



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

## ANNUAL REPORT 2017

**Mission: Prevent and reduce the impacts of disabling chemical dependency and mental illness by creating and investing in effective, data driven programs for a continuum of recovery-oriented systems of care.**

### **Kitsap County Board of Commissioners**

Robert Gelder, Chair  
Edward E. Wolfe, Commissioner  
Charlotte Garrido, Commissioner

### **Citizens Advisory Committee**

Richard Daniels, Chair  
Connie Wurm, Vice-Chair  
Kathleen Cronin  
Russell Hartman  
Lois Hoell  
Robert Parker  
Ursula Petters  
Jeannie Screws  
Kimberly Shipp

### **Human Services Staff**

Doug Washburn, Director  
Gay Neal, 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.

In 2005, Washington State approved legislation allowing counties to raise their local sales tax by one-tenth of one percent to augment state funding of mental health and chemical dependency programs and services, and for the operation or delivery of therapeutic court programs or services. The Kitsap County Board of Commissioners adopted the Mental Health, Chemical Dependency, and Therapeutic Court Sales Tax on September 23, 2013.

December 31, 2017 marked the third year of service delivery in the Kitsap County community. This report summarizes programs funded, services delivered, outcomes measured and recommendations for the future. Significant accomplishments include:

- ◆ Provided direct services to over 2,000 individuals with behavioral health problems.
- ◆ Trained over 1,100 teachers, parents and community members in how to support children and youth with behavioral health problems.
- ◆ Trained 249 law enforcement officers in Crisis Intervention Training. To date, 402 officers have been trained and 81% of Kitsap County law enforcement officers are prepared to respond to mental health and substance abuse crisis calls.
- ◆ 100% of Adult Drug Court and 90% of Veterans Court participants who graduated during 2017 have remained conviction free.





## Success Story: Kitsap Connect

Gloria is a 36-year-old, homeless, unemployed, female initially referred to Kitsap Connect by the Salvation Army due to potential mental health and substance abuse and a significant level of vulnerability on the street. Gloria's health status began to change as she began to engage more consistently and frequently with our team and she reported feeling hopeful for the first time since she could remember. She was placed in long term shelter, connected with health insurance, established a primary care doctor, and finally engaged with a therapist at Kitsap Mental Health Services. Her jail bed nights have decreased from 58 to 21 and she has not been arrested since living in long-term shelter. She is now working on attending college at Olympic College and finding gainful employment. As her medical and mental health conditions have stabilized, she has discontinued using methamphetamine. Gloria successfully completed the Kitsap Connect Program in September 2017.

### 2017 Outcomes Related to the Kitsap County Board of Commissioner's Strategic Goals



*A Crisis*

*Intervention Officer was called out to a suicidal male, who was a veteran, going through some difficult times. The deputy spent a lot of time with this veteran, talking and trying to get him the resources he needed. In fact the deputy took the veteran out to breakfast. The call was cleared, and the veteran is doing well. No trips to the hospital, just talking and getting him the resources the veteran needed.*



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

- ◆ 570 students have been referred to school-based behavioral health services and 1,124 individuals trained.
- ◆ 96% elementary school staff and 93% of secondary school staff report improvements in their school's ability to respond effectively to students' behavioral health needs as a result of the training provided.

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

- ◆ Of students with an identified substance use reduction goal, 25% reduced their cigarette smoking, 49% their alcohol use, 54% their binge drinking, and 54% their marijuana use.

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

- ◆ 67% of individuals in the Behavioral Health Outreach program show reduced contact with criminal justice system.
- ◆ 87% of New Start participants have not re-entered jail following treatment.
- ◆ 28 juveniles, 283 adults and 20 veterans participated in Therapeutic Court Programs.

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

- ◆ 100% of the participants who completed Juvenile Drug Court or Individualized Treatment Court remained crime-free for 18 months following graduation.
- ◆ 70% of Adult Drug Court participants and 80% of Veterans Court participants who graduated in 2016 remain conviction free to date.
- ◆ Kitsap Connect clients reduced the number of bed days in jail during the last quarter from 282 to 47.

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

- ◆ 249 law enforcement officers were trained in Crisis Intervention. 81% of Kitsap County officers are now trained in Crisis Intervention.
- ◆ 50% of individuals in the Kitsap Connect program show at least a 30% reduction in calls to 911 and 60% show at least a 15% reduction in contact with emergency departments.

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

- ◆ New Start Housing for Men and Women provided 32 individuals transitioning out of the jail with housing.

## Kitsap County Continuum of Care

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

### Prevention

**Bainbridge Youth Services** — \$42,733 in grant funds allowed the agency to serve as the Backbone for the Bainbridge Healthy Youth Alliance Collective Impact Project, to reduce the impact of Adverse Childhood Experience (ACEs).

**Kitsap Public Health District** — \$193,631 in grant funds to increase the capacity of the Nurse Family Partnership by adding a .5 FTE nurse home visitor to provide services for 22 additional families and outreach to an additional 171 mothers.

**Washington State University** — \$18,212 in grant funds to support 15 family members participation in the Strengthening Families Program, an evidence based substance abuse prevention curriculum.

### Early Intervention

**Olympic Educational Service District 114** — \$959,911 in grant funds to provide school-based behavioral health services for both mental health and substance abuse to 303 elementary students and 267 high school students. 1,124 individuals received training in behavioral health strategies.

### Crisis Intervention and Triage

**The Coffee Oasis** — \$191,543 in grant funds to support intervention and outreach to 130 homeless youth struggling with substance abuse and mental illness and connect them to services that provide opportunities for restoration. Crisis services were provided to 182 youth. 11 homeless youth completed case management services and exited into permanent housing.

**City of Bremerton** — \$23,656 in grant funds to support Crisis Intervention Training for 249 Law Enforcement Officers to increase their skills in responding to individuals with behavioral health problems.

**City of Poulsbo** — \$330,268 in grant funds to provide Behavioral Health Outreach Services staffed by three Behavioral Health (BH) Specialists to serve 169 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.

**Kitsap Mental Health Services** — \$59,225 in grant funds to support the establishment of a new Crisis Services Support Center, a stand alone facility providing both crisis triage and adult substance use disorder inpatient treatment.

**Kitsap Public Health District** — \$487,693 in grant funds to support Kitsap Connect, a multi-disciplinary, mobile outreach team to intervene with 39 adults who are experiencing (or are at risk of) mental illness, chemical dependency, and physical illnesses.

### Outpatient

**Kitsap County Juvenile Services Department** — \$164,287 in grant funds to support the operation of Kitsap Adolescent Recovery Services and provide evaluation and treatment services to 102 youth on probation. \$294,277 in grant funds to improve the continuity of treatment services to 28 participants in the Individualized Treatment and Youth Drug Court by establishing a dedicated behavioral health specialist and establish a full-time Therapeutic Court Case Monitor.

**Kitsap County Superior Court** — \$314,858 in grant funds to expand the capacity of the Adult Felony Drug Court from 100 participants to 161 participants. 283 individuals participated in services. Expansion also includes mental health screening, assessment and counseling. \$127,686 in grant funds to support the Veterans Court, currently serving 20 veterans engaged in the criminal justice system for behavioral health issues.

**Kitsap Recovery Center** — \$121,106 in grant funds support outpatient evidenced-based substance abuse treatment services for 58 adults by a certified Chemical Dependency Professional. Treatment will be group based, non-residential, intensive, and will include structured interventions consisting primarily of counseling and education about substance use disorders.

### Recovery Support Services

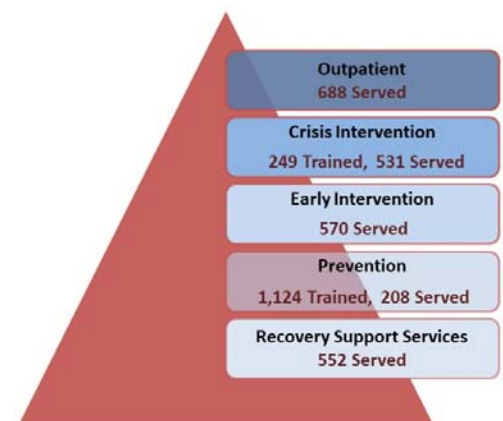
**West Sound Treatment Center** — \$413,176 in grant funds provide substance use disorder assessments, court-ordered assessments and in-jail treatment services to 197 offenders and re-entry services to 552 offenders. Housing and supportive services for 32 men and women were provided through the New Start men's and women's houses.

An email from a teacher regarding a student receiving the in school therapy services:

“ I am not seeing any of the flat affect I saw last spring, and he is not making any negative comments about himself. He is pretty cheerful and participates well. I am glad he is being more positive in his sessions with you--I think your intervention really helped him. ”



## Kitsap County Continuum of Care



2,549 Individuals Enrolled in Services  
1,323 Individuals Trained

**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.

## 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

**NEW Social and 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

**NEW Partners in Memory Care**  
Aging and Long Term Care  
360-337-5700 or 1-800-562-6418

**NEW Housing Stability Service**  
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

**NEW RideAlong & Kitsap County Jail Behavioral Health Unit**  
Kitsap County Sherriff'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**

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

**Juvenile Therapeutic Court Services**  
Kitsap County Juvenile Department  
360-337-5465

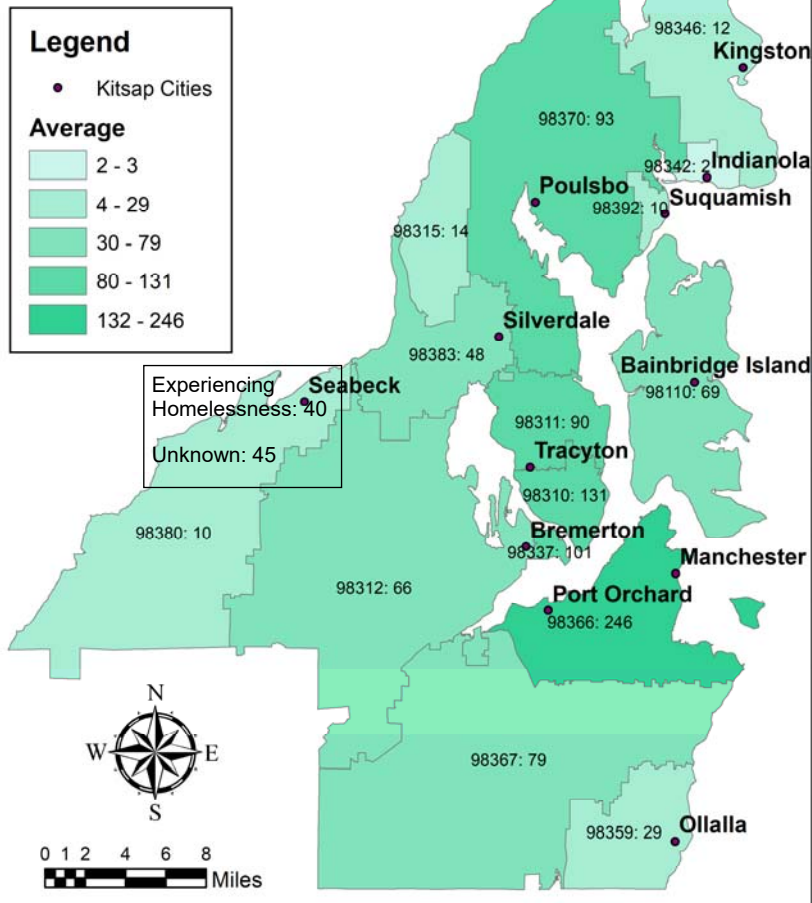
**NEW Behavioral Health Court**  
Kitsap County District Court  
360-337-4706

**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

**NEW Trauma Informed Care**  
Kitsap Recovery Center  
360-337- 5722

## Quarterly Average of Individuals Served by 1/10th of 1% Tax Funding in 2017



## Success Story: Poulsbo Behavioral Outreach Program

A young man and his family were referred to the program after a previous suicide attempt and substance abuse issues. Our Navigator worked to get this individual a substance abuse evaluation, and then worked with his family to determine the level of treatment covered by his insurance. He began attending Narcotic Anonymous, has a very supportive sponsor, and was able to spend Christmas at home and sober. He and his mother check in at least once a week with the Navigator and a Poulsbo Police Officer to keep them updated on his progress. He recently invited them both to a local play to watch him perform. He appears to be healthy and happy and he and his mother are very grateful for the support that has been provided by our program.

### 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.

**Mental Health, Chemical Dependency and Therapeutic Court Sales Tax  
18 Month Revenue & Expenditure Report  
Fund activity – For the period beginning July 1, 2016 ending December 31, 2017**

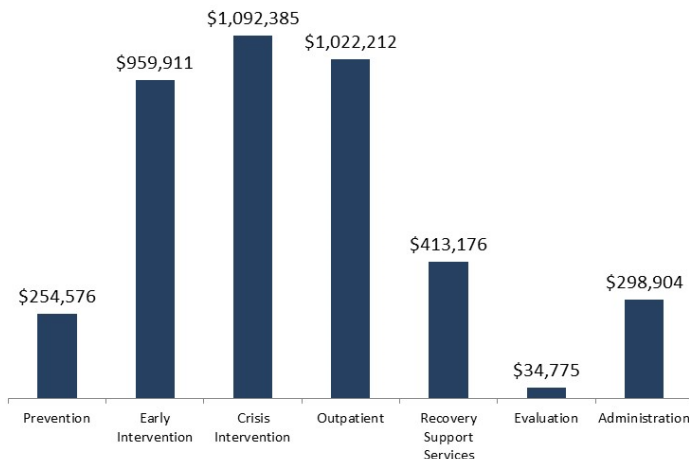
	Revenue Collected	Amount Spent
<b>Revenue</b>		
Sales Tax Collected	\$ 6,761,305.71	
Interest Earned	\$ 0.00	
<b>Total Revenue</b>	<b>\$ 6,761,305.71</b>	

**Expenditures**

Bainbridge Youth Services – Healthy Youth Alliance	\$ 42,733.28
Kitsap Public Health District – Nurse Family Partnership	\$ 193,631.00
Washington State University – Strengthening Families Program	\$ 18,212.12
Olympic Educational Service District – School Based Services	\$ 959,911.16
Coffee Oasis – Homeless Youth Intervention	\$ 191,543.30
City of Bremerton - Crisis Intervention Training	\$ 23,656.12
City of Poulsbo – Behavioral Health Outreach	\$ 330,268.13
Kitsap Mental Health Services – Crisis Triage Center	\$ 59,225.85
Kitsap Public Health District – Kitsap Connect	\$ 487,693.07
Kitsap County Juvenile Services – Therapeutic Courts	\$ 294,277.50
Kitsap County Juvenile Services – Kitsap Adolescent Recovery	\$ 164,287.96
Kitsap County Superior Court – Adult Drug Court	\$ 314,858.87
Kitsap County Superior Court – Veterans Court	\$ 127,686.47
Kitsap Recovery Center – Outpatient Treatment	\$ 121,106.02
West Sound Treatment Center - New Start Jail Services	\$ 413,176.08
Kitsap Public Health District – Program Evaluation	\$ 34,775.44
Kitsap County Human Services – Program Administration	\$ 298,904.51
<b>Total Expenditures</b>	<b>\$ 4,075,946.88</b>

Net Increase in Fund Balance	\$2,685,358.83
<b>Beginning Fund Balance 07/01/16</b>	<b>\$4,667,406.86</b>
<b>Ending Fund Balance 12/31/17</b>	<b>\$7,352,765.69</b>

**Expenditures by Continuum of Care**



**For More Information  
Contact**

**Gay Neal,  
Human Service Planner**

**360-337-4827  
gneal@co.kitsap.wa.us**

<http://www.kitsapgov.com/hs/mhsa/newmhsaboard.htm>