



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
April 1, 2021 — June 30, 2021

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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Hannah Shockley, Office Supervisor

Kitsap Public Health District

Amanda Tjemsland, Epidemiologist

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Meetings are held the third
Tuesday of every month

Meetings are via Zoom Until
Further Notice
5:00 p.m.— 7:00 p.m.

Program Updates



The Mental Health, Chemical Dependency and Therapeutic Court 2022 Request for Proposals

for New and Continuation Treatment Sales Tax (TST) funding was released on May 24th. Approximately \$7,000,000 for a 12-month period between January 1, 2022 through December 31, 2022 will be allocated to projects addressing the Board of Commissioner's Strategic Goals. Proposals for TST funding must address the Goals, Objectives and Strategies prioritized in the 2021 Kitsap County Behavioral Health Strategic Plan. The Strategic Plan can be found at <https://www.kitsapgov.com/hs/Documents/Final%202021%20Behavioral%20Health%20Strategic%20Plan.pdf>.

All Grant Applicants were required to attend a Mandatory Grant Proposer's Conference and submit a letter of intent online via Survey Monkey Apply to be eligible to apply for the 2022 TST funding. The Mandatory New and Continuation Proposer Conferences were each held as a Zoom Webinar on June 16th. Twenty-one Letters of Intent were submitted for Continuation Projects and twenty letters were submitted for New Projects. New Proposers include YWCA, One Heart Wild and the Suquamish Tribe. New projects ideas include animal assisted mental health counseling, innovative online mental health services and Intensive therapeutic wrap around services.

Twenty-one Continuation proposals were submitted electronically on August 5th and sixteen New Proposals were submitted on August 6th. All are currently under review.

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.

- 87% middle and high school students who completed at least 8 sessions with a Mental Health Therapist reported they were more likely to attend school regularly because of program.
- 90% elementary school staff and 92% middle and high school staff reported that school based behavioral health services have positively influenced the classroom climate.

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

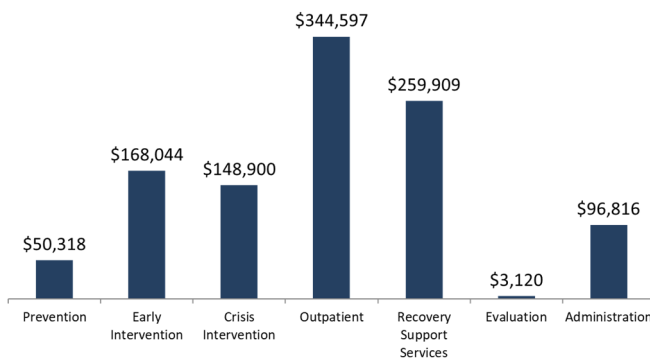
- 100% graduated Nurse Family Partnership clients with a potential or identified mental health problem have shown improvement in Knowledge, Belief and Skills at graduation.
- 66% elementary students who have completed at least 8 sessions with a Mental Health Therapist have shown improvement in health/wellbeing and 62% showed improvement in the Hope Scale.

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

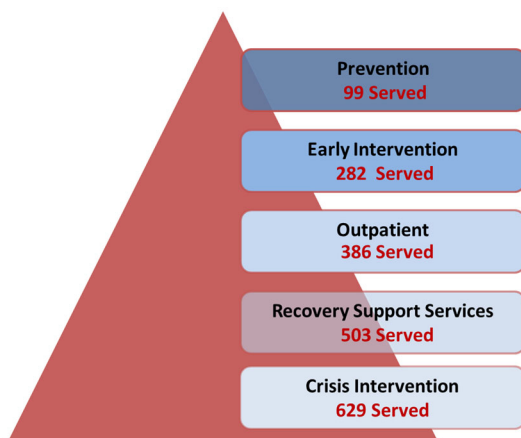
- 62% of Behavioral Health Court participants reengaged in the workforce or returned to school and 72% reobtained their drivers license.
- North Kitsap CARES Team make 93 home visits to high utilizers, 51 of which were seniors.



Expenditures by Continuum of Care April 1, 2021 — June 30, 2021



Individuals Served by Continuum of Care April 1, 2021 — June 30, 2021



Success Story: City of Poulsbo CARES Team



The CARES Team responded to a CPR/Heroin overdose call. The Team was able to assist where needed once on scene. The CARES firefighter assisted EMTs with CPR efforts, and Community Support specialist Renee worked with the friend/homeowner who reported the incident to 911 and was having a difficult time with the events occurring in his living room. Renee helped this individual process information regarding the status of his friend and his ultimate death. Renee provided him with the phone number of a therapist who could help him process the events of the day. Later that day, the CARES Team was contacted by the mother of another friend of the deceased, requesting help to get her son, who is addicted to heroin, into treatment. This event has sent a tragic ripple through this small community of parents and their drug addicted children, resulting in an urgency to seek help. The CARES Team will continue working with these individuals to connect them to the care they need.

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.

- Jail Reentry participants reduced jail bed days from 14,025 prior to program enrollment to 1,289 post-program enrollment (year-to-date), an 90% reduction and \$1,474,701.44 in savings.
- Among all Behavioral Health Court (BHC) program graduates, 85% remain charge free post program. The program reduced jail bed days for participants by 68%.

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

- 90% Stand By Me high utilizers have completed at least one physical health visit, with 95% also having healthcare benefits. 28% have had an oral health care appointment.
- The Crisis Intervention Coordinator responded to 282 calls requesting services and made 282 proactive contacts. 185 individuals were connected to a Designated Crisis Responder.
- Coffee Oasis responded to 1,053 calls to their crisis phone/text line.

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

- 198 individuals with behavioral health issues received rental assistance from Recovery Outreach and Stabilization Team (ROAST) program.
- 99% unduplicated households enrolled in the ROAST program, maintain housing for at least six months.



2021 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

Prevention & Early Intervention Services

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

RISE Mentor Training
Kitsap Strong
360-536-3394

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

Crisis Intervention Services

Behavioral Health Outreach
Bremerton Police Department
360-473-5220

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

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

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

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

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

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

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

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

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



A young man who is schizophrenic decompensated after refusing to take his medications. He grabbed a sword holding it up towards his family in a threatening manner talking strange gibberish and having delusions. The family was able to safely remove themselves from the home to a safe location and called 911. Deputies and a Designated Crisis Responder (DCR) arrived and eventually left fearing escalating the situation due to the individual's unwillingness to cooperate. The individual was left in the house by himself for the night while the family stayed at a hotel. The following day the Crisis Intervention Coordinator (CIC) and DCR were able to apply for a non-emergent Involuntary Treatment Act and was able to safely enter the residence while he was sleeping in a coordinated effort with the father. The CIC organized several Deputies to assist with detaining the male and had an Aid Advanced Life Support unit standing by outside for the transport to the hospital. The individual was safely transported to the Emergency Room for a mental evaluation without incident.

Parents—How Toxic Stress Affects Us, and What We Can Do About It. When the stress in your life just doesn't let up, and it feels like you have no support to get through the day—let alone do everything you need to do to be the best parent you can be—it can seem like there's nothing that can make it better. But there are resources that can help, and this kind of stress—known as "toxic stress"—doesn't have to define your life.

It's important to distinguish among three kinds of responses to stress: positive, tolerable, and toxic.

- **Positive stress response** is a normal and essential part of healthy development, characterized by brief increases in heart rate and mild elevations in hormone levels.
- **Tolerable stress response** activates the body's alert systems to a greater degree as a result of more severe, longer-lasting difficulties, such as the loss of a loved one, a natural disaster, or injury.
- **Toxic stress response** can occur when a child experiences strong, frequent, and/or prolonged adversity—such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support.



"Tackling Toxic Stress," a multi-part series of articles planned and commissioned by the Center on the Developing Child, examines how policymakers, researchers, and practitioners in the field are re-thinking services for children and families based on the science of early childhood development and an understanding of the consequences of toxic stress. The National Scientific Council on the Developing Child created the categories of positive, tolerable, and toxic stress to help describe the body's stress response and its varied effects on health, learning, and behavior.

For more information on how to tackle toxic stress visit the Harvard Center on the Developing Child <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/tackling-toxic-stress/>

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.

