



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
April 1, 2018 - June 30, 2018

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

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Gay Neal, Program 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.

Program Updates



On May 24, 2018 Kitsap County Department of Human Services released the 2019 Mental Health, Chemical Dependency and Therapeutic Court

Programs Request for Proposals. Proposals must be for mental health, chemical dependency and therapeutic court programs and services (including, but not limited to, treatment services, case management, and housing that are a component of a coordinated chemical dependency or mental health treatment program or service) and for the operation or delivery of therapeutic court programs or services. Approximately \$4,250,000 will be awarded for projects or program services delivered between January 1, 2019 and December 31, 2019. The 11 member Citizens Advisory Committee, appointed by the Kitsap County Board of Commissioners (BOCC), is charged with reviewing applications for funding and making recommendations to the BOCC on grant awards. Applications were due August 1, 2018. Awards will be announced in September.

Kitsap Mental Health Services opens the long awaited Crisis Triage Center. The Triage Center will begin accepting clients this summer and will offer up to 5 days of 24/7 intensive support for 16 adults with behavioral health needs referred for short term crisis support. The new facility provides diversion options from unnecessary use of hospital emergency departments and jail services for persons in crisis. The facility also houses an additional 16 bed substance abuse residential treatment program for adults.

For more information you will find the second quarter report on Mental Health, Chemical Dependency and Therapeutic Court Program services at <https://spf.kitsapgov.com/hs/Pages/CAC-REPORTS-INFORMATION-PLANS.aspx>



Second Quarter Highlights:

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

- Since March, efforts by the Kitsap Public Health District's community health worker and maternity support services team have led to a growing wait list; the wait list has allowed to easily fill vacancies in Nurse Family Partnership Program due to graduation or other reasons.



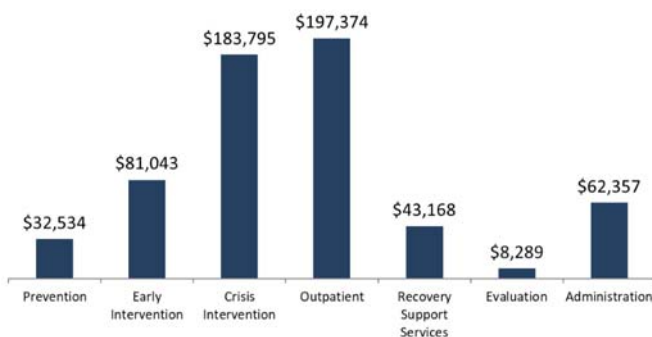
Goal 2: Reduce the incident and severity of chemical dependency and/or mental health disorders in adults and youth.

- To date 338 students (166 elementary and 172 high school) have been served in school-based behavioral health services. 66 % of students completing 8 or more sessions with the Mental Health Therapist (elementary program) had improvement in overall health and wellbeing by the end of the school year.

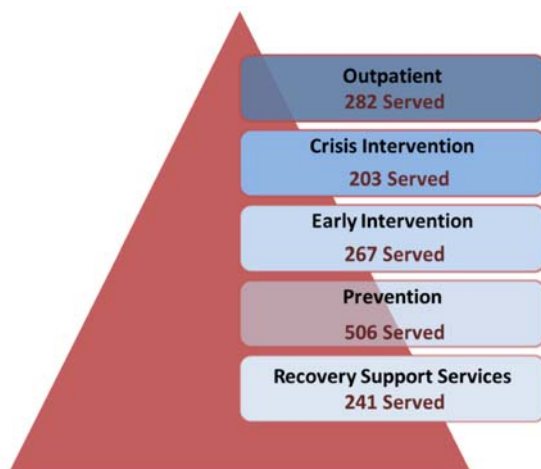
Goal 3: Divert chemically dependent and mentally ill youth and adults from initial or further criminal justice system involvement.

- The Behavioral Health Court program resulted in a remarkable 87% reduction in participant jail days from 1,391 prior to participation in the program to 175 over the second quarter.
- 82% of individuals receiving ongoing support from the Poulsbo Navigators after police contact reduced involvement with criminal justice system.

Expenditures by Continuum of Care April 1, 2018 — June 30, 2018



Individuals Served by Continuum of Care April 1, 2018 — June 30, 2018



Success Story: Kitsap County District Court



A participant in Behavioral Health Court (BHC) was residing in Oxford housing in Tacoma until a psychotic break disrupted his life. His housemates called 911 and he was able to find solace in treatment at Fairfax Hospital; he was there for over four (4) weeks. Upon release, he opted to remain in Pierce County and was transferred to Comprehensive Mental Health prior to placement at Park Place Treatment Center. He maintains perfect attendance at his outpatient chemical dependency and mental health treatment services at Prosperity Wellness. He has openly admitted he would not have continued either treatment without the support of the BHC program. He takes his medications regularly, has not relapsed during this difficult time, and now volunteers at a local food bank. He is learning financial management and has not missed bi-weekly court attendance, despite the cost of travel between counties.

For More Information Contact

Gay Neal, Program Coordinator
360-337-4827 or gneal@co.kitsap.wa.us
<https://spf.kitsapgov.com/hs/Pages/CAC-LANDING.aspx>

Second Quarter Highlights:

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

- There were 172 participants in the Adult Drug Court, 22 participants in the Veterans Court, with a total of 14 graduations this quarter.
- 87% of individuals completing Drug Court and 95% of individuals completing Veterans Court remain conviction-free during the 3 years post-graduation.

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

- Coffee Oasis 24-Hour Crisis Text Line is fully active and had 59 crisis texts from youth. 89% of the texts were resolved through conversation and sharing community resources and referrals.
- Kitsap Connect has seen decreased ED and EMS utilization in 59% of their clients to date.

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

- The Behavioral Health Court program resulted in a 25% reduction in homelessness with 7 out of 28 homeless participants finding housing.
- Sixteen were housed at New Start Housing for Men and Women over the second quarter.
- 23 individuals received supportive housing case management by Kitsap Community Resources.



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

Social & 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

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
Bremerton Police Department
360-337-4514

RideAlong & Kitsap County Jail Behavioral Health Unit
Kitsap County Sheriff'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

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

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
360-337-4834

Adult Outpatient Substance Use Disorder Treatment
Kitsap Recovery Center
360-337-5735

Trauma Informed Care Services
Kitsap Recovery Center
360-337-5722

Success Story: Coffee Oasis



Robby met his Coffee Oasis Case Manager while he was incarcerated. He was in on a domestic violence charge after being verbally aggressive towards his older brother. Nineteen-year old Robby had been diagnosed with a defiance disorder and struggled to complete goals he set with his case manager. But one thing motivated him: Robby wanted a job. When he got out of jail, his case manager enrolled him in Oasis job skills classes. He needed to complete all six before starting a job internship. Robby faithfully attended each class. It was the first time he began following through on his goals! After completing his classes Robby began an internship with a contractor. It was a great fit. Robby's case manager noticed he was less defiant and that his family relationships improved. Robby's hard work impressed his boss. "I thought about hiring him before the internship is over. He's a really good coworker!" Robby now has a job lined up with his current internship. He is feeling accomplished and continues to build a more hopeful future for himself.

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 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?



If you are concerned about your own or a family member's mental health or drug use, ask for help. Consult a counselor or mental health professional, or call one of the toll-free confidential helplines below.

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 Crisis Text Line: Text "CoffeeOasis" to 360-377-5560

Support for local Kitsap County youth ages 13—25 years old 24/7.

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.