

Enhanced Residential Services for Complex Youth- Pilot Program

Introduction:

The State of Alaska's Departments of Family and Community Services (DFCS) and Health (DOH) have identified a service gap for our most complex youth, who often have intellectual and developmental disabilities, co-occurring mental health disorders, and challenging behaviors. These youth frequently are placed in high-level care settings like acute psychiatric care, juvenile justice facilities, or residential psychiatric treatment centers (RPTCs). However, upon reaching treatment goals, they face limited discharge options, leading to prolonged stays in unnecessarily restrictive environments. This Request for Information (RFI) explores the establishment of an enhanced residential setting to support youth transitioning from or avoiding more restrictive facilities.

The objective of this RFI is to identify the necessary supports, funding, and training to create a small, home-like setting for 1-4 individuals, offering support for periods ranging from six months to four years based on youth needs. This setting aims to facilitate youth transitioning from higher levels of care or prevent their admission to such facilities altogether. Alaska aims to pilot a program that transitions youth from hospital-based, juvenile justice, or residential treatment settings back into community-based environments, fostering safe reintegration.

Response Information:

The State of Alaska is soliciting responses from experienced providers capable of developing services to support youth with complex needs that necessitate coordinated services from multiple partners. Specifically, Alaska seeks detailed business plans for enhanced residential settings resembling small, home-like environments. These settings may accommodate 1-4 residents, varying based on youth behaviors, clinical recommendations, and environmental supports.

Responses must encompass a comprehensive plan outlining the provision of specified supports, including:

1. Staffing Plan
2. Environment
3. Environmental Modifications
4. Training, experience, and/or certifications
5. Wrap Around Services
6. Miscellaneous
7. Additional Information (*Optional*)

*Please provide a narrative for each section, including the estimated cost per day with justification. Specify which services could be performed by your organization's staff and which services should be contracted out or performed by a third party.

Staffing plan:

Please provide details on staffing requirements for achieving the following ratios in a 24/7 home-like setting, including coverage for vacation and sick time. Additionally, specify the average hourly rate for staff, required credentials, and the cost of benefits/insurance per employee. For the purposes of this Request for Information (RFI), all staff are considered wake-staff, with the option for sleep staff available to respond to emergencies but not included in staffing ratios. There should be a minimum of 2 staff

present at all times, even with one youth, to facilitate staff rotations and provide support in case of allegations.

Please outline the recommended shift schedule, considering 8-hour, 10-hour, or 12-hour shifts, and indicate whether live-in staff is an option. Provide details on staff credentials required for this role.

- Serving 1 youth with 2 staff: 1 client
- Serving 2 youth with 3 staff: 2 clients
- Serving 2 youth with 2 staff: 2 clients

Environment- Describe the environment that you would need for the youth and the cost associated.

- Description of residence with use for each space
 - Example narrative- 3 bedroom, 2 bathroom split level home with kitchen, living room, dining room, and fenced in backyard- 1 bedroom for youth, 1 bedroom for staff room, 1 bedroom to be converted to a sensory room/calm down space, living room, kitchen, and dining area will be a shared space, one bathroom will be for staff only, and one bathroom will be for the client.
- Total cost of home per month- consider utilities, insurance, taxes, maintenance, etc.

Environmental Modifications-

- What environmental modifications might benefit this population? What would it cost to complete these environmental modifications?
 - Video monitoring, sensory tools, reinforced environment, door/window alarm systems
 - Example: sensory swing installation
 - Swing, O-ring, adjuster, and clip- \$780 (Southpaw.com) + Installation \$120 = Total: \$900

Training, experience, and/or certifications-

- List out any specific trainings you would like to provide your staff, the cost per training per person, approximate how long the trainings will take to complete, how often they need to re-certify. Include how much direct care experience is recommended to serve this population, and any certifications that are recommended.
 - Example- Each employee should have a Non-Violent Crisis Intervention certification- the hybrid course is \$160/per person and 16 hours of training time is required to complete. The re-certification is yearly at \$80/person with 4 hours of training time.

Wrap Around Services-

- List any wrap around services that you think might benefit this population outside of what will be provided in the home or community setting (these can be contracted out).
 - Example- occupational therapy, applied behavior analysis, speech therapy, talk therapy, play therapy, recreational therapy, day habilitation services.

Miscellaneous

- Please include any other information, expenses, or considerations for this level of care
- Example- administrative costs for billing, coding, and payroll
- Documentation

Additional information:

- Describe any experience providing services for the target population.
- If your organization is unable to provide the services in its entirety, please elaborate in which areas you can accommodate. Your response may inform future proposals.

- Are there any supports that would help a provider stand-up this level of care?
- Given your previous responses, what daily rate would be appropriate for an enhanced residential service as described in this proposal?
- Would your organization like to be notified of future requests for proposal for this population?

Population:

Age Group:

- Youth up to age 18, or up to age 21 when the youth is in DFCS custody (i.e.- OCS, DJJ, API)

Behaviors may include but not limited to:

- Frequent aggression towards staff or peers, posturing at staff, inappropriate disrobing, sexualized behaviors (example- public masturbation, groping), self-injurious behaviors, intermittent episodes of significant property destruction, grooming/propositioning peers, verbal aggression, or elopement.

Diagnoses may include co-occurring:

- Intellectual and development disabilities- autism, FASD, genetic conditions
- Brain injury
- Serious and persistent mental health needs- reactive attachment disorder, oppositional defiant disorder, post-traumatic stress disorder, intermittent explosive disorder, etc.

Services will Include:

- 24/7 supervision and support
- Assistance or oversight to safely complete activities of daily living
- Assistance structuring their day, support to participate in daily activities, and maintaining appropriate sleep hygiene.
- Meal preparation and transportation.
- Outpatient wrap around services which may include intensive therapy, occupational therapy, speech-language therapy, ABA services, one-on-one staffing 24/7, nursing services, case management, medication management, and educational supports

Interested parties who believe they can provide the services described in this RFI must submit their response in writing by **June 21st, 2024** to the following person:

Brianne Oswald, OTD, OTR/L

Deputy Director of Complex Case Systems

Department of Family and Community Services- Commissioner's Office

Office: 907-269-7851

Work Cell: 907-223-8772

Email: Brianne.oswald@alaska.gov

It is the responsibility of the interested party to follow up with the person listed above to ensure your response was received prior to the time and date specified. Please ensure the response includes your company's name and contact information (email and phone number) for the individual(s) who should be notified if DFCS/DOH releases a solicitation.

Important Notice:

Responding to this RFI is not a requirement for any future contract opportunities and there is no guarantee that any of the information provided in response to the RFI will be used for any potential future procurements. Responses to this RFI are for information purposes only and will not be evaluated. This RFI does not extend any rights to prospective contractors or obligate the state to conduct a solicitation or purchase any goods or services, nor will DFCS/DOH or the State be financially responsible for any costs associated with the preparation of any response to the RFI.