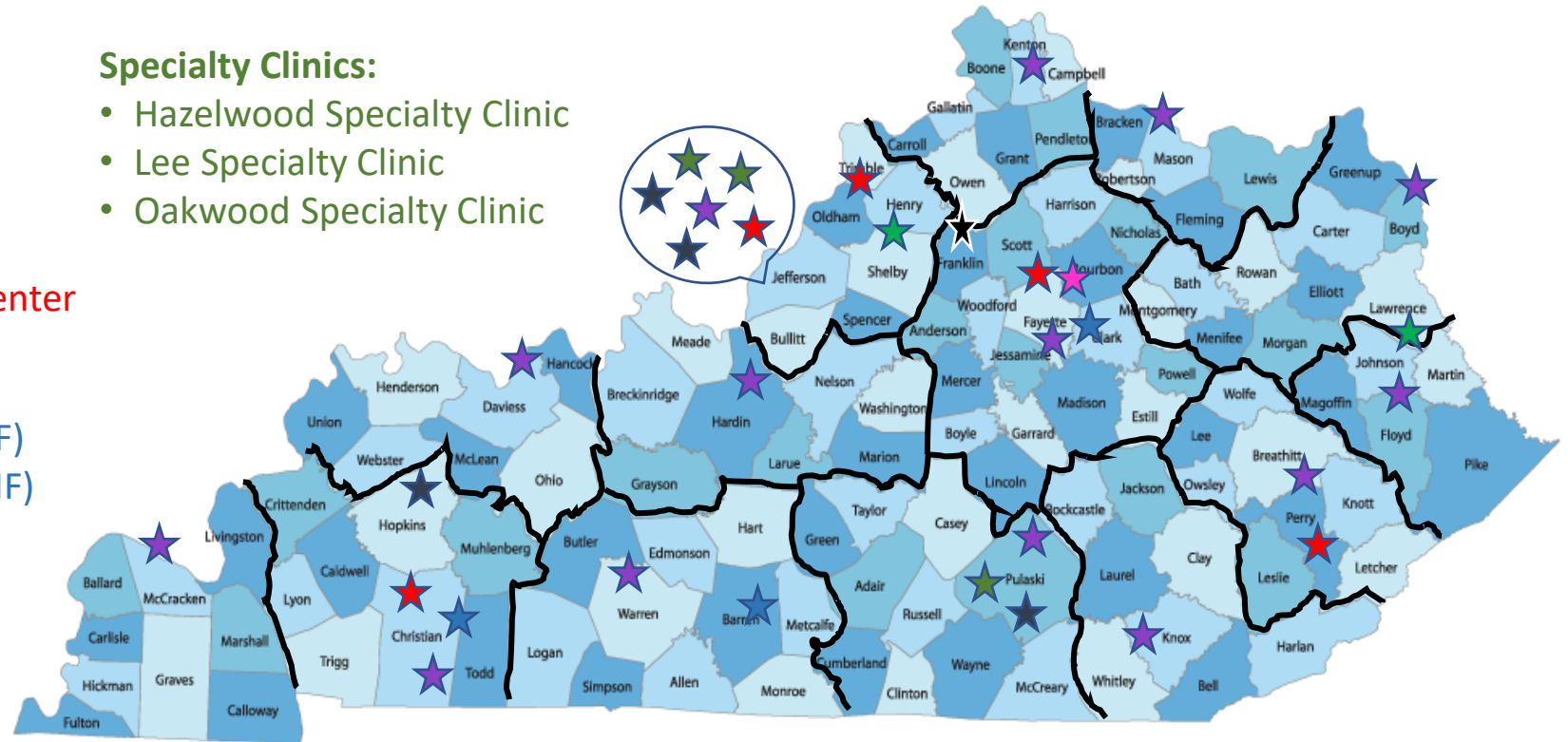
- Bingham Gardens
- Oakwood
- Outwood
- Hazelwood (Del Maria, Meadows, Windsong)

Community Mental Health Centers

- | | | | |
|---------------------|---------------------------------|--------------------------------------|------------------|
| • Adanta | • Mountain Comprehensive Care | • Cumberland River Behavioral Health | • Pathways, Inc. |
| • New Vista | • Four Rivers Behavioral Health | • Seven Counties Services | • LifeSkills |
| • Communicare, Inc. | • Kentucky River Community Care | • NorthKey Community Care | |
| • Comprehend | • RiverValley Behavioral Health | • Pennyroyal Center | |

Specialty Clinics:

- Hazelwood Specialty Clinic
- Lee Specialty Clinic
- Oakwood Specialty Clinic





Ultimate Outcomes/Goals of Behavioral Health Services

- ✓ Prevent and reduce hospitalizations
- ✓ Prevent and reduce suicides
- ✓ Prevent and reduce overdose deaths
- ✓ Increase individual and community resilience

Mental Health Initiatives



Prevention & Early Intervention

- Mental health wellness
- Suicide prevention, intervention & postvention
- Disordered gambling prevention
- Disaster preparedness

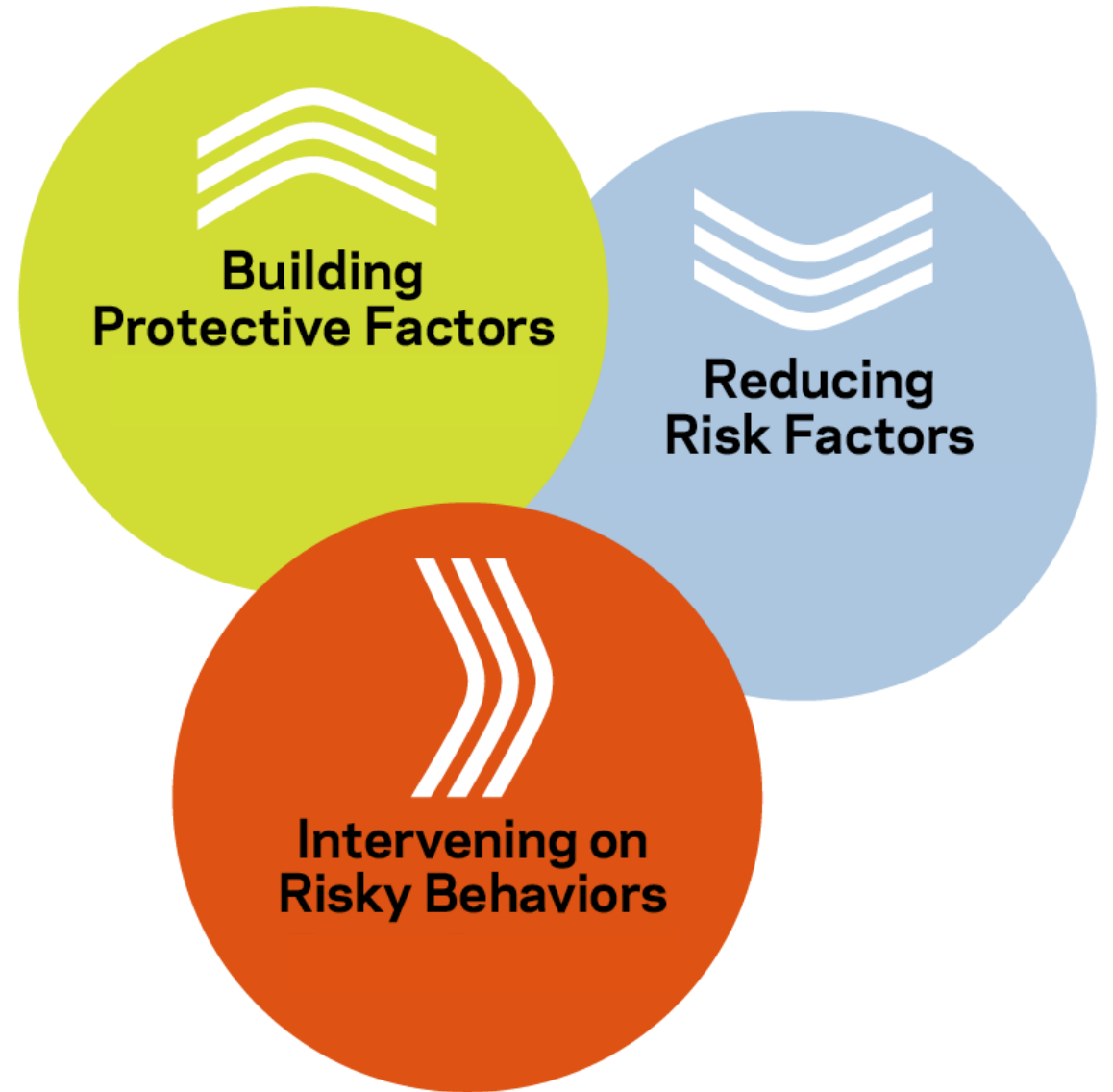
Enhanced Treatment Services

- Children's services
- Adult services
- First Episode Psychosis
- School Mental Health
- Homeless Prevention
- Integrated Care

Crisis Response

- 988/crisis entry
- Findhelpnowky.org
- Individual crisis response/stabilization
- Community crisis response

Prevention & Early Intervention



Mental Health Wellness

mental health
PROMOTION

A RESOURCE GUIDE TO HELP SCHOOL STAFF
TO PROMOTE THE MENTAL WELLNESS
OF STUDENTS

August 2024

TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES

KENTUCKY DEPARTMENT FOR BEHAVIORAL HEALTH,
DEVELOPMENTAL AND INTELLECTUAL DISABILITIES
DIVISION OF MENTAL HEALTH
MENTAL HEALTH PROMOTION, PREVENTION & PREPAREDNESS BRANCH

WHAT IS MENTAL WELLNESS?

Being mentally well is more than just the absence of a diagnosed mental health condition. It includes our overall emotional, psychological, and social well-being.

AND WHY DOES IT MATTER?

Our level of mental wellness impacts our ability to cope with stress, engage in meaningful activities, and build positive relationships.

10 BENEFITS OF MENTAL WELLNESS

1. Reduces risk of physical health problems such as heart disease, stroke, and type 2 diabetes
2. Reduces risk of developing depression and anxiety
3. Increases positive outlook and ability to enjoy life
4. Increases ability to cope with stressful or difficult life events
5. Increases creativity and openness to new experiences
6. Improves relationships with the people in our lives
7. Increases productivity to allow us to reach our potential
8. Enables us to make meaningful contributions to our families, communities, and society
9. Increases ability to think clearly and make healthy decisions
10. Improves mood, self-esteem, and confidence

WHEN SHOULD I SEEK PROFESSIONAL HELP TO SUPPORT MY MENTAL HEALTH?

If you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

If you are in immediate distress or are thinking about hurting yourself, 988 can help.

988
Call-Text-Chat

Mental Health America of Kentucky
Access screening, resources, programs, and more
<https://mhaky.org/>

TIPS TO IMPROVE MENTAL WELLNESS

- Keep a gratitude journal
- Get good sleep
- Stay active
- Reach out to family and friends for support
- Eat healthy meals

TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES

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RESOURCES

- <https://www.kssk.nrh.gov/health/topics/caring-for-your-mental-health>
- <https://positivopsychology.com/benefits-of-mental-health/>
- <https://www.cdc.gov/mentalhealth/learn/index.htm>

TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES

MEN'S MENTAL HEALTH MATTERS

A RESOURCE GUIDE TO PROMOTE MENTAL WELLNESS FOR MEN

Men's Health Month | June 2024

KENTUCKY DEPARTMENT FOR BEHAVIORAL HEALTH,
DEVELOPMENTAL AND INTELLECTUAL DISABILITIES
DIVISION OF MENTAL HEALTH
MENTAL HEALTH PROMOTION, PREVENTION & PREPAREDNESS BRANCH



PARTNERSHIP FOR A RESILIENT KENTUCKY

Partnership for a Resilient Kentucky (PaRK) is a network of organizations and individuals to promote positive childhood experiences and resilience across the lifespan and to address the impact of adversity and trauma on individuals, families and communities. PaRK will develop a sustainable path to disseminate and support integration of science and best practices across the commonwealth.



<https://www.resilient-ky.org/>

Suicide Prevention, Intervention & Postvention

National Strategy *for* Suicide Prevention

2024

Care. Connect. Collaborate.

A bold, 10-year, comprehensive, whole-of-society approach to suicide prevention that provides concrete recommendations for addressing gaps in the suicide prevention field.

Suicide Prevention, Intervention & Postvention

Infrastructure Improvement

- Garrett Lee Smith Suicide Prevention Initiative
- Western Kentucky Senior Prevention Network
- Kentucky Initiatives for Zero Suicide – eXpansion
- Black Youth Suicide Prevention Task Force

Intervention

- Applied Suicide Intervention Skills Training
- Assessing and Managing Suicide Risk
- School Crisis Response Team
- Collaborative Assessment & Management of Suicide

Prevention

- School prevention implementation guide
- CODE RED training of trainers
- Service Members, Veterans and Families (SMVF)/Governor's Challenge
- DAIL collaboration
- Suicide and Autism Initiative
- Question, Persuade, Refer (QPR)
- Sources of Strength
- Lifelines

Postvention

- Community/school technical assistance after a death
- Contagion cluster technical assistance
- Connect Program Training of Trainers
- Local Outreach to Suicide Survivors (LOSS) teams

Beck.Whipple@ky.gov

State Suicide Prevention Coordinator

Disaster Preparedness & Recovery

Were you affected by the **flooding** in Eastern Kentucky?

You are not alone. We are here for you.



ARE YOU INTERESTED IN...

- Talking with someone
- Recognizing disaster reactions
- Building coping skills
- Managing stress

WE PROVIDE...

- Information
- Education Emotional
- support Links to
- resources

OUR SERVICES ARE...

- Confidential
- Anonymous
- Free
- In-person or virtual

& ARE AVAILABLE AT...

- School
- Meetings
- Workplace
- Places of worship

Project Recovery Kentucky is here to help individuals and communities recover from the effects of natural and human-caused disasters.

KENTUCKY RIVER COMMUNITY CARE

www.krccnet.com / 1-800-262-7491
Deaf and Hard of Hearing: 1-800-787-5043
(TTY) Letcher, Leslie, Perry, Knott,
Breathitt, Owsley, Lee, Wolfe

MOUNTAIN COMPREHENSIVE CARE CENTER

www.mtcomp.org / 1-800-422-1060
Pike, Martin, Floyd, Magoffin, Johnson

WWW.PROJECTRECOVERYKY.COM
Project Recovery *building resiliency

23



SUPPORTING BEHAVIORAL HEALTH WELLNESS IN

EASTERN KENTUCKY

Natural Disaster Anniversary Kit for Eastern Kentucky Communities


2023

TEAM
KENTUCKY.
CABINET FOR HEALTH
AND FAMILY SERVICES

WHAT IS GAMBLING?

Gambling includes any activity in which something valuable is risked on an event that is determined by chance.

Common Gambling Activities

- 
- Lottery
 - Bingo
 - Slots, video lottery terminals, gaming machines
 - Sports betting
 - Casino games
 - Card games (poker, blackjack, etc.)
 - Loot boxes (incorporated into online video games)
 - Dice

Gambling is a common pastime for many American adults.

73% of Americans report gambling activity in the past year.*

78% of Kentuckians report gambling activity in the past year.*

Problem Gambling Education & Assistance

- Horse racing is an integral part of Kentucky culture
- Kentucky legalized online sports wagering in 2023
- Legislation included 2% of net revenues to DBHDID for education and treatment assistance
- DBHDID will offer notice of funding opportunities later this month focused on increasing capacity of treatment providers to identify those with disordered gambling disorders and to implement public awareness campaigns (2 NOFOs)

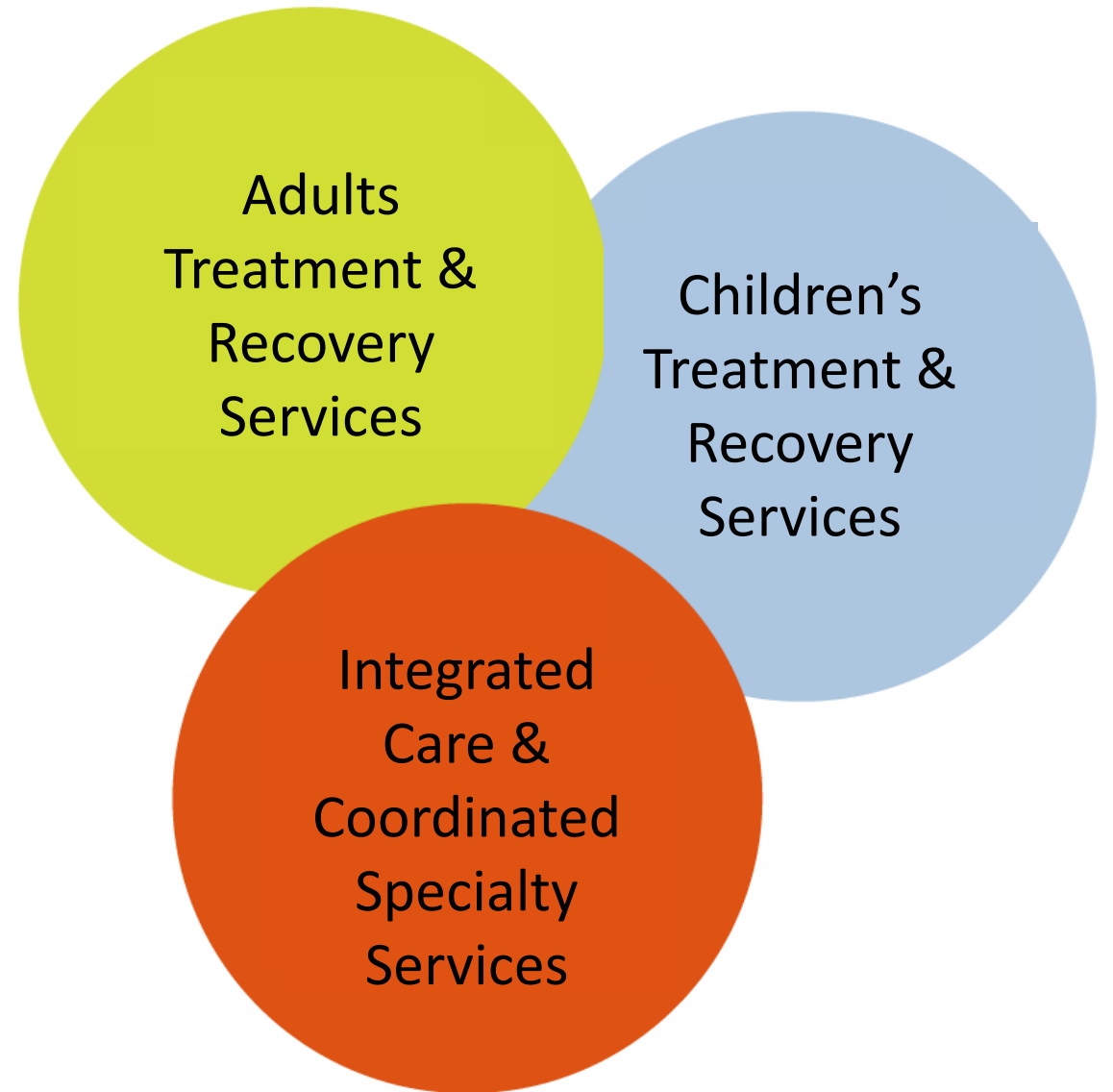
Care After Traumatic Events



(888) 522-7228

www.kccrt.ky.gov

Enhanced Treatment Services



Adult Treatment & Recovery Services

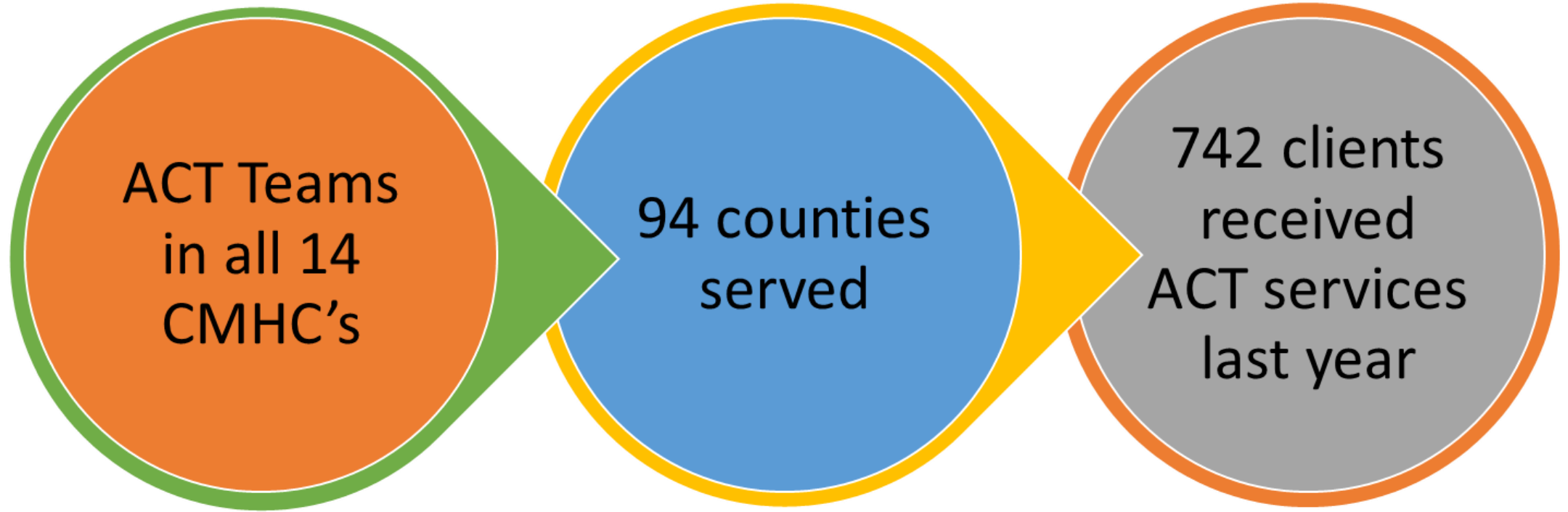
- Reduce Homelessness

- TEAM SOAR (Team-engaged Assertive Mechanics for SSI/SSDI Outreach Access Recovery) Grant
- HPP (Homelessness Prevention Project)
- PATH (Project for Assistance to Transition from Homelessness) Grant

- Reduce Institutionalization

- DIVERTS (Direct Intervention Early Responsive Treatment Systems)
- ACT (Assertive Community Placement)
- IPS: SE (Individual Placement and Support: Supported Employment)
- OHI (Olmstead Housing Initiative)

SMI/SUD 1915(i) State Plan Amendment



Community Transitioning & [908 KAR 2:065](#)

DIVERTS includes the key programs of this regulation to promote Community Transitions with ACT being the most intensive service available.

Olmstead Housing Initiative

The primary goal of the Olmstead Housing Initiative (OHI) is to meet the demand for housing for individuals who are currently in, or at risk of entering, institutions, such as psychiatric hospitals or personal care homes, or who have a history of frequent institutionalizations.



Children's Treatment & Recovery Services

- Grounded in the System of Care approach,
- Serves children and youth birth through 24, and their families,
- Includes promotion, prevention, early intervention, treatment, and recovery.



System of Care

PHILOSOPHY

- In-home & community-based
- Individualized
- Driven by families & youth
- Evidence-based/informed
- Network with a variety of provider types
- Culturally & linguistically responsive
- Equitable access, use, & outcomes
- Includes technology innovations
- Available to all



System Infrastructure Initiatives

- SIAC/RIAC
- Behavioral health services plan
- Streamline referral processes
- Collaborate with partner agencies
 - Medicaid
 - Child Welfare
 - Juvenile Justice
 - Public Health
 - Education





Children's Services and Supports

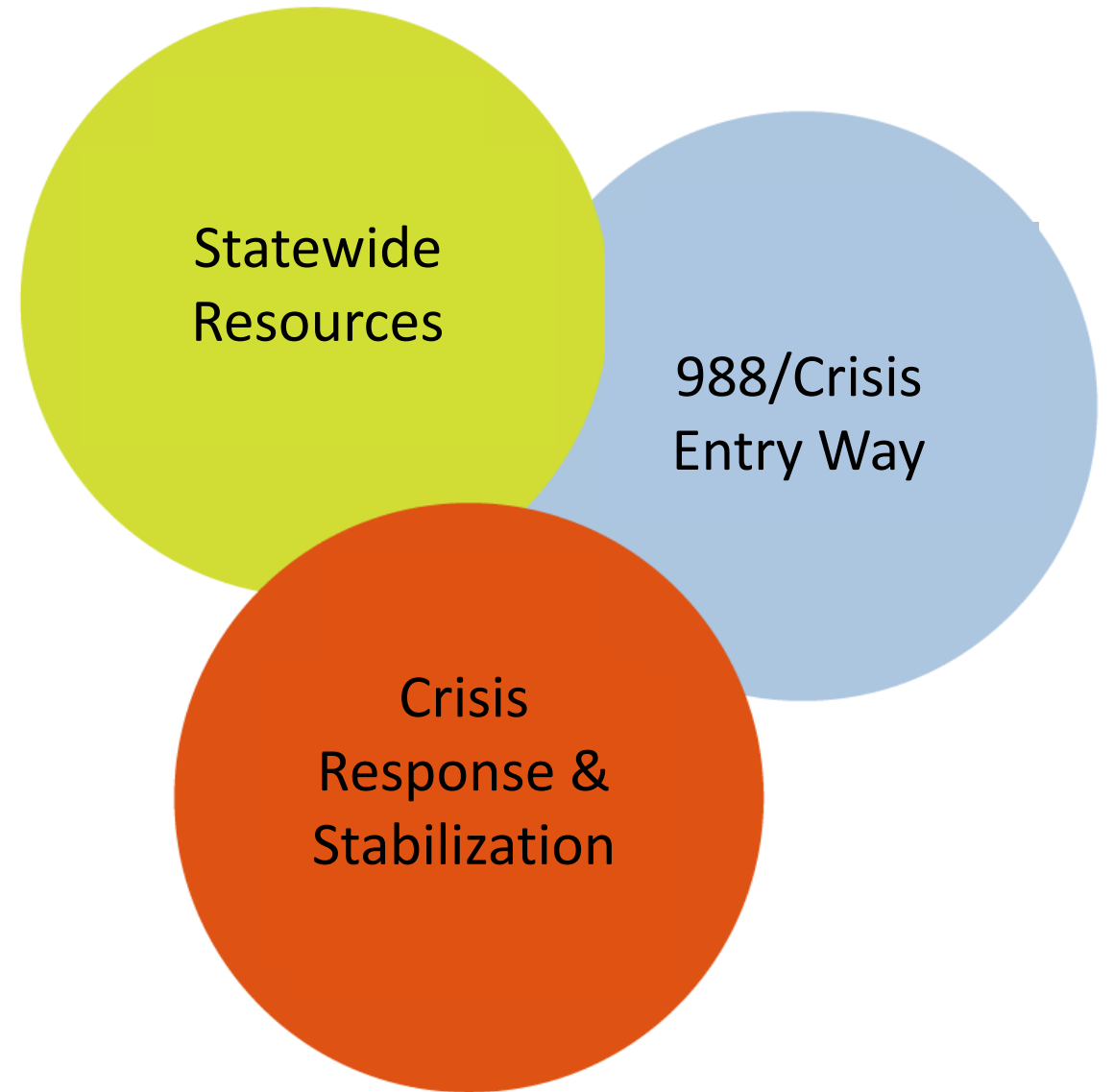
- Mental health, substance use, trauma screening
- Multi-domain functional assessment
- High Fidelity Wraparound
- Peer Support
- High Fidelity Wraparound
- Early Childhood Mental Health
- Transition Age Youth Services
- Grief and Trauma Informed Care
- Racial Trauma screening, assessment, and treatment
- Comprehensive school-based behavioral health
- Certified Community Behavioral Health Centers (CCBHC)
- First Episode Psychosis (Icare)

Kentucky's Service and Infrastructure eXpansion (Kentucky SIX)

Five broad goals with related objectives and activities:

- Enhance and sustain SOC governing bodies (SIAC and RIACs)
- Conduct comprehensive evaluation
- Implement a comprehensive, multi-perspective children's behavioral health plan for SOC expansion and sustainability
- Promote workforce resilience and retention
- Improve equitable availability of & access to evidence-based & evidence-informed practices

Crisis Services



FindHelpNow.org/KY

Start Here To Find Treatment and Recovery Openings

Use this website to find facilities and providers who are actively taking new clients. We work with hundreds of mental health treatment, substance use disorder treatment, naloxone, and recovery housing organizations in Kentucky to bring you up-to-date and accurate information and available openings.

Experiencing a Crisis? Call or text [988](tel:988) or [Live Chat](#).

Need help finding substance use disorder treatment? Have questions about treatment or recovery? Contact our partners at the KY HELP Statewide Call Center to speak with a screening and referral specialist Monday through Friday from 8:30 am to 10:00 pm and Saturday and Sunday from 8:30 am to 5:30 pm EST/EDT at [1-877-318-1871](tel:1-877-318-1871).

Mental Health Treatment



Start Your Search

Substance Use Disorder Treatment



Start Your Search

Recovery Housing



Start Your Search

Naloxone



Start Your Search

988 in Kentucky – A Retrospective

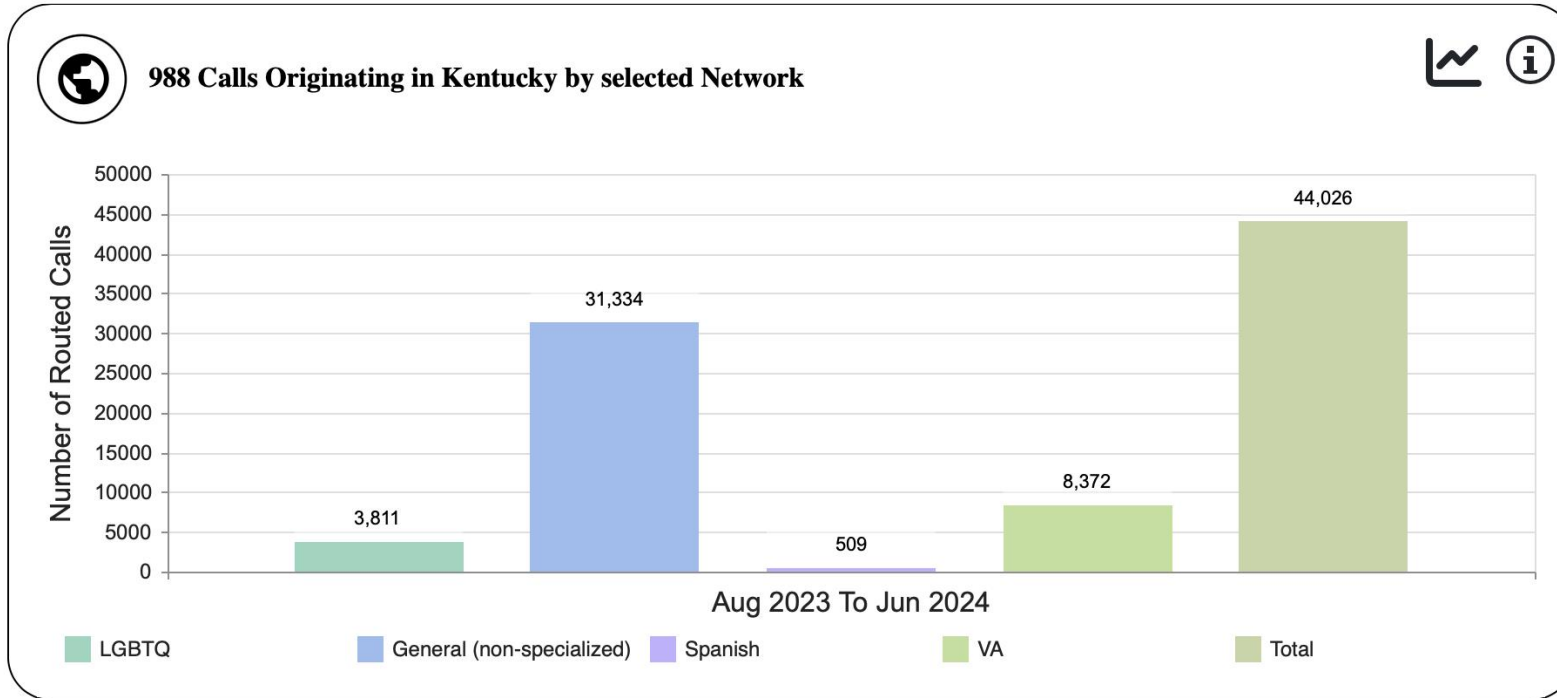
Since 988 went live July 16, 2022, Kentucky:

- Improved its average in-state answer rate from 74% to 87%. In July 2024, 63% of states/territories had answer rates lower than Kentucky's average.
- Increased the number of calls answered in-state by 67%.
- Improved the average speed to answer from 32 seconds to 21 seconds
- Reduced the abandoned call rate from 14% to 9%
- Decreased the number of calls transferring to national backup centers from 8.2% to 3.3%

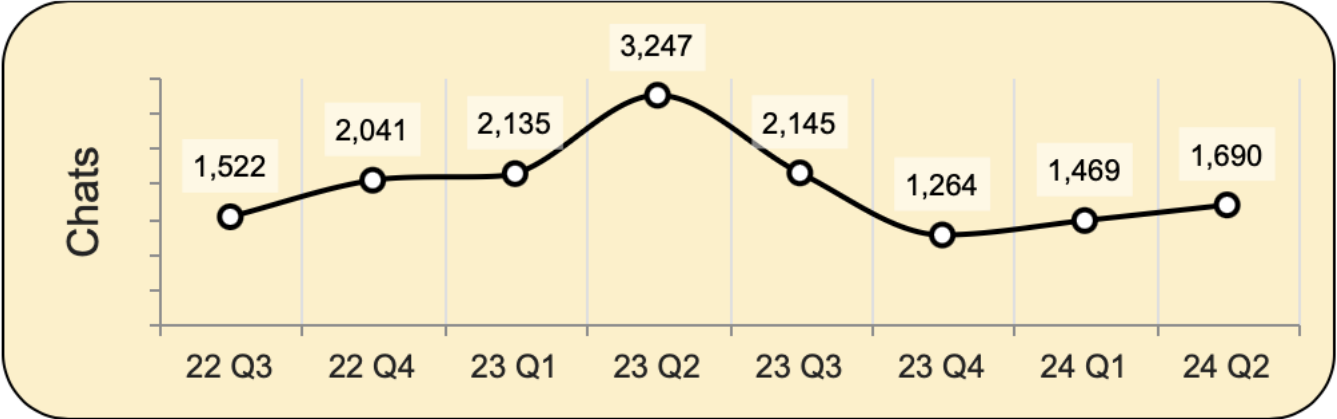
988 Lifeline at a Glance

Kentuckians in crisis can call, chat, or text 988 to receive support 24/7. Over the past year, the following number of 988 calls, texts, and chats have originated from Kentucky:

24/7

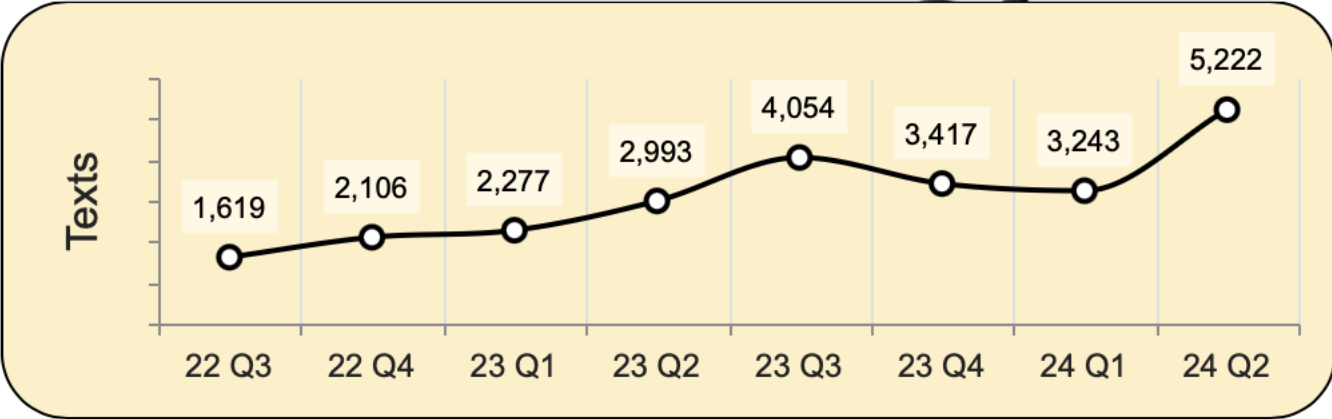


988 Chats and Texts



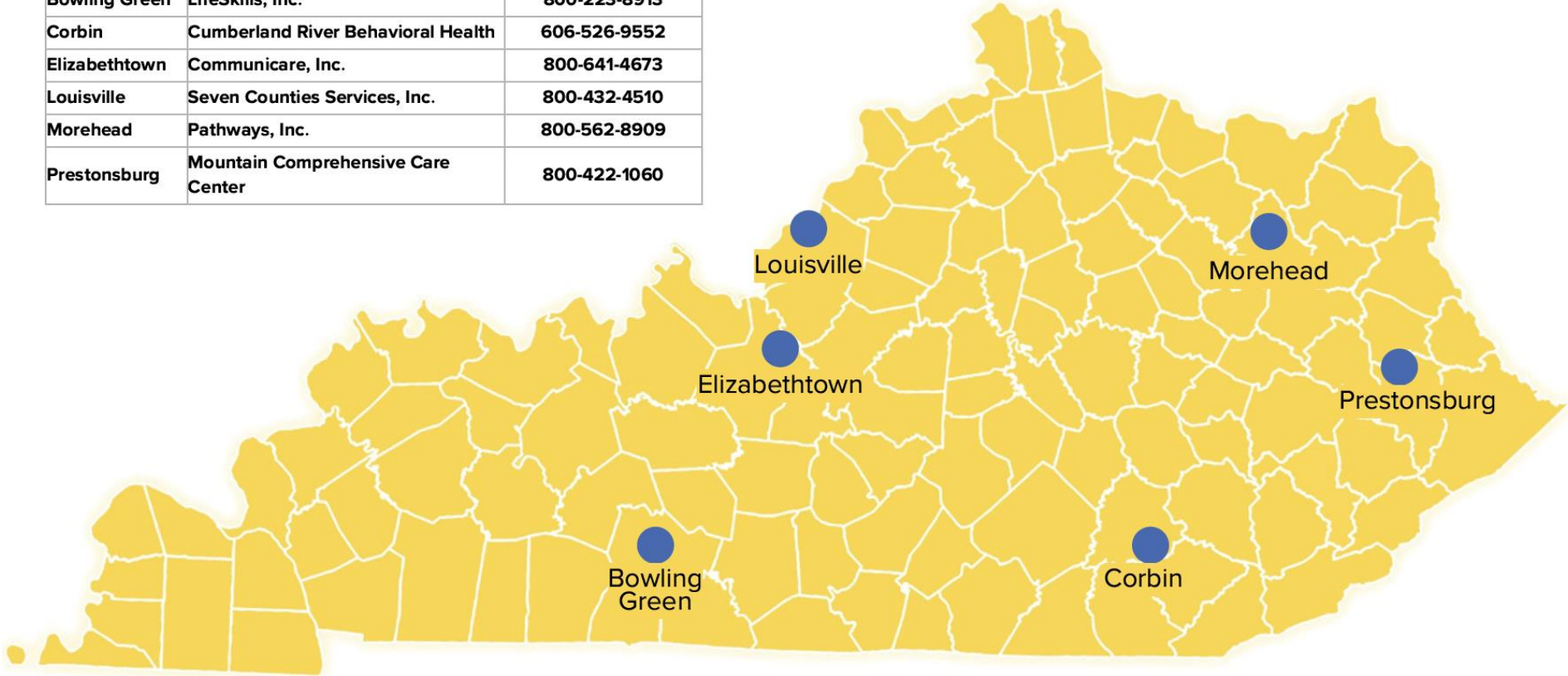
Chats fluctuate, but show a net increase of 11% in usage

Texts to 988 from Kentucky have increased nearly 5X since the service went live in July 22.



KENTUCKY CHILD CRISIS STABILIZATION UNITS

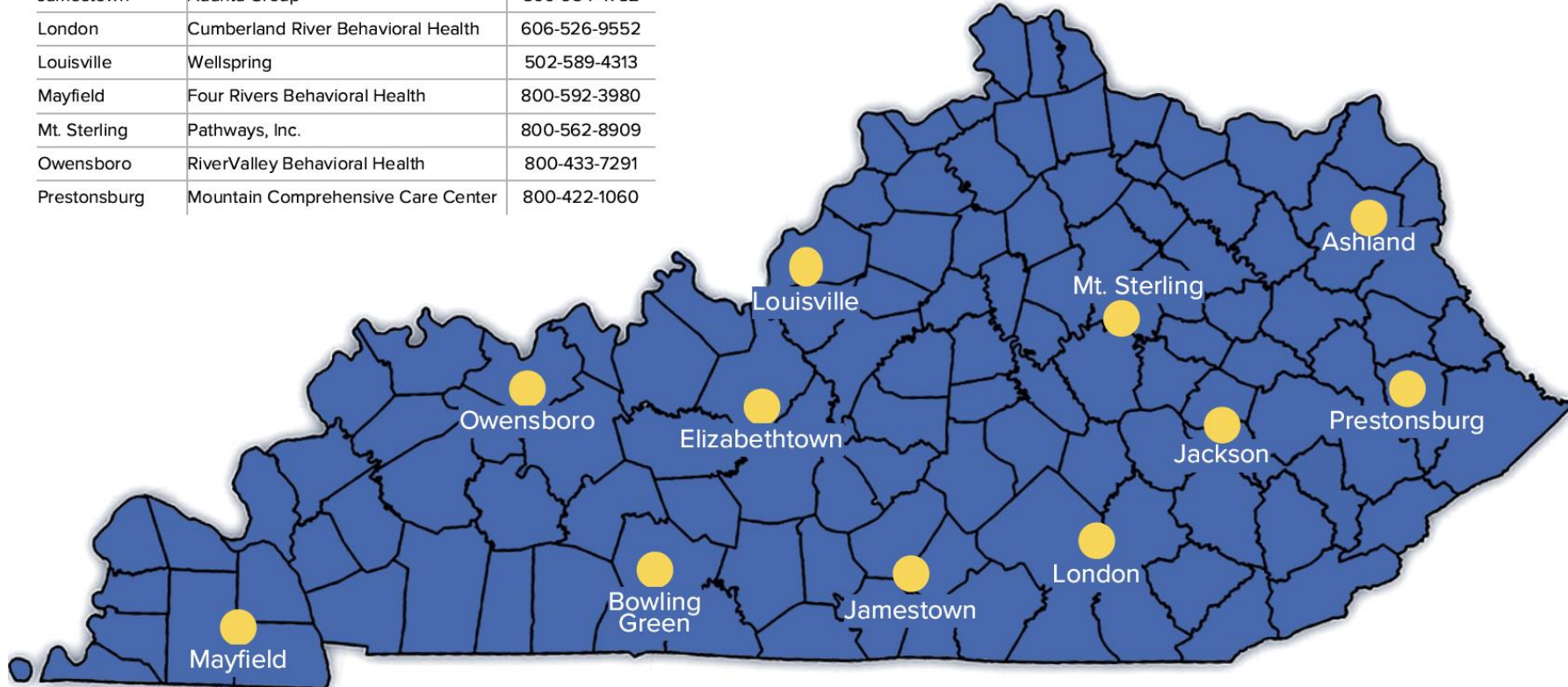
Location	Agency	Phone
Bowling Green	LifeSkills, Inc.	800-223-8913
Corbin	Cumberland River Behavioral Health	606-526-9552
Elizabethtown	Communicare, Inc.	800-641-4673
Louisville	Seven Counties Services, Inc.	800-432-4510
Morehead	Pathways, Inc.	800-562-8909
Prestonsburg	Mountain Comprehensive Care Center	800-422-1060



● Child Crisis Stabilization Unit

Location	Agency	Phone
Ashland	Pathways, Inc.	800-562-8909
Bowling Green	LifeSkills, Inc.	800-223-8913
Elizabethtown	Communicare, Inc.	800-641-4673
Jackson	Kentucky River Community Care	800-262-7491
Jamestown	Adanta Group	800-954-4782
London	Cumberland River Behavioral Health	606-526-9552
Louisville	Wellspring	502-589-4313
Mayfield	Four Rivers Behavioral Health	800-592-3980
Mt. Sterling	Pathways, Inc.	800-562-8909
Owensboro	RiverValley Behavioral Health	800-433-7291
Prestonsburg	Mountain Comprehensive Care Center	800-422-1060

KENTUCKY ADULT CRISIS STABILIZATION UNITS



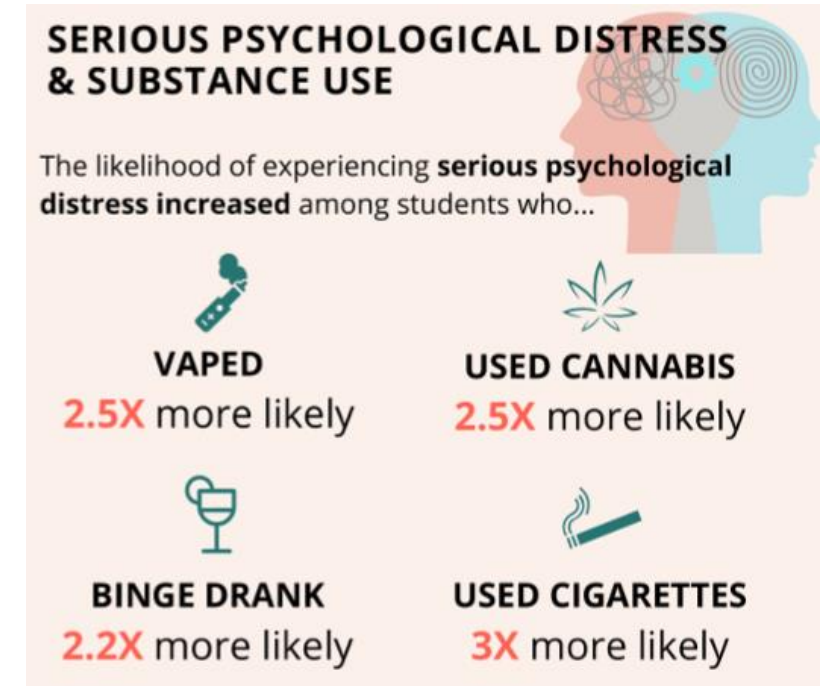
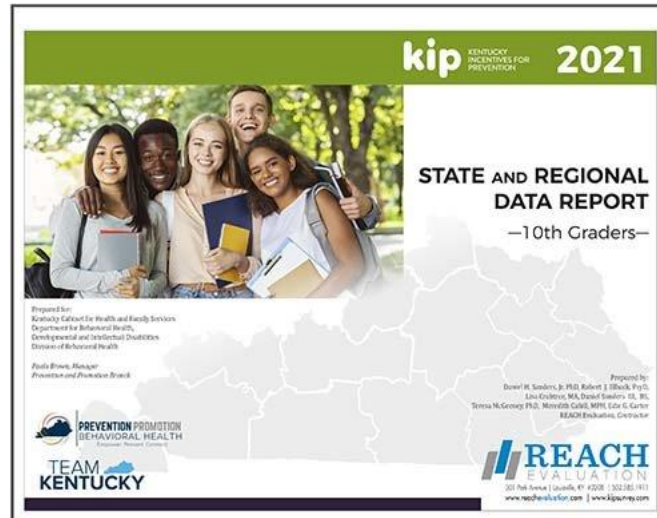
● Adult Crisis Stabilization Unit

Substance Use Initiatives:

- ✓ Prevent substance use/misuse and reduce associated harms
- ✓ Expand access to quality and equitable treatment services
- ✓ Support availability and linkage to quality recovery housing
- ✓ Support substance use workforce development

KY Incentives for Prevention (KIP) Survey

- Voluntary for 6th, 8th, 10th, and 12th graders every two years
- Questions on substance use, mental health and social/emotional wellbeing



KIPSURVEY.COM

Kentucky Recovery Housing Network

- Adoption of National Alliance for Recovery Residence (NARR) standards
- Technical assistance to meet the NARR standard
- Education on best practices
- Community Advisory Boards



KRHN.KY.GOV



Kentucky Overdose Response Effort

- ✓ End stigma
- ✓ Carry and distribute naloxone
- ✓ Link clients to quality treatment and recovery supports
- ✓ Access free technical assistance

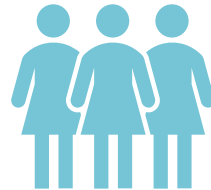


UNSHAME Kentucky is a statewide campaign to destigmatize opioid use disorder by providing education, increasing awareness of fentanyl, and sharing the stories of people whose lives have been affected by opioid use.

How to Get Involved: Visit UnshameKY.org



Share Your
Story



Become an
UnshameKY
Champion



Attend a Monthly
Webinar

Help Save Lives –

Carry naloxone (Narcan™) and learn how to use it

- Free, brief training is available online for providers and patients
- Visit kphanet.org/kore to learn how your organization can help



- Medicaid fully covers naloxone
- Over-the-counter naloxone available
- KORE Copay Program reduces the cost of co-pays for non-Medicaid beneficiaries
- Visit kphanet.org/copay

Home and Community-Based Services State Plan (1915i)

Individuals who seek services through the 1915(i) SPA will need to meet the following eligibility criteria:



Age and Diagnosis – 18+ with a Primary Diagnosis of Serious Mental Illness (SMI) OR Substance Use Disorder (SUD)



Assessment Tool – Level of Care Utilization System (LOCUS) OR American Society for Addiction Medicine (ASAM) Criteria



Functional Impairment – Daily Living Activities-20 (DLA-20©)



Duration / Episodic Criteria that includes, the hospitalization of an individual for a behavioral health condition more than once in the past 2 (two) years AND either clinically significant symptoms of behavioral health that have persisted in the individual for a continuous period of at least 2 (two) years OR a history of one or more episodes with marked disability and clinically significant symptoms are expected to continue for at least a two (2) year period

What services will be included in the 1915(i) SPA?

Case Management

Services eligible to individuals with a primary diagnosis of SMI and/or SUD

Services eligible to individuals with a primary diagnosis of SMI only

Assistive
Technology

Tenancy
Supports

Supported
Education

Supported
Employment

Transportation

In-Home
Independent
Living

Supervised
Residential
Care

Medication
Management

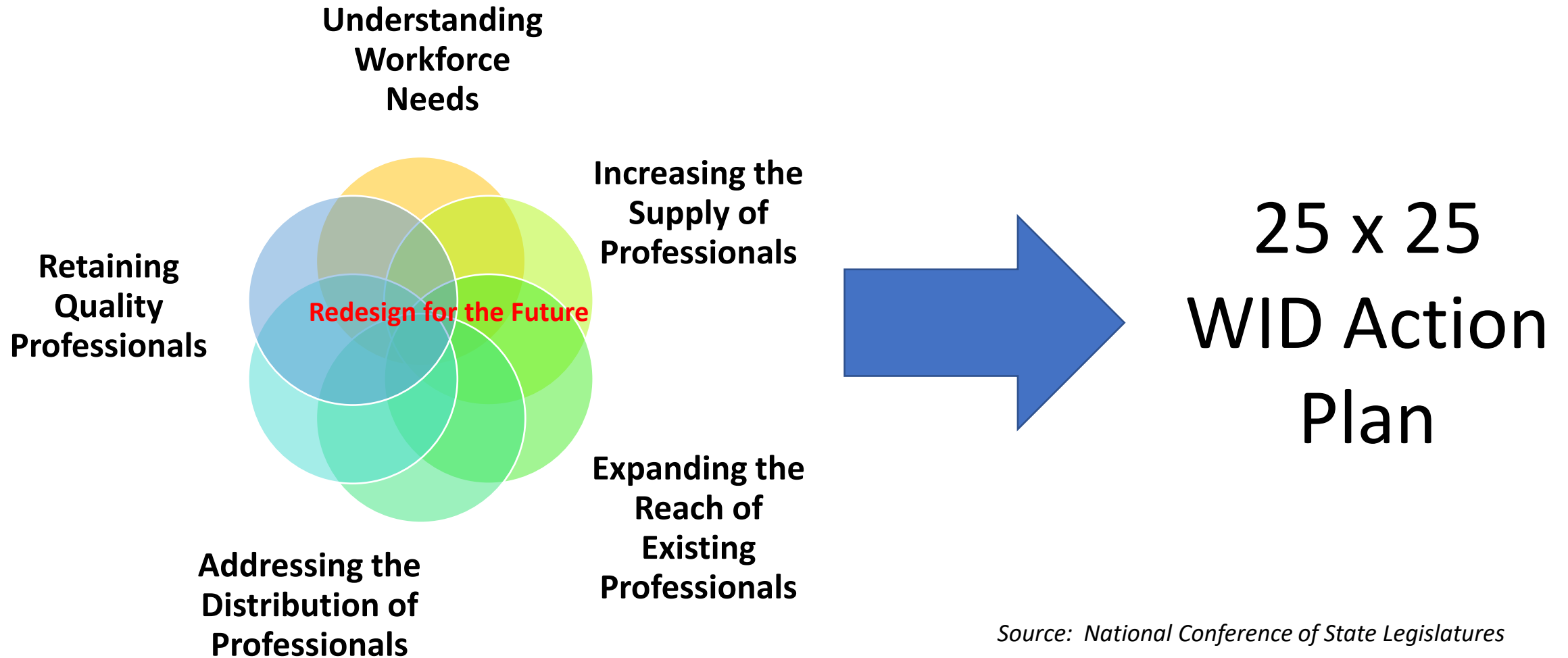
Planned
Respite for
Caregivers

Forensic Services

Goal: Improve system-wide services and supports for individuals experiencing mental health, substance use, and/or intellectual and developmental disabilities with, or at-risk for judicial involvement.

- Continue collaboration with KY Judicial Commission on Mental Health
- Reduce waitlist for competency to stand trial evaluations
- Continue statewide implementation of Assisted Outpatient Treatment (AOT; "Tim's Law")
- Establish work group to assess and improve jail mental health services

KY WID Strategic Framework and Action Plan



Workforce Action Plan Strategies-At-A-Glance

Understand Workforce Needs	Increase Supply of Professionals	Retain Quality Professionals	Address Distribution	Expand Reach	Redesign for the Future
Improve access to BH & IDD workforce data	Expand, improve, and populate BH & IDD career pathways	Increase in STS-informed organizations	Increase telehealth access and quality	Increase access to contiguous states' providers	Build sustainable infrastructure to support workforce innovation and development
Improve quality of BH & IDD workforce data	Establish BH & IDD Sector strategies	Reduce administrative burden	Increase providers serving rural, marginalized, & minoritized communities	Expand supply of a competent auxiliary workforce	Standardize 988 call center workforce practices
	Increase BH & IDD workforce participation among "untapped talent" populations				Envision the MH, SU, and IDD workforce for the future using person-centered design principles
	Design series of Registered Apprenticeship Programs				

Angular-Sap

Building a Stronger Community



Kentucky's Behavioral Health Landscape: Improving Services and Expanding Care for Kentucky's Most Vulnerable

