



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
October 1, 2020 — December 31, 2020

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.

2021 Kitsap County Board of Commissioners

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

Kitsap Public Health District

Amanda Tjemsland, Epidemiologist

Citizens Advisory Committee

Meetings are held the third
Tuesday of every month

Via Zoom
Until Further Notice
5:00 p.m.— 7:00 p.m.

Program Updates



December 31, 2020 marks the sixth full year of service delivery for the Treatment Sales Tax (1/10th of 1%) that

augments state funding of mental health and chemical dependency programs and the operation of therapeutic court services. In 2014 community leaders and subject matter experts, worked with the Kitsap County Human Services Department to developed a six-year strategic plan for behavioral health services.

The Behavioral Health Strategic Planning Team was reconvened in Fall of 2020 to update the Behavioral Health Strategic Plan for the period of January 1, 2021 through December 31, 2026. The Team met three times in October and November 2020 to review a community survey, identify gaps in the current behavioral health system and establish objectives and strategies for each of the Board of Commissioners behavioral health strategic goals.

The Citizens Advisory Committee will use the updated Strategic Plan to inform their annual review of applications for funding based on the Board of Commissioners' strategic direction and priorities. The plan will also be used to ensure that the implementation and evaluation of the strategies and programs funded by the Treatment Sales Tax are transparent, accountable and collaborative. The updated plan can be found at <https://www.kitsapgov.com/hs/Pages/CAC-REPORTS-INFORMATION-PLANS.aspx>.

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.

- For Nurse Family Partnership clients with an identified caretaking/parenting problem (48 clients), 93.8% (45 out of 48) had an improvement in either their knowledge, behavior, or status rating.
- 69% of New Start participants who were referred to primary care attended at least one appointment and 100% identified that their physical health improved.

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

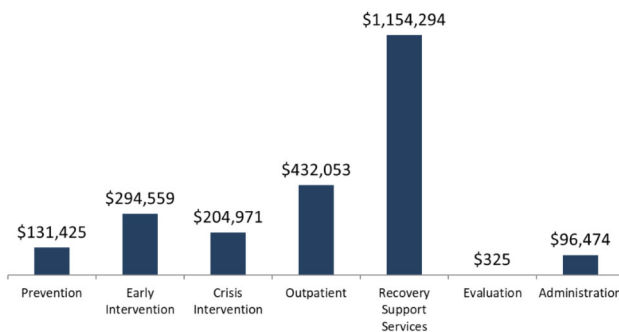
- For Nurse Family Partnership clients with an identified mental health problem (46 clients), 91.3% (42 out of 46 clients) had an improvement in either their knowledge, behavior, or status rating.

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

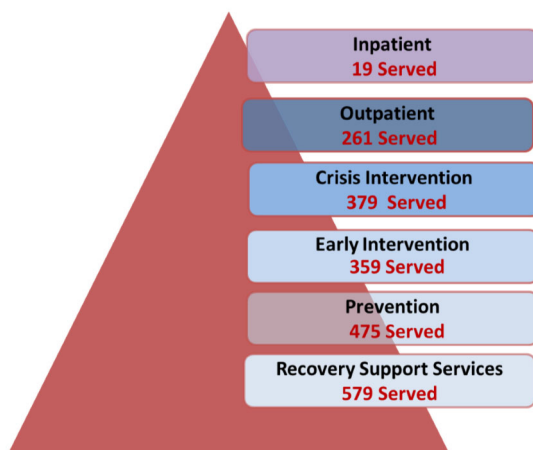
- Reentry Inmates had 92,333 jail bed days pre-program enrollment with 24,017 jail bed days post-program enrollment (year-to-date).
- Reentry Program saved \$7,924,656 based on jail bed day reductions (year-to-date).
- Behavioral Health Court participants had 2,752 jail bed days pre-program enrollment with 827 jail bed days post-program enrollment.



Expenditures by Continuum of Care October 1, 2020 — December 31, 2020



Individuals Served by Continuum of Care October 1, 2020 — December 31, 2020



Success Story: Kitsap County Sheriff's Office Crisis Intervention Coordinator



The Crisis Intervention Coordinator (CIC) engaged with a young woman in her 30's who has past contact with Kitsap Mental Health Services for mental issues, currently diagnosed with bi-polar and unmedicated.

To make matters worse, both of her children were placed with the grandparents by Child Protective Services (CPS) with a no contact order in place by the court preventing her from seeing the children. From 10/01/2020 to 12/18/2020 she called (CENCOM/911) 161 times. That's on average 2 ½ calls per day over the course of 2 ½ months. Some days she would call as many as 8-10 times a day wanting welfare checks on her kids and demanding we assist her with putting them back into her custody. The cause of this occurring is due to the young woman preferring to self-medicate by using methamphetamine causing her problems to be much causing her to have delusions and paranoid about her children's safety. With coordination between the CIC and Designated Crisis Responder, a bed for Involuntary placement was located, she was detained, taken to the Silverdale Emergency Room to be medically cleared and later transferred to the facility for treatment where she remained for 6 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.

- 91% Veterans Treatment Court participants and 90% of Adult Drug Court participants have graduated and remained crime free for at least 5 years post-graduation: Conviction (entire program history).
- 100% Juvenile Therapeutic Court graduates remained crime-free at their one-year anniversary and 86% were crime-free at 18 months following the program (entire program history).
- Kitsap Connect high utilizers had a 65% reduction in jail bed days (year-to-date).

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

- 98% of Bremerton Ambulatory Team (BAT) high utilizers were referred to primary care and 71% attended at least one primary care visit (year-to-date).
- Kitsap Connect high utilizers had a 66% reduction EMS calls; 66% reduction in emergency services used; and 66% reduction in Emergency Department visits (year-to-date).

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

- 96% households (237) served with Kitsap Community Resources rental assistance that have maintained housing for at least 6 months (year-to-date).
- General Contractor selected, construction documents completed, building permit approved, tax credit investors secured and Limited Liability corporation in place for Pendleton Place.



2021 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

Prevention & Early Intervention Services

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

NEW RISE Mentor Training
Kitsap Strong
360-536-3394

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

Crisis Intervention Services

NEW Behavioral Health Outreach
Bremerton Police Department
360-473-5220

NEW Kitsap Fire CARES
City of Poulsbo
360-394-9794

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

Crisis Intervention Officer
Kitsap County Sheriff's Office
360-337-4590

NEW Stand by Me

Peninsula Community Health
Services
360-377-3776

Outpatient Behavioral Health Treatment Services

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

Recovery Support Services

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

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

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

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

NEW On-Site Behavioral Health Services
Kitsap Homes of Compassion
360-830-6832

NEW On-Site Behavioral Health Services
Kitsap Rescue Mission
360-373-3428

NEW Rental Assistance for Victims of Human Trafficking
Scarlet Road
360-850-9718

Success Story: Superior Court Adult Drug Court



One drug court participant had a rocky beginning. He had been in and out of jail for twenty years; in and out of his children's lives and in and out of the criminal justice system. He hadn't held a job for more than a few months at a time and was homeless off and on over the years. He entered drug court and couldn't go more than a week without receiving a sanction for a program violation. He had a horrible attitude towards his treatment counselor and his compliance specialist and was full of resentments towards everything he was asked to do. We were at our wits end. Nearly ready to throw in the towel, he was told he was on his last chance and we were not going to continue to work harder for his recovery than he was willing to work. Fast forward nine months—this man is one of the pillars of our program and not just drug court, but the recovery community overall. He is someone who can be relied on to help any other participant out. Since he is a little bit older than the majority of our participants, he takes on a father-figure role to a lot of the new people and takes them under his wing. He is trustworthy as the day is long. It is nothing short of a miraculous turnaround that he has made from the person he was to who he is today.

Trauma occurs when a person is overwhelmed. By understanding how children experience traumatic events and how these children express their lingering distress over the experience, parents, physicians, communities, and schools can respond to their children and help them through this challenging time. The goal is to restore balance to these children's lives and the lives of their families.

Adolescents exposed to a traumatic event feel self-conscious about their emotional responses to the event. Feelings of fear, vulnerability, and concern over being labeled "abnormal" or different from their peers may cause adolescents to withdraw from family and friends. Adolescents often experience feelings of shame and guilt about the traumatic event and may express fantasies about revenge and retribution. A traumatic event for adolescents may foster a radical shift in the way these children think about the world.

Helpful Coping Strategies: For adolescents who have experienced a traumatic event, the family can encourage discussion of the event and feelings about it and expectations of what could have been done to prevent the event. Parents can discuss the expectable strain on relationships with family and peers, and offer support in these challenges. It may be important to help adolescents understand "acting out" behavior as an effort to voice anger about traumatic events. It may also be important to discuss thoughts of revenge following an act of violence, address realistic consequences of actions, and help formulate constructive alternatives that lessen the sense of helplessness the adolescents may be experiencing.



For more information and research on trauma check out the National Child Traumatic Stress Network
www.NTCSN.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.