



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
October 1, 2019 - December 31, 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.

2020 Kitsap County Board of Commissioners

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

Citizens Advisory Committee

Jeannie Screws, Chair
Jackie Fojtik, Vice-Chair
Kathleen Cronin
Richard Daniels
Valerie Nau
Ursula Petters
Charmaine Scott
Kimberly Shipp

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

Program Updates



Local Behavioral Health Sales Tax funds two new projects targeting homeless individuals with mental health and substance abuse problems. Kitsap Community

Resources was awarded \$768,000 in grant funds to establish the Recovery Outreach and Stabilization Team (ROAST) and provide housing stabilization support to 480 adults with behavioral health needs. Services will include outreach, rental assistance, eviction prevention, rapid rehousing, case management, housing stabilization, crisis intervention, and mental health referrals for individuals and families in Kitsap County who are struggling with substance abuse and mental health issues. The ROAST team will be comprised of two Outreach Coordinators, two Housing Stabilization Specialists, and one Behavioral Health Specialist.

Kitsap County Sheriff's Office was awarded \$123,263 in grant funds in grant funds to establish a Crisis Intervention Coordinator to coordinate the patrol/field response to providing essential services for individuals who suffer from behavioral health issues. The Crisis Intervention Officer will collaborate with local service providers including Kitsap Mental Health Services, the City of Poulsbo Navigators, and homeless advocacy groups to help those with the greatest need obtain appropriate behavioral health services. With these partnerships, behavioral health specialists will be able to provide referrals and services as part of a long-term solution to assist those in need, preventing unnecessary incarceration or hospitalization.

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.

For more information you will find the fourth 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.

- 88% of the patients accessing Peninsula Community Health Services Mobile Behavioral Health Program have also attended a primary care visit to address their physical health.

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

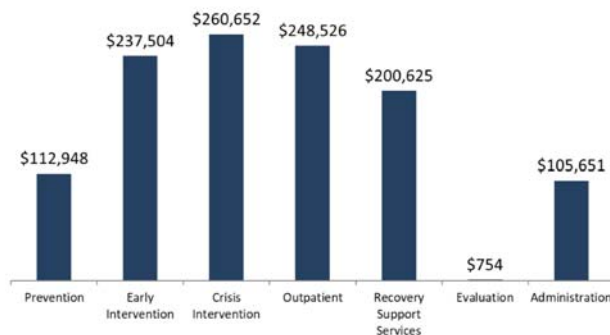
- 75% of juveniles who successfully completed a therapeutic court program remained conviction-free at their one-year anniversary in 2018. 69% who successfully completed the program remained conviction-free at their 18 month anniversary in 2018.
- During 2019 Coffee Oasis Text Line had 350 text conversations. 68% were resolved without further intervention.

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

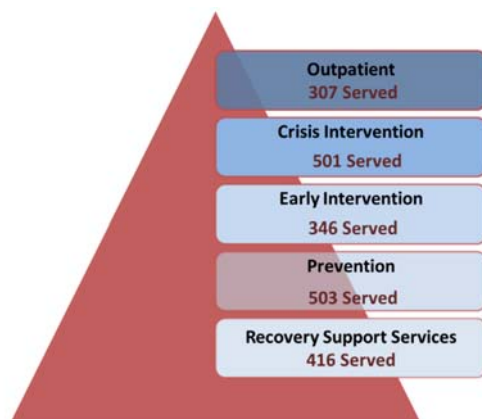
- 86% of Behavioral Health Court graduates tracked for 18 months remain charge free.
- Since enrollment in the New Start Program during 2019, 98% of participants have not had a new charge and 99% have not had a new conviction.
- 78% Crisis Triage admits who were discharged at least 12 months ago and have not had an incarceration event during the first 12 months following discharge.



Expenditures by Continuum of Care October 1, 2019 — December 31, 2019



Individuals Served by Continuum of Care October 1, 2019 — December 31, 2019



Success Story: Peninsula Community Health Services



Our mobile Behavioral Health program has greatly enhanced our ability to locate, engage, and stay connected to members of our community. It has enabled us to reduce barriers for those in need of counseling and/or Substance Use Disorder services.

One man engaged with us at a library who had just moved back to Kitsap. He had lost his job, his home, his insurance, all of his medications, and his access to counseling. With one stop to our unit he was able to re-establish his insurance, get refills on his medications, re-engage counseling, and walk away with a medical home that he could access just about anywhere across Kitsap County.

Another patient met with our Substance Use Disorder Professional. She wanted to enter inpatient treatment. She was able to complete the assessment and the support staff assisted with collaboration with the other agency. The patient was able to enter inpatient treatment within five days.

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.

- Jail Reentry participants reduced jail bed days from 18,238 prior to program enrollment to 6,381 post-program enrollment (equivalent comparison periods) seeing an 65% reduction in jail bed days.
- 90% of Drug Court participants who have graduated have remained conviction-free for at least 5 years post graduation (entire program history).
- In 2019, there were a total of 145 participants in Kitsap County Therapeutic Courts who successfully completed their programs resulting in the dismissal of their charges.

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

- 71% of Kitsap Connect clients served in 2019 identified as high utilizers reduced their overall use of costly services (combined emergency department (ED) visits, emergency medical calls, and arrests) compared to baseline.

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

- Kitsap Mental Health Services was awarded \$3.5 million for Pendleton Place, a permanent supportive housing project for individuals with behavioral health issues, which included a \$500,000 a 1:1 match of the United Way/Gates Foundation grant received in August 2019.
- 100% of New Start Housing units were utilized serving 19 individuals released from jail.



2020 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

Prevention & Early Intervention Services

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

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

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

Crisis Intervention Services

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

NEW Crisis Intervention Officer
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

NEW Fired Up for Health
Peninsula Community Health Services
360-377-3776

Crisis Triage Center
Kitsap Mental Health Services
360-415-5853

Outpatient Behavioral Health Treatment Services

NEW Agape Unlimited
Co-Occurring Disorder Services
360-373-1529

Juvenile Therapeutic Court
Kitsap 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

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

Inpatient Behavioral Health Treatment Services

NEW Pacific Hope and Recovery Center
Kitsap Mental Health Services
360-415-5853

Recovery Support Services

NEW Agape Unlimited
Koinonia Inn for Women & Children
360-373-1529

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

NEW Recovery Outreach and Stabilization Team
Kitsap Community Resources
360-473-2047

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

NEW Pendleton Place
Kitsap Mental Health Services
360-415-5853

Success Story: Bremerton School District



Our district was asked to take a student who was not in our catchment area. The mother was going to withdraw him from school and home school him because of the continued failure of him to be successful at that school.

He came to our school very angry, aggressive and destructive. We began immediately to work on building a relationship with him based on Social Emotional Learning (SEL) principles. We used the FAST method to identify the purpose of his behavior so that we could establish a plan for creating an environment in which he could have some success. He was identified as a student who would benefit from PBIS Check in Check Out which was started immediately. We constantly used the Engage Maintain Restore (EMR) approach with this student, which helped to create a safe space each day that was based on a positive relationship from the day before. Now two years later he has gone to another school as a fourth grader. He is able to manage his moods and emotions and is successful in using the SEL skills that he learned here at our elementary school. This has been life-changing for this family. Due to this child's behavior, the family was not able to work and access other resources such as health benefits and housing.

The term "ACEs" is an acronym for Adverse Childhood Experiences. It originated in a groundbreaking study conducted in 1995 by the Centers for Disease Control and the Kaiser Permanente health care organization in California. In that study, "ACEs" referred to three specific kinds of adversity children faced in the home environment—various forms of physical and emotional abuse, neglect, and household dysfunction. The key findings of dozens of studies using the original ACEs data are:

- ACEs are quite common, even among a middle-class population: more than two-thirds of the population report experiencing one ACE, and nearly a quarter have experienced three or more.
- There is a powerful, persistent correlation between the more ACEs experienced and the greater the chance of poor outcomes later in life, including dramatically increased risk of heart disease, diabetes, obesity, depression, substance abuse, smoking, poor academic achievement, time out of work, and early death.

What can we do to help mitigate the effects of ACEs?

Therapeutic interventions, ranging from in-patient treatment to regular sessions with a mental health professional, are designed specifically to deal with serious trauma. Trauma-informed care affects how practitioners in a range of fields, such as social work, medicine, and education, work with people who have experienced toxic stress, and reflects an awareness of the harm that has occurred and takes that into account. The ideal approach to ACEs is one that prevents the need for all levels of services: by reducing the sources of stress in people's lives. This can happen by helping to meet their basic needs or providing other services. For more information on ACEs and Kitsap's community response visit the Kitsap Strong website at www.kitsapstrong.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.



Volunteers of America 24 Hour Care Crisis Line: 1-888-910-0416 & Crisis Chat

www.imhurting.org

Provides over-the-phone local crisis intervention, information referral for Kitsap, Jefferson and Clallam Counties.

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.