



**SB 2012**

Senate Appropriations Committee  
Senator Bekkedahl, Chairman

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Life Skills and Transition Center | January 17, 2023

NORTH  
**Dakota** | Health & Human Services  
Be Legendary.

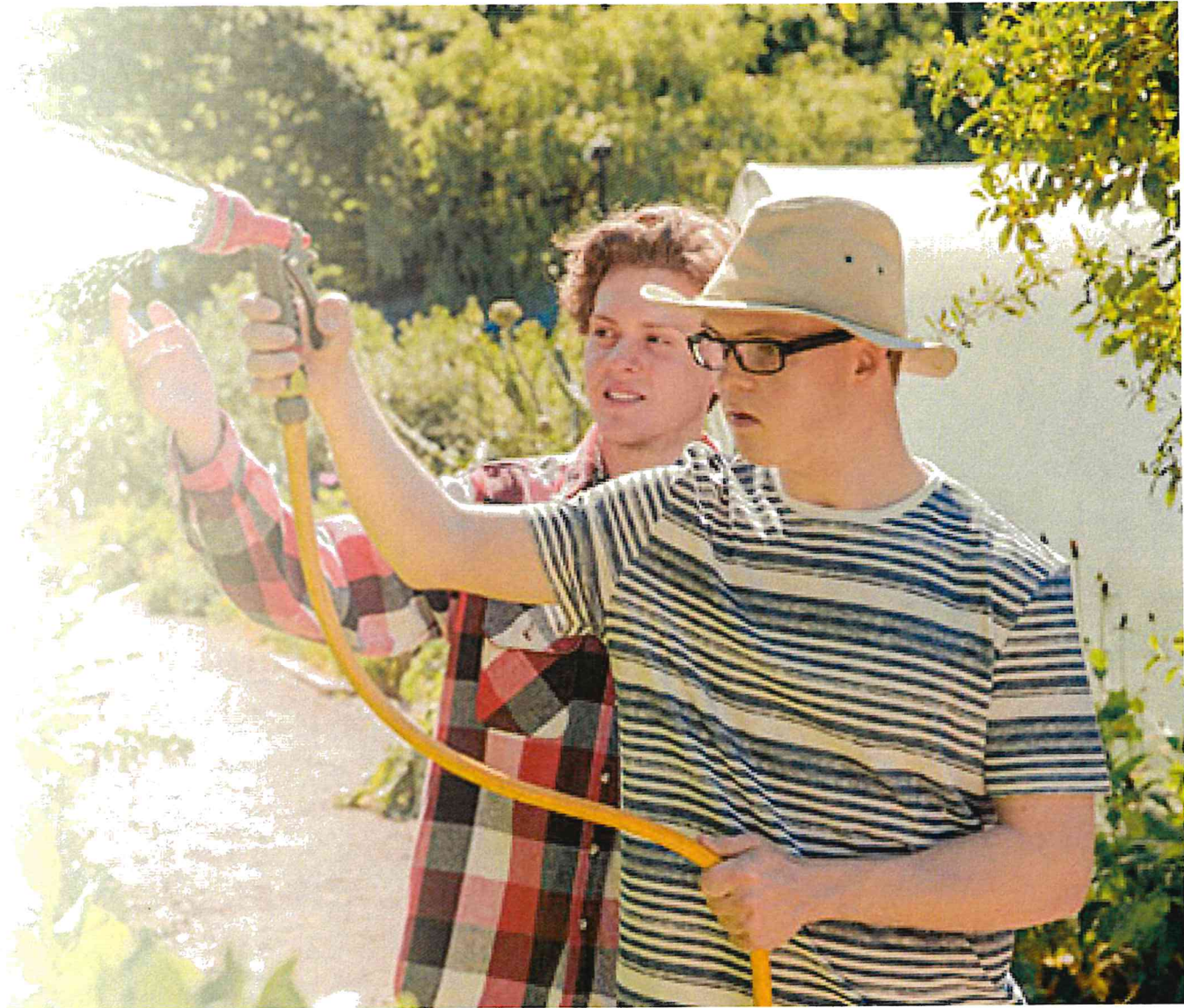


## Who we are

LSTC serves as a specialized resource to the network of approximately 120 private residential facilities and thousands of families who have a loved one with an intellectual or developmental disability for whom they are a caregiver or guardian.

## Who we serve

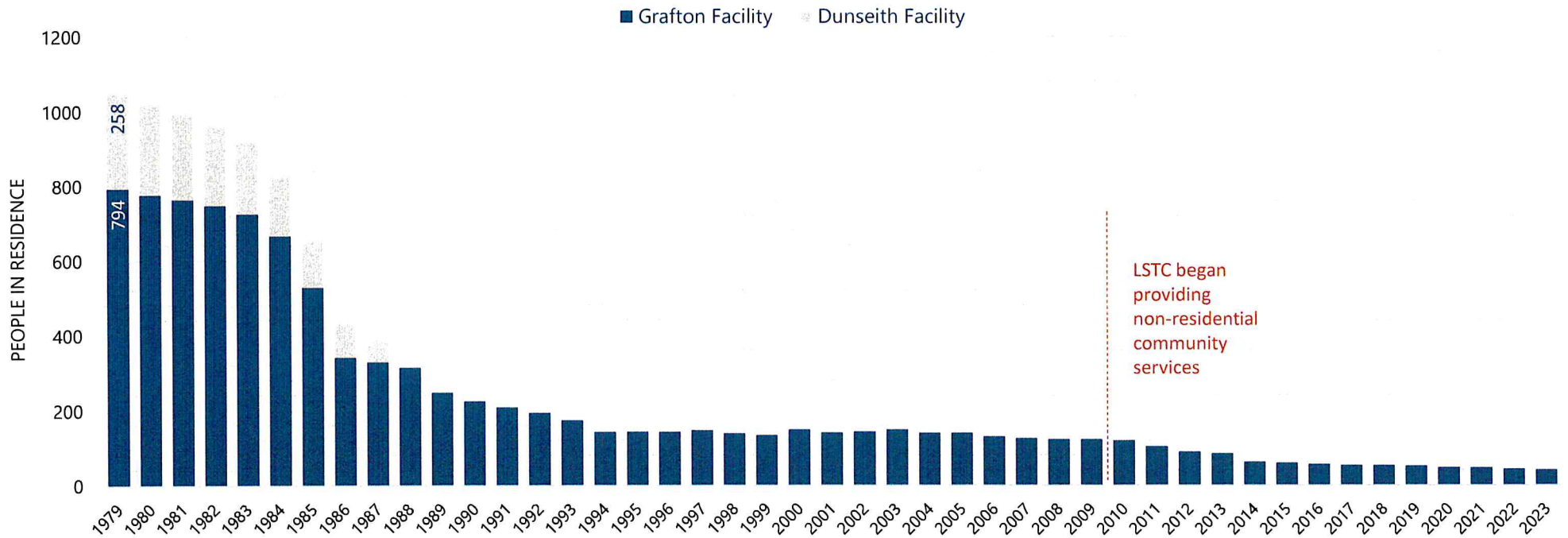
Children and adults with complex and co-occurring disabilities who are not always well-served by the current continuum of services.



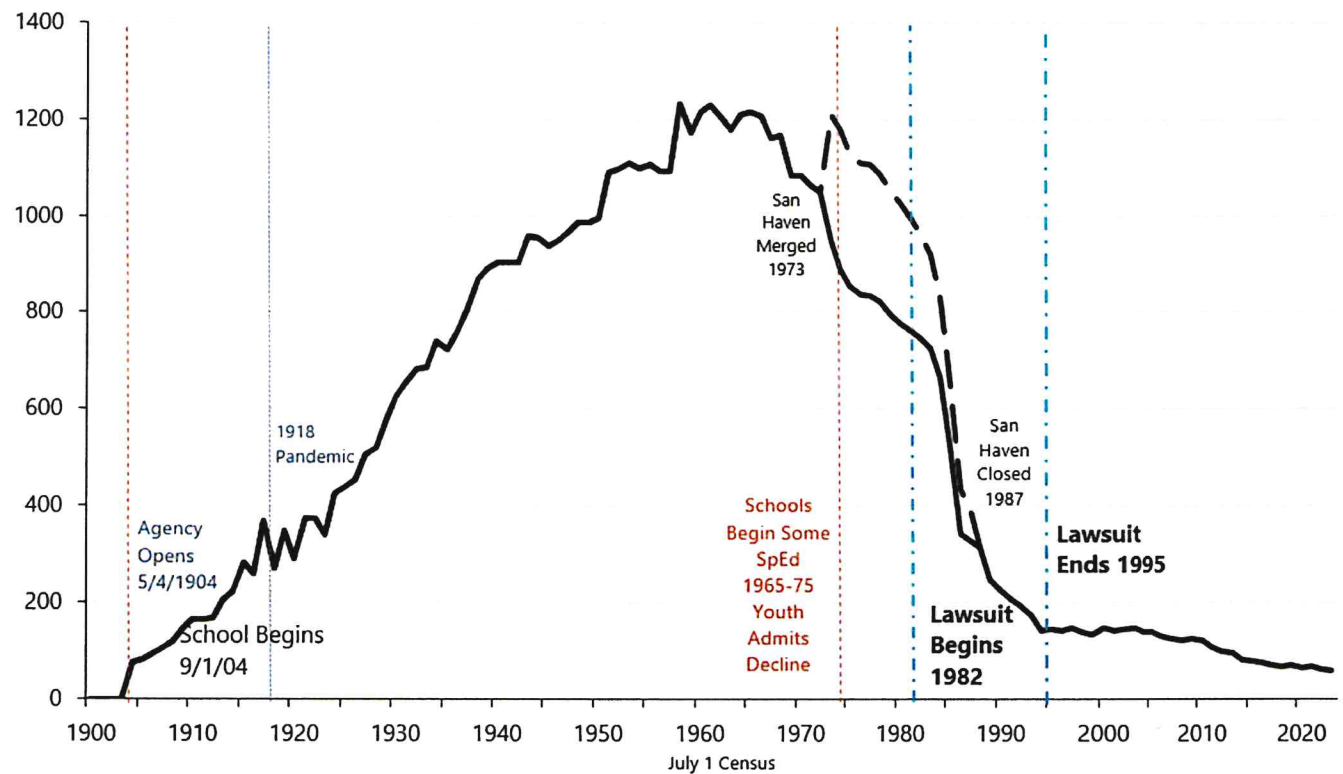


# LSTC's role in ND has changed significantly in the last 40 years

1979 -2023 CENSUS | GRAFTON & DUNSEITH



LSTC reached its peak census in 1958, when 1,231 children and adults lived in the state's residential institution





# LSTC Program & Services

## What we do

Provide specialty care and support for people experiencing crisis and/or who need stabilization; work together with guardians to identify opportunities for each person to live in a community setting of their choice wherever and whenever possible.

### RESIDENTIAL Crisis / Stabilization (Specialized ICF)

Crisis Residential

Short-term Stabilization  
Residential

Transitioning to Community  
Residential

Vocational Services

Long-term specialized residential

### NON-RESIDENTIAL Statewide Stabilization Supports

Applied Behavioral Analysts

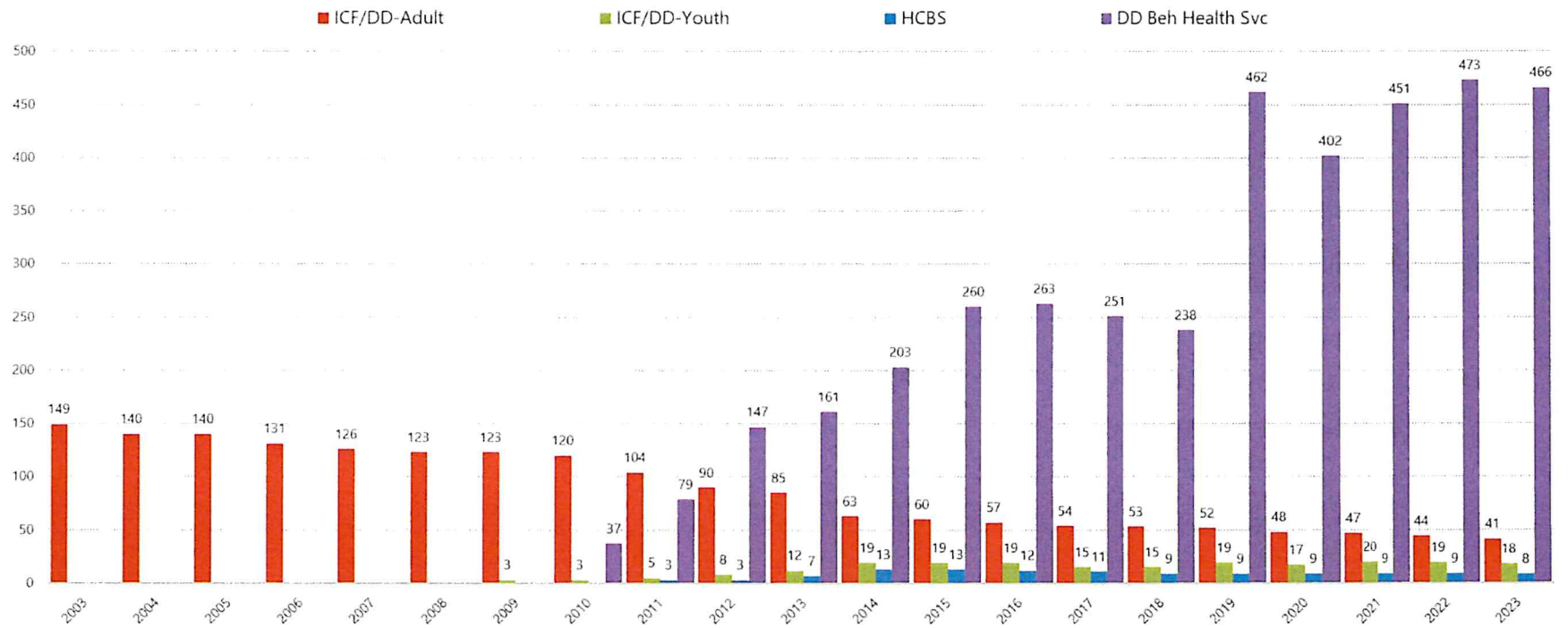
Statewide crisis/stabilization  
team

Therapeutic Clinic

Adaptive Equipment Center

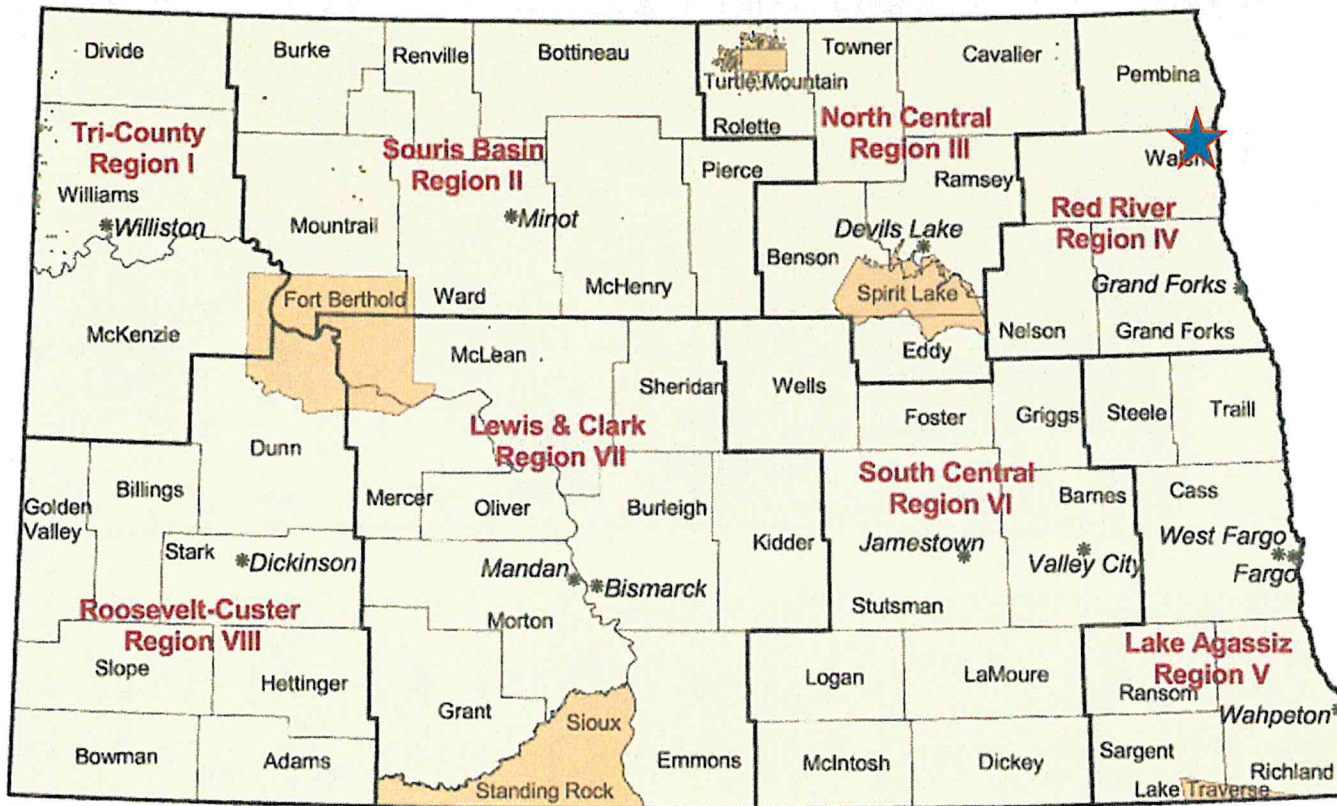


# Role of LSTC in state DD system continues to evolve with greater investment in community supports



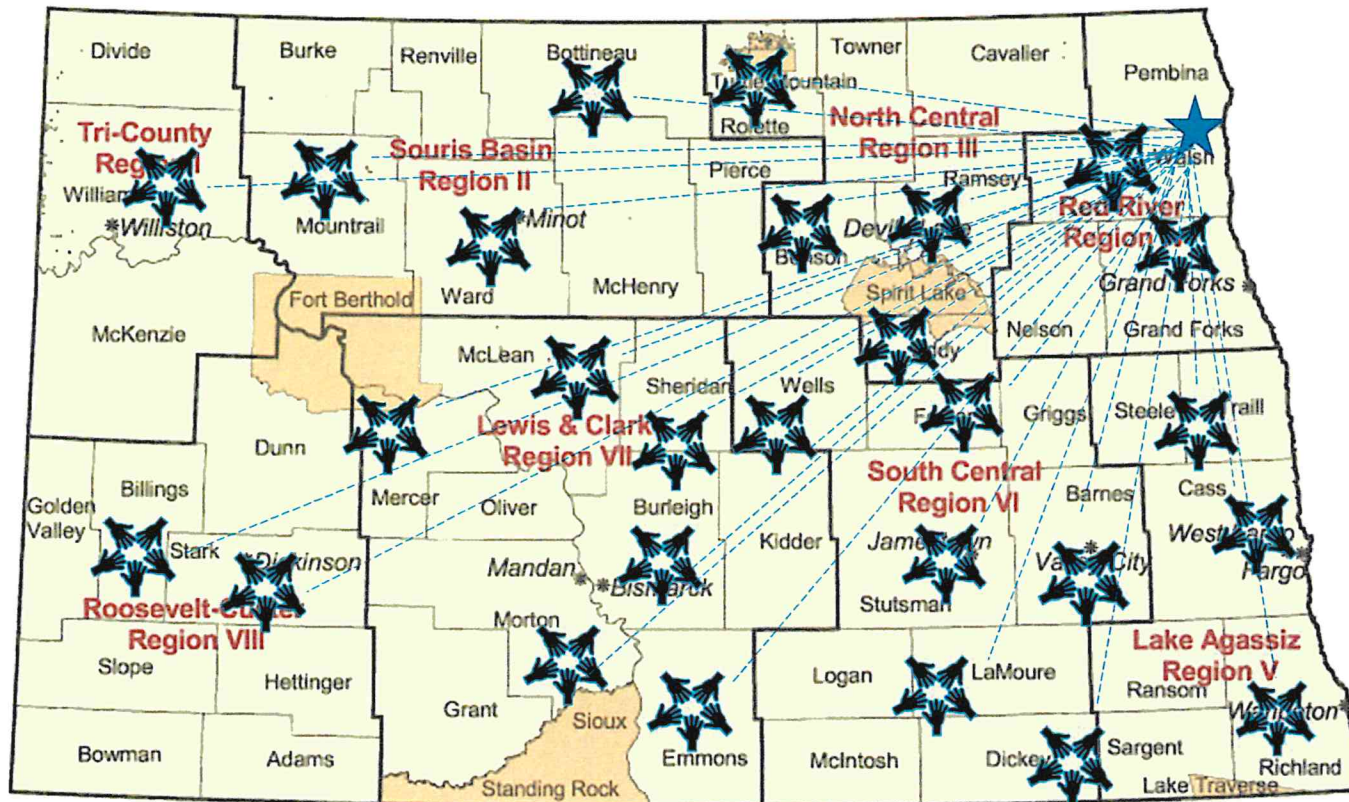


# Historically LSTC was a campus-based residential facility





# LSTC provided in-community transition and stabilization support to 129 people living in 21 different communities

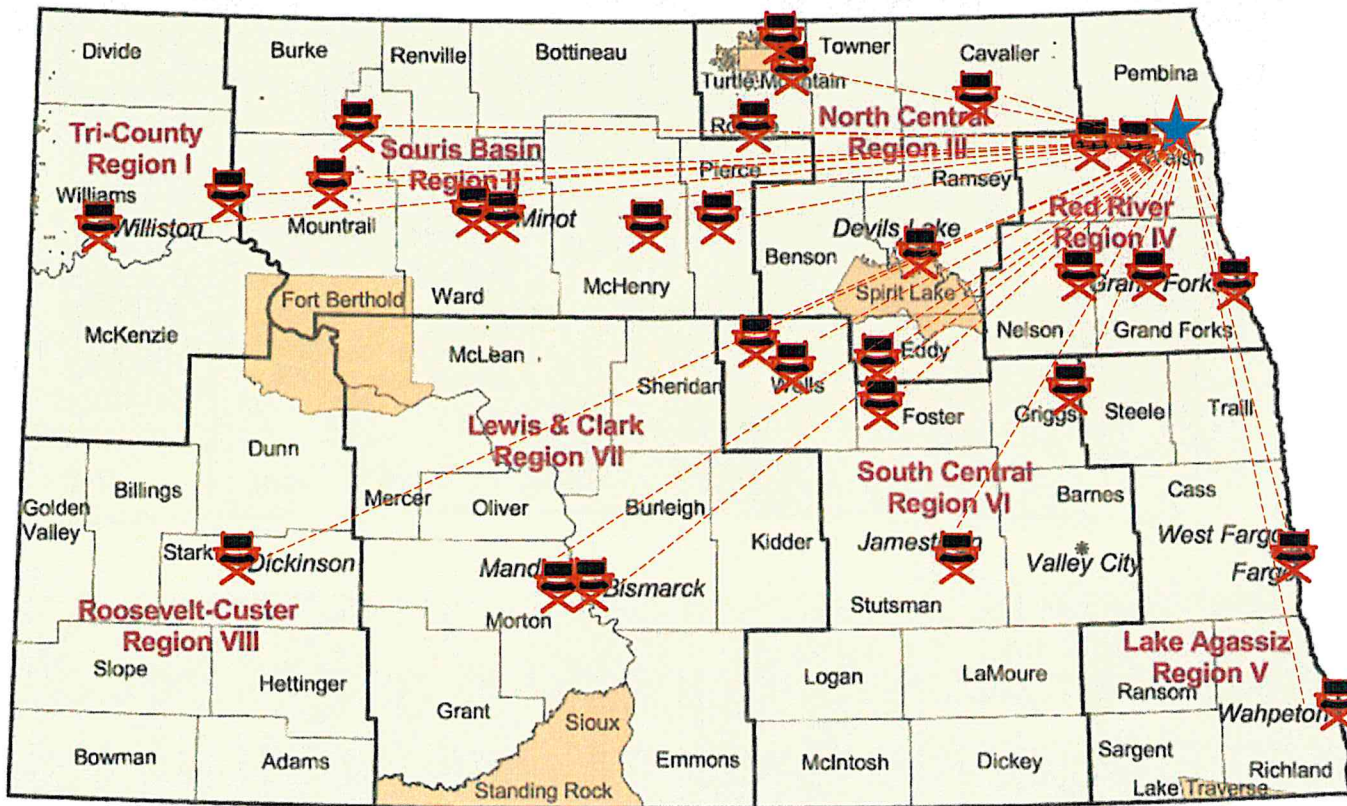


County – People served (# of services provided July 2021 – Dec 2022)

Barnes - 3 (47)	Ramsey - 7 (42)
Bottineau - 1 (36)	Richland - 8 (42)
Burleigh - 12 (71)	Rolette - 1 (14)
Cass - 24 (457)	Stark - 3 (23)
Eddy - 1 (1)	Stutsman - 13 (63)
Foster - 1 (17)	Walsh - 23 (130)
Grand Forks - 14 (258)	Ward - 12 (119)
Morton - 2 (9)	Wells - 1 (2)
Mountrail - 2 (3)	Williams - 1 (2)



# 219 people had their ability to move about their home and community enhanced by LSTC's Customized Adaptive Equipment service

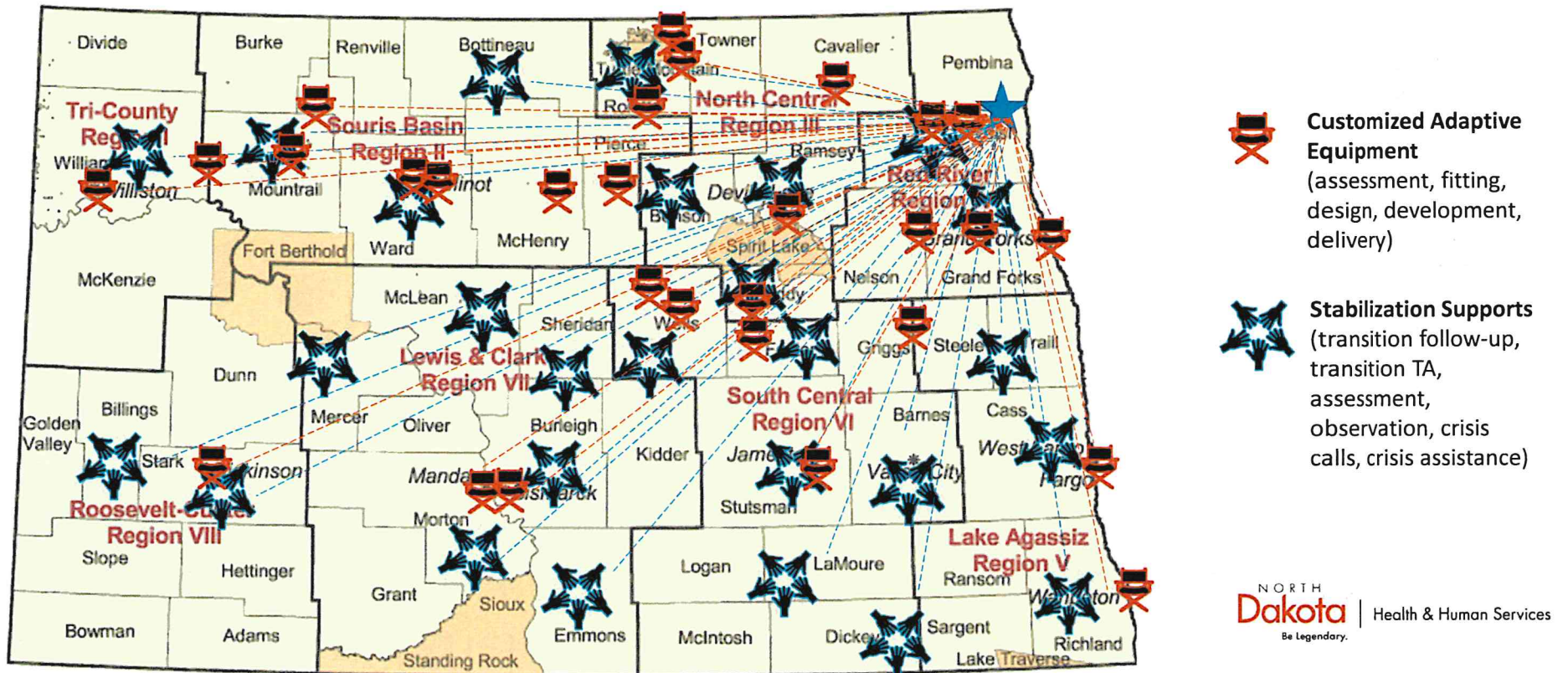


## Customized Adaptive Equipment July 2021 – Dec 2022

- |             |              |
|-------------|--------------|
| Aneta       | Kenmare      |
| Arvilla     | Langdon      |
| Bismarck    | Mandan       |
| Burlington  | Minot        |
| Carrington  | New Rockford |
| Cooperstown | Park River   |
| Devils Lake | Rolette      |
| Dickinson   | Rolla        |
| Edinburg    | Rugby        |
| Fargo       | St. John     |
| Fessenden   | Stanley      |
| Grafton     | Tioga        |
| Grand Forks | Velva        |
| Harvey      | Wahpeton     |
| Jamestown   | Williston    |



# LSTC provided in-community transition and stabilization support to 500 people living in communities across ND

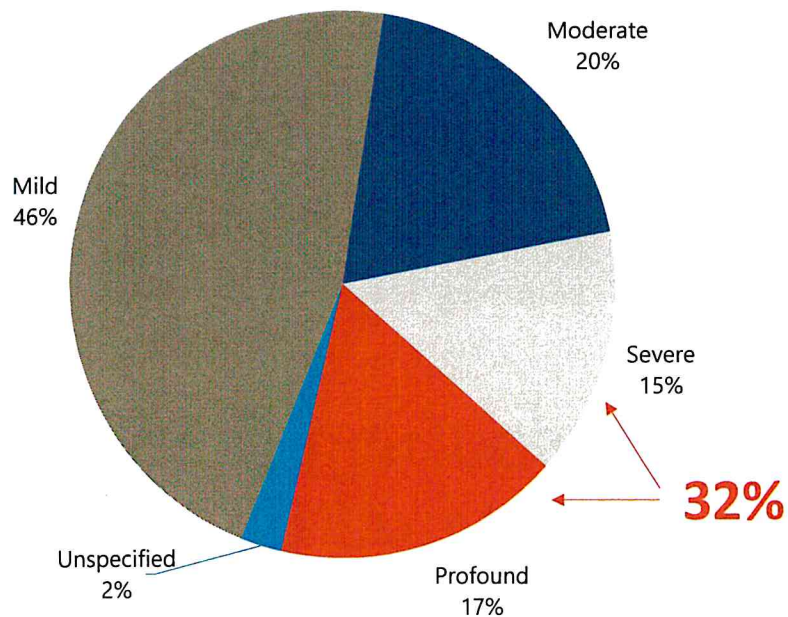




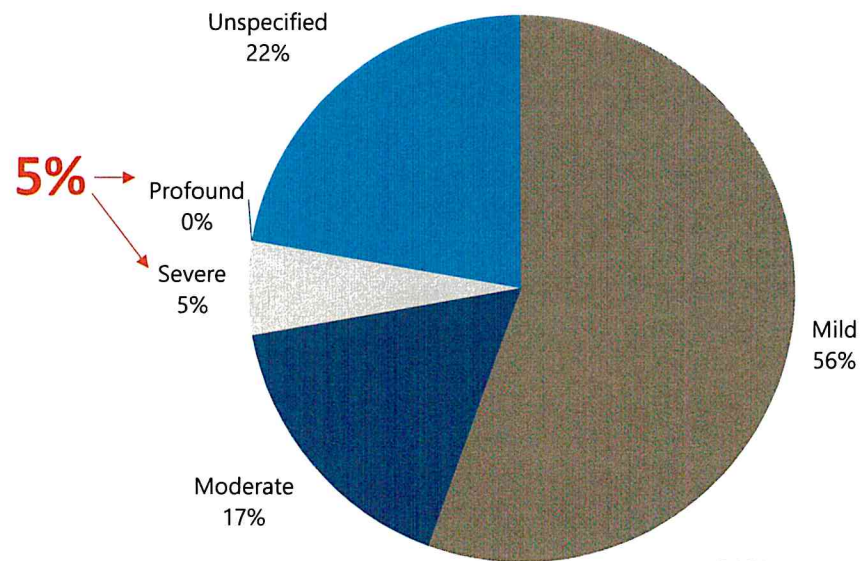
# Prevalence of Severe and Profound Intellectual Disability is low for youth

## Disability Level – Adult and Youth

2023 LSTC **Adult** by  
Level of Intellectual and Dev. Disability

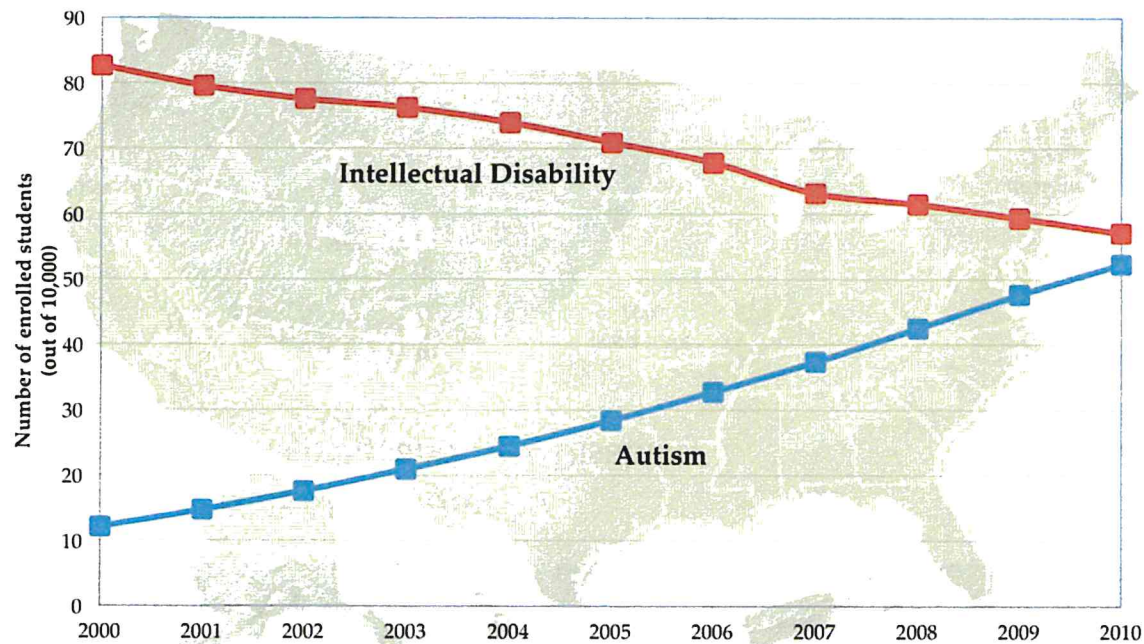


2023 LSTC **Youth** by  
Level of Intellectual & Dev. Disability

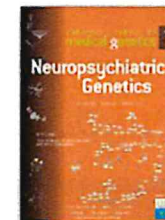




# Increasing prevalence of autism is due, in part, to changing diagnoses



- Overall = 65% of increase in ASD attributable to decrease in ID
- 8 year olds = 59% of increase in ASD attributable to decrease in ID
- 15 year olds = 97% of increase in ASD attributable to decrease in ID

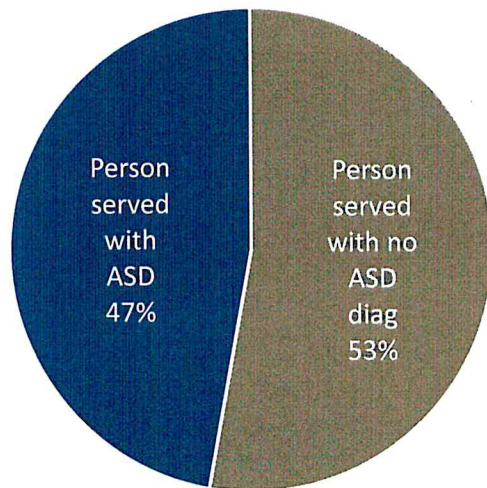


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October 2015  
Pages 600-608

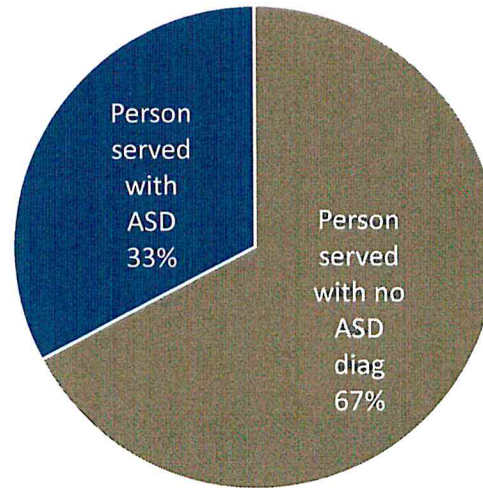
# Prevalence of Autism Spectrum disorder is much higher for youth than adult

## Prevalence of Autism Spectrum Diagnoses (ASD) | 2022

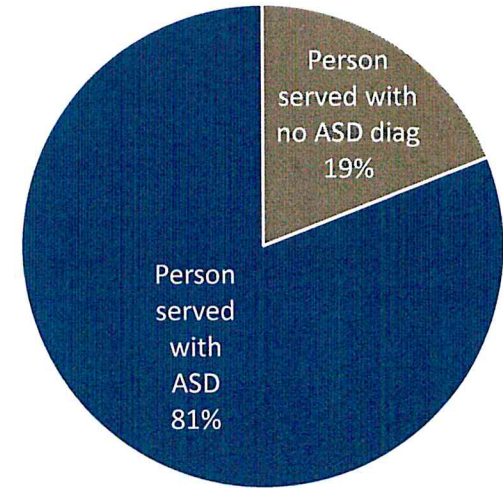
Proportion of TOTAL LSTC Population July 2022 (n=70)



Proportion of ADULT LSTC Population July 2022 (n=49)



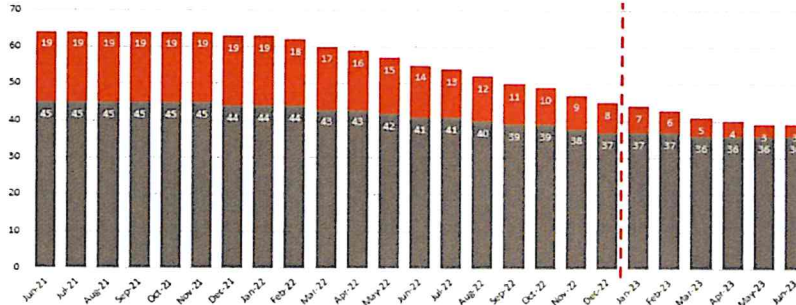
Proportion of YOUTH LSTC Population July 2022 (n=21)



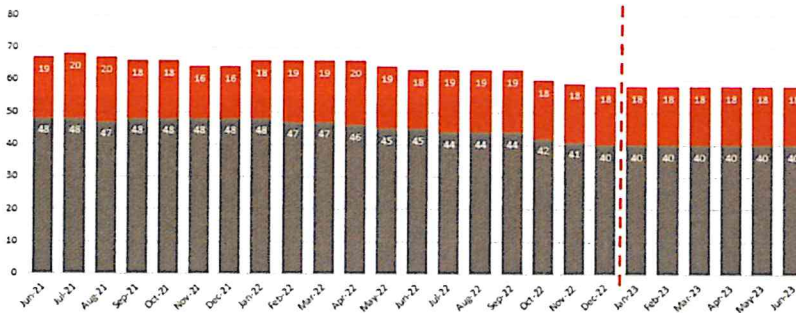


# Admissions to LSTCs Residential Services have many behavioral attributes in common

PROJECTED LSTC Census - Youth and Adult  
July 2021 - June 2023



ACTUAL LSTC Census - Youth and Adult  
July 2021 - June 2023



## Reasons provided for admission by those referring the person

(people admitted to LSTC as of July 2022)

- Harm to Self – 25%
- Harm to Others – 82%
- Harm to Property – 4%  
(> \$20,000 in one case)
- Elopement – 6%
- Sexual Offending – 9%

# Progress?

"Census" is More than a Number..

67

July 2021



58

December 2022



# Progress?

"Census" is More than a Number...

+13

Admissions

-17

Transitions Completed

-5

Deaths

-31

Admissions  
Diverted

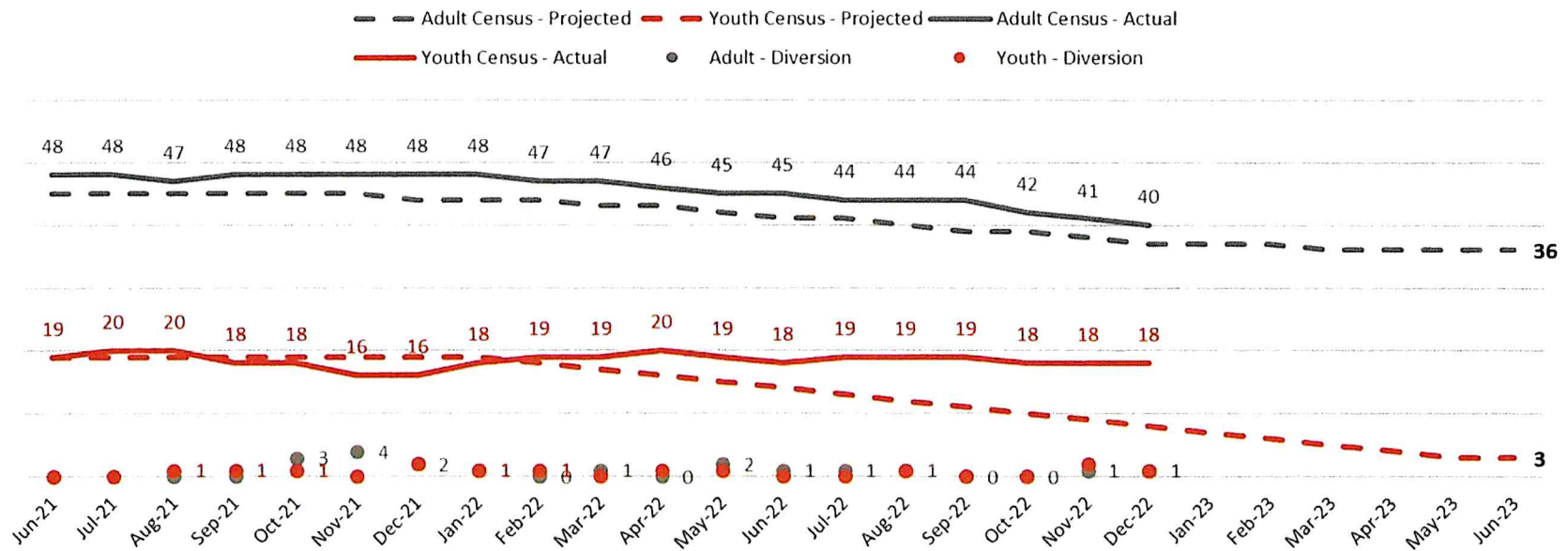
7

Transitions Planned /  
On Hold / Cancelled

\* Data from July 2021- December 2022

# Movement through Transition & Diversion

Monthly Diversions and Projected v Actual Census for Adults and Youth at LSTC  
21-23 Biennium Transition/Diversion initiative





# Improving the lives of North Dakotans

Our "Everyday Philosophy" for Services & Supports



People are served in the **lowest level of care necessary** which will return **better outcomes.**



People have the **opportunity to learn about their options** and **make an informed choice** about the **most integrated setting** that **is right for them**



**System partners work together** to create **robust options** for non-institutional living, optimizing autonomy, choice, self-direction and community integration.

# LSTC: Overview of budget changes

Description	2021 - 2023 Budget Base	Increase/ (Decrease)	2023 - 2025 Executive Budget
Salaries and Benefits	\$ 40,600,567	\$ 14,670,358	\$ 55,270,925
Operating	7,787,912	1,591,286	9,379,198
IT Services	212,392	(15,500)	196,892
Capital Asset Expense	638,076	44,903	682,979
Capital Assets	208,055	(44,903)	163,152
Grants	-	-	-
<b>Total</b>	<b>\$ 49,447,002</b>	<b>\$ 16,246,144</b>	<b>\$ 65,693,146</b>

<b>General Fund</b>	<b>\$ 22,312,455</b>	<b>\$ 6,418,086</b>	<b>\$ 28,730,541</b>
<b>Federal Funds</b>	<b>24,572,832</b>	<b>9,471,983</b>	<b>34,044,815</b>
<b>Other Funds</b>	<b>2,561,715</b>	<b>356,075</b>	<b>2,917,790</b>
<b>Total Funds</b>	<b>\$ 49,447,002</b>	<b>\$ 16,246,144</b>	<b>\$ 65,693,146</b>

Full Time Equivalent (FTE)	303.34	-	303.34
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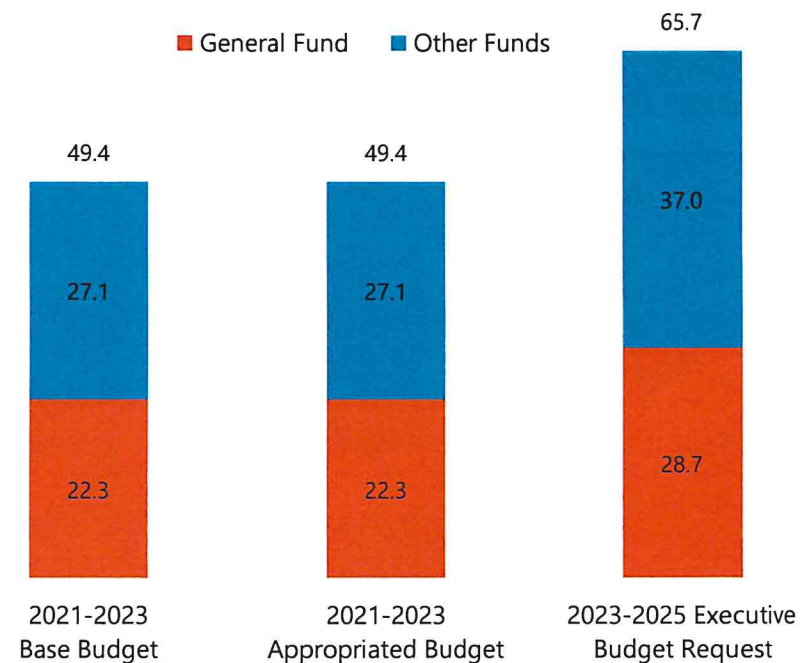


# LSTC: Overview of budget changes (IN MILLIONS)

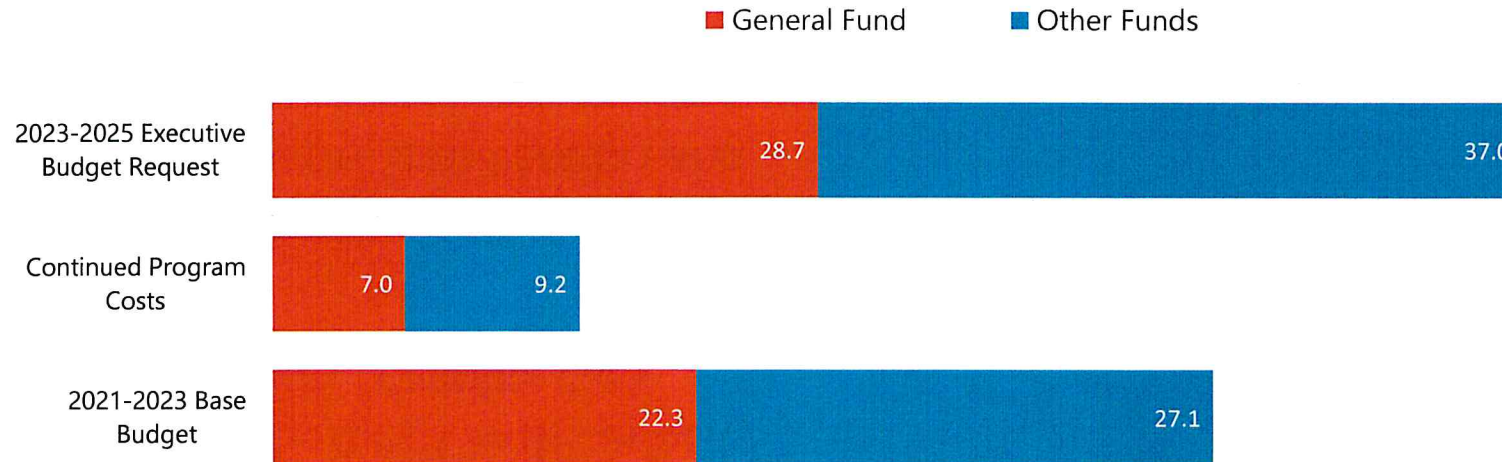
INCREASE FROM BASE TO EXECUTIVE RECOMMENDATION  
**\$ 16.2 MILLION**

LSTC Budget includes 280.64 FTE

- Salaries - \$55.2 million (84%) of total budget
  - Salaries-Other includes shift differential for staff working nights and weekends
  - Temp-status employees in a variety of positions (direct care staff who cover sick leave and vacations of the full-time direct care staff, activity assistants)
  - Salaries include no under-fund to allow for possible salary roll-up
- Operating costs - \$9.57million (15%) of total budget
  - Food & Clothing
  - Utilities
  - Operating Fees & Services (Contracts & Bed Assessment)
  - Pharmacy
- Capital repairs & equipment >\$5,000 - \$846,131 (1%) of budget



# LSTC: Overview of budget changes (IN MILLIONS)



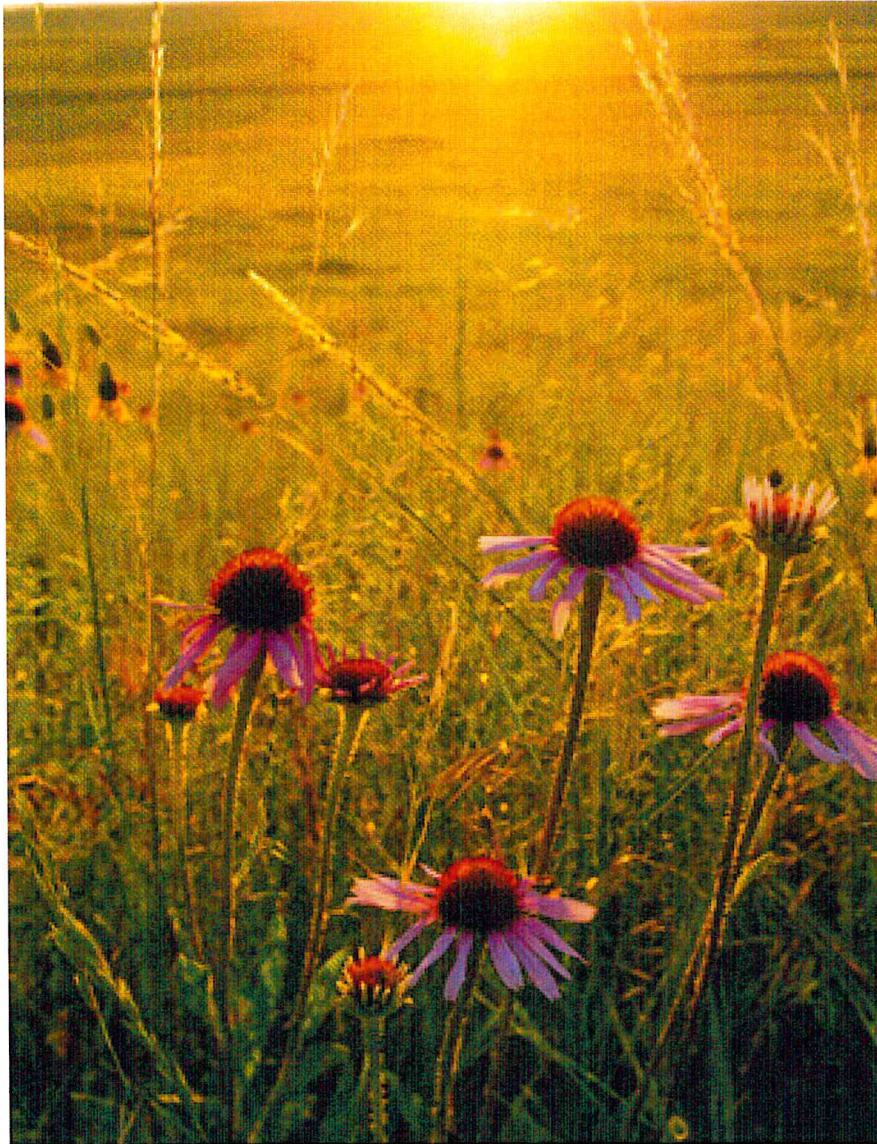


# Continued progress includes an enhanced focus on crisis/stabilization resources across North Dakota

- Community Settings with capacity for people with complex care needs
- Build Capacity for LSTC to focus more Heavily on Stabilization and diversion
- Inter-connected and aligned discharge/transition/diversion planning







## Contact information

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# Appendix: Summary of HHS Strategy for LSTC Transformation

**We can't achieve our stated policy goals until...**

**1**

We have community settings with capacity for clients with complex care needs.

**2**

We have interconnected and aligned discharge and diversion planning.

**3**

We build capacity for LSTC to focus more heavily on stabilization and diversion.



1

## **We have Community settings with capacity for clients with complex care needs**

- Enhanced shared living options
- Places that offer short-term crisis stabilization
- Stronger in-community system supports
  - Informal support networks
  - Educational services
  - Special needs child care
  - Rental assistance
  - Transition supports
  - Mobile crisis
  - Team composition
- Payment options to support return to home post-crisis
- Open the door to non-institutional living arrangements wherever appropriate

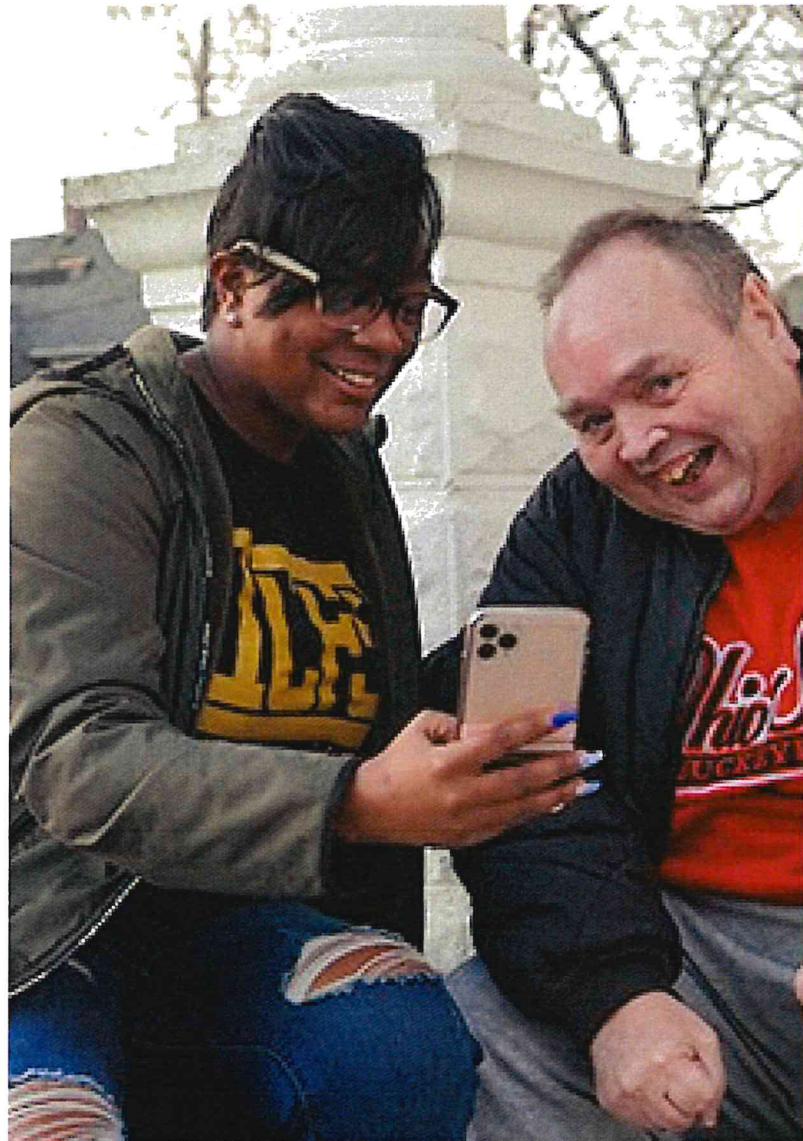




## 2

### **We Embrace interconnected and aligned discharge / transition / diversion planning**

- Formalize expectation of transition supports from LSTC / SH to community setting
- Infuse case management practices with tools, approaches and skills that support early identification of triggering events
- Establish expectations for Medicaid providers related to discharge and admission
- Examine policies related to intervention strategies providers can use to appropriately de-escalate emergent situations





### 3

## We build capacity for LSTC to focus more heavily on stabilization and diversion

- Refine admission criteria to further define role of LSTC
- Build staffing model and operational processes to support admission to LSTC within 48 hours
- Build LSTC crisis support team capacity to provide on-site response to emergency crisis in various community settings within 24 hours
- Communicate clearly the options for crisis and pre-crisis services that are available to people in the I/DD system (including but not limited to LSTC)





