



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
April 1, 2019 - June 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.

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Richard VanCleave, Deputy Director
Gay Neal, Program Coordinator
Hannah Shockley, Office Supervisor

Kitsap Public Health District

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 second quarter of 2019. Peninsula

Community Health Services (PCHS) has rolled out their new Mobile Behavioral Health Unit. The van will travel throughout Kitsap County providing mobile mental health and substance use disorder treatment services to individuals who have difficulties accessing services in a traditional clinic setting. On the van is a community health worker, a licensed mental health counselor and a chemical dependency professional. Services include community resource information, counseling, crisis intervention, substance use support and limited psychiatric services.

The van also provides a Medication Assisted Treatment Program. A Chemical Dependency Treatment Professional

meets with the patients to do an informal evaluation and gets background information on the substance use, then confers with a prescriber about what form of treatment will work. Patients are also connecting with self help groups, individual and/or group therapy. Patients can continue seeing the same provider on the bus or in a traditional clinic, allowing the care team to build a relationship with the patient. Current stops for the van include Salvation Army, Sylvan Way Library, North Kitsap Fishline and other churches. For more information you can find the van's schedule can be found at <https://www.pchsweb.org/locations/mobile-behavioral-health-clinic/>.

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



Second Quarter Highlights:

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

- 64% secondary students and 57% elementary students completing 8 or more behavioral health sessions have a statistically significant improvement in Hope Scale compared to baseline (2018-2019 school year).
- 83% elementary staff and 84% high school staff reported that school-based behavioral health services have improved students' academic success.

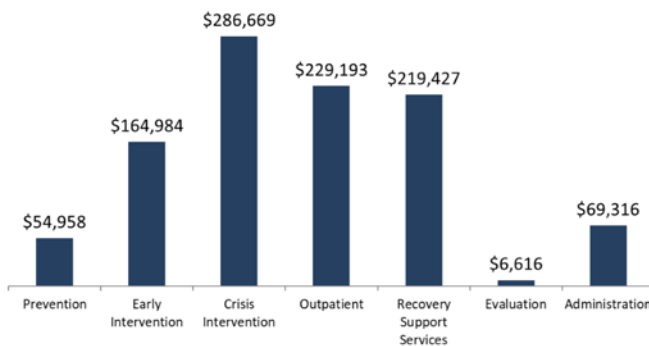
Goal 2: Reduce the incident and severity of chemical dependency and/or mental health disorders in adults and youth.

- Bremerton School District has significantly reduced the out of school exclusions of 2-3 days for behavioral violations by 6% from the start of their grant.
- Secondary students with an identified substance consumption reduction goal for school-based behavioral health services reduced marijuana use by 52%, cigarette use by 44%, binge alcohol use by 47%, alcohol use by 37% and vaping by 55%.

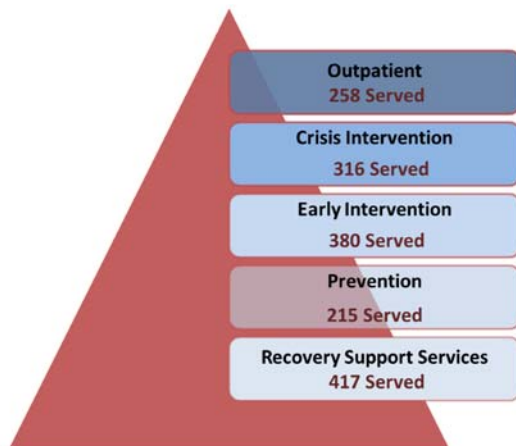
Goal 3: Divert chemically dependent and mentally ill youth and adults from initial or further criminal justice system involvement.

- Poulsbo Behavioral Health Outreach Program helped create 20 new diversion agreements.

Expenditures by Continuum of Care April 1, 2019 — June 30, 2019



Individuals Served by Continuum of Care April 1, 2019 — June 30, 2019



Success Story: Bremerton School District Social Emotional Learning



The District is well on their way to creating a multi-tiered system of support with an equity focus for all of our students using

Tier I prevention, extended Tier II direct services, PreK-12. 5,200 students are now taught social and emotional skills and receive character challenges using a research-based curriculum purchased the Behavioral Health Tax Funds and taught by classroom teachers. In the past students were disciplined for inappropriate behavior, but not provided the chance to learn these skills in the school setting. The district is revising discipline policies and practices that are punitive and do not result in behavior changes. They have revised their hiring and evaluation processes to align with social and emotional learning and behavior efforts and goals. All classroom teachers and administrative staff have received training on social and emotional learning, how to provide welcoming and engaged classrooms, and how to respond to Adverse Childhood Experiences.

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>

Second Quarter Highlights:

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

- 85% participants who have graduated from Adult Drug Court have remained crime-free for at least 5 years post-graduation: Conviction (entire program history).
- 100% New Start participants have not re-offended since enrollment in services: New Arrest Pre-Charge.
- 88% Crisis Triage Center admits who were discharged at least 12 months ago and have not had an incarceration event during the first 12 months following discharge.

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

- Since the opening of the Crisis Triage Center, the Adult Inpatient Unit has decreased overall bed days by 279 bed days. This at a cost of \$1,050 per day results in a savings of \$292,950 for this six month period.
- 65% high utilizers enrolled in Kitsap Connect (at least 10 combined ED, EMS, and jail events) have reduced their use of costly services compared to baseline (equivalent comparison periods) (year-to-date).
- 73% EMS high utilizers enrolled in Kitsap Connect (at least 6 EMS events) have reduced their EMS call utilization (equivalent comparison periods) (year-to-date).

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

- 14 New Start supportive housing units filled.



2019 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

Prevention & Early Intervention Services

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

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

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

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

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

Success Story: Kitsap Public Health District Nurse Family Partnership (NFP)



When I first met my client, she had high levels of anxiety and struggled to balance her school attendance, managing her high-risk pregnancy, her finances, and the longstanding unhealthy social relationships with old friends. Despite the difficulty, she worked hard to improve these important aspects of her life and shows a big difference now, one year after beginning her time in NFP. During the first few weeks of delivering her child, she continued to attend class full time, completing assignments until the early morning hours then feeding or soothing her newborn as needed, getting only a few hours of sleep before waking for class the next day. She has set healthy boundaries in her relationships and has made it clear to the people in her life that she will not tolerate her child being around people using illegal drugs or under the influence of any substances. She set a budget and used her saved income to purchase a car and obtain a new place to live. She graduated and has a new job in social services, doubling her previous income. She has plans for future education to secure a higher degree. Her child is happy, healthy, and thriving.

Reading books with children has to be one of the most pleasurable parts of parenting, and we're happy to report that there are many books created by talented writers and illustrators that aren't just sweet stories — they also address emotional and learning issues kids may be facing. Reading them with children, or giving them to older children to read by themselves, can help kids understand and handle things that are challenging for them.

The Child Mind Institute has searched out and vetted books on ADHD, anxiety, dyslexia, autism, OCD, depression and more. They have also included books on common things kids struggle with: managing big emotions, dealing with grief, bullying, self-esteem. The result is a list on childmind.org of 44 books their clinicians liked best, for kids up to 12 years old.

From a hedgehog too anxious to go ice skating to a puppy who can't make his letters come out right, children's books address many emotional, behavioral and learning challenges kids face. These books help kids name and understand feelings and experiences they may be struggling with. Included are books for kids up to 12, from picture books to be read with preschoolers to chapter books for independent reading by older children. For more information and link to list of reading books go to <https://childmind.org/article/best-childrens-books-about-mental-health/>.



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.