



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
July 1, 2018 - September 30, 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.

Kitsap County Board of Commissioners

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Gay Neal, Program Coordinator
Hannah Shockley, Office 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



The Kitsap County Board of Commissioners passed a resolution approving funding recommendations totaling \$4.1 million presented by the Mental Health, Chemical Dependency and Therapeutic Court Citizens Advisory Committee (CAC) at the Commissioners' Work Study Session September 24. The 11-member Citizen's Advisory Committee (CAC), appointed by the Commissioners to advise them on funding allocations, voted unanimously at their September 18 meeting to recommend funding for 19 of the 25 proposals submitted, awards totaling \$4.1 million for a 12-month period.

Five (5) of the programs recommended for funding are brand new, including re-entry coordination at the jail, substance abuse prevention services, support for the Prosecutor's Office in operating therapeutic courts, pre-development for permanent supportive housing and mobile behavioral health services provided by Peninsula Community Health Services.

Fourteen (14) of the programs recommended for funding were continuation proposals from January 1, 2018. Services run along the continuum of care and reach individuals birth through their senior years.

A complete list of the funding recommendations approved by Commissioners is available at <https://spf.kitsapgov.com/hs/Pages/CAC--RFP.aspx>.

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



Third Quarter Highlights:



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

- Twenty-five consultations were provided by the Dementia Specialist. Feedback from participants found the sessions “extremely helpful”.

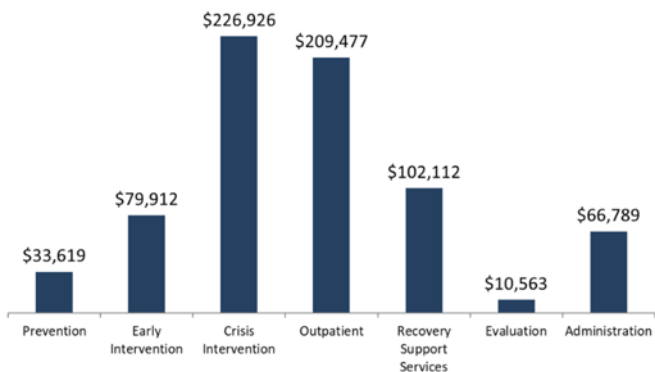
Goal 2: Reduce the incident and severity of chemical dependency and/or mental health disorders in adults and youth.

- Preliminary results from Nurse Family Partnership surveys found that: 72% feel supported or very supported; 67% read, tell a story or sing a song to their child 6-7 times per week; and 47 % are living in a home with a mortgage.
- To date, 364 students have received school-based behavioral health services.

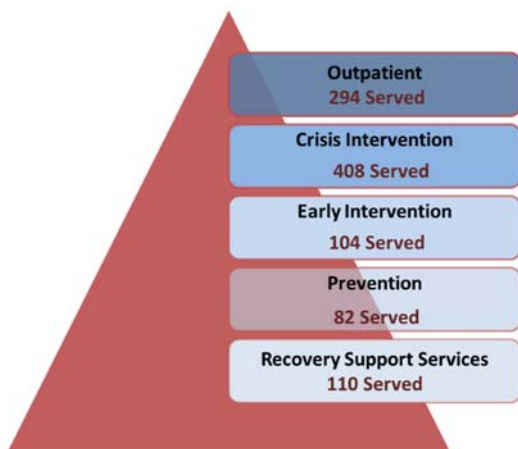
Goal 3: Divert chemically dependent and mentally ill youth and adults from initial or further criminal justice system involvement.

- 77% of Behavioral Health Court participants regained their independence by obtaining a job or re-engaging with education. 75% of Behavioral Health Court participants obtained their driver’s license.
- 77% of individuals receiving ongoing support from the Poulsbo Navigators after police contact reduced involvement with criminal justice system.

Expenditures by Continuum of Care July 1, 2018 — September 30, 2018



Individuals Served by Continuum of Care July 1, 2018 — September 30, 2018



Success Story: Kitsap County District Court Behavioral Health Court (BHC)



Bill entered the BHC program homeless, unmedicated, and struggling with strong addiction issues. He completed chemical dependency inpatient treatment, but without housing, consistent treatment for his mental health, or healthy community supports, he struggled to remain sober. Despite continued relapse, homelessness, and the possibility of facing court sanctions for noncompliance, he attended every court hearing. Throughout his relapses, suicidal ideations, and hallucinations, he continued to work with the BHC team, Kitsap Mental Health Services (KMHS), and West Sound Treatment Center (WSTC) to make changes in his life and orient himself towards recovery. After a jail sanction, he was transitioned to the crisis triage center and then admitted to the Pacific Hope and Recovery Center where he spent 30 days and was able to graduate their program... the first graduate of that program! He has worked hard to maintain sobriety (now 60 days), resides in a sober living house, and attends all his mental health, chemical dependency, and court appointments.

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>

Third Quarter Highlights:

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

- 100% of all Drug Court participants were either employed and/or involved in educational/vocational services upon graduation from the Adult Drug Court.

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

- Coffee Oasis 24-Hour Crisis Text Line received 66 crisis texts from youth. 94% of the texts were resolved through conversation. 71% of youth in crisis contacted engaged in ongoing crisis services.
- In the first six weeks of opening Kitsap Mental Health Services Crisis Triage Center, 61 people received crisis triage services.
- 80% of crisis triage clients are choosing outpatient mental health services at discharge; 40% have scheduled an appointment; and 40% have chosen to engage in physical health services at discharge and have an appointment scheduled.

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

- Sixteen individuals were housed in New Start Housing for Men and Women during the third quarter.



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
Oasis Crisis Text Line: Text "CoffeeOasis" to 360-377-5560

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: Coffee Oasis



Eighteen-year old Reese was struggling. In May, she texted the Coffee Oasis Crisis Line, "I'm really stressed and suicidal, but I'm trying to stay positive." Reese had several suicide attempts in her past and didn't want to go down that road again. But she felt hopeless and stuck. She planned on attending Washington State University (WSU) in the fall. But her depression, self-doubt, and difficulties with her mother made that seem unreachable. Reese knew her depression and home struggles were wearing out her friends, driving away her only support system. She texted the Coffee Oasis almost every day. Staff responded with encouragement. Gradually, Reese decided to meet with an Oasis case manager and counselor. While Reese's mom sabotaged her efforts to attend WSU, Reese's case manager worked with her on life skills like budgeting to help her prepare. Reese kept bravely working through the challenges and in August she reached her goal: she began fall quarter at WSU! "She was so much brighter and happier by the time she went to school," her case manager noted. Depression and a strained home life are not uncommon; many youth face the same barriers as Reese. The Coffee Oasis is dedicated to offering support to these youth, helping them through the darkness into new opportunity.

If someone you know is struggling emotionally or having a hard time, you can be the difference in getting them the help they need. It's important to take care of yourself when you are supporting someone through a difficult time, as this may stir up difficult emotions. If it does, please reach out for support yourself.

Do They Need Your Help? Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

- ◆ Talking about wanting to die or to kill themselves
- ◆ Looking for a way to kill themselves, like searching online or buying a gun
- ◆ Talking about feeling hopeless or having no reason to live
- ◆ Talking about feeling trapped or in unbearable pain
- ◆ Talking about being a burden to others
- ◆ Increasing the use of alcohol or drugs
- ◆ Acting anxious or agitated; behaving recklessly
- ◆ Sleeping too little or too much
- ◆ Withdrawing or isolating themselves



It can be scary when a friend or loved one is thinking about suicide. It's hard to know how a suicidal crisis feels and how to act. Call 1-800-273-TALK (8255) at any time for help if a friend is struggling.

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.

Crisis Clinic of the Peninsulas: 1-800-843-4793

Provides over-the-phone local crisis intervention, information referral and a supportive listening ear.

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.



2019 Behavioral Health Tax Continuum of Care

Kitsap County uses a comprehensive approach to addressing behavioral health issues at all levels, including prevention, early intervention and training; crisis intervention and triage; outpatient treatment; medical and sub-acute detox; acute inpatient care; and recovery support services. The following programs received local behavioral health tax funding for 2019 to address the full continuum of care:

Prevention

Programs which promote emotional health and reduce the likelihood of mental illness; substance abuse, including tobacco; and suicide.

NEW Kitsap County Prevention and Youth Services — \$64,610 in grant funds will expand community-based prevention across Kitsap County by developing, implementing, and evaluating community based environmental prevention strategies and programs.

Kitsap Public Health District — \$127,828 in grant funds support evidenced-based nurse home visiting program (Nurse Family Partnership) for first time, low-income moms and their babies and adds a bilingual Community Health Worker (CHW) to the Parent Child Health Team to provide outreach and case management to high risk, low-income pregnant women.

Early Intervention

Includes evidence-based mental health and substance abuse intervention parent programs; community and school-based curriculums; and training to identify the effects of behavioral health problems.

Bremerton School District — \$100,050 in grant funds provide a comprehensive, evidence-based, social and emotional teaching and learning system within the Bremerton School District that integrates Adverse Childhood Experiences (ACEs) and Washington State social and emotional learning standards.

Olympic Educational Service District 114 — \$580,301 in grant funds provide school-based behavioral health services for both mental health and substance abuse in targeted high risk elementary and high schools. Services include individual counseling, crisis intervention, and support group facilitation in the areas of social skills, loss and grief, anxiety/depression, substance use intervention, and social-emotional skills.

Crisis Intervention and Triage

Services provided to intoxicated or mentally ill individuals on the streets or in other public places and may include assessment, brief intervention and transportation to an approved treatment facility.

City of Poulsbo — \$296,784 in grant funds provide Behavioral Health Outreach Services staffed by three Behavioral Health (BH) Navigators to serve adults with a mental illness or co-occurring mental health and substance abuse disorders who are charged with minor, non-violent crimes throughout Kitsap County or are identified as at-risk of arrest or crisis.

The Coffee Oasis — \$301,479 in grant funds support intervention and outreach to homeless youth struggling with substance abuse and mental illness and connect them to services that will provide opportunities for restoration with their families and community.

Kitsap Public Health District — \$380,105 in grant funds support a multi-disciplinary, mobile outreach team to intervene with adults who are experiencing (or are at risk of) mental illness, chemical dependency, physical illnesses, and homelessness and includes intensive care coordination services.

Kitsap County Sheriff's Office—\$21,500 in grant funds in grant funds to support Crisis Intervention Training for Law Enforcement Officers to increase their skills in responding to individuals with mental illness & chemical dependency.

Outpatient

Group, individual or family counseling services provided in a non-residential chemical dependency or mental health treatment facility. Includes case planning, case consultation and referral services.

Kitsap County District Court — \$232,711 in grant funds will support two (2) Behavioral Health Specialists to provide behavioral health wrap around services to 100 Behavioral Health Court (BHC) participants and a designated Public Defender.

Kitsap County Juvenile Court Services — \$185,400 in grant funds improve the continuity of treatment services to participants in the Individualized Treatment Court by establishing a dedicated behavioral health specialist to serve all participants and establish a full-time Therapeutic Court Case Monitor.

NEW Kitsap County Prosecuting Attorney — \$298,854 in grant funds will support their rapidly increasing role in all five Therapeutic Courts. Funds will provide 2 full-time Deputy Prosecuting Attorneys and one full-time Legal Assistant who will be responsible for all therapeutic-court prosecutorial responsibilities and handle all therapeutic courts as a cohesive and integrated team.

Kitsap County Superior Court — \$369,144 in grant funds expand the capacity of the Adult Felony Drug Court from 100 participants to 150 participants. Expansion also includes mental health screening, assessment and counseling; and behavioral compliance tools.

Kitsap County Superior Court — \$72,312 in grant funds support the Veterans Court Treatment Track, designed to serve up to 25 veterans engaged in the criminal justice system due to co-occurring substance abuse and/or mental health issues.

NEW Peninsula Community Health Services — \$199,628 in grant funds will purchase a mobile behavioral health care unit and provide optimal access to high quality, integrated behavioral health care services into the community to serve the needs of people who, complicated by their mental health and/or substance abuse issues, struggle to access care in traditional ways.

Recovery Support Services

Includes a focus on providing for the health, housing, vocational, and social support needs of people with behavioral health problems. These include peer - and family - operated services.

Aging and Long-Term Care — \$104,214 in grant funds provide dementia-friendly supports, strategies and consultation for challenging behaviors in order to prevent and delay institutionalizations and preserve placements.

Kitsap Community Resources — \$144,331 in grant funds 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.

NEW Kitsap County Sheriff's Office—\$210,720 in grant funds will provide a Reentry Officer and Reentry Coordinator to collaborate with the current services that are being provided in the jail. Funds will also provide training and access to the Correctional Assessment & Intervention System (CAIS). The CAIS is a validated tool that will help assess risk and needs of offenders and reduce recidivism.

NEW Kitsap Mental Health Services — \$119,900 in grant funds will support predevelopment costs necessary to construct a 70-unit permanent supportive housing complex serving individuals and couples experiencing chronic homelessness and living with mental health and/or substance abuse issues.

West Sound Treatment Center — \$339,000 in grant funds provide Substance Use Disorder Assessments, Court Ordered Assessments, Treatment, Life-Skill Building and Re-entry services at the Kitsap County Jail as well as housing, case management and supportive services for 16 men and women through the New Start men and women's houses.

For More Information Contact
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