

## An Update of the Population-Based Estimation Model for Beds Needed Below the Level of Residential Psychiatric Treatment Facilities (RPTC)

**Background:** The purpose of developing a regionalized need estimation model (2006) for estimating bed need was to support funding decisions for behavioral health facilities and programs. The methodology compared existing resources in each region with estimated need, using as a “standard” the region with the most success in keeping youth out of Residential Psychiatric Treatment Centers (RPTCs). The steps include inventorying current in-state capacity and beds coming on line, analyzing the regional rates of institutionalization in RPTCs to identify the region with the best record, and estimating bed need for diversion and/or step-down placement. The targets for developing community based residential beds were set based on a standard reflecting the current distribution by “level of care” in the region having the best success in keeping youth out of RPTCs.

Alaska’s multi-agency *Bring the Kids Home* project involves the expansion of service capacity at multiple levels of the system of care, including community based residential services for diagnosis and treatment. The program recognizes that “residential” services can be defined within a range of less restrictive (therapeutic foster home, included in Level I which also includes day treatment programs) to more restrictive (institutional residential facilities, Levels II: Emergency Stabilization and Assessment Centers, III: Residential Treatment, and IV: Residential Diagnostic Treatment Centers, as well as Level V: RPTC). The Department, Alaska Mental Health Trust Authority and Denali Commission have taken into consideration the estimated need for new capacity in funding decisions over the last three years.

**Current Status:** Since 2006, the number of community-based beds available in “treatment resource homes” has increased ten-fold, from 256 to over 2600. Most of these are in homes with one to three “beds” available. Level II beds have increased from 120 to 131, Level III from 198 to 217, and Level IV from 52 to 109. Thus capacity has increased greatly. For every region, capacity has increased, from two to ten-fold, with the biggest increases in the regions that had the least capacity – Southwest and Kenai-Kodiak – and the capacity is now more proportional to the population of children. While level II, III and IV beds have increased in number, it is the treatment and resource home beds that have increased more substantially.

Community Residential Treatment Bed Capacity (TRH and Levels II, III and IV)				Percentage Distribution by Region	
	2006	2009	% Change	2006	2009
Northwest	17	74	435%	2.2%	2.4%
Southwest	30	326	1087%	3.9%	10.5%
Anchorage-Mat-Su	335	1520	454%	43.9%	49.1%
Southeast	121	464	383%	15.9%	15.0%
Interior	234	499	213%	30.7%	16.1%
Kenai-Kodiak	26	212	815%	3.4%	6.8%
Total Existing	763	3095	406%	100.0%	100.0%

**Implications:** With the dramatic shift in the last three years in number and types of residential services available to children with behavioral health problems, we would expect changes in utilization of RPTC beds, but it remains to be seen what services are most effective in bringing about lower utilization of the highest level of care. By June of 2010 it should be possible to assess the regional RPTC utilization rates, and to track the use rates of other residential services, to see what array of services appears to have been most effective in reducing institutionalization.

**Options:** Re-evaluate RPTC use rates for the past five years (year by year) in June 2010. Consider at that time if application of the bed need model approach will be useful in assessment of need for additional community bed need capacity.

Prepared by Alice Rarig, Planner IV, Health Planning and Systems Development, July 9, 2009. DHSS program staff with encouragement of Bradley Grigg, DBH, provided the updates of inventory of beds licensed or otherwise approved for use by children (Medicaid beneficiaries, custody children and others).