

## *What is an Advance Directive*

An advance directive is a legally enforceable document that allows a person to specify what treatment he/she wishes to receive, or not receive, in the event that he/she later becomes unable to make treatment decisions.

Many people with behavioral health illness are highly capable individuals who experience times when their decision making ability breaks down. It is advance planning that allows them to maintain control of their lives during these episodes of illness and to avoid behavioral health crises altogether. An Advance Directive offers this opportunity for planning.

## *Benefits of Advance Directives*

There are many benefits of developing and utilizing an Advance Directive. An Advance Directive:

- Preserves the dignity and self-determination of individuals with behavioral health illness.
- Provides an opportunity for behavioral health consumers to voice their desires and take active responsibility for their treatment.
- Promotes a cooperative working relationship between behavioral health consumers and providers.
- Allows family and friends to better support a behavioral health consumer in crisis.
- Encourages individualized care in which a consumer can specify:
  1. Types of medications that are helpful or harmful
  2. Who should be notified or allowed to visit if a person is hospitalized
  3. What arrangements need to be made to care for children or pets
  4. What type of treatment has been helpful in the past
  5. Many other things

## *How Do I Put Together an Advance Directive*

To develop your individual Advance Directive:

- Read the law online at <http://www.leg.wa.gov>. Follow the links to Laws & Agency Rules. Look under the Revised Code of Washington for RCW 71.32.
- Talk with your case manager, therapist, chemical dependency professional, or psychiatrist
- Call your Bridges Behavioral Health Ombuds Service: 1-888-377-8174
- Contact the Salish Behavioral Health Organization:

614 Division Street MS-23  
Port Orchard, WA 98366-4676  
(360) 337-4604 or  
1-800-525-5637

<https://www.kitsapgov.com/hs/Pages/SBHO-LANDING-HOME.aspx>
- Call the Division of Behavioral Health and Recovery Office of Consumer Partnership: (360) 725-3709



Concerns related to following directives for psychiatric care may be filed with the compliance section of the Division's Compliance Manager: (360) 725-3752.

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## Authorized SBHO Community Behavioral Health Providers

(Crisis services are available 24 hours a day, 7 days a week. For non-crisis hours of operation, please contact the individual Behavioral Health Provider at its local number).

### East Clallam County

*Peninsula Behavioral Health*

118 East 8<sup>th</sup> Street

Port Angeles, WA 98362

360-457-0431 Services

**360-452-4500 or 800-843-4793 Crisis**

<http://peninsulabehavioral.org/>

### West Clallam County

*Forks Community Hospital – West End*

*Outreach Services*

530 Bogachiel Way

Forks, WA 98331

360-374-5011 Services

**800-843-4793 Crisis**

<http://www.forkshospital.org/west-end-outreach-services/>

### Jefferson County

*Discovery Behavioral Health Services*

884 W Park

Port Townsend, WA 98368

360-385-0321 Services

**877-410-4803 Crisis**

<http://www.discoverybh.org/>

### Kitsap County

*Kitsap Mental Health Services*

5455 Almira Drive NE

Bremerton, WA 98311-8330

360-373-5031 TDD 360-478-2715

**Emergency Services 360-373-3425**

**Crisis Clinic 360-479-3033 or 800-843-4793**

From North Kitsap 360-535-5400

From Bainbridge Island 206-694-4655

<http://kitsapmentalhealth.org/>

**SBHO Administration Offices**

614 Division Street, MS-23

Port Orchard, WA 98366-4676

360-337-4604 FAX 360-337-5721

Toll Free 1-800-525-5637

## Salish Behavioral Health Organization

*Community Behavioral Health Services in  
Clallam, Jefferson & Kitsap Counties*

# Advance Directives For Medical/Health Care



Administered by the Kitsap County  
Department of Human Services