



# Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

## ANNUAL REPORT 2023

**Mission:** Prevent and reduce the impacts of disabling chemical dependency and mental illness by creating and investing in effective, data driven programs for a continuum of recovery-oriented systems of care.

### 2023 Kitsap County Board of Commissioners

Charlotte Garrido, Chair  
Robert Gelder, Commissioner  
Katherine Walters, Commissioner  
Christine Rolfes, Commissioner

### Community Advisory Committee

Jackie Fojtik, Chair  
Charmaine Scott, Vice-Chair  
Helen Havens  
Kimberly House  
Keiko Sano  
Timothy Garrity  
Derick Bailly  
Tyler McKlosky  
Bruce Sturdevant  
Susan Winfield

### Human Services Staff

Doug Washburn, Director  
Sonya Miles, Deputy Director  
Hannah Shockley, Program  
Planner

### Kitsap Public Health District

Amanda Tjemsland, Epidemiologist



*December 31, 2023 marks the ninth 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 the Kitsap County Community. The Kitsap County Board of Commissioners adopted the Mental Health, Chemical Dependency, and Therapeutic Court Sales Tax on September 23, 2013.

*During 2023, over six million dollars in grant funding provided direct services to 6,490 individuals needing behavioral health supports.* Agencies provide comprehensive, yet flexible care to Kitsap County's most vulnerable populations. Significant outcomes in 2023 include:

- 581 students received mental health supports in school
- 249 unhoused individuals were housed through sober supported programs
- 270 youth and over 1000 therapy sessions for adults
- 75 people entered detox

You can find many more outcomes inside this report. A huge thank you to all of our providers and their staff for the support they are providing to Kitsap County residents.

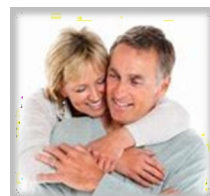
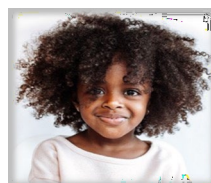
### Community Advisory Committee

Meetings are held the third  
Tuesday of designated months  
Hybrid via

Zoom and 507 Austin Avenue

5:00 p.m.— 7:00 p.m.

\*see website



## **Success Story:**

### **Kitsap County Juvenile Courts**

### *Youth's Journey Influences Parents*

Serena\* who had completed one of the Juvenile Court programs, remained conviction free but struggled for about 6 months after completion. She reached out to one of the community providers and re-engaged with them and their services. She started back up with counseling, got her GED, got a job, and finally her own apartment. Her mother witnessed this progress and decided to engage in therapy for herself, and reports she too is living a better life. After some time, the youth's father noticed the success of not only his daughter, but the changes in his ex-wife as well. He has since started therapy and reports healthier relationships with his current family, ex-wife, and daughter. \*This story has been provided by the agency, in their own words.

## **2023 Outcomes Related to the Kitsap County Board of Commissioner's Strategic Goals**

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

- 73 unduplicated homeless individuals received shelter with Kitsap Rescue Mission and in addition received one or more of the following, 1:1 therapy, substance use treatment services including inpatient detox admissions, mental health sessions, and sober living placements or permanent housing placements.
- 60 at-risk mothers and 56 infants received wrap around supports through Kitsap Public Health Nurse Family Partnership.

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

- 63 youth were served through therapeutic courts with 87% of youth who complete the Enhanced Juvenile Court program are not convicted of a new offense within a year of graduation. Further, 80% remain conviction free at 18 months.
- Coffee Oasis received 5,230 texts from youth to their crisis text line.
- 90 homeless youth were served this year with substance use appointments, case management, and housing stability planning.

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

- Crisis Intervention Officer with Kitsap Sheriff's department referred 196 individuals to services
- 876 people received re-entry services

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

- Kitsap County Therapeutic Courts and Bremerton Municipal Courts served a total of 435 individuals.
- 2,441 people received some type of recovery support.

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

- Central Kitsap Fire CARES served 335 people with 108 connected to further services.

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

- 71% of Behavioral Health Court participants experienced homelessness prior to or during BHC program. It is not uncommon for participants to enter the program homeless or find themselves homeless at some point during the program.
- Behavioral Health Court assisted 19 individuals with finding housing for the year.
- Scarlet Road provided safe housing for 12 victims of sex trafficking for 6 or more months.

## 2023 Kitsap County Continuum of Care

Kitsap County uses a comprehensive approach to addressing behavioral health issues at all levels, including prevention; early intervention; crisis intervention; outpatient treatment; medical and sub-acute detox; acute inpatient care; and recovery support services. The following programs received funding to address the full continuum of care.

### Prevention and Early Intervention

**Kitsap Public Health District** — \$215,668 in grant funds supports the Nurse Family Partnership Program and provided services for high-risk mothers and their children. This includes postpartum support groups and resource connections for mothers struggling with mental health and substance use.

**Coffee Oasis** — \$289,626 in grant funds provided youth intervention services, shelter beds for homeless youth ages 13-21, after school supports, food, case management, and outreach.

**Olympic Educational Service District 114** — \$1,236,317 in grant funds provided school-based behavioral health services for students at designated schools.

**YWCA** - \$190,000 Survivor Therapy Program

### Crisis Intervention

**Central Kitsap Fire CARES** — \$154,458 in grant funds increased capacity for Kitsap Fire CARES who responded to 335 high utilizers with behavioral health issues.

**Poulsbo Fire CARES** — \$63,150 in grant funds provided Kitsap Fire CARES mobile unit based at Poulsbo Fire Department who responded to 205 high utilizers with behavioral health issues.

**Kitsap County Sheriff's Office** — \$145,967 grant funds paid for a full-time Crisis Intervention Officer to respond to 259 crisis calls with goals of diverting individuals from the jail system by connecting them to resources for mental health and substance use challenges.

**Kitsap Recovery Center** — \$140,580 provided a new program that made substance use assessments available out in the field. Prior to this program, an individual in Kitsap would have to schedule an appointment, pay for the appointment if not covered by insurance, find transportation to the appointment weeks out, then call around to find a facility with an open bed which could take 1-2 months to complete. This innovative way of serving resulted in 66 people who were admitted to inpatient treatment on the same day with 76 total Kitsap residents entering treatment this year through the advocacy of this program.

### Outpatient

**Agape Unlimited** — \$141,685 in grant funds provided co-occurring disorder services for 29 clients and wrap around supports through their navigator for 649 clients.

**Kitsap County Juvenile Services Department** — \$114,301 in grant funds improved the continuity of treatment services to 63 participants in the Individualized Treatment and Youth Drug Court.

**Kitsap County District Court** — \$396,504 in grant funds served 38 individuals, providing clinical, compliance, and public defense support for Behavioral Health Court.

**Kitsap County Prosecuting Attorney** — \$367,325 in grant funds to evaluate 249 applications to the Therapeutic Courts this year. They admitted 120 people into Therapeutic Courts with 108 pending entry.

**Kitsap County Superior Court** — \$586,886 in grant funds for the Adult Felony Drug Court. In the last five years 180 graduates have remained crime free, out of 194 total graduates. Serving 163 participants in Drug Court, with a total of 8 veterans graduating this year and 20 are active in the program.

**Peninsula Community Health Services** - \$115,870 for opioid research

### Recovery Support Services

**One Heart Wild** — \$282,360 in grant funds provided animal assisted counseling and therapy supports including children ages 5 and up.

**Kitsap Community Resources** — \$684,055 in grant funds provided outreach, rental assistance, and behavioral health referrals for 410 individuals struggling with behavioral health issues.

**Kitsap Rescue Mission** — \$257,068 in grant funds provided on-site behavioral health services to 155 Individuals through a mental health and substance use professionals.

**Scarlet Road** — \$90,000 in grant funds provided flexible rental assistance, mental health, and employment services for 20 adult victims of sex trafficking and sexual exploitation in Kitsap County.

**West Sound Treatment Center** — \$333,856 in grant funds provided Substance Use Disorder and Reentry Services for inmates in the jail, 98 sober living beds filled, and supportive services for co-occurring disorder services for men and women.

**Fishline** - \$95,000 in grant funds for mental health therapy for individuals on Medicare who don't have therapy services available to them.

### Success Story:

#### Prosecuting Attorney's Office

"It truly takes a myriad of services to properly treat some of our community's most troubled individuals. Fewer individuals leave Therapeutic Court programs by termination than by graduations".

-Prosecuting Attorney's Office

#### My life before drug court was a mess!

I was doing drugs and crime every day. I was so depressed and angry all of the time. There are chunks of time that are missing from my memory, which is kind of scary. I didn't have my kids in my life. The older two didn't want anything to do with me and my youngest was in a foster home.

I found myself in some very dangerous situations where I was close to dying at the hands of others. There was always someone around trying to take advantage of me, so I had to be hyperaware of my surroundings. I was sad all the time and I hated myself.

Today, though, I have people in my life that support me. My adult children are huge supporters of my journey, and we talk almost every day! I have my youngest back in my care and my CPS case was closed last year. I am independent, have my license back. I take care of my grandson when my daughter is working, and I love being able to be such a big part of his upbringing. It is a privilege I cherish. Life is 100% different in the ways that matter, and I have reason to look forward to the future. I am a mother to my children and a daughter to my parents again and it is GREAT!"

\*This story has been provided by the agency, in their own words.

**Mental Health, Chemical Dependency, and Therapeutic Court Sales Tax  
12 Month Revenue and Expenditure Report**

Fund Activity – For the time period beginning January 1, 2023 ending December 31, 2023

**Revenue**

Sales Tax Collected	\$7,033,529.27
Investment Interest	\$170,783.56
<b>Total Revenue</b>	<b>\$7,204,312.83</b>

**Expenditures**

Agape Unlimited – AIMS and Navigator	\$126,102
Bremerton Municipal Courts	\$0.00
Family Behavioral Health, CCS – Intensive Therapeutic Wraparound	\$403,859
Central Kitsap Fire – CARES	\$107,089
Coffee Oasis – Youth Crisis Intervention and Housing Supports	\$256,747
Fishline – Comprehensive Services	\$95,000
Kitsap Community Resources – ROAST Recovery, Outreach and Stabilization Team	\$523,605
Kitsap District Court – Behavioral Health Court	\$372,420
Kitsap Juvenile Services – Enhancements for Juveniles	\$112,822
Kitsap County Prosecuting Attorney – Alternative to Prosecution	\$367,325
Kitsap County Sheriff's Office – Crisis Intervention Officer	\$145,967
Kitsap County Sheriff's Office – Crisis Intervention Training	\$10,730
Kitsap County Sheriff's Office – Re-entry Program	\$206,043
Kitsap County Sheriff's Office – POD	\$14,328
Kitsap County Superior Drug Court	\$468,303
Kitsap County Superior Veterans Court	\$68,642
Kitsap Mental Health Services – Pendleton Place	\$360,000
Kitsap Public Health District Nurse Family	\$208,724
Kitsap Recovery Center – Mobile PIN	\$119,655
Kitsap Rescue Mission -Homeless Shelter Coordinated Care	\$209,964
Kitsap Support and Advocacy	\$82,008
Peninsula Community Health Services - Boots	\$115,870
Poulsbo Fire - CARES	\$58,645
Olympic Educational School District – Behavioral Health Counseling Enhancement	\$831,079
One Heart Wild – Animal Assisted Mental Health Counseling	\$279,727
Scarlet Road – Housing Supports for Victims of Human Trafficking	\$90,000
West Sound Treatment Center – New Start Jail Services	\$333,651
YWCA – Survivor Therapy Program	\$11,841
<b>Total Expenditures</b>	<b>\$6,293,608.45</b>

Beginning Fund Balance 01/01/23	\$11,292,840.46
2023 Revenue	\$7,033,529.27
2023 Expenses	\$6,293,608.45
<b>Ending Fund Balance 12/31/23</b>	<b>\$12,203,544.84</b>

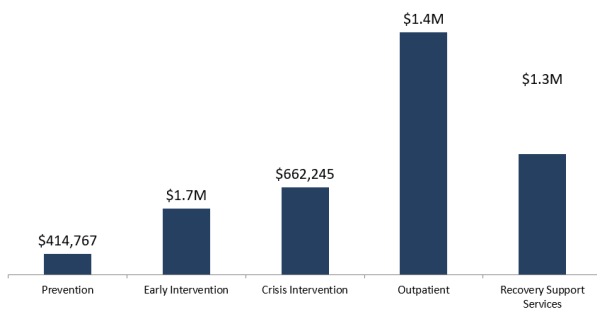
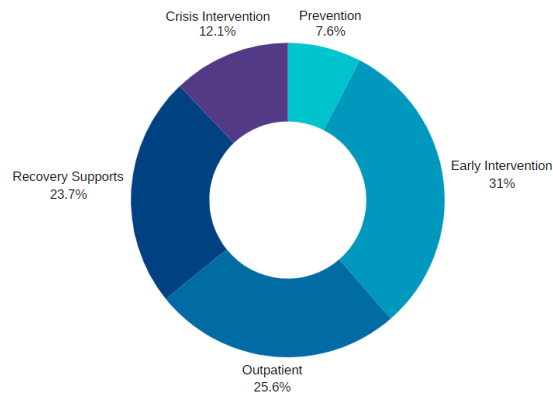
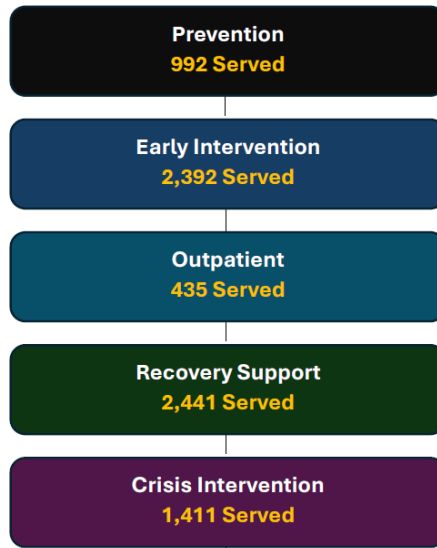
**For More Information Contact**

**Hannah Shockley,  
Human Service Planner**

360-337-4827  
HShockle@Kitsap.Gov



## 2023 Kitsap County Continuum of Care



**For More Information Contact**

**Hannah Shockley,  
Human Service Planner**

**360-337-4827**

**HShockle@Kitsap.Gov**



## 2023 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

### Prevention Services

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

### Early Intervention Services

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

**Animal and Equine Assisted Therapy**  
One Heart Wild  
360-509-2948

**Family Behavioral Health**  
Catholic Community Services  
360-850-8407

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



### Outpatient Behavioral Health Treatment Services

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

**Bremerton City** **NEW**  
Therapeutic Court  
360-473-5215

**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

**On-Site Behavioral Health Services**  
North Kitsap Fishline  
360-208-8543

**Behavioral Health Services**  
YWCA of Kitsap County  
360-479-0522

**Research Needle Exchange**  
Peninsula Community Health Services  
360-377-3776

### Crisis Intervention Services

**Kitsap Fire CARES** **NEW**  
Expansion  
City of Poulsbo and Central Fire 360-394-9794

### Recovery Support Services

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

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

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

**Pendleton Place**  
Kitsap Mental Health Services  
360-373-5031 Ext 5811

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

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

### Crisis Intervention Services

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

**Person in Need Field** **NEW**  
**Assessments and Immediate Detox Services**  
Kitsap Recovery Center  
360-337-4625



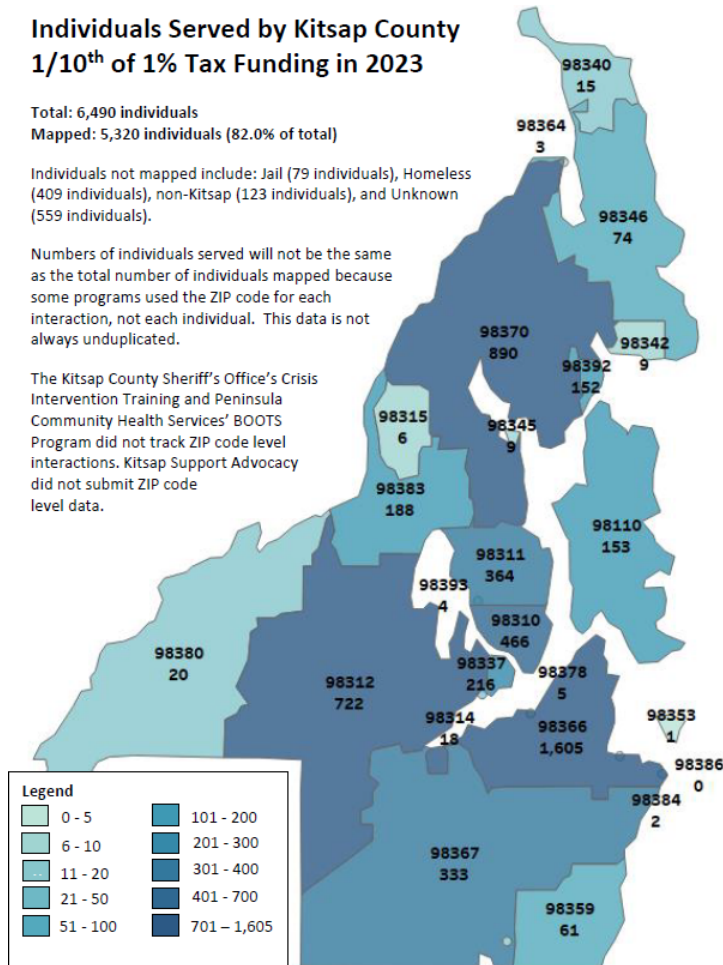
## Individuals Served by Kitsap County 1/10<sup>th</sup> of 1% Tax Funding in 2023

Total: 6,490 individuals  
Mapped: 5,320 individuals (82.0% of total)

Individuals not mapped include: Jail (79 individuals), Homeless (409 individuals), non-Kitsap (123 individuals), and Unknown (559 individuals).

Numbers of individuals served will not be the same as the total number of individuals mapped because some programs used the ZIP code for each interaction, not each individual. This data is not always unduplicated.

The Kitsap County Sheriff's Office's Crisis Intervention Training and Peninsula Community Health Services' BOOTS Program did not track ZIP code level interactions. Kitsap Support Advocacy did not submit ZIP code level data.



## Success Story: Olympic Educational School District 114

The Mental Health Therapist (MHT) was referred a student in the fall of 2023; the father came in for the intake assessment and based on his answers, a CPS report was made.

Throughout this student's life, there has been CPS involvement, legal turmoil among biological parents, emotional abuse (toward the child) from parents' significant others, and violence within the households (throwing objects).

The student has a hard time completing schoolwork and is nearly self-contained. The MHT invited the father to a session and had him complete the Adverse Childhood Experiences (ACE's) questionnaire which revealed that he had 9/10 ACE's himself.

This provided great insight into the circumstances that the family has endured and a sense that this father is doing the best he can. The MHT built a rapport over time with the Father, who has now agreed to do a WISE screen with the MHT present; the goal of acquiring furthermore intensive wrap-around care. This is a huge step and demonstrates the importance of relationships with the school, community partners, and family.

\*This story has been provided by the agency, in their own words.

## 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 and support services.

### Coffee 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](http://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.

