



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

## ANNUAL REPORT 2015 - 16

### 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**

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Robert Gelder, Commissioner

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#### **Staff**

Doug Washburn, Human Services  
Director  
Gay Neal, Human Services  
Planner

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.

June 30, 2016 marked the second 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:

- ◆ 99% elementary school staff and 96% of secondary school staff report improvements in their school's ability to respond effectively to students' behavioral health needs.
- ◆ 94% of the participants who completed Juvenile Drug Court or Individualized Treatment Court have not committed another offense.
- ◆ In students with an identified substance use reduction goal, 78% report reduction in binge drinking.



## Success Story: West Sound Treatment Center

Brent, a 32 year old male, was incarcerated for 8 months, completed Moral Reconciliation Therapy (MRT) in Jail Treatment, and has resided at New Start House for men for the past three months. He was a prior six-digit income earner with a Masters' Degree however, his addiction to heroin destroyed his career. He will be 1 year sober in less than a month, has reunited with his young daughter, and is taking parenting classes. Kate, a 23 year old single mom, completed MRT in-jail treatment and resides at the New Start House for women. She has regular visitation now with her young daughter, is working full-time and just received "employee of the month" at her job. Kate has 9 months sober, participates in Celebrate Recovery, and sings with the choir at her church. Both Brent and Kate attend Continuing Care & Compass Vocational Services at West Sound Treatment Center.

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

*On behalf of the Board of Commissioners, we want to thank the CAC for the many hours they spent reviewing proposals, and providing us with valuable, substantive input and recommendations on funding these vital programs that will improve our community and positively impact so many citizens.*

Edward E. Wolfe,  
Chair  
Kitsap County Board of Commissioners



## 2015-16 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.

- ◆ 695 students referred to school-based behavioral health services.
- ◆ 99% elementary school staff and 96% of secondary school staff report improvements in their school's ability to respond effectively to students' behavioral health needs.

### 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 49% reduction in smoking cigarettes, 63% reduction in alcohol use, 78% reduction in binge drinking and 60% reduction in marijuana use.

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

- ◆ 111 inmates at the Kitsap County Jail received substance abuse assessments and referrals.
- ◆ 50 additional participants enrolled in Adult Felony Drug Court.
- ◆ 48 juveniles enrolled in therapeutic court services.
- ◆ Over 100 individuals with behavioral health issues involved in Municipal and District Courts receive mental health services.

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

- ◆ 108 juveniles received substance abuse treatment through the Juvenile Court.
- ◆ 94% of the participants who completed Juvenile Drug Court or Individualized Treatment Court have not committed another offense.
- ◆ 92% of the juveniles involved in the criminal justice system who completed substance abuse treatment have not committed another offense.

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

- ◆ Trained 154 police officers in Crisis Intervention.
- ◆ Certified 6 new police officers as Crisis Intervention Officers, for a total of 38.

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

- ◆ 31 males and 20 females transitioning out of the jail have received housing at New Start for Men and New Start for Women.

**Mental Illness and drug or alcohol addictions** are medical conditions that can be effectively treated. Millions of Americans and their families are in healthy recovery from this disease. Learning about some of the most common mental and substance use disorders can help people recognize their signs and to seek help.

**Am I addicted?** Here are some questions to ask yourself or someone you know. If the answer to some or all of these questions is yes, you might have an addiction.

- Did you ever try to stop or cut down on your alcohol or drug use but couldn't?
- Have you ever used alcohol or a drug without knowing what it was or what it would do to you?
- Have you ever made mistakes at a job or at school because you were using alcohol or drugs?
- Does the thought of running out of alcohol or drugs really scare you?
- Have you ever stolen alcohol or drugs or stolen stuff to pay for alcohol or drugs?
- Have you ever been arrested or in the hospital because of your alcohol or drug use?
- Have you ever overdosed on alcohol or drugs?

**Am I depressed?** If you identify with several of the following signs and symptoms—especially the first two—and they just won't go away, you may be suffering from depression.

- You feel hopeless and helpless?
- You've lost interest in friends, activities, and things you used to enjoy?
- You feel tired all the time?
- Your sleep and appetite has changed?
- You can't concentrate or find that previously easy tasks are now difficult?
- You can't control your negative thoughts, no matter how much you try?
- You are much more irritable, short-tempered, or aggressive than usual?



## 2016-17 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

**Strengthening Families Program**  
Washington State University  
Kitsap County Extension  
360-337-7170

**Bainbridge Healthy Youth Alliance**  
Bainbridge Youth Services  
206-842-9675

**School Based Behavioral Health Enhancement Project**  
Olympic Educational Service  
District 114  
360-405-5833

**Crisis Intervention Services**

**Homeless Youth Intervention**  
The Coffee Oasis: 360-377-5560  
Youth Crisis Line: 360-768-2076

**Crisis Intervention Team Training for Law Enforcement**  
Bremerton Police Department  
360-473-5220

**Behavioral Health Outreach**  
City of Poulsbo  
360-779-3901

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

**Crisis Triage & Withdrawal Management Center**  
Kitsap Mental Health Services  
360-415-5803

**Outpatient Treatment & Recovery Support**

**Kitsap Adolescent Recovery Services & Therapeutic Courts**  
Kitsap Juvenile Court Services  
360-337-5465

**Adult Drug Court & Veterans Therapeutic Court**  
Kitsap County Superior Court  
360-337-4834

**Outpatient Substance Abuse Treatment**  
Kitsap Recovery Center  
360-337-4625

**New Start Jail Transition Services**  
West Sound Treatment Center  
360-876-9430

**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.
- About 20 percent of youth between ages 13 to 18 experience severe mental disorder.
- 1 in 5 people held in America's prisons and jails has a recent history of mental illness. 7 in 10 youth in the juvenile justice systems have at least one mental health 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 use any illicit drug use in the past month.
- 64% of 12th graders in America have used alcohol in their lifetime.
- 49% of 12th graders in America have used illicit drugs in their lifetime. The most common is marijuana, with 45% using in their lifetime.
- 21% of 12th graders have used marijuana in the past month, with 6% using marijuana daily. Research indicates that 1 in 11 marijuana users aged 15 or older become dependent on marijuana.
- In Washington State, the rate of all opiate deaths (heroin and/or Rx-type) has nearly doubled in the past decade.



Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

### 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 in Washington state.

#### 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.

## 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 18 additional families.

#### Washington State University

\$24,345 in grant funds to support 132 family members participation in the Strengthening Families Program, an evidence based substance abuse prevention curriculum.

### Early Intervention

#### Olympic Educational Service District 114

\$685,464 in grant funds to provide school-based behavioral health services for both mental health and substance abuse to 695 students at 17 high-risk elementary and high schools.

### Crisis Intervention and Triage

#### City of Bremerton

\$42,884 in grant funds to support Crisis Intervention Training for 154 Law Enforcement Officers to increase their skills in responding to individuals with behavioral health problems.

#### City of Poulsbo

\$24,345 in grant funds to provide behavioral health outreach services for individuals involved in the criminal justice system who are charged with minor, non-violent crimes.

#### Kitsap Mental Health Services

\$75,571 in grant funds to support the establishment of a new Crisis Services Support Center, a stand alone facility providing both crisis triage and sub-acute detoxification services.

### Outpatient

#### Kitsap County Juvenile Services Department

\$140,886 in grant funds to support the operation of Kitsap Adolescent Recovery Services and provide evaluation and treatment services to 108 youth on probation.

#### Kitsap County Juvenile Services Department

\$162,648 in grant funds to improve the continuity of treatment services to 48 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

\$342,747 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.

### Acute Inpatient Care

#### Martha & Mary Health Services

\$148,228 in grant funds to support MANDT training for 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 24 older adults with behavioral health inpatient services.

### Recovery Support Services

#### West Sound Treatment Center

\$224,003 in grant funds to provide Substance Use Disorder Assessments, Treatment, Life-Skill Building and Re-Entry services for 223 offenders at the Kitsap County Jail, as well as housing at New Start Houses for men and women.

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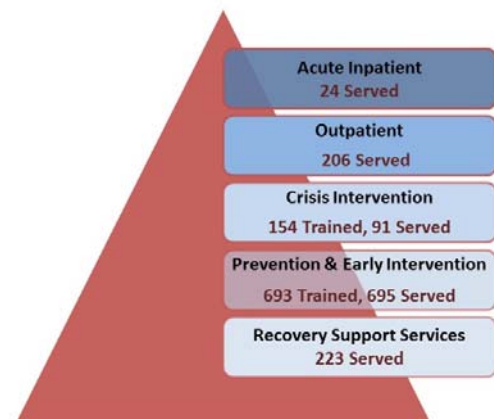
*We have a number of students with anxiety and depression who too often succumb to negative self-medication via drugs and alcohol. Our Student Assistance Professional is critical to the work with those affected families!*

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Kitsap County High School Principle



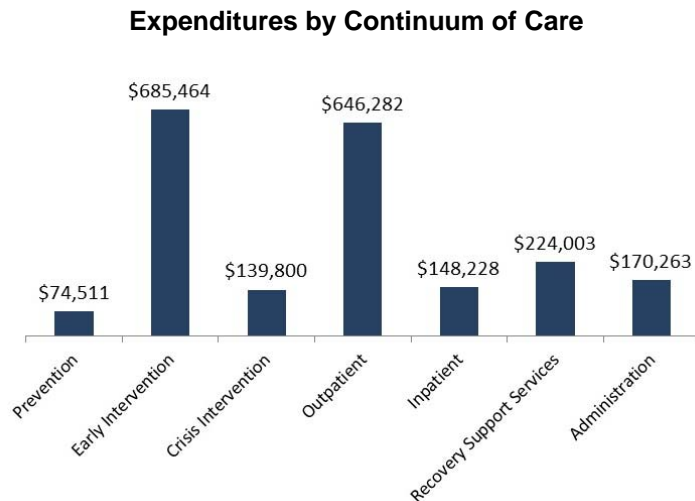
### Kitsap County Continuum of Care





**Mental Health, Chemical Dependency and Therapeutic Court Sales Tax  
Annual Revenue & Expenditure Report  
Fund activity – For the Year Ending June 30, 2016**

	Revenue Collected	Amount Spent
<b>Revenue</b>		
Sales Tax Collected	\$ 4,095,647.12	
Interest Earned	\$ 0.00	
<b>Total Revenue</b>	<b>\$ 4,095,647.12</b>	
<b>Expenditures</b>		
Nurse Family Partnership		\$ 50,166.00
Older Adult Behavioral Health Program		\$ 148,228.00
Enhanced Therapeutic Court Juvenile		\$ 162,648.73
School Based Behavioral Health Services		\$ 685,464.50
Crisis Triage Center		\$ 75,571.27
Adult Drug Court Expansion – Superior Court		\$ 213,371.35
Adult Drug Court Expansion – Kitsap Recovery Center		\$ 129,376.95
New Start Jail Services		\$ 224,003.00
Kitsap Adolescent Recovery Center		\$ 140,886.31
Crisis Intervention Training		\$ 42,884.17
Behavioral Health Outreach		\$ 43,239.59
Strengthening Families Program		\$ 24,345.53
Evaluation – Kitsap Public Health District		\$ 7,229.71
Administration		\$ 163,034.05
<b>Total Expenditures</b>		<b>\$ 2,110,449.16</b>
Net Increase in Fund Balance		\$ 1,985,197.96
<b>Beginning Fund Balance 07/01/15</b>		<b>\$ 2,900,485.00</b>
<b>Ending Fund Balance 06/30/16</b>		<b>\$ 4,885,682.96</b>



**For More Information  
Contact**

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Service Planner

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