



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

Quarterly Newsletter  
January 1, 2020 — March 31, 2020

**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.

## 2020 Kitsap County Board of Commissioners

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## Human Services Staff

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Richard VanCleave, Deputy Director  
Gay Neal, Program Coordinator  
Hannah Shockley, Office Supervisor

## Kitsap Public Health District

Amanda Tjemsland, Epidemiologist

## Citizens Advisory Committee

Meetings are held the third  
Tuesday of every month

## Skookum Contract Services

4525 Auto Center Way  
Bremerton, WA  
5:00 p.m.— 7:00 p.m.

## Program Updates



*First quarter of 2020 began in a way no one expected, a deadly virus originating in China, quickly impacting all levels of behavioral health services here in Kitsap*

*County.* Now more than ever, our providers are supporting each other, taking care of our communities and supporting the professionals that take care of us. The behavioral health field has always embodied strength and resilience, and that is certainly true right now.

This year, twenty-three projects are being funded through the Treatment Sales Tax. Programs run along the continuum of prevention, early intervention, crisis intervention, out patient, inpatient and recovery support services. COVID-19 has impacted each and every project, and they all have stepped up to the job of continued operations in a time of social isolation and increased stress among their participants. Here are just a few examples:

- Peninsula Community Health Services mobile vans are providing behavioral health services to homeless shelters, quarantine and isolation centers.
- All therapeutic courts continue to provide supervision and begin hearings virtually with participants.
- School based providers continue to be available and are reaching out to families in need and crisis .

A huge thank you to all of our providers and their staff for the support they are providing to Kitsap County residents.

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.

- Peninsula Community Health Services continues to work hard to be a source of support and comfort for people. With that spirit in mind, they just launched depression screening in their dental programs.
- Partnering with East Side Baby Corner West Sound, the Nurse Family Partnership nurses are able to deliver supplies to their client's front porches. This allows families the space to focus on the relationship with their child instead of their need for diapers, clothing, books or other supplies.
- Kitsap Community Resources Recovery Outreach and Stabilization Team (ROAST) has engaged 83% of their households served into primary care services.

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

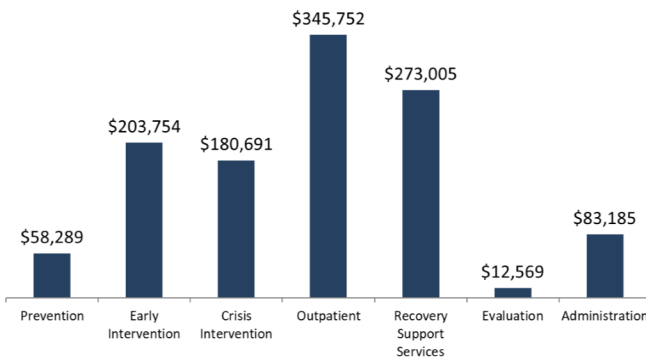
- Olympic ESD school-based behavioral health professionals served 296 students. In addition 224 students dropped in for crisis intervention, brief support and/or information.

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

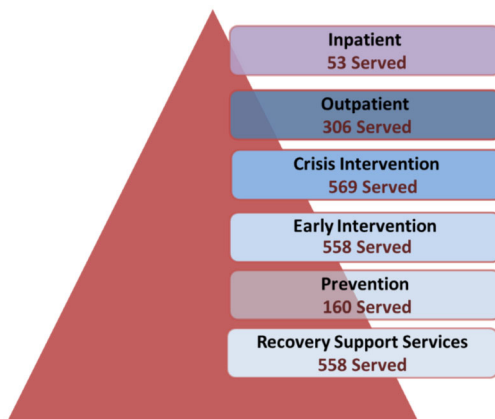
- Kitsap County's Crisis Intervention Officer (CIO) made 93 proactive contacts, serving 76 unduplicated clients.



### Expenditures by Continuum of Care January 1, 2020 — March 31, 2020



### Individuals Served by Continuum of Care January 1, 2020 — March 31, 2020



### Success Story: Kitsap County Sheriff's Office Crisis Intervention Officer



A volatile situation resolved peacefully in South Kitsap. The new Crisis Intervention Officer (CIO) had been attempting for over a week to take a 37-year old wanted felon, suffering from a mental health crisis, into custody in a safe manner. The suspect had been increasingly making some disturbing threats. When the suspect left his residence, that he has been barricaded inside for over a week, a deputy attempted to stop him. The suspect rammed the patrol vehicle and then returned to the home where he proceeded to barricade himself. Deputies took their time with this situation, establishing safety protocols, trying to negotiate with this male to come out of the house peacefully. After several hours of using crisis intervention skills, the suspect surrendered. This is one of many examples where de-escalation is an important tool, and provided a positive outcome.

#### For More Information Contact

Gay Neal, Program Coordinator  
360-337-4827 or [gneal@co.kitsap.wa.us](mailto:gneal@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.

- The Sheriff's Office Reentry program saw a reduction in jail beds days from 9,428 to 7,999 jail bed days for participants in the program. This 15% reduction in jail bed days saved \$165,764 in jail bed day costs.
- Behavioral Health Court Graduates with 18 months or less post-program showed no recidivism during this quarter, while only 2/29 (7%) active participants were charged with or found committed of a new crime.

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

- Coffee Oasis made 289 crisis intervention outreach contacts. 94% of youth in crisis contacted engaged in ongoing crisis services. 77% of crisis calls and texts were resolved over the phone with conversation and provision of community resources and referrals.
- Kitsap Connect graduated two clients this quarter. Combined, these two women had 73 inpatient hospital days, 33 emergency rooms visits, and 16 ambulance services in the year prior to enrolling with Kitsap Connect. In the most recent year of services that number has dropped to only three emergency room visits and no inpatient bed days, ambulance services, or arrests/legal issues in Kitsap County.

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

- Kitsap Community Resources Recovery Outreach and Stabilization Team (ROAST) provided 58 households impacted by behavioral health issues rental assistance.



## 2020 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

### Prevention & Early Intervention Services

#### Nurse Family Partnership

Kitsap Public Health District  
360-728-2235

#### Social & Emotional Learning

Bremerton School District  
360-473-1061

#### School Based Behavioral Health

Olympic ESD 114  
360-405-5833

#### Behavioral Health Outreach

City of Poulsbo  
360-394-9794

### Crisis Intervention Services

#### Homeless Youth Intervention

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

#### **NEW** Crisis Intervention Officer

Kitsap County Sheriff's Office  
360-337-4590

#### Kitsap Connect

Kitsap Public Health District  
360-917-0672

#### **NEW** Fired Up for Health

Peninsula Community Health  
Services  
360-377-3776

#### Crisis Triage Center

Kitsap Mental Health Services  
360-415-5853

### Outpatient Behavioral Health Treatment Services

#### **NEW** 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

### Inpatient Behavioral Health Treatment Services

#### **NEW** Pacific Hope and Recovery Center

Kitsap Mental Health Services  
360-415-5853

### Recovery Support Services

#### **NEW** Agape Unlimited

Koinonia Inn for Women & Children  
360-373-1529

#### 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

#### **NEW** Recovery Outreach and Stabilization Team

Kitsap Community Resources  
360-473-2047

#### Jail Reentry Coordination

Kitsap County Sheriff's Office  
360-337-4514

#### **NEW** Pendleton Place

Kitsap Mental Health Services  
360-415-6672

## Success Story: Kitsap Community Resources — ROAST Program



An individual was referred to Kitsap Community Resources (KCR) by Kitsap Connect, having been chronically homeless for over five years. He has had substance abuse issues most of his life, drinking for the first time at 11 years old. After getting connected with KCR's housing staff, he moved into a Kitsap Homes of Compassion shared living house, and has long term support from KCR case manager through the Recovery Outreach and Stabilization Team (ROAST) program. After he expressed interest in going to treatment for the substance abuse, his case manager took him to Kitsap Recovery Center, where he stayed inpatient for 30 days. The case manager found him sober housing and had it set up for him by the time he got out. The client is now living at the new clean and sober house, is developing a new social network, and while his recovery has had its challenging moments and falters, he's been able to maintain his housing, and there have been no complaints from the house manager. KCR will continue to support him in his journey, to promote harm reduction, growth, and housing stability.

**How to support children (and yourself) during the COVID-19 Outbreak.** The coronavirus outbreak has changed many things about our daily lives. But even during this uncertain time, it's a sure thing that our children are still learning, growing, and developing.

Stay-at-home measures are helping to slow the spread of the virus, protect our health, and protect our hospitals. But, while we are staying apart from each other physically, it's even more important to connect socially, to protect our emotional well-being. Keep up relationships and social contacts—while maintaining physical distance outside your own home.

Why? Responsive relationships between children and adults, adults and other adults, and children and other children all help buffer us against the effects of ongoing stress.

- Talk with family and friends via video chat or phone. This is a great way to connect children with other adults (and give you a short break!).
- If talking live isn't an option, write emails or old-fashioned letters to friends and family. Encourage children to ask questions of their grandparents and other adults.
- Make encouraging posters and signs and put them in your windows to support your neighbors. This can also be a fun craft project to do with children!
- Go outside and say hello to neighbors, friends, people passing by. Just make sure to keep at least 6 feet away from anyone who doesn't live with you.



For more information on COVID-19 and child development visit the Harvard Center on the Developing Child  
<https://developingchild.harvard.edu>

### 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.

**NEW**

#### 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.

