



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
April 1, 2020 — June 30, 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.

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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

5:00 p.m.— 7:00 p.m.

**Online Via Zoom
Until Further Notice**

Program Updates



Behavioral Health providers experienced many impacts from the COVID 19 pandemic but were able to respond in creative and flexible ways. Olympic Educational Service

District's school based behavioral health staff were provided little notice that school would be closing due to COVID-19. However, staff implemented strategies to connect with students/families to continue program services.

- Staff worked with their school site to send notification to students and families about how to access services.
- Students of concern were identified and in collaboration with school staff wellness calls/checks were conducted.
- Phone, zoom, google classroom and other platforms were used to connect with students to provide counseling .
- Staff were present at their schools when students could pick up personal items or return schoolbooks, etc.

While the regular criminal calendars in both Superior Court and District Court were summarily continued out for weeks at a time, the therapeutic courts recognized the importance of structure in our participants' lives and endeavored to remain consistent and active as a resource to them. In conversation among other therapeutic courts around Washington State, it became clear that Kitsap County Adult Drug Court was something of a pioneer in the COVID-19 atmosphere, as we were the only court in the local area that never closed our doors to therapeutic court members.

Again, 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 second quarter report on Mental Health, Chemical Dependency and Therapeutic Court Program services at <https://spf.kitsapgov.com/hs/Pages/CAC-REPORTS-INFORMATION-PLANS.aspx>



Second Quarter Highlights:

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

- 93% of youth served by the Coffee Oasis behavioral health therapist are enrolled in health insurance.
- 85% of households served by the ROAST program engaged into primary care services (having a Primary Care Physician).

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

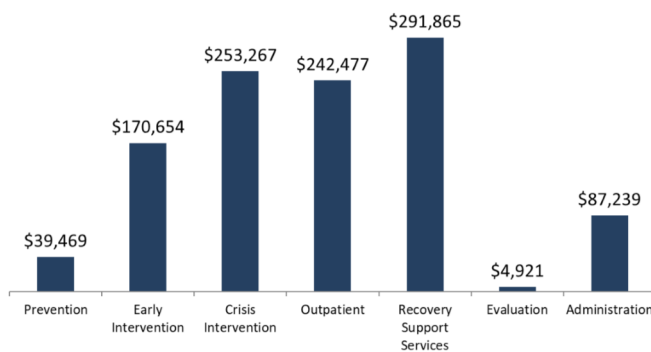
- 100% of Pacific Hope and Recovery Center participants who discharged at least 30 days ago engaged in an aftercare program.
- 83% of Behavioral Court participants surveyed reported favorable overall life satisfaction and 98% reported favorable daily life function.

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

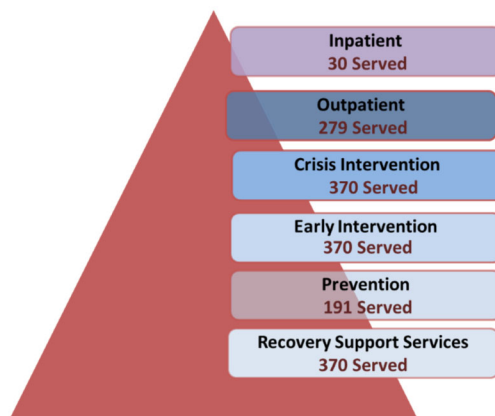
- Kitsap Connect Clients had a 96% decrease in jail bed days for enrolled participants.
- The Jail Reentry Program had a 53% reduction and has saved \$1,658,228.59 based on jail bed day reductions.
- Behavioral Health Court participants had a 67% reduction in jail bed days.



Expenditures by Continuum of Care April 1, 2020 — June 30, 2020



Individuals Served by Continuum of Care April 1, 2020 — June 30, 2020



Success Story: Kitsap County Juvenile and Family Court Services



A recent graduate entered Individualized Treatment Court (ITC) a little under a year ago.

When she started the program, she was failing all her classes (essentially not attending), struggling with her mental health issues, not taking her medications, and having family problems. While she never “struggled” in the program, she did take some time to get on board with what was being asked of her. Once she did get on board, she flourished. First, she became compliant with her medications and meeting with our Behavioral Health Therapist. She was able to not only bring her grades up to a passing level; she attained a GPA of over 3.0 by the time she graduated from ITC. She started participating in ROTC at her school and other prosocial activities. She also took part in family therapy that started to mend the fissures that had developed over the years with her parents. Her plan after graduating was to continue therapy, graduate high school, and look at the possibility of college.

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>

Second Quarter Highlights:

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

- 97% of New Start participants have no new pre-charges since enrollment in services. 99% of participants have no new charges or new convictions.
- 100% of Adult Drug Court participants were either employed or involved with educational/vocational services at time of graduation.

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

- Kitsap Connect clients have a 59% decrease in emergency services, including a 66% decrease in Emergency Medical Service (EMS) calls and 64% decrease in Emergency Department (ED) visits after program enrollment. 88% of clients are engaged or re-engaged with mental health services.

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

- 65% homeless youth have completed case management services and exited into permanent housing.
- 93% Kitsap Connect clients who entered the program as homeless were in either temporary or stable housing at end of year/program exit.
- 100% unduplicated ROAST program households maintain housing for at least six months (YTD).
- Kitsap Community Resources are currently meeting 100% of the demand for rent assistance for the first time in Housing Solution Center's history due to the ROAST rental assistance funds.



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

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

Kitsap Connect
Kitsap Public Health District
360-917-0672

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

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

Pacific Hope and Recovery Center
Kitsap Mental Health Services
360-415-5853

Recovery Support Services

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

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

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

Pendleton Place
Kitsap Mental Health Services
360-415-6672

Success Story: Olympic Educational Services District



As a result of COVID-19, one of the Student Assistance Professional's (SAP) provided three video's that were shared with the student body.

The first video included an introduction of the Student Assistance Professional, a brief overview of SAP services and how to access services. In addition, the SAP discussed what self-care is, why it is particularly important to incorporate into our daily lives and provided a few examples of what self-care may look like. The second video emphasized the importance of positive activities. The SAP explained the benefit of adding positive activities to one's daily routine and provided different strategies to help motivated to engage in them, even when feeling challenged to participate. The final video focused on acts of kindness, discussing how we can be kind and supportive in our community, especially during this time (BLM protests, COVID-19). The SAP offered additional resources and encouraged students to talk with someone they trust if feeling unsafe within their community.

Coming soon! A crisis counseling program called Washington Listens. In response to the COVID-19 pandemic, the state is standing up a Crisis Counseling Program (CCP) called Washington Listens. Washington Listens will provide non-clinical support to people experiencing elevated stress due to COVID-19. Anyone in the state can call Washington Listens.

The person in crisis will speak to a counselor and receive support and connection to community resources in their area. The program is anonymous and no identifying information is maintained. When a caller reaches out to Washington Listens, they will select their preferred language and accessibility option. Their call will then be routed to a live person for assistance.

Washington Listens is:

- A program to help Washington rebuild our state and strengthen resiliency
- More than just the support line with new services being planned and added
- A free anonymous service for anyone in Washington



Washington Listens is not:

- A crisis line to access behavioral health services
- A referral line to other services
- A warm line for people to talk to someone with lived experiences
- A replacement for existing resources like 211

For more information visit <https://www.walistens.org/> or call 1-833- 681-0211

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.

Volunteers of America 24 Hour Care Crisis Line: 1-888-910-0416 & Crisis Chat 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.