



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

## ANNUAL REPORT 2018

**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.**

### 2019 Kitsap County Board of Commissioners

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Charlotte Garrido, Commissioner  
Robert Gelder, Commissioner

### Citizens Advisory Committee

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### Human Services Staff

Doug Washburn, Director  
Gay Neal, Program Coordinator  
Hannah Shockley, Office Supervisor

### Kitsap Public Health District

Siri Kushner, Assessment and  
Epidemiology Program Manager  
Philip Ramunno, Epidemiologist

### Citizens Advisory Committee

Meetings are held the third  
Tuesday of every month

**Kitsap WorkSource Center**  
1300 Sylvan Way, Bremerton, WA

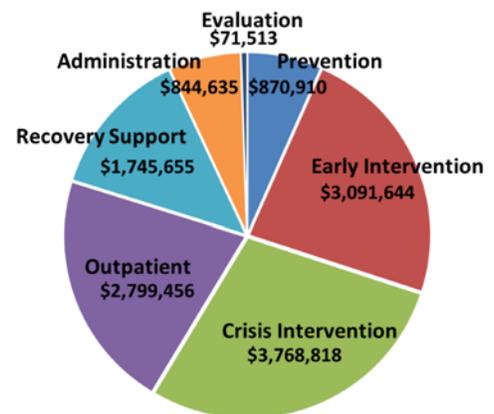
5:00 p.m.— 7:00 p.m.



December 31, 2018 marks the fourth year of local mental health, chemical dependency and therapeutic court tax service delivery in the Kitsap County community. These tax dollars have filled significant gaps in service identified during the 2014 Behavioral Health Needs Assessment. Over 13 million dollars have been invested in our local behavioral health system across a continuum of care that includes prevention, early intervention, crisis intervention, outpatient and recovery support services. Four-year highlights include behavioral health supports in Kitsap County schools; construction and operation of the Crisis Triage Center; diversion programs for high utilizers; reentry services in the jail; and new housing options for individuals with substance use disorders.

Between 2014 and 2018 over 8,500 individuals received behavioral health services, 3,000 individuals were trained in how to respond to behavioral health crisis and many more family and community members received education and support.

2014 - 2018  
Continuum of Care Investments



## Success Story: Kitsap County Crisis Triage Center

The Crisis Triage Center (CTC) opened August 18, 2018 after many years of planning, collaboration and fund raising. It is a 16 bed, five day stay for adults with mental health and/or substance use disorders who do not require the level of care provided at an involuntary psychiatric facility. The CTC proactively seeks to link clients in crisis with long term resources. Preliminary results indicate prior to discharge, 82% of clients have an appointment for outpatient mental health care, 78% have an appointment for primary health care and 68% seeking chemical dependency care have an appointment. Diversion outcomes are promising. CTC clients reduced their jail bed days from 166 prior to admission to 51 post admission and reduced emergency room utilization from 456 days prior to admission to 184 post admission. Since opening the CTC, there has been a 7.17% decrease in involuntary psychiatric facility utilization.

### 2018 Outcomes Related to the Kitsap County Board of Commissioner's Strategic Goals



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

- ◆ 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.
- ◆ 52% of high school students in the School Based Behavioral Health Program who failed 1+ classes in the first semester of 2018 have demonstrated academic improvement. 44% of secondary students and 51% of elementary students have demonstrated improvement in class attendance. 84% of high school students served reported they are more likely to attend regularly because of the program.

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

- ◆ Of those high school students with a substance use reduction goal - 54% decreased their cigarette use; 67% decreased their alcohol use; 82% decreased their binge drinking; and 60% decreased their marijuana use.
- ◆ 66% of elementary students in the School Based Behavioral Health Program completing 8 or more sessions have improvement in overall health and wellbeing and 30% had improvement in their level of hope. 75% of secondary students completing 8 or more sessions had improvement in their level of hope.
- ◆ 69% of Behavioral Health Court participants have regained their independence by obtaining a job or re-engaging with education and 88% have gained a driver's license.

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

- ◆ Twenty-nine of the 36 youth in a therapeutic court program during the last 12 months (81%) have not been convicted of a new offense. 78% completing a program at least 18 months ago have not been convicted of a new offense.
- ◆ 93% of individuals completing Veterans Treatment Court and 86% of individuals completing Adult Drug Court remain conviction-free during the 3 years post-graduation.
- ◆ 47% of individuals receiving ongoing support from the City of Poulsbo Navigator Program (defined as over 10 contacts) after police contact have reduced involvement with police after initial Navigator contact.

#### 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.
- ◆ 60% of Behavioral Health Court participants report favorable outcomes in their social relationships and 72% report favorable outcomes in overall life satisfaction.
- ◆ Kitsap Connect significantly reduced the number of jail bed nights for their clients by 72% (from 751 nights in jail prior to enrollment to 210 nights while in services).

#### 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 54% reduction in their Emergency Medical Services call utilization and 52% reduction in their Emergency Department utilization. Since their inception in August 2016, they estimate they have saved the community over \$200,000 in reduced Emergency Room visits, ambulance rides, and jail bed nights alone.
- ◆ Kitsap Mental Health Services Crisis Triage Center opened in August and to date have had a 59% reduction in emergency room utilization and 69% reduction in jail bed days.

#### 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.

## 2018 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

**Kitsap Public Health District** — \$124,761 in grant funds increase the capacity of the Nurse Family Partnership Program to provide services for 12 additional families and outreach to 136 mothers.

**Bremerton School District** — \$360,290 in grant funds provide a comprehensive, evidence-based, social and emotional teaching and learning system within the Bremerton School District.

### Early Intervention

**Olympic Educational Service District 114** — \$474,165 in grant funds provide school-based behavioral health services for both mental health and substance abuse for 232 elementary students and 268 high school students. An additional 1,105 drop-in visits for youth in crisis were provided.

### Crisis Intervention and Triage

**The Coffee Oasis** — \$255,966 in grant funds support 191 youth in crisis intervention, 63 youth in behavioral health therapy and 50 youth in intensive case management services.

**City of Bremerton** — \$16,594 in grant funds support Crisis Intervention Training for 50 Law Enforcement Officers to increase their skills in responding to individuals in behavioral health crisis.

**Kitsap County Sheriff's Office** — \$101,125 in grant funds implement the Ride Along software application that enables safer police interactions with individuals who have mental illness.

**City of Poulsbo** — \$337,843 in grant funds provide Navigator Outreach Services to serve 369 adults with behavioral health issues who come into police contact throughout Kitsap County.

**Kitsap Mental Health Services** — \$1,540,289 in 2016/2017 grant funds support the construction of a new Crisis Triage Center serving 211 individuals in the first 5 months of operation.

**Kitsap Public Health District** — \$313,901 in grant funds support Kitsap Connect, a multi-disciplinary, mobile outreach team to intervene with 44 adults who are experiencing (or are at risk of) mental illness, chemical dependency, and physical illnesses.

### Outpatient

**Agape Unlimited** — \$6,315 in grants funds train staff in Moral Reconciliation (MRT) Therapy and serve 28 juvenile justice youth in outpatient substance use disorder treatment.

**Kitsap County Juvenile Services Department** — \$171,743 in grant funds improve the continuity of treatment services to 25 participants in the Individualized Treatment and Youth Drug Court.

**Kitsap County District Court** — \$115,851 in grant funds serve 50 individuals and provide a Behavioral Health Specialist and dedicated public defense to the newly established Behavioral Health Court.

**Kitsap County Superior Court** — \$273,424 in grant funds expand the capacity of the Adult Felony Drug Court from 100 participants to 218 participants. \$43,822 in grant funds to support the Veterans Court, currently serving 34 veterans.

**Kitsap Recovery Center** — \$51,900 in grant funds support outpatient evidenced-based substance abuse treatment services for 74 adults and \$103,800 to provide Trauma Informed Care services to 11 individuals in the Human Trafficking Court.

### Recovery Support Services

**West Sound Treatment Center** — \$275,838 in grant funds provide substance use disorder in-jail treatment services to 95 offenders and re-entry services to 171 offenders. Housing and supportive services for 32 men and women was provided through the New Start housing.

**Kitsap County Aging and Long Term Care** — \$95,000 in grant funds provide dementia-friendly supports, strategies and consultation for 150 seniors with challenging behaviors in order to prevent and delay institutionalizations and preserve placements.

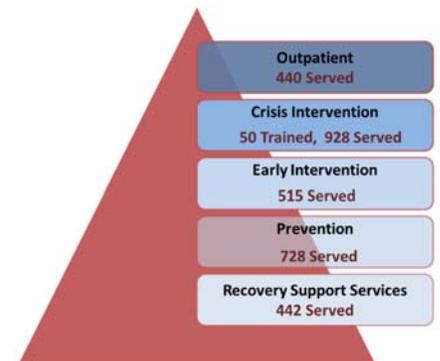
**Kitsap Community Resources** — \$100,295 in grant funds provide long-term housing stability and support for 26 adults with behavioral health problems. \$27,000 provided a feasibility study for constructing or renovating 40 – 60 units of affordable supportive housing units. Kitsap Mental Health Services takes the lead on the project and purchases 1.6 acres to build a facility in Bremerton.

### Success Story: City of Poulsbo Navigator Program

Andrea was discovered on the side of the road by a Bainbridge Island Police Officer in Spring of 2018. Andrea was intending to kill herself, but because of the officer's intervention, she was transported to Harrison Hospital. Our Navigator was unable to speak to her before discharge, and there was no contact number. In November Andrea attempted to end her life again, but this time the officer contacted the Navigator in time to do an outreach after hospital admission. We have been working with Andrea to connect her to treatment, find housing and re-enroll at a local college. Andrea was very moved that police had such a high level of concern for her.



## 2018 Kitsap County Continuum of Care



**3,053 Individuals Enrolled in Services  
50 Individuals Trained**

## Success Story: Kitsap County District Court Behavioral Health Court

### Individuals Served by Kitsap County 1/10th of 1% Tax Funding in 2018

Total: 6979 individuals served  
Mapped: 6601 (94.6% of individuals served)

There exists a vast array of service intensity provided by programs. For this reason, the definition of a "served individual" varies as well.

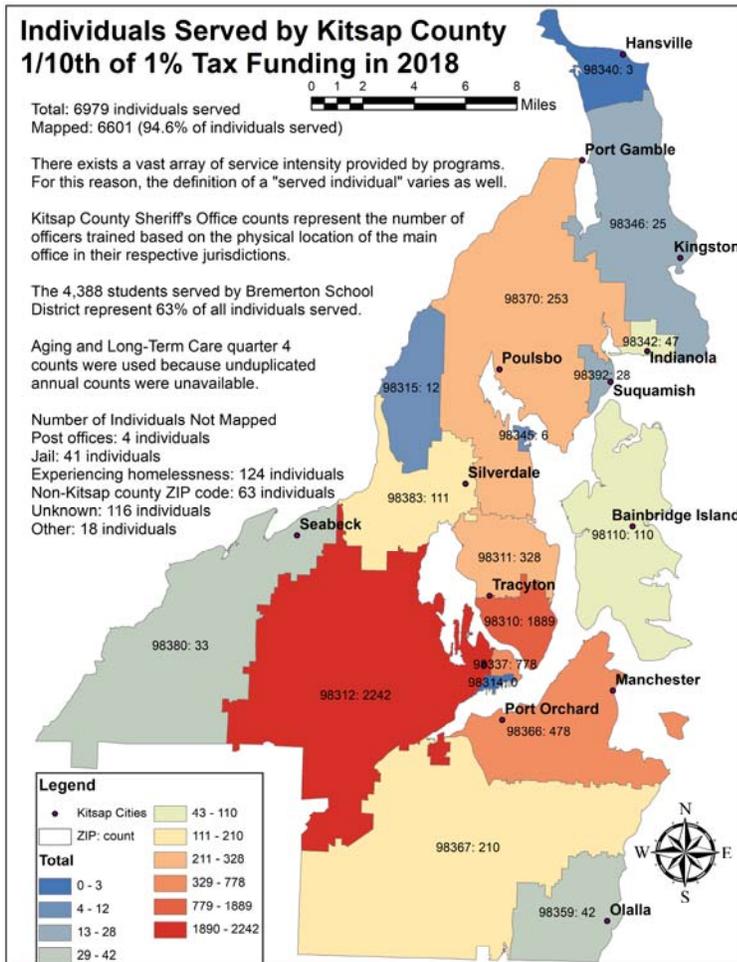
Kitsap County Sheriff's Office counts represent the number of officers trained based on the physical location of the main office in their respective jurisdictions.

The 4,388 students served by Bremerton School District represent 63% of all individuals served.

Aging and Long-Term Care quarter 4 counts were used because unduplicated annual counts were unavailable.

Number of Individuals Not Mapped

Post offices: 4 individuals  
Jail: 41 individuals  
Experiencing homelessness: 124 individuals  
Non-Kitsap county ZIP code: 63 individuals  
Unknown: 116 individuals  
Other: 18 individuals



Bill entered Behavioral Health Court 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 he attended every court hearing. Through out his relapses, suicidal ideations and hallucinations he continued to work with the Behavioral Health Court team 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 graduated from 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.

### 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 and 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.

**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. Call 1-800-273-TALK (8255) or Crisis Clinic of the Peninsulas at 1-800-843-4793 for help if a friend is struggling.**

**2019 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts**

**Prevention & Early Intervention Services**

**Nurse Family Partnership**  
Kitsap Public Health District  
360-728-2235

**NEW Substance Abuse Prevention**  
Kitsap County Prevention Services  
360-337-4879

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

**School Based Behavioral Health**  
Olympic ESD 114  
360-405-5833 or 360-478-6893

**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**  
Kitsap County Sherriff's Office  
360-337-4514

**NEW Jail Reentry Coordination**  
Kitsap County Sherriff's Office  
360-337-4514

**Behavioral Health Outreach**  
City of Poulsbo  
Police Navigator Program  
360-394-9794

**Kitsap Connect**  
Kitsap Public Health District  
360-917-0672

**Crisis Triage Center**  
Kitsap Mental Health Services  
360-415-6685

**Outpatient Behavioral Health Treatment Services**

**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  
360-337-4835

**NEW Therapeutic Courts Alternative to Prosecution**  
Kitsap County Prosecuting Attorney's Office  
360-337-4814

**NEW Wellness on Wheels**  
Peninsula Community Health Services  
360-377-3776

**Mental Health, Chemical Dependency and Therapeutic Court Sales Tax  
12 Month Revenue & Expenditure Report  
Fund activity – For the period beginning January 1, 2018 ending December 31, 2018**

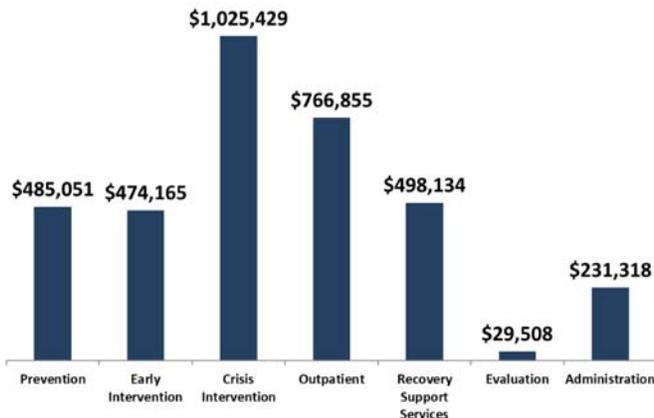
	Revenue Collected	Amount Spent
<b>Revenue</b>		
Sales Tax Collected	\$5,134,432.30	
<b>Total Revenue</b>	<b>\$5,134,432.30</b>	

**Expenditures**

Agape Unlimited – Substance Abuse Disorder Treatment	\$	6,315.39
Aging and Long Term Care – Partners in Memory Care	\$	95,000.00
Bremerton School District	\$	360,290.00
City of Bremerton - Crisis Intervention Training	\$	16,594.65
City of Poulsbo – Behavioral Health Outreach	\$	337,843.83
Coffee Oasis – Homeless Youth Intervention	\$	255,966.62
Kitsap Community Resources – Housing Feasibility Study	\$	27,000.00
Kitsap Community Resources – Housing Stability Services	\$	100,295.89
Kitsap County District Court – Behavioral Health Court	\$	115,851.63
Kitsap County Juvenile Services – Therapeutic Courts	\$	171,743.32
Kitsap County Sheriff's Office – RideAlong/BHU	\$	101,125.00
Kitsap County Superior Court – Adult Drug Court	\$	273,424.25
Kitsap County Superior Court – Veterans Court	\$	43,822.50
Kitsap Public Health District – Nurse Family Partnership	\$	124,761.99
Kitsap Public Health District – Kitsap Connect	\$	313,901.82
Kitsap Public Health District – Program Evaluation	\$	29,508.79
Kitsap Recovery Center – Outpatient Treatment	\$	51,900.00
Kitsap Recovery Center – Trauma Informed Care	\$	103,800.00
Olympic Educational Service District – School Based Services	\$	474,165.62
West Sound Treatment Center - New Start Jail Services	\$	275,838.12
Kitsap County Human Services – Program Administration	\$	231,318.25
<b>Total Expenditures</b>		<b>\$3,510,467.67</b>

<b>Beginning Fund Balance 01/01/18</b>	<b>\$5,970,895.61</b>
2018 Revenue	\$5,134,432.30
2018 Expenses	\$3,510,467.67
2018 Sales Tax Receivable	\$ 847,907.53
<b>Ending Fund Balance 12/31/18</b>	<b>\$8,442,767.77</b>

**2018 Expenditures by Continuum of Care**



**For More Information  
Contact**

**Gay Neal,  
Human Service Planner**

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

<https://spf.kitsapgov.com/hs/Pages/CAC-LANDING.aspx>