



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter

January 1, 2018 — March 31, 2018

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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Gay Neal, Program Coordinator
Hannah Shockley, Supervisor

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.

Program Updates



On January 1, 2018 six new programs funded to provide Mental Health, Chemical Dependency and Therapeutic Court Programs in Kitsap County began implementation. New programs funded include:

- **Bremerton School District** will implement a comprehensive, evidence-based, social and emotional teaching and learning system within the Bremerton School District.
- **Kitsap County Aging and Long Term Care** will provide dementia-friendly supports, strategies and consultation for challenging behaviors in order to prevent and delay institutionalizations and preserve placements.
- **Kitsap Community Resources** will provide a Family Development Specialist and a Behavioral Health Support Specialist who work collaboratively to provide long-term housing stability and support for individuals with behavioral health problems.
- **Kitsap County Sheriff's Office** will implement the Ride Along software application that enables safer police interactions with individuals who have mental illness.
- **Kitsap County District Court** will provide a Behavioral Health Specialist and dedicated public defense to the newly established Behavioral Health Court.
- **Kitsap Recovery Center** will provide mental health services, chemical dependency treatment and case management for the Human Trafficking Diversion Program in conjunction with the Kitsap County Prosecuting Attorney's Office.

Thirteen additional programs were funded to continue providing services into the new year. A full list and contact information can be found inside.

For more information you will find the first quarter report on Mental Health, Chemical Dependency and Therapeutic Court Program services at <https://spf.kitsapgov.com/hs/Pages/CAC-REPORTS-INFORMATION-PLANS.aspx>



First Quarter Highlights:



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

- Kitsap Public Health District joined with other local partners serving young families through home visiting programs, to begin work on a centralized intake system to share resources regarding service options for pregnancy and early learning programs with the best fit for each family.

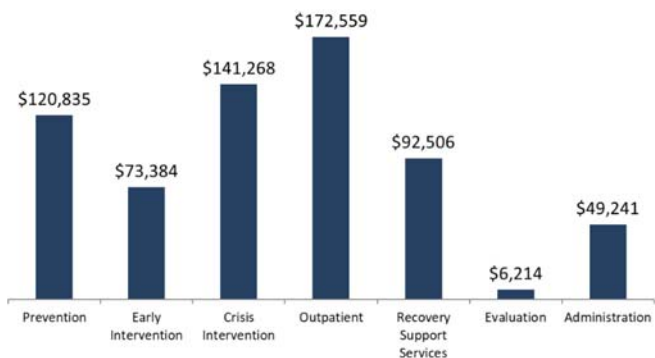
Goal 2: Reduce the incident and severity of chemical dependency and/or mental health disorders in adults and youth.

- Olympic Educational Service District provided behavioral health services to 372 students, with staff reporting 290 drop-in visits by students in need of crisis intervention, brief support and/or information. Seven middle school students received behavior health screening and referral services.

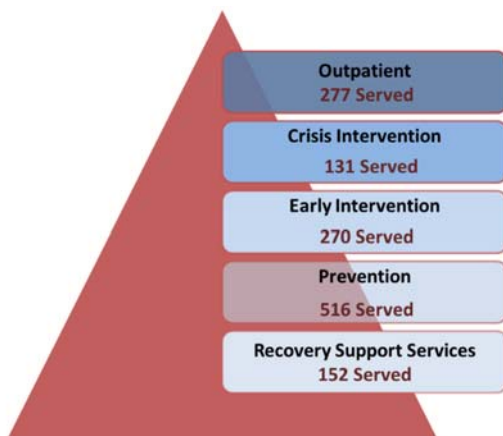
Goal 3: Divert chemically dependent and mentally ill youth and adults from initial or further criminal justice system involvement.

- Behavioral Health Court continues to grow in volume with 27 participants remaining active during the first quarter.
- West Sound Treatment Center screened 139 inmates at the Kitsap County Jail, 61 entered in-jail services and 78 entered re-entry services.

Expenditures by Continuum of Care January 1, 2018 — March 31, 2018



Individuals Served by Continuum of Care January 1, 2018 — March 31, 2018



Success Story: Crisis Intervention Training



Deputies were sent to a call where a mentally unstable girlfriend forced her way into the home of her ex, armed herself with a knife, and began destroying the entire inside of the home. When deputies arrived, she presented herself several times from an upstairs balcony armed with the large butcher knife. For the better part of 4 hours the detail carried on with the woman ejecting the ex's property from second story windows and the front door, destroying the interior of the home and screaming all the way. At one point, she lit a stack of papers on fire and threw those from the home. Deputies continued to negotiate with her during this time. Often throughout the incident the woman yelled for deputies to shoot her while armed with the large knife. In the end, one of our Crisis Intervention Officers did an incredible job of talking the woman down and convinced her to surrender to him and another deputy. This was a very violent incident that came to a peaceful resolution through some outstanding leadership, patience, and using de-escalation skills.

For More Information Contact

Gay Neal, Program Coordinator
360-337-4827 orgneal@co.kitsap.wa.us
<https://spf.kitsapgov.com/hs/Pages/CAC-LANDING.aspx>

First Quarter Highlights:

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

- Kitsap Connect client jail bed nights have been reduced from 625 to 138. At the cost of \$91.06 for a bed night, this is an approximate cost savings of \$44,340.00.
- Mod Pizza has hired 8 drug court participants, helping them enhance their resumes, giving them opportunities for career advancement, all on a supportive team of people. They call themselves a second-chance company and they have many people in recovery who continue to thrive and advance.

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

- Poulsbo Behavioral Health Program assisted 45 new contacts and helped connect them to care before hospitalization/arrest/incarceration.

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

- Community Frameworks has been working on a feasibility study with local housing partners for long-term supportive housing for individuals with behavioral health problems.
- Kitsap Community Resources hires a Housing Stability Specialist to provide support to recently housed behavioral health clients.

2018 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

Prevention & Early Intervention Services

Nurse Family Partnership & Maternal Support Services
Kitsap Public Health District
360-728-2235

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

School Based Behavioral Health Enhancement Project
Olympic Educational Service District 114
360-405-5833

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

Housing Stability Services
Kitsap Community Resources
360-473-2047

Crisis Intervention Services

Homeless Youth Intervention
The Coffee Oasis: 360-377-5560
Youth Crisis Line: 1-855-454-8727

Crisis Intervention Team Training for Law Enforcement
Bremerton Police Department
360-337-4514

RideAlong & Kitsap County Jail Behavioral Health Unit
Kitsap County Sheriff's Office
360-337-4514

Behavioral Health Outreach
City of Poulsbo
360-394-9794

Kitsap Connect
Kitsap Public Health District
360-917-0672

Crisis Triage Center & Adult Inpatient Substance Use Disorder Unit
Kitsap Mental Health Services
360-415-5853

Outpatient Behavioral Health Treatment Services

Youth Outpatient Substance Use Disorder Treatment
Agape Unlimited
360-373-1529

Juvenile Therapeutic Court Services
Kitsap County 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

Adult Outpatient Substance Use Disorder Treatment
Kitsap Recovery Center
360-337-5735

Trauma Informed Care Services
Kitsap Recovery Center
360-337-5722

Success Story: Olympic Educational Service District



While facilitating an Affected Others support group, two girls disclosed previously unreported sexual abuse. By the 4th session, the girls were discussing ways that their parent's drug/alcohol use took its toll on their self-confidence, eroded their trust in others, created instability at home, and in some cases, put them in unsafe situations with unsafe family "friends." Each of the girls shared heartbreaking stories that included homelessness, watching a parent die of their disease, being put into foster care after a meth lab exploded in her home, and then, of course, the sexual abuse at the hands of parent's drug using friends. The Student Assistance Professional created a safe, confidential environment where these girls could share their stories and provide each other support, especially after two of them were brave and reported their sexual abuse to law enforcement. Since then, the group has discussed resources for survivors, new apps and websites to help keep them safe now and in the future, and how to recognize unhealthy relationships.

Mental illness and drug or alcohol addictions affect people from all walks of life and all age groups. These illnesses are common, recurrent, and often serious, but they are treatable and many people do recover.

How common is Mental Illness?

- More than 60 million adults—1 in 4 in America—suffer from mental illness, ranging from panic disorders to depression.
- Nearly 14 million—almost 6 in 100—live with a serious mental illness such as bipolar disorder, schizophrenia and severe depression.
- An estimated 15 million children—about 1 in 5—have a mental disorder. The most common among children is attention deficit hyperactivity disorder.



How common is Substance Abuse?

- 23.4% of adults 18 years and over have had at least one heavy drinking day (five or more drinks for men and four or more drinks for women) in the past year.
- 10.2% persons 12 years of age and over used illicit drugs in the past month.
- In Washington State, the rate of all opioid deaths (heroin and/or Rx-type) has nearly doubled in the past decade.

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 Teen Line 1-855-4KITSAP (1-855-454-8727)

Support for local Kitsap County youth ages 13—25 years old between 4:00 p.m.—8:00 a.m.

Teen Link: 1-866-TEENLINK (866-833-6546)

Confidential teen-answered help line; every evening 6:00 p.m. - 10:00 p.m.

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.