



## Behavioral Health Aide in a Rural Community

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## Behavioral Health Aide (BHA), I, II, Practitioner

- Created by the Alaska Native Tribal Health Consortium (ANTHC)
- an advocate, educator, and a counselor to individuals or groups
- supports clients in process of recovery of drugs, alcohol, or tobacco as well as mental health challenges in grief, depression, suicide, and other related challenges
- Criteria

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## Continued...

- The BHA is certified under the Community Health Aide Program Certification Board. The criteria for BHA includes education in Chemical Dependency Counselor Training, and/or Rural Human Services Certificate. Both programs and continuing education credits approved by the American Psychological Association. The RHS program is with University of Alaska Fairbanks, Anchorage, Bethel, or other campuses. To be certified, the BHA must go through a specified training, practicum, and experiences.
- <https://anthc.org/behavioral-health-aide-program/>

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If Behavioral Health is accredited from the Commission on Accreditation of Rehabilitation Facilities (CARF) Behavioral Health can bill to Medicaid for services provided.

- The BHA billing is through a State Plan Amendment (SPA) notes with specific Medicaid billing numbers or units: crisis intervention, support family, etc.
- Behavioral Health Aid Manual (BHAM) is a manual created to support children, adolescents, and their caregivers.
- <http://www.carf.org/Providers/>

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### BHA

- BHA utilizes resources collaborates with local Health Clinic (Chugach Region).
- BHA is supervised by an itinerant therapist or Clinician.
- BHA may or may not work with court ordered clients.
- BHA works with Clinician, gives monthly reports:
- Contacts: education, home visit, outreach,

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### Continued....

- Team Player with Health Clinic in providing services; Diabetes Education in Tribal Schools, Chronic Health Patient/Client support
- Client or Case Management
- Crisis Intervention
- BHA is certified by the ANTHC and similar to Regional Alcohol and Drug Abuse Counselor Training (RADACT).
  - BHA focuses on rural Alaska Native population & connects cultural values
  - <http://www.raaacct.com>

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### Why is there a need for BHA?

- UAF referred to Counselors in rural area as: Growing our Own
- Client's first contact to services (in rural area)
- Building a relationship with Community and advocating for potential clients and current clients in crisis
- BHA role is 24/7 a week, immersed in own home, own community, with family.
- Bridge Services, create services, provide services
- Non-benefits: dual relationship, different hats, Adapt to Western Model: nuclear family

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### Trauma to First People

- *Historical Trauma* is defined by Maria Yellow Horse Brave Heart, PhD "cumulative emotional and psychological wounding across generations, including the lifespan, which emanates from massive group trauma."
- *Great Death* by Harold Napoleon was described as "there was mass conversion and people began to abandon, in a sense, their own culture and in abandoning their culture, they abandoned themselves"
- <https://www.pbs.org/public.org/2015/12/14/with-understanding-comes-forgiveness-turning-pain-into-info-film/> "Great Death"
- <http://discoverthegourstory.wisdomoftheelders.org/lesson-1-historical-trauma> "Historical Trauma"

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### Adverse Childhood Experiences (ACEs) Kaiser Permanente

In 1995-97 the Center for Disease Control & Kaiser Permanente discovered that 94,177,000 patients reported early adverse experiences

Recurrent exposure to domestic violence, sexual, physical, emotional abuse, family in incarcerated, neglect, family member with a mental illness, Raises the risk in health disparities : high blood pressure, diabetes, obesity, social problems, early death.

<http://www.kaiserpermanente.org/health-topics/ace> © Kaiser Permanente 2014

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## Cherokee Health System Clinical Model

- Patient Centered Workflow
- Integrate Behavioral Health into Medical
- Addresses substance abuse, mental health, behaviors that effect medical that come from negative coping mechanisms: tobacco use, substance abuse, stress, stress related symptoms
- 57% untreated, 33% Primary Care, 10% Treated Behavioral Health
- Focus is Healthcare and behavioral health symptoms
- Franko, CHSCM, [2015] Kaffal & Goltz-Healing Mind and Body ( 2007)
- <https://www.franko.com/resources/clinical-model-of-behavioral-health-integration.pdf>
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## The Native Model of Wellness by Hodge, Limb, and Cross is the adopted model in the quest to seek natural resources

- Cultural: Talking Circles; intervention, grief, relationship building, anti-bullying, family, memorial potluck, home visits, fishing, walking, pick berries, cut fish, Steam bath, story telling, children's activities, & have an elder present at events and give advice, opening statement, community member co-facilitate, resource to local service providers
  - Adopting 4-5 elders for cultural advice on creating programs or working in a community
- Creating Programs for based on a clients need with confidentiality:
- Arts & Crafts: paint nights, jewelry making, etc.
- Elder Story Telling

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**Logic Model**  
Program: **Develop Village Based Activities to Reduce the Risk of Suicide**

No/Resource Inputs	Outputs		Outcomes - Impact		
	Activities	Participation	Short	Medium	Long
Address High Risks of Suicide No Funds to increase services Meet with Health Providers and Participants in the Community Create Culture Address to reduce the risk of suicide	Suicide Prevention & Bolder of A Windows Between the Worlds Elder Home Visit Elder Tea Seek Current Assets Within the Communities Collect Data on Current Village Based Programs through Community Forums	Nanwasee children, families, elders, and youth Chugachmihi Present Therapist Behavioral Health <b>Trainers</b> Alcohol Prevention Coordinator Community Health Resource	Interruption of Suicide Social Network Bugieas Culture, Language, and Traditional Skills and Activities Utilizing current natural resources	Reduction of Suicide Risks Community Support Bugieas Culture & Traditional Practice Utilization of Traditional Resources	Low Suicide Risks Factors Efficacy Bugieas Language, Culture, Tradition, Utilization of Traditional Resources
<b>Assumptions</b> Reduce the risk of Suicide through village-based community activities			<b>External Factors</b> Provide a wrap around service for clients at risk of suicide and reduce the risks of suicide		

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**What is Trauma?**

Trauma is used to describe experiences or situations that are overwhelm people's ability to cope.  
Or an emotional response to a life threatening event  
Amikukursagsteluki scared  
Aingluten amikugluten: getting scared of what happened

\* Vehicle crash, witness domestic violence, verbal abuse, dog attack, physical abuse.  
[https://www.youtube.com/watch?v=xacCF\\_Eh0MA](https://www.youtube.com/watch?v=xacCF_Eh0MA)  
Center for Nonviolence and Social Justice  
<http://www.nonviolenceandsocialjustice.org/FAQ/What-is-Trauma/41/>

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**Effects of Trauma on Brain & Body**

- Fear Fight Flight Freeze
- Anakaarluten yuuriluki suk: person is stuck like freeze
- Body shuts down
- Memory fades to protect the body
- Qaakarluni: mind shut down
- Prolonged exposure means "unsafe"
- Aingluten: She/he/it not feeling safe, scared

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**Effects of Trauma**

- Feelings of unsafe, increase fear of -----,
- Cognitive skills: unable to plan ahead, fear of being alone,
- Umiarlekqunak nupurneqmek nateqinak loss
- Umiarturuten uugcinek qianekiluten loss
- Suk Imiarstute sulciq: person is empty took culture
- Feelings of grief: loss of self, identity,
- Unable to think clear or unable to make decisions
- Unable to process information correctly
- Eparciqqa: Anxiety

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**Negative Coping Mechanisms**

- Negative Coping Mechanisms leading to risk factors
- Excessive worrying or stress
- Isolating self or not having a support system
- Loss of interest in hobbies, exercise, gatherings
- Lack of sleep or over sleeping
- Sarku'uni : not sleeping

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**Building Resilience in our Community**

- Traumatic event : seek support
- Critical Incident Stress Debriefing: law enforcement, health providers
- Talking Circles: Facts & Feelings: Peer Support
- Mindfulness group: reduce negative symptoms or Art Groups: relax & feel safe
- Not seeking help can increase the chance of symptoms related to Post Traumatic Stress Disorder: no sleep, feelings of on the edge, discomfort in social situations, hyper-arousal, etc.
- With treatment, symptoms may be reduced and with no treatment, symptoms may continue

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**Positive Coping Skills**

- See a help from Counselor or Therapist
- Kinaq Nupuluki: talk to someone
- Find what makes you happy
- Build a support system
- Get involved in activities
- Niiciriuki Atuutit : Listen to
- Reduce the stress in your life

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### Resources in Community

- Elders
- Spiritual Leader
- Families
- Children & Adolescents
- Land, sea, air
- Local Organizations: non-profit, tribe, local health providers
- Traditional Culture, Beliefs, Values, and Language

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