

ALTHING

Your Foundation of Excellence

**Althing
District Health Services
Playbook 2023**





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This is the first ever whole community, proactive health, education and civic services model committed to the success and expansion for our entire community.



The Althing Mission and Vision

Althing's mission is to empower you and to enrich your community through inclusive innovations in health care, education, and beyond. Our vision strives for locally designed, managed and delivered services. Our model is local, authoritative, relevant and scalable.

To achieve our mission we formed a collaboration of partners consisting of global experts in innovation, health, equity and education, and community engagement. The Althing is a reinvention of public and community services that starts with equity, Civil Rights, and expands to novel, proactive service reach for the entire region.

ALTHING

"Althing" is derivative of the oldest, local and community run form of government in Iceland where everyone has a guiding, equal voice in social direction to inform and construct a local authority and inclusive services.

The Althing Model is an innovative, modern model for local, ethical and inclusive services.

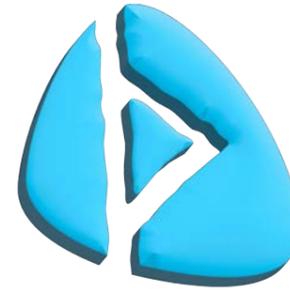
Purpose Built Technology

A rapidly advancing science forms the foundation of vastly better human interfaced technology. Communication and Information Theorie Empowered (CITE) technologies open new possibilities with unprecedented value.

Althing is the only clinical service provider using Phrazier/Kitsune, the only FDA grade CITE system that has been proven effective in critical healthcare, education and security environments and yielded never before possible results.

By utilizing the only Minnesota made, purpose built platform, Althing not only delivers technological excellence to achieve Civil Rights, Althing also provides innovative services unmatched in the market. Althing is your foundation of community excellence.

Differentiated, Innovative Services



Althing offers the only scalable, proven district health service to assess, intervene and refer for depression, suicidal ideation, safety and substance abuse concerns. A model for the entire student body, efficiently and effectively.



Our youth is experiencing an epidemic of depression, substance abuse, violence, stress and more.

"We need to reach our community with effective health solutions to bring the greatest benefits and opportunities to the greatest number of people - regardless of income, education, race, ethnicity, and location."

- **Mental illness and substance use are on the rise in all communities**
- **More students than ever report having long-term mental health concerns**
- **Suicide is the 2nd leading cause of death for people age 10-34**
- **20% of students are worried about their personal safety at school**



Althing Health Events Managed By Southeast Service Cooperative (SSC)



Althing Student Health Services: Empowers districts to provide broad, qualified health services to their entire student population in a more efficient and effective manner. The Althing Health Event identifies and mitigates mental health, addiction, safety concerns, and other potential health issues while providing immediate interventions and referrals to qualified health providers through the Phrazer/Kitsune® platform. Through this novel, proven service, SSC will help its members identify, address, and resolve student health issues before they worsen.

Althing Staff Health Services: Althing Health Events provide proactive services for mental health, substance use, and general health for school staff while informing them of current and relevant district health needs. This service, through SSC, helps identify health needs of staff, provides qualified provider access, and guides staff and administration in ensuring a healthier district.

The Southeast Service Cooperative through a 5-year agreement with Althing, distributes breakthrough mental health, addiction, and general health services that include immediate care provider access to their members in Minnesota.



Steve Sallee, SSC's Executive Director, shared, "Concerns of depression and health access are acutely impacting our communities. Additional pressures from COVID and reduced local access to qualified care has resulted in some very difficult consequences for our members. Althing services, tested and proven within our membership, enables timely benefits for our communities." In addition to providing Althing services for members, SSC and Althing will collaborate on grants, sponsorships, and special events to further improve the affordability and access for all communities in the region.



Through the partnership with Althing, SSC brings safe, private and secure health engagements with assess - intervene - refer services to our communities, proactively. These vital health services empower district initiatives around health, safety and overall well-being.

Althing health services help inform individuals of risks and health concerns, de-stigmatize mental health and provide immediate, relevant help. The Althing district health services for adolescents and adults are efficient, safe and turnkey.

Following an Althing Health Event, the districts will receive aggregate, de-personalized, real-time data with national and regional benchmarks for strategic planning and budgeting purposes.

Assess-Interve-Refer/services (AIRs)

Health Benefit For Students

The Althing model provides students and staff proactive access to vital health services. Provided services follow an evidence-based, comprehensive, integrated, public health approach to assess, intervene and treat substance use and mental health challenges early in their progression while promoting individual well-being and community health.

Althing has developed a comprehensive clinical solution for and application of adolescent and adult health services with realtime intervention and referral capabilities.

 **Access to turnkey services with qualified and validated health assessments for adolescents including CRAFFT for substance use, PHQ-9 (A) and GAD-7 for mental health**

 **Enhanced with modules around school safety and overall well-being**

 **And realtime interventions and referral pathways to qualified health professionals to provide immediate, relevant help**

The Althing Health Event includes realtime provider monitoring and interventions with onsite professionals and virtual provider support. Althing's clinical service team is available to provide qualified mental health, addiction and pediatric health services and associated professional oversight in realtime. These provider services may work in collaboration with district support professionals when/as needed.

 **Endorsed on a federal and state level**

 **Appropriate for all students age 12 and older with parental notification**

 **10 min. average student completion time for the health assessment with 100% completion rate across grade levels**



Althing Health Events support the districts efforts to identify students with risky behaviors and health concerns, destigmatize mental health and provide immediate and relevant help.

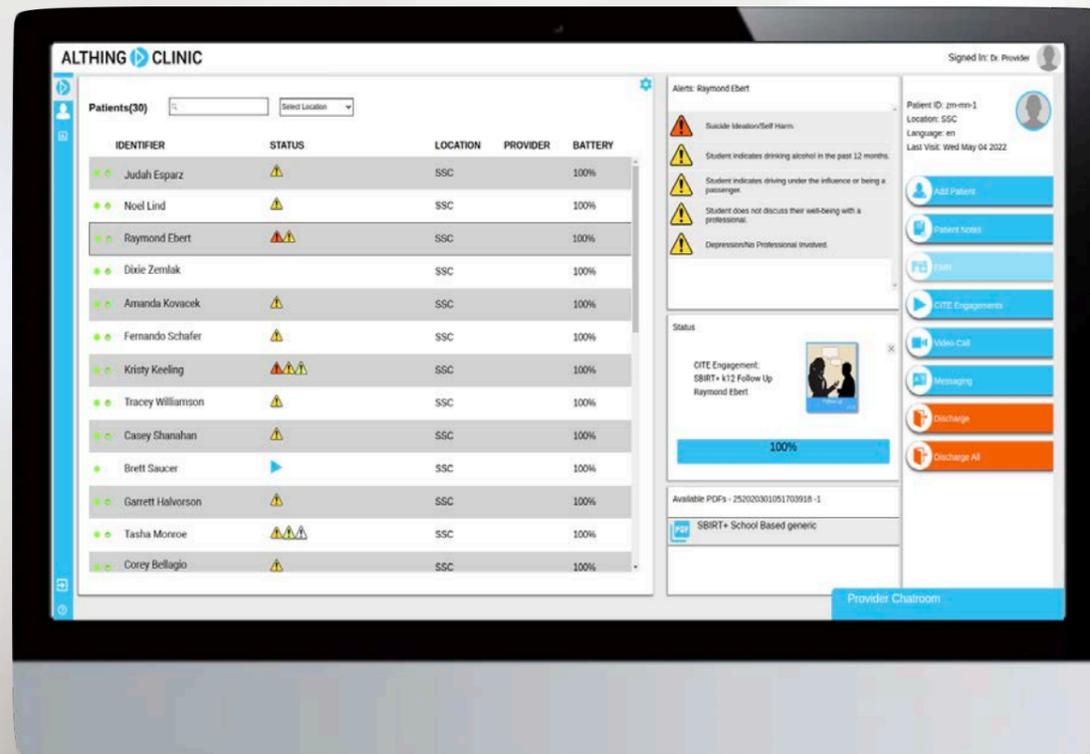
Groups with 30 students at the time are scheduled for 50 min. to participate in the Althing Health Event.

 **Fits into the curriculum as part of the student health class**

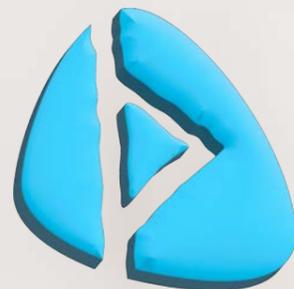
 **Effective engagement of 120 students per day per Althing support team**

Althing Virtual Cockpit

Made to work with Althing's global leading patient engagement system, Phrazer/Kitsune, the Virtual Cockpit is a secure HIPAA interface for qualified healthcare staff that enables them to track, guide and interact with event participants in real-time from anywhere. This approach ensures scalability and revolutionizes the conventional 1:1 model.



The Althing Cockpit is a control panel for clinical staff that shows the status of all participants and their progress, while also providing vital alerts, cultural cues, summary reports and more -- all at a glance. Through this interface, each event participant interacts with qualified professionals.



The Althing Cockpit enables smooth augmentation of onsite staff with off-site resources. It can be accessed via using credentials on any computer, tablet or even an Android or iPhone. A secure, highly sophisticated and responsive back-end design and server architecture enables the Althing Virtual Cockpit.

Bringing Clinical Resources to Your District

Althing provides clinical professionals that support the District Health Events via special interfaces on site and off site (virtual through the Althing Cockpit). The medical providers include pediatric psychiatrists, physicians, licensed clinical social workers, and other highly specialized staff who oversee and interact with the students in realtime. Each student participating the Health Event will engage in a provider involved health encounter.



Following the initial assessment, student in need will discretely see a provider face-to-face or will connect with an Althing provider virtually for a brief intervention and potential referral.



All Althing providers are highly qualified and licensed professionals who share a passion to provide health services to our youth while following best practices and medical standards.



Getting Started - 5 Simple Steps

Get in touch with SSC

- ✓ SSC is excited to offer Althing District Health Services to their members. For more information about the program and how to get started please contact:

Kari Kubicek, Manager of Educational Services
 email: kkubicek@ssc.coop office: 507-281-6668

Explore Funding Options With SSC

Althing offers access to this vital health benefit at no cost with provided student insurance information. Alternatively, there is a \$50 fee per scheduled student and SSC currently has grant funding available to fully cover the student fee. There are additional pathways to offset the fee including sponsorships, donations and more.

Get Board Approval & Execute Agreements

SSC will provide you with any additional information about Althing District Health Services relevant to the Board approval or notification process prior to executing the contracts with SSC and Althing.

Coordinate Health Event Details with SSC

Next, SSC will guide you on event scheduling (usually 4-6 weeks out), basic network/IT requirements, needed student information (csv file), as well as involvement level of district support professionals (if desired). Althing will schedule clinical professionals (onsite/offsite) based on the provided student schedule.

Outreach and Parental Notification

Althing Health Events only require parental notification with an option to opt out. SSC will provide a sample letter as well as additional outreach materials for teachers, district staff, parents and the community.

IT and Network Basics

Pre-Event Activities

After the District shares access credentials to the secured WiFi, SSC will confirm network strength and stability during an onsite visit in advance of the Health Event. The District will also provide SSC with the csv file that includes the following information:

First Name	Sex	School #
Middle Name	Grade	District #
Last Name	Primary Language	Parent/Guardian Full Name
Date of Birth	Race	Parent/Guardian Phone

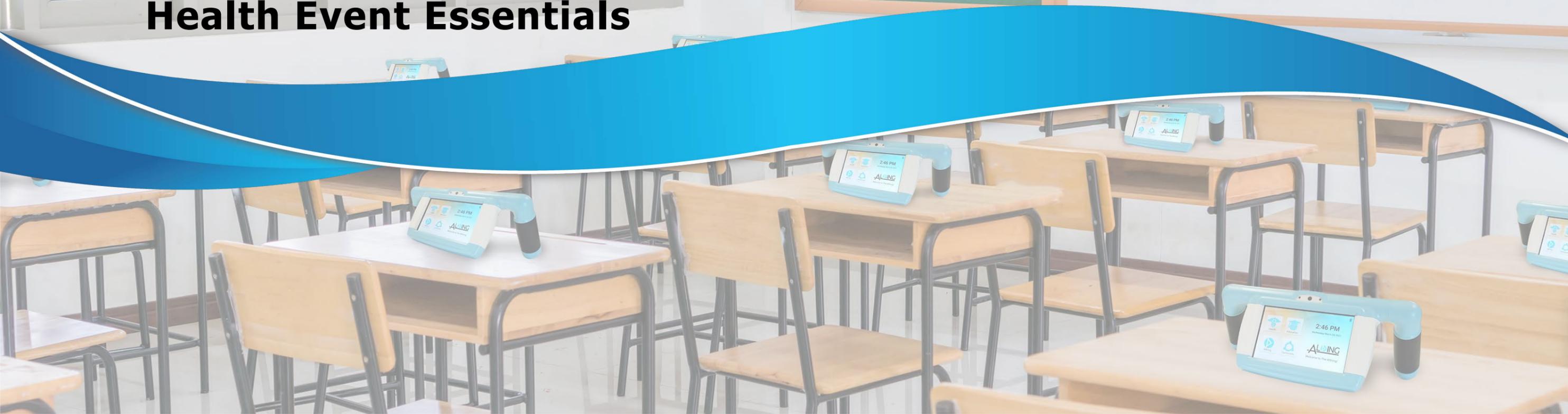
SSC will supply a list of IP's to the district to be whitelisted in advance of the event. IT and network setup activities are lightweight and only require minimal resources from the district.

Optional Support Professional Involvement

Pre-Event Activities

If a district desires to involve Student Support Professionals (SSP's) in the Althing Health Event the selected professionals will be guided on overall process and role requirements.

Health Event Essentials



Parental Notification

Althing and SSC provide materials (print, web, webinars) to the district to support their efforts for community and parental engagement in advance of the event. These materials highlight the benefits, privacy, FAQ and more related to this novel, proactive health service. If desired, additional support related to info sessions, onsite/ remote, will be provided upon request.



Teacher and Student Information

In advance of the event, the district informs teachers and students about the health event. At the beginning of the event, teachers bring the entire class to the health event location and assist in handing out Phrazier/Kistune. Prior to the health encounter, PKS provides an informed consent to each student.



Proactive Health Encounter For Each Student

As soon as the student group starts the health services, Althing professionals track students progress and needs through the Cockpit. A team of 2+1 professionals can easily manage a group of 30+ students within the 50 min. time block.



Immediate Connection to Health Professionals

The students in need, who require interventions based on the initial assessment results, will be provided meaningful and fast access the qualified health providers - virtually and in person. Althing's onsite medical staff are licensed professionals that include licensed clinical social workers, pediatric mental health and substance use specialists to engage with the students on need either during the event (realtime) or shortly after.



Effective Referrals

It is not unusual to identify significant levels suicidal ideation and self harm, extensive moderate to severe depression and over high levels substance abuse in the student population. This results in a significant need for connections with qualified health services. While there are local and county services available to engage students and staff on referral, this can be overwhelming. Althing and its partners fill the gap, where needed, to ensure all identified need finds a qualified service... locally and immediately.



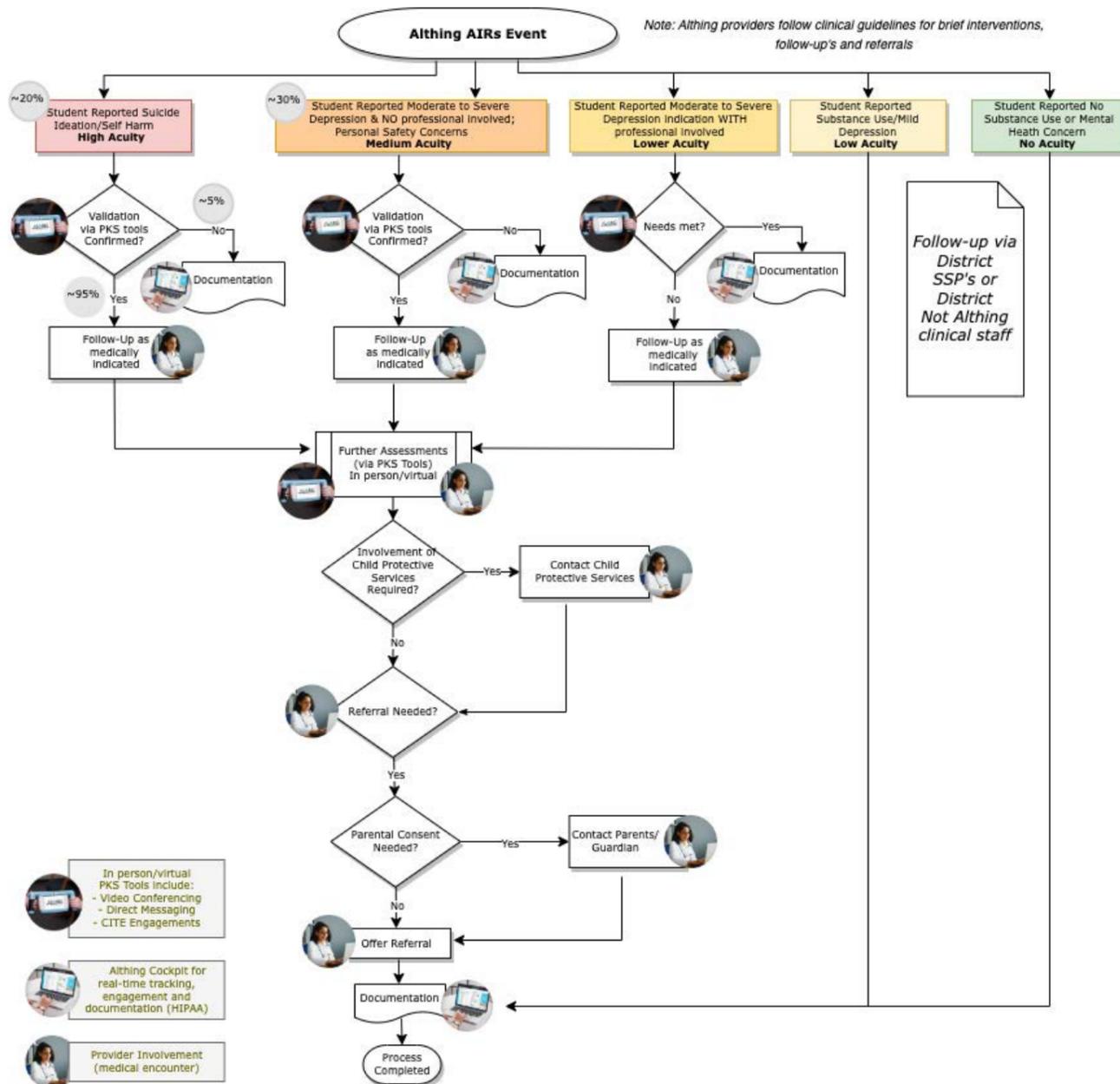
Access to Ongoing Services via PKS

Althing embeds follow-up and ongoing services, through Phrazier/Kitsune, and inperson staff encounters, at the district.

Process Overview

Immediate Connection to Health Professionals

An Althing Health Event bringing Assess-Intervene-Refer/services is the only scalable, proven health service able to identify depression, suicidal ideation, safety, substance abuse and general health concerns, within your entire student body, efficiently and effectively. Althing brings expert clinical resources to the classroom and each student is engaged in a private health encounter with a qualified provider.



With Referral Capacity for Ongoing Treatment Services

It is not unusual to identify significant levels of suicidal ideation and self harm, moderate to severe depression and high levels of substance abuse in the student population. This results in a significant need for connections with qualified health services. While there are local and county services available to engage students and staff on referral, this can be overwhelming.

Althing and its partners fill the gap, where needed, to ensure all identified need finds a qualified service... locally. Further, Althing embeds follow-up and ongoing services, through Phrazer/Kitsune, and inperson staff encounters, at the district. For all referrals, Althing providers follow state guidelines and medical practices for consent to treatment and parents/guardians will be contacted accordingly.

- Access to treatment services including coaching, outpatient programs, individual therapy and more
- Acceptance of all major insurances
- Access to Althing treatment services via PKS (available at the district for check-out)

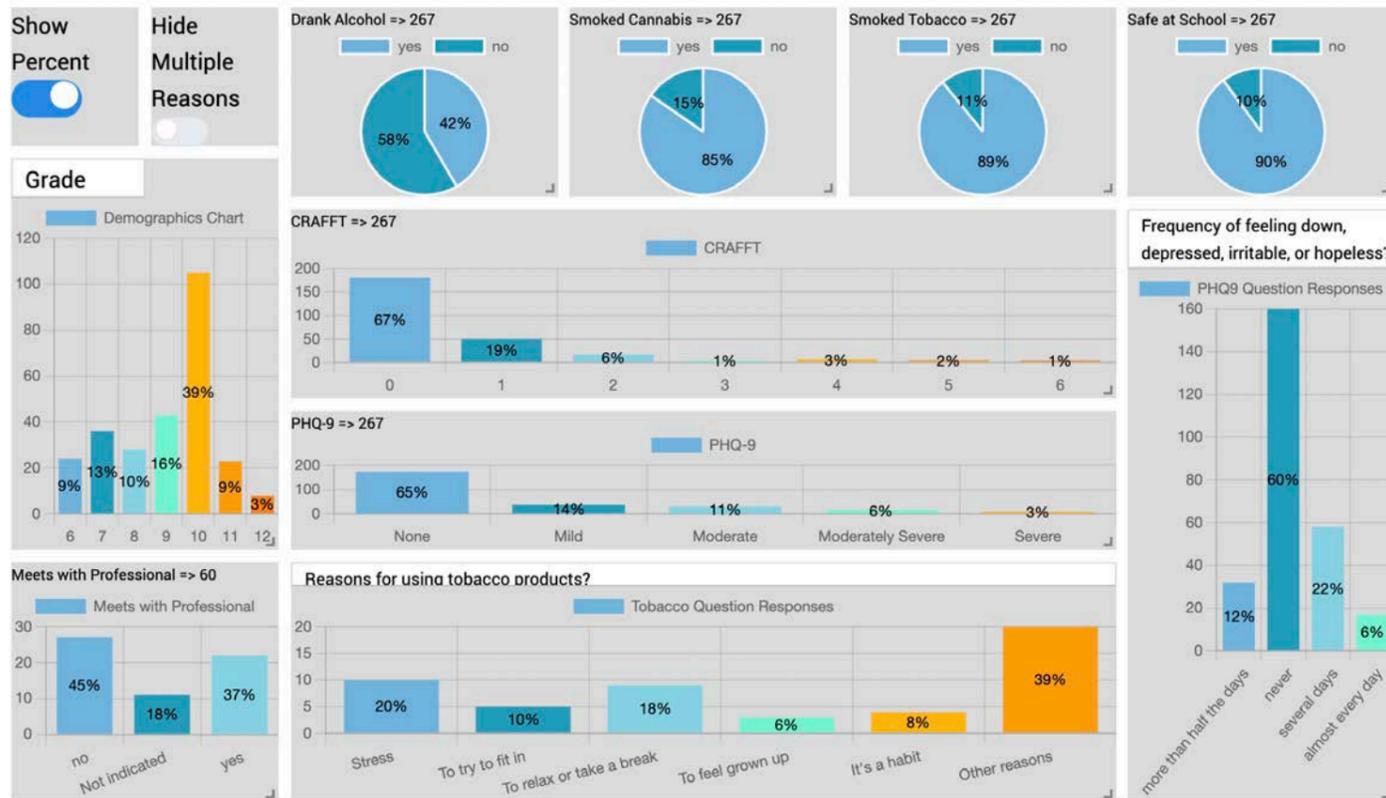


Real-Time Aggregate Data & Summary Reports

The aggregate data, available in real-time, provides valuable insights into the student body and offers the opportunity to tailor initiatives and programs to student needs.

- Immediate, actionable data
- Data driven planning and budgeting

SSC provides a summary report and is available to provide guidance on program design, follow-up and any additional services.



Frequently Asked Questions

Do teachers and district admin staff see individual student health data?

No. The Althing Health Event is a HIPAA service and the results of individual student outcomes are not shared to the district record or with teachers, district admin staff or others.

Can parents request access to the health record?

Parents can contact Althing directly to request a release of HIPAA information following medical best practices. More information can be found at <https://www.myalthingclinic.com/>

Do students have to worry about impacts on sports or other activities?

Students reporting substance or risky behaviors will not be punished or removed from sports. The information provided during the health encounter is completely confidential so students can be honest and privately and safely share their needs.

Will parents be contacted after the event?

If, after the assessment and brief intervention, the Althing medical provider determine the necessity of a referral or parental involvement, parents will be contacted by an Althing professional.

Do the results go into the student record?

No. Since this is a medical encounter, the full protection of HIPAA is established. This is critical to ensuring students and their guardians can be open, safe and protected while receiving this vital health benefit.

How long does the Health Event take?

One team with 2+1 Althing professionals can engage 120 students/day equalling close to 500 students/week. Based on size of the student body, Althing may schedule multiple teams to run simultaneously to ensure effective and efficient health events.

Is there any public record that will be available as a result?

No publicly available Private Health Information (PHI) record is generated. The full protection of HIPAA is established. This is critical to ensuring students and their guardians can be open, safe and protected while receiving this vital health benefit. (again, the district will not know of individual reports).





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