



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter

October 1, 2018 — December 31, 2018

Mission: Prevent and reduce the impacts of disabling chemical dependency and mental illness by creating & investing in effective, data driven programs for a continuum of recovery-oriented systems of care.

2019 Kitsap County Board of Commissioners

Edward E. Wolfe, Chair
Charlotte Garrido, Commissioner
Robert Gelder, Commissioner

Citizens Advisory Committee

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Jeannie Screws, Vice Chair
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Ursula Petters
Kimberly Shipp

Human Services Staff

Doug Washburn, Director
Gay Neal, Program Coordinator
Hannah Shockley, Office Supervisor

Citizens Advisory Committee

Meetings are held the third Tuesday of every month

Kitsap WorkSource Center
1300 Sylvan Way, Bremerton, WA

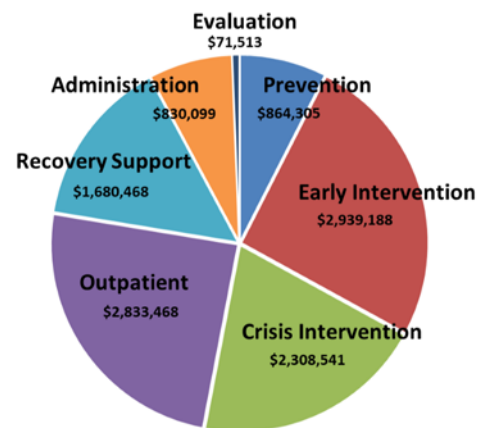
5:00 p.m.— 7:00 p.m.

Program Updates



December 31, 2018 marked the fourth year of local behavioral health tax service delivery in the Kitsap County community. Significant gaps in service identified during the 2014 Behavioral Health Needs Assessment have been filled using these tax dollars. Over 11.5 million has been invested into the behavioral health system delivering services over a continuum of care which includes prevention, early intervention, crisis intervention, outpatient and recovery supports. Behavioral health supports in Kitsap County schools, construction and now operations of the Crisis Triage Center, diversion programs for high utilizers, reentry services in the jail and new housing options for individuals with substance use disorders are a few of the highlights. The Citizens Advisory Committee will begin a process to update gaps in the system beginning in 2019. We look forward to a new year and working closely with individuals in the community to identify the ongoing needs for behavioral health supports.

2014—2018 Investments in Continuum of Care



For more information you will find the forth quarter report on Mental Health, Chemical Dependency and Therapeutic Court Program services at <https://spf.kitsapgov.com/hs/Pages/CAC-REPORTS-INFORMATION-PLANS.aspx>



Fourth Quarter Highlights:

Goal 1: Improve the health status and well-being of Kitsap County residents.

- 52% of high school students in the School Based Behavioral Health Program who failed 1+ classes in the first semester of 2018 have demonstrated academic improvement. 44% of secondary students and 51% of elementary students have demonstrated improvement in class attendance. 84% of high school students served reported they are more likely to attend regularly because of the program.

Goal 2: Reduce the incident and severity of chemical dependency and/or mental health disorders in adults and youth.

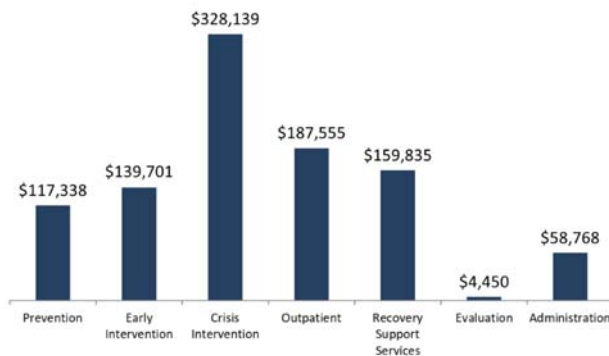
- One student who had not been successful in three districts and two schools, is now being served in the Bremerton School District in a general education classroom with peers and additional support from the interventionist. This allows his parent to now seek employment and find stable housing.

Goal 3: Divert chemically dependent and mentally ill youth and adults from initial or further criminal justice system involvement.

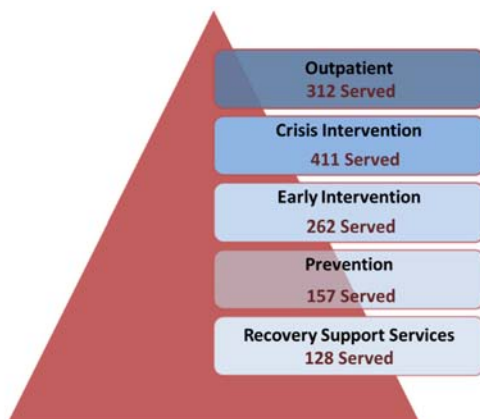
- Thirty-six youth completed a Therapeutic Court Program at least 12 months ago. Twenty-nine of the 36 youth (81%) have not been convicted of a new offense. 78% completing a program at least 18 months ago have not been convicted of a new offense.



Expenditures by Continuum of Care October 1, 2018 — December 31, 2018



Individuals Served by Continuum of Care October 1, 2018 — December 31, 2018



Success Story: City of Poulsbo Navigator Program



Andrea was discovered, on the side of the road, by a Bainbridge Island Police Officer in Spring of 2018.

Andrea was intending to kill herself, but because of the officer's intervention, she was transported to Harrison Hospital. Our Navigator, Kelsey, was unable to speak to her before discharge, and there was no contact number. In November, Andrea attempted to end her life again, but this time the officer contacted Kelsey quickly and she was able to do an outreach after hospital admission. Kelsey has been working with Andrea to connect her to treatment, find housing, and re-enroll at a local college. Andrea was very moved that police and Kelsey had such a high level of concern for her.

For More Information Contact

Gay Neal, Program Coordinator
360-337-4827 or gneal@co.kitsap.wa.us
<https://spf.kitsapgov.com/hs/Pages/CAC-LANDING.aspx>

Fourth Quarter Highlights:

Goal 4: Reduce the number of people in Kitsap County who cycle through the criminal justice systems, including jails and prisons.

- During the fourth quarter 160 people received services at Kitsap Mental Health Services Crisis Triage Center. The average length of stay was 4 days. Overall Client Satisfaction Rating was 91%.

Goal 5: Reduce the number of people in Kitsap County who use costly interventions, including hospitals, emergency rooms, and crisis services.

- Kitsap Connect significantly reduced the number of jail bed nights for their clients by 72% (from 751 nights in jail prior to enrollment to 210 nights while in services). Since their inception in August 2016, they estimate they have saved the community over \$200,000 in reduced Emergency Room visits, ambulance rides, and jail bed nights alone.

Goal 6: Increase the number of stable housing options for chemically dependent and mentally ill residents of Kitsap County.

- Kitsap Mental Health Services identified a 1.6 acre site within Bremerton City limits, made a purchase at the end of January 2018, and now has full site control for constructing a Permanent Supportive Housing project in Kitsap County. The facility would provide 60-80 permanent supportive housing residences prioritized for individuals experiencing chronic homelessness and living with mental illness, substance use and/or disabling health conditions.



2019 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

Prevention & Early Intervention Services

Nurse Family Partnership
Kitsap Public Health District
360-728-2235

NEW Substance Abuse Prevention
Kitsap County Prevention Services
360-337-4879

Social & Emotional Learning
Bremerton School District
360-473-1061

School Based Behavioral Health
Olympic ESD 114
360-405-5833

Recovery Support Services

New Start Jail Transition
West Sound Treatment Center
360-876-9430

Partners in Memory Care
Aging and Long Term Care
360-337-5700 or 1-800-562-6418

Housing Stability Services
Kitsap Community Resources
360-473-2047

Crisis Intervention Services

Homeless Youth Intervention
The Coffee Oasis: 360-377-5560
Oasis Crisis Text Line: Text
"CoffeeOasis" to 360-377-5560

Crisis Intervention Team
Training for Law Enforcement
Kitsap County Sherriff's Office
360-337-4514

NEW Jail Reentry Coordination
Kitsap County Sherriff's Office
360-337-4514

Behavioral Health Outreach
City of Poulsbo
360-394-9794

Kitsap Connect
Kitsap Public Health District
360-917-0672

Crisis Triage Center & Adult
Inpatient Substance Use
Disorder Unit
Kitsap Mental Health Services
360-415-5853

Outpatient Behavioral Health Treatment Services

Juvenile Therapeutic Court
Services
Kitsap County Juvenile
Department
360-337-5465

Behavioral Health Court
Kitsap County District Court
360-337-4706

Adult Drug Court &
Veterans Therapeutic Court
Kitsap County Superior Court
360-337-4834

NEW Therapeutic Courts
Alternative to Prosecution
Kitsap County Prosecuting
Attorney's Office
360-337-4814

NEW Wellness on Wheels
Peninsula Community Health
Services
360-377-3776

Success Story: Olympic Educational Service District



Our Student Assistance Professional (SAP) was referred a student for leaving campus to smoke marijuana with two other students. The student had just transferred from out of state to live with other family after getting into trouble back home. It appeared like he was about to follow down the same path at his new school. The student stated he wanted our school to be a fresh start but hadn't made any friends, which made him vulnerable when the two boys asked him to smoke with them that day. We began working with him and his family. The student has gotten a job at a local restaurant, is helping with the youth group at his church, and was given the responsibility of being a main office assistant when he needed a schedule change. We continue to meet with the student periodically to discuss his goals. The SAP was so encouraged by the changes in the student, she called home to share her observations with his aunt. This story illustrates the kind of positive outcome that's possible when we intervene at the right moment and can work together as a staff with the student and family.

About Disasters and Traumatic Events Disasters and traumatic events touch all of our lives. About two thirds of the U.S. population have reported experiencing at least one personal traumatic event before the age of 18. Sometimes excessive ongoing stress or medical problems that existed before the disaster or trauma can make recovery difficult. Some of the more serious signs of stress include the following:

- ◆ Disorientation or confusion and difficulty communicating thoughts
- ◆ Inability to see or hear properly
- ◆ Limited attention span and difficulty concentrating
- ◆ Feelings of becoming easily frustrated
- ◆ Overwhelming guilt and self-doubt
- ◆ Feelings of hopelessness
- ◆ Frequent mood swings or continuous crying
- ◆ Reluctance to leave home
- ◆ Fear of crowds, strangers, or being alone
- ◆ Increased use of illegal drugs, alcohol, or prescription medication.
- ◆ Worsening of existing medical problems.



If you or a member of your family experience trouble coping, or signs continue for more than 2 to 4 weeks, ask for help. Consult a counselor or mental health professional, or call one of the toll-free confidential helplines below.

Confidential Helplines (toll-free)

Washington Recovery Help Line: 1-866-789-1511

State-wide 24-hour/day support for people dealing with substance abuse, mental health issues, and problem gambling; provides crisis intervention and referrals to treatment & support services.

Oasis Crisis Text Line: Text "CoffeeOasis" to 360-377-5560

Support for local Kitsap County youth ages 13—25 years old 24/7.

Crisis Clinic of the Peninsulas: 1-800-843-4793

Provides over-the-phone local crisis intervention, information referral and a supportive listening ear.

National Suicide Prevention Lifeline: 1-800-273-8255

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.