



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
July 1, 2019 - September 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

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Human Services Staff

Doug Washburn, Director
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



The Kitsap County Board of Commissioners passed a resolution approving funding recommendations totaling \$6.6 million presented by the Mental Health, Chemical Dependency and Therapeutic Court Citizens Advisory Committee (CAC) at the Commissioners' Business Meeting October 14th.

The 11-member Citizen's Advisory Committee (CAC), appointed by the Commissioners to advise them on funding allocations, voted unanimously at their September 17 meeting to recommend funding for 22 of the 26 proposals submitted, awards totaling \$6.6 million for a 12-month period.

Seven (7) of the programs recommended for funding are brand new, including hiring a Crisis Intervention Officer through the Sheriff's Office to coordinate response for behavioral health calls; funding for capital improvements for the Koinonia Inn substance abuse transitional housing program; establishing a co-occurring program at Agape Unlimited; and creating a mobile behavioral health unit that responds to non-emergent, behavioral health-related situations reaching individuals who are high utilizers of 911. Fifteen (15) of the programs recommended for funding were continuation proposals from January 1, 2019. Services run along the continuum of care and reach individuals birth through their senior years.

A complete list of the funding recommendations approved by Commissioners is available at <https://spf.kitsapgov.com/hs/Pages/CAC--RFP.aspx>.

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



Third Quarter Highlights:

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

- 96% current Behavioral Health Court program participants answered overall life satisfaction question positively in program survey.
- Kitsap County Prevention Services train 19 adults to use Naloxone—the medication used to block the effects of opioids.

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

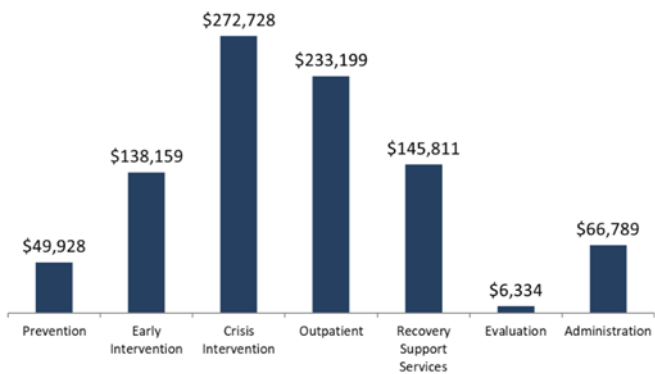
- Peninsula Community Health Services provides 428 mobile behavioral health care visits with 130 participants (year-to-date). 27 unduplicated patients were referred to Medication Assisted Treatment from the mobile program and seen within 72 hours of referral.

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

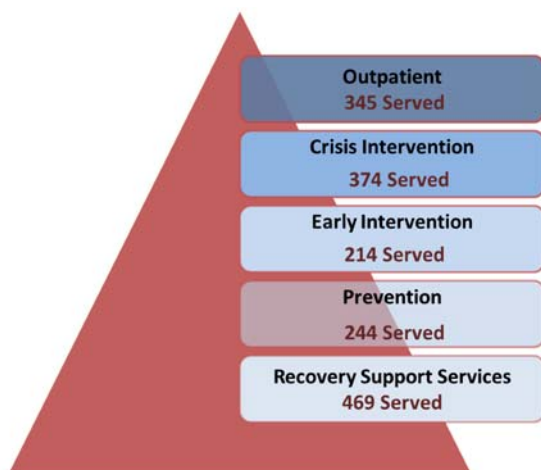
- 97% of New Start participants have not had a new charge and 99% have not had a new conviction since enrollment in services.
- Prosecuting Attorney's office receives 111 referral applications for therapeutic Courts.



Expenditures by Continuum of Care July 1, 2019 — September 30, 2019



Individuals Served by Continuum of Care July 1, 2019 — September 30, 2019



Success Story: Kitsap County Sheriff's Reentry Program



Female Inmate with 3rd booking in 2019.

Previously engaged in West Sound Treatment Center during her last incarceration less than one month earlier. She has reengaged with West Sound upon being arrested most recently. She was also prescreened for the Parent-Child Assistance Program (PCAP) at Agape Unlimited, as this inmate is pregnant. PCAP will help pregnant and parenting mothers get healthy and gain independent family lives. They provide home visitation, support and transportation. The inmate was accepted into a six-month inpatient facility designed for women and children which was recommended by PCAP and facilitated by West Sound. After 45 days in custody we received confirmation she has safely arrived at the facility for 6 - 12 months of care when she has the baby.

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>

Third Quarter Highlights:

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

- 80% of Behavioral Health Court graduates remain charge free 13—18 months following graduation.
- 100% of all Adult Drug Court program participants are either employed and/or involved in educational/vocational services upon graduation from the Adult Drug Court.
- Jail Reentry participants reduced jail bed days from 16,260 prior to program enrollment to 3,016 post-program enrollment (equivalent comparison periods) seeing an 81% reduction in jail bed days.

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

- Crisis Triage Center participant's Emergency Department visits for admits 3 months following engagement with services were reduced from 1,403 to 1,115 (21% reduction).
- 91 calls came into the Coffee Oasis crisis text line. 60% of youth in crisis engaged in ongoing crisis services. 89% of crisis texts were resolved over the phone.



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

- Kitsap Community Resources stabilizes 18 high risk homeless individuals with severe behavioral health issues in 16 housing units. 94% of these households engaged into primary care services.

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 County Therapeutic Courts



One Juvenile Drug Court participant had been using drugs nightly when she entered the program.

It was acceptable behavior in the home as her mother and the mother's boyfriend also used drugs. She had been sexually abused by the mother's boyfriend when she blacked out while under the influence of drugs. She now resides in a safe and stable home with her aunt and has been clean for 48 weeks. She has obtained a driver's license and her GED. She is currently employed but is seeking a better paying job. She would like to find a job where random UAs are given in order to assist in her sobriety. She is scheduled to graduate from Drug Court in November 2019.

Tips for talking with young people about mental health... Talking to a teenager can be difficult. When it comes to sensitive issues like mental health, getting a conversation can be even harder. But the reality today is that more than 22% of people between the ages of 13—18 will experience a mental health or substance use challenge every year, so making sure that we keep an open dialogue with teens about these issues is critical.

Helpful Strategies:

- ✓ **Be genuine.** If you are feeling uncomfortable with the discussion, admit it. Teens can see right through an adult who is "faking it".
- ✓ **Be careful about using slang.** Stick with language you are comfortable using. Don't try to be "hip".
- ✓ **Allow for silence.** Just like anyone, teens may struggle at times to express what they want to say. Interrupting a silent moment may prevent a teen from having time to formulate their thoughts. Be patient.
- ✓ **Switch up the setting.** Some adults find it easier to talk to a young person while doing another activity like driving in the car, washing dishes or walking the dog. Find out what works best for you.
- ✓ **Don't trivialize their feelings.** Mental Health challenges can occur at any age. Wondering what a young person has to be depressed about implies their life experiences are less valid because of their age.



For more information check out the [National Council for Behavioral Health](http://www.TheNationalCouncil.org)
www.TheNationalCouncil.org.

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.