

# Alaska Island Community Services

*Wrangell, Alaska* -- Cohort 3

**“If I Knew Then,  
What I Know Now...”**



## Overview

Wrangell is a small, isolated, island community of about 2,000 people. We face many unique challenges which demand leveraging scarce community resources. The integration of BH and PC services is one way we do this. Although our goal is complete integration of BH and PC, we are currently working under a co-location model. Being a small community, our healthcare professionals are able to interact more quickly when information needs to be accessed or conversations about a client need to occur. The structures inherent in a small, isolated community facilitate efforts to integrate healthcare.

## Accomplishments & Successes

- ❖ Improved the health outcomes of enrollees
- ❖ Improved dialog with healthcare community
- ❖ Co-location of BH clinician at the PC clinic
- ❖ Examining lifestyle choices in health assessments
- ❖ Including wellness activities in treatment planning
- ❖ Development of data collection and reporting tools
- ❖ Development of collaborations among various community agencies and groups

## Accomplishments & Successes

- ❖ Production of written materials to promote wellness
- ❖ Successful partnering with another isolated community
- ❖ Providing biofeedback heart rate variability training to enrollees
- ❖ Development of several wellness activities, including exercise, stress reduction, yoga, nutrition/cooking
- ❖ Providing opportunities for social engagement in those people typically isolated

## Challenges

- ❖ Breaking through the PC and BH cultural barriers
- ❖ Getting buy-in resulting in action
- ❖ Developing data infrastructure
- ❖ Keeping the process simple and clear for clients
- ❖ Planning for sustainability



## Challenges

- ❖ Educating clients about the benefits of an integrated approach in achieving health
- ❖ Maintaining client motivation for the long term
- ❖ Providing low/no cost wellness activities



## Moving Forward

- \* Keep the bridges we have built in good repair
- \* It's all about relationships



## Tips for Success: Be Persistent, Be Vigilant



- \* Community-level change takes time and patience
- \* Define what you are going after
- \* Have a way to measure this – collect relevant data
- \* Monitor your process using your own data
- \* Adjust your process based on the data
- \* Repeat with necessary adaptations