



# Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

## Quarterly Newsletter

January 1, 2019 — March 30, 2019

**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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Charmaine Scott  
Kimberly Shipp

### Human Services Staff

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

### Kitsap Public Health District

Siri Kushner, Assessment and  
Epidemiology Program Manager  
Philip Ramunno, Epidemiologist

### 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



**Local Behavioral Health Sales Tax project gains momentum during the first quarter of 2019.** Kitsap

Mental Health Services (KMHS), through their supportive housing pre-development grant, has formally announced their plan to move forward with the proposed 74-unit apartment building in collaboration with the City of Bremerton and the Bremerton Housing Authority (BHA). The project will create permanent housing for those who are struggling with chronic homelessness, mental illness and substance abuse. Onsite services including mental health care, case management and substance abuse treatment will be offered. Most of the funding for construction of the project is expected to come from federal low-income housing tax credits. BHA will also supply 56 housing vouchers to cover ongoing operating costs.

At their March Board meeting, the BHA Board voted unanimously to invest \$3.1 million into the project. In collaboration with the United Way, the project was presented to the Gates Foundation for funding consideration, and was invited to submit a proposal of up to \$500,000. KMHS CEO reached out to the local legislative delegation, making a request to be funded in the State's capital budget. These investments will demonstrate strong local support for the project as KMHS makes application to the Federal Home Loan Bank in May, the Housing Trust Fund in August, and the Low Income Housing Tax Credit program in December.

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



## First Quarter Highlights:

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

- Peninsula Community Health Services mobile behavioral health care team was established and the mobile unit was prepared for patient use. Sixty-two (62) mobile behavioral health care visits were conducted.

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

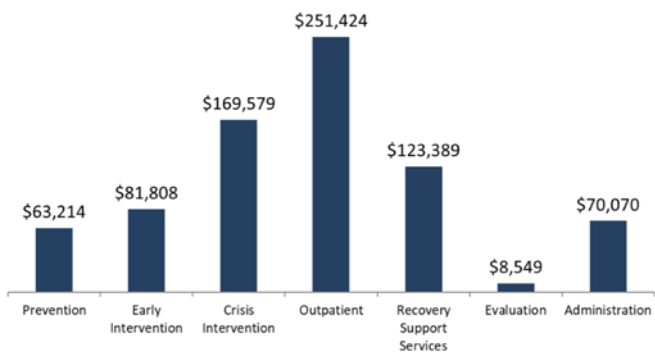
- Coffee Oasis received 81 calls to their crisis phone line and made 82 crisis intervention outreach contacts. 70% of youth in crisis contacted engaged in ongoing crisis services.
- Olympic Educational Service District served 343 students at targeted elementary and high schools. An additional 247 students were provided brief intervention through drop in sessions.

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

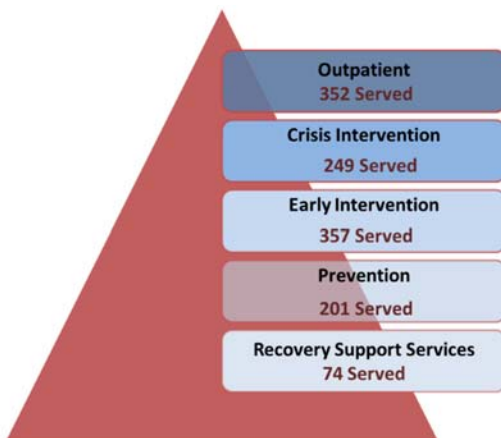
- 91% of Juvenile Drug Court participants report they have confidence in reducing/eliminating substance use and in their ability to remain crime-free.
- City of Poulsbo Behavioral Health Outreach Program helps to create 22 new court diversion Agreements.



### Expenditures by Continuum of Care January 1, 2019 — March 30, 2019



### Individuals Served by Continuum of Care



Total Served 1,233

### Success Story: Kitsap County Sheriff's Office Crisis Intervention Training



*The Sheriff's Office has experienced several calls from suicidal subjects.*

On one occasion a male called in suicidal and stated he was going to kill himself after he killed his family. Deputies arrived and discovered there was no family in the residence, but the suicidal subject was in the house with 10 different firearms. Deputies were able to talk to the suicidal subject and have him exit the house without incident. He was taken to the hospital for an evaluation. On another occasion a male individual was threatening to kill himself in front of his children. Deputies were able to talk to the male into exiting the house without incident and he too was transported to the hospital for an evaluation. Deputies and officers in the county are doing an excellent job deescalating people in a crisis.

#### For More Information Contact

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

## First Quarter Highlights:

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

- 100% of New Start participants have not re-offended since enrollment in services including new arrest pre-charges or new charges.
- 86% Behavioral Health Court (7–12) month graduates and 100% (13–18) month graduates remain free of new charges.

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

- Emergency Department visits (all causes) for Crisis Triage Center (CTC) admits 3 months following engagement with services were reduced from 561 to 286.
- Since opening the CTC, there has been a 7.17% decrease in involuntary psychiatric facility utilization.

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

- Kitsap Mental Health Services announced their plan to move forward with the proposed 74-unit apartment building in collaboration with the City of Bremerton and the Bremerton Housing Authority (BHA).
- 77% New Start housing participants remained sober.



## 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: Kitsap County District Court Behavioral Health Court



*JB is currently a participant in Behavioral Health Court.* He has come a very long way in his treatment plan. He has transitioned from inpatient mental health treatment to an outpatient program and is managing his own medications. At one point, JB was fearful for his life—stating that he wanted to “cut the voices from his mouth and throat” because he could not bear to hear them making commanding statements about harming himself. He has since stabilized on medications and no longer reports the high severity of hallucinations. In the early phases of his program he experienced several relapses, but will graduate from the outpatient Pathways program in one week. He was reliant on his mother for transportation, but has started attending appointments on his own. Weekly he attends Pathways groups, 2 AA meetings, chemical dependency treatment and mental health counseling. He started riding public transit alone and now drives himself to and from appointments. This is a huge accomplishment .

**Opioid overdose continues to be a major public health problem in the United States.** It has contributed significantly to overdose deaths among those who use or misuse illicit and prescription opioids. In fact, all U.S. overdose deaths involving opioids (i.e., unintentional, intentional, homicide, and undetermined) increased to more than 42,000 deaths in 2016.

**WHO IS AT RISK?** Anyone who uses opioids for long-term management of chronic pain is at risk for opioid overdose, as are individuals who use heroin or misuse prescription pain relievers. Others at risk include those who:

- Are receiving rotating opioid medication regimens (and thus are at risk for incomplete cross-tolerance).
- Have been discharged from emergency medical care following opioid overdose.
- Need opioid pain relievers, coupled with a suspected or confirmed substance use disorder or history of non-medical use of prescription opioids or use of illicit opioids.
- Have completed opioid detoxification or are abstinent for a period of time (and presumably have reduced opioid tolerance and high risk of return to opioid use).
- Have been recently released from incarceration and have a history of opioid use disorder or opioid misuse (and presumably have reduced opioid tolerance and high risk of return to opioid use).



Opioid overdose-related deaths can be prevented when naloxone is administered in a timely manner. (For instructions on how to use naloxone, go to <http://prescribetoprevent.org>). For more information on how to get help contact:

**National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889 (TDD, for hearing impaired)**

### 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.