



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

## ANNUAL REPORT 2014 - 15

### 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  
Charlotte Garrido, Commissioner  
Edward E. Wolfe, Commissioner

#### **Citizens Advisory Committee**

Russell Hartman, Chair  
Lois Hoell, Vice-Chair  
Richard Daniels  
Aimee DeVaughn  
William Mosiman  
Carl Olson  
Robert Parker  
James Pond  
Jeannie Screws  
Dave Shurick  
Connie Wurm

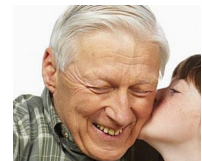
#### **Staff**

Doug Washburn, Human Services  
Director  
Gay Neal, Human Services  
Planner  
Nicole Kremer, Human Services  
Office Supervisor

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 - one penny for every \$10 of purchases. The Kitsap County Board of Commissioners adopted the Mental Health, Chemical Dependency, and Therapeutic Court Sales Tax on September 23, 2013.

June 30, 2015 marks the first 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:

- ◆ 416 school staff trained in how to respond to students behavioral health issues; 100% of high and 92% of elementary school staff report that overall the project services have been somewhat or very helpful for students .
- ◆ 13,929 adults were screened for substance abuse disorders in their primary care setting.
- ◆ 216 police officers receive Crisis Intervention Training.



## Kitsap County Continuum of Care

Kitsap County uses a comprehensive approach to addressing behavioral health issues at all levels, including prevention, early intervention and training; crisis intervention and triage; 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

#### Healthy Start Kitsap

\$50,166 in grant funds to increase the capacity of the Nurse Family Partnership by adding a .5 FTE nurse home visitor to provide services for 12 additional families.

### Early Intervention

#### Olympic Educational Service District 114

\$722,411 in grant funds to provide school-based behavioral health services for both mental health and substance abuse to 856 students in ten targeted high-risk elementary schools and seven high-risk high schools.

#### Peninsula Community Health Services

\$97,235 in grant funds to support the implementation of Screening, Brief Intervention, and Referral to Treatment (SBIRT) for 13,929 adults in their primary care setting.

### Crisis Intervention and Triage

#### City of Bremerton

\$29,027 in grant funds to support Crisis Intervention Training for 250 Law Enforcement Officers to increase their skills in responding to individuals with mental illness & chemical dependency.

### Outpatient

#### Kitsap County Juvenile Services Department

\$90,490 in grant funds to support the operation of Kitsap Adolescent Recovery Services and provide evaluation and treatment services to 135 youth on probation.

#### Kitsap County Juvenile Services Department

\$148,070 in grant funds to improve the continuity of treatment services to 51 participants in the Individualized Treatment and Youth Drug Court by establishing a dedicated behavioral health specialist to serve all participants and establish a full-time Therapeutic Court Case Monitor.

#### Kitsap County Superior Court

\$159,275 in grant funds to expand the capacity of the Adult Felony Drug Court from 100 participants to 150 participants. Expansion also includes mental health screening, assessment and counseling; and behavioral compliance tools.

### Acute Inpatient Care

#### Martha & Mary Health Services

\$222,872 in grant funds to support MANDT training for 80 Martha & Mary employees. It also funded capital improvements to ensure that the facility is able to admit and fully serve the needs of the older adults with behavioral health issues and provided 17 older adults with behavioral health inpatient services.

### Recovery Support Services

#### West Sound Treatment Center

\$163,654 in grant funds to provide Substance Use Disorder Assessments, Treatment, Life-Skill Building and Re-Entry services for 161 offenders at the Kitsap County Jail, as well as Continuing Care services at West Sound Treatment Center.

*"The Nurse Family Partnership Program really helped because he is my first baby; I had no idea! I get good advice to be a good parent. It helped me to set goals like to find a job. I was motivated to find a job, go to school, and to be a good parent." — Reina*

*"When I first came into the program I was looking for an easy way out. What I ended up with was a plan for my life. It was not a walk in the park. I could not have done it without all of the help. I am thankful for everybody. This program has connected me with my family and gave me hope."*

Graduate of Adult Felony Drug Court



## Kitsap County Continuum of Care

Acute Inpatient  
17 Served

Outpatient  
236 Served

Crisis Intervention  
250 Trained

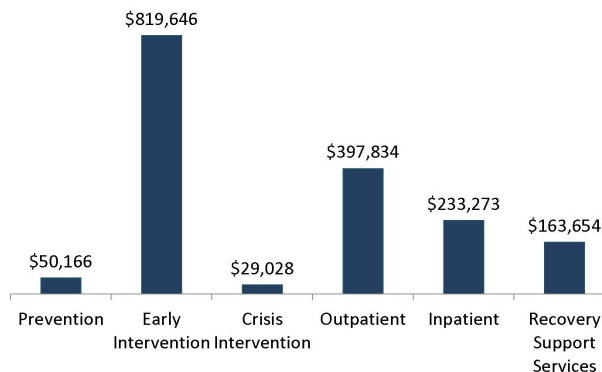
Prevention & Early Intervention  
14,797 Served

Recovery Support Services  
161 Served

**Mental Health, Chemical Dependency and Therapeutic Court Sales Tax  
Annual Revenue & Expenditure Report  
Fund activity – For the Year Ending June 30, 2015**

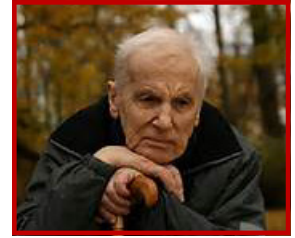
	<b>Revenue Collected</b>	<b>Amount Spent</b>
<b>Revenue</b>		
Sales Tax Collected	\$ 3,717,856.14	
Interest Earned	\$ 0.00	
<b>Total Revenue</b>	<b>\$ 3,717,856.14</b>	
<b>Expenditures</b>		
Nurse Family Partnership		\$ 50,166.00
GeroPsych Success		\$ 233,273.44
Enhanced Therapeutic Court Juvenile		\$ 148,070.85
School Based Behavioral Health Services		\$ 722,411.79
Integrated Drug Awareness (SBIRT)		\$ 97,235.12
Adult Drug Court Expansion – Superior Court		\$ 130,906.99
Adult Drug Court Expansion – Kitsap Recovery Center		\$ 28,368.44
New Start Jail Services		\$ 163,654.00
Kitsap Adolescent Recovery Center		\$ 90,490.00
Crisis Intervention Training		\$ 29,028.15
Administration		\$ 136,842.38
<b>Total Expenditures</b>		<b>\$ 1,830,447.16</b>
Net Increase in Fund Balance		\$ 1,887,408.98
<b>Beginning Fund Balance 07/01/14</b>		<b>\$ 1,078,262.58</b>
<b>Ending Fund Balance 06/30/15</b>		<b>\$ 2,965,671.56</b>
<b>Committed Funds</b>		
Crisis Triage Center		\$ 693,059.00
Crisis Intervention Training		\$ 88,671.85
GeroPsych Success		\$ 65,186.88
<b>Total All Committed Funds</b>		<b>\$ 846,917.73</b>
Unencumbered Fund Balance at 06/30/15		<b>\$ 2,118,753.83</b>

**Expenditures by Continuum of Care**



## Success Story: Martha & Mary Health Services

James (not his real name) arrived at Martha & Mary after a month's stay in St. Anthony's in Gig Harbor. As a homeless individual who was terminally ill with cancer and struggling with schizophrenia, he had nowhere to go but the streets, and he was in desperate need of a place like Martha & Mary's new behavioral health program. He became a resident in December, 2014, and the process of getting to know him, to understand his preferences, routines, and habits, as well as creation of his care plan, began.



The Mandt training that was so critical to developing our caregivers' skills and ability to care for someone like James, was immediately put to use. Staff worked with him to learn what mattered most and what made him feel safe. For example, to help manage the sense of loss that James had experienced, none of his possessions were taken away, and we changed where we posted his care plan so his belongings were not disturbed. He preferred to have meals in his room, but we relied on him to let us know when he was finished, rather than gathering up his meal tray on our schedule. These genuine efforts to meet him where he was were successful. He began trust and relate better to staff, cooperating with our rules, which are important to ensuring all our residents are safe. As a result, he is able to do errands and spend time in the community, which is important to him. There's no question that the quality of his life is much improved, and he hopes to move to independent living (he's on a waiting list) in the community, with the support of mental health services.

### Citizens Advisory Committee (CAC) Accomplishments 2014 - 15

Developed Bylaws and Elected Officers

Developed the Request for Proposal Process

Created the Request for Proposal Document

Reviewed twelve proposals in spring 2014

Recommended nine projects for funding between  
July 1, 2014—June 30, 2015

Recommended a study on the feasibility and  
long-term funding of the Crisis Triage Center

Recommended setting aside funding for construction  
of a Crisis Triage Center in Bremerton

Established quarterly monitoring reports from each  
of the funded projects

Updated the Request for Proposal document  
in spring 2015

Reviewed twelve proposals in spring 2015

Recommended ten projects for funding between July  
1, 2015—June 30, 2016

Recommended moving forward with construction of  
the Crisis Triage Center at Kitsap Recovery Center

### Citizens Advisory Committee Goals for 2015 - 16

Reconvene Strategic Planning Team  
members and update the Behavioral  
Health Strategic Plan



Focus on outcomes and establish  
an Evaluation Plan with  
common measures



Increase communication and  
reporting outcomes to other  
governmental agencies and  
the public

“Over time, our community's collective focus on the County Commission's six strategic goals, together with the resources provided by our local option sales tax, will really reduce the impact of chemical dependency and mental illness in our community. It is exciting to watch this unfold.”

Russell Hartman, Chair  
Citizens Advisory Committee





## Success Story: West Sound Treatment Center

Seven males currently reside in our New Start house after successfully completing Intensive Out-Patient Treatment in the jail and/or re-entry only, and 5 are attending Continuing Care Services at West Sound Treatment Center. Two of the seven New Start House residents are currently in Inpatient Treatment and will be returning to New Start House upon completing Inpatient Treatment. Two men are currently prepared to begin school at Olympic College in September. All five current residents attend Compass Vocational Services. Two of the five have moderate to severe mental health conditions, 1 of which we are looking to house with Kitsap Mental Health as soon as possible and the other has applied for Social Security Income. Two females have successfully completed Intensive Out-Patient Treatment in the jail in June. One is temporarily housed with family and the other is at an Oxford House waiting for the opening of New Start House for Women, which opened in August. Both women are engaged with Continuing Care and Compass Vocational services at West Sound Treatment Center.



### Kitsap County Board of Commissioners Establish Six Strategic Goals

“  
*I'm so impressed by the amount of energy, passion and due diligence the citizen committee has put into the administering of these funds. It's so important to me that we fund programs that deliver measurable results.*  
”

Rob Gelder,  
Kitsap County Commissioner.



### 2014-15 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.

- ◆ 582 adults participated in training; for the courses focusing on suicide (n=144) 67% reported improved awareness, courses focusing on substance abuse (n=115) 56% reported improved awareness and courses focusing on mental health (n=269) 67% reported improved awareness.
- ◆ 60% Kitsap School Districts adopt model suicide prevention policy and procedures.

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

- ◆ In students with an identified substance use reduction goal, there was a 60% reduction of cigarette use, 64% reduction in alcohol use, 74% reduction in binge drinking, 62% reduction in marijuana use.
- ◆ 93 adult patients referred to substance abuse treatment from primary care physician.

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

- ◆ 13 juveniles successfully completed treatment courts.
- ◆ 92% of the participants who completed Juvenile Drug Court or Individualized Treatment Court have not committed another offense.

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

- ◆ 52 inmates at the Kitsap County Jail receive substance abuse assessments.
- ◆ Reduction of 50 participants on a waitlist for Adult Felony Drug Court Services.

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

- ◆ Trained 216 police officers in Crisis Intervention.
- ◆ Certified 23 police officers as Crisis Intervention Officers.
- ◆ Diverted 17 older adults with behavioral health issues from boarding in hospitals or emergency rooms.

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

- ◆ Established New Start House for men exiting the Kitsap County Jail who are enrolled in a recovery program.

“Crisis Intervention Training is exactly what progressive police departments are doing to increase safety for the community and for ourselves. When I attend conferences elsewhere, this program is often cited as a model for other areas.”

Steven Strachan, Police Chief  
Bremerton Police Department

## Kitsap Crisis Triage Stabilization and Sub-Acute Detoxification Center

In collaboration with community partners, Kitsap Mental Health Services (KMHS) submitted a March 2014 proposal to the Citizens Advisory Committee to establish a 16 bed Crisis Triage Center. In June 2014, the Kitsap County Board of Commissioners approved \$693,059 for its creation.

The proposed site for the Crisis Triage Center is located in East Bremerton, on Kitsap County-owned property currently housing the Kitsap Recovery Center (KRC) Detoxification and Inpatient Substance Abuse Treatment services. The KRC site is immediately adjacent to the two existing KMHS Evaluation & Treatment (youth and adult psychiatric inpatient units), outpatient services, and the county's designated mental health professionals (for involuntary treatment evaluation). The vacant Kitsap County Work Release facility in Port Orchard will be remodeled to serve the inpatient clients of the Kitsap Recovery Center.

Kitsap Mental Health Services will manage the Kitsap Recovery Center Crisis Triage and Sub-Acute Detoxification facility. Services will include psychiatric assessment and treatment; substance abuse assessment and brief treatment; rapid referral; stabilization, including housing referrals; and physical health assessment, monitoring, stabilization, and referral to primary care providers. The timeline is to open the Crisis Triage Center and Sub-Acute Detoxification facility in the fall of 2016.

“The Student Assistant Professional is an amazing support to our department, students and school. The individual and group support she can provide to our students and families is so helpful. We couldn't attend to these students as well without her.”

Kitsap County High School  
Administration



## Collective Impact

The Kitsap County Board of Commissioners and Citizens Advisory Committee have recognized Collective Impact as a framework for making it possible for local behavioral health service providers to work together to help solve complex social problems, such as mental illness and chemical dependency. It is an innovative and structured approach to making collaboration work across government, business, philanthropy, non-profit organizations and citizens to achieve significant and lasting social change.

Collective Impact is a significant shift from the social sector's current paradigm of "isolated impact," because the underlying premise of collective impact is that no single organization can create large-scale, lasting social change alone. Systemic social problems cannot be solved by simply scaling or replicating one organization or program.

The Citizens Advisory Committee will work with the Kitsap Public Health District to develop common performance metrics for all of the funded programs to measure the impact of the Mental Health, Chemical Dependency and Therapeutic Court Tax funds in the community.



## For More Information Contact

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