

KITSAP COUNTY
HUMAN SERVICES DEPARTMENT



MHCDTC

Treatment Sales Tax for Mental Health, Chemical Dependency,
Therapeutic Courts 1/10th of 1 %

The Behavioral Health Continuum of Care Model

is a framework that recognizes multiple opportunities to address behavioral health problems, encompassing prevention, treatment, and recovery, and ensuring seamless transitions between different levels of care.



Prevention



Treatment



Recovery





What it is:

The continuum of care model in behavioral health aims to provide a comprehensive and integrated system of services for individuals with behavioral health conditions, moving from prevention and early intervention to crisis intervention, stabilization, and long-term support.

Continuum of Care



KEY COMPONENTS

Promotion

Focuses on creating environments and conditions that support healthy behaviors and well-being

Prevention

Aims to prevent the development of behavioral health problems through early intervention and risk reduction strategies

Treatment

Provides a range of services to address existing behavioral health conditions, including therapy, medication, and other interventions

Recovery

Supports individuals in regaining their health, independence, and quality of life

Levels of Care

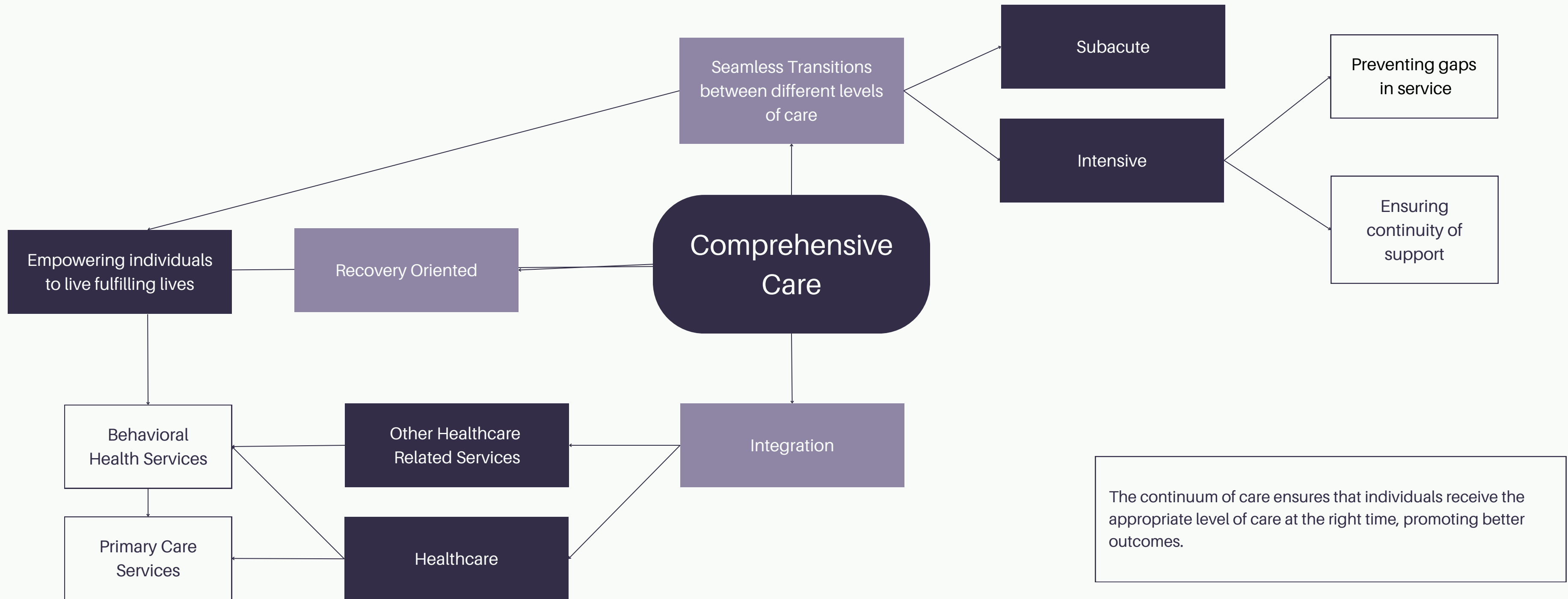
The continuum of care encompasses a variety of settings and services, including:



1.	Inpatient care: For individuals requiring intensive, 24/7 care.
2.	Partial hospitalization: For individuals who need structured, daytime programs.
3.	Intensive outpatient treatment: For individuals who need more frequent, intensive therapy.
4.	Outpatient therapy: For individuals who need regular therapy sessions.
5.	Crisis intervention: For individuals experiencing a mental health crisis.
6.	Mobile crisis teams: For individuals who need immediate support in their homes or communities.
7.	Community-based services: For individuals who need ongoing support in their homes and communities.



IMPORTANCE



The National Council for Behavioral Health Continuum of Care

Description of a Modern Addictions and Mental Health Service System (SAMHSA)



Healthcare Home/ Physical Health	<ul style="list-style-type: none"> • Screening, brief intervention & referral • Acute primary care • General health screens, tests & immunization • Comprehensive care management
Prevention and Wellness	<ul style="list-style-type: none"> • Prevention programs • Wellness programs • Smoking cessation education session on MI/SUD • Health promotion • Brief interviews • Warm line
Engagement Services	<ul style="list-style-type: none"> • Assessment • Specialized evaluations (psychological, neurological) • Service planning (including crisis planning) • Consumer/ family education • Outreach
Outpatient & Medication Services	<ul style="list-style-type: none"> • Individual evidenced based therapies • Group therapy • Family therapy • Multi-family counseling • Medication management • Pharmacotherapy (including opioid maintenance therapies) • Laboratory services • Specialized consultation
Community and Recovery Support (Rehabilitative)	<ul style="list-style-type: none"> • Peer supports • Recovery support services • Family training & support • Skill building (social, daily living, cognitive) • Case management • Continuing care • Behavioral management • Supported employment • Permanent Supportive housing • Recovery housing • Therapeutic mentoring • Traditional healing services
Other Supports (Habilitative)	<ul style="list-style-type: none"> • Personal care • Homemaker • Respite • Educational services • Transportation • Assisted living services • Recreational services • Other goods & services • Trained behavioral health interpreters
Intensive Support Services	<ul style="list-style-type: none"> • Substance abuse intensive outpatient services • Partial hospital • Assertive community treatment • Intensive home based treatment/ • Multi-systemic therapy
Out-of-Home Residential Services	<ul style="list-style-type: none"> • Crisis residential/ stabilization • Residential services • Supports for children in foster care
Acute Intensive Services	<ul style="list-style-type: none"> • Mobile crisis services • Urgent care services • 23 hour crisis stabilization service • Psychiatric inpatient & medical detoxification services • 24/7 crisis hotline services