



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs ANNUAL REPORT 2019

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.

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Kitsap Public Health District

Amanda Tjemsland, Epidemiologist

Citizens Advisory Committee

Meetings are held the third
Tuesday of every month

Skookum Contract Services

4525 Auto Center Way
Bremerton, WA
5:00 p.m.— 7:00 p.m.



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. December 31, 2019 marked the fifth year of service delivery in the Kitsap County community.

During 2019, over four million dollars in grant funding provided direct services to over 4,700 individuals with behavioral health problems.

New projects funded in 2019 include Peninsula Community Health Services' Behavioral Health Mobile Van; Kitsap County Sheriff's Office Reentry Program; Kitsap County Prosecutor's Office Therapeutic Courts Unit; and Kitsap County Prevention Services expanded prevention programming. These projects saw significant outcomes:

- Eighty eight percent of patients accessing Mobile Behavioral Health Services also attended a primary care visit to address physical health needs.
- Jail Reentry participants had a 65% reduction in jail bed days.
- A total of 145 participants in Therapeutic Court programs successfully completed their programs resulting in the dismissal of their charges.
- A total of 208 adults were trained to use Naloxone (opioid overdose reversal drug) and 174 Naloxone kits were distributed in the community.



Success Story: Peninsula Community Health Services



Our Mobile Behavioral Health Program has greatly enhanced our ability to locate, engage, and stay connected to members of our community. It has enabled us to reduce barriers for those in need of counseling and/or Substance Use Disorder services.

One man engaged with us at a library who had just moved back to Kitsap County. He had lost his job, his home, his insurance, all of his medications, and his access to counseling. With one stop to our mobile unit he was able to re-establish his insurance, get refills on his medications, re-engage in counseling, and walk away with a medical home that he could access almost anywhere across Kitsap County.

2019 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.

- ◆ Eighty eight percent of the patients accessing Peninsula Community Health Services Mobile Behavioral Health Program have also attended a primary care visit to address their physical health.
- ◆ A total of 83% elementary staff and 84% high school staff reported that school-based behavioral health services have improved students' academic success.
- ◆ Fifty seven percent of elementary students and 64% of high school students in the School Based Behavioral Health Program completing eight or more sessions have statistically significant improvement in their hope scale.

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

- ◆ Among high school students with a substance use reduction goal - 44% reported a decreased in cigarette use, 37% in alcohol use, 47% in binge drinking, 52% in marijuana use, and 55% in vaping.
- ◆ During 2019, Coffee Oasis Text Line had 350 text conversations, of which 68% were resolved without further intervention.

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

- ◆ Seventy five percent of juveniles who successfully completed a therapeutic court program remained conviction-free at their one-year anniversary in 2019. A total of 69% who successfully completed the program remained conviction-free at their 18 month anniversary.
- ◆ In 2019, a total of 145 participants in Kitsap County Therapeutic Courts successfully completed their programs, resulting in the dismissal of their charges.
- ◆ Since enrollment in the New Start Program Reentry Program, 98% of participants have not had a new charge and 99% have not had a new conviction.

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

- ◆ Behavioral Health Court participants reduced jail bed days from 1,991 pre-program participation to 385 during program participation, a 81% reduction.
- ◆ Jail Reentry participants reduced jail bed days from 18,238 prior to program enrollment to 6,381 post-program enrollment (equivalent comparison periods), a 65% reduction.
- ◆ Ninety percent of Drug Court graduates have remained conviction-free for at least 5 years (entire program history).
- ◆ A total of 86% of Behavioral Health Court graduates, tracked for 18 months, remain charge free.

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

- ◆ Compared to baseline, 71% of Kitsap Connect clients served in 2019 and identified as high utilizers, reduced their overall use of costly services (combined emergency department visits, emergency medical calls, and arrests).
- ◆ Emergency Department visits for Crisis Triage Center patients, 3 months following engagement with services, were reduced from 1,679 to 1,348 visits, a 20% reduction.

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

- ◆ Kitsap Mental Health Services Pendleton Place Permanent Supported Housing, a 72 unit apartment complex, is on track for achieving the project's ambitious \$21,254,427 fundraising goal.
- ◆ At the end of the year, 100% of New Start Housing units were utilized, serving 19 individuals released from jail.

2019 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 — \$127,828 in grant funds increased the capacity of the Nurse Family Partnership Program to provide services for 12 additional families and outreach to 238 mothers

Kitsap County Prevention and Youth Services — \$57,320 in grant funds expanded community-based prevention strategies, including distribution of Naloxone kits, reaching 474 individuals

Early Intervention

Bremerton School District — \$97,324 in grant funds provided a comprehensive, evidence-based, social and emotional teaching and learning system within the Bremerton School District

Olympic Educational Service District 114 — \$524,620 in grant funds provided school-based behavioral health services for 228 elementary and 300 high school students

Crisis Intervention and Triage

City of Poulsbo — \$296,784 in grant funds provided Navigator Outreach Services to serve 718 adults with behavioral health issues who come into police contact throughout Kitsap County

The Coffee Oasis — \$301,479 in grant funds supported 290 youth in crisis intervention, 110 youth in behavioral health therapy and 67 youth in intensive case management services

Kitsap County Sheriff's Office — \$16,151 in grant funds supported Crisis Intervention Training for 50 Officers to increase their skills in responding to individuals in behavioral health crisis

Kitsap Public Health District — \$376,991 in grant funds supported Kitsap Connect, a multi-disciplinary, mobile outreach team, to intervene with 23 high-utilizers experiencing behavioral health issues

Outpatient

Kitsap County Juvenile Services Department — \$182,236 in grant funds improved the continuity of treatment services to 29 participants in the Individualized Treatment and Youth Drug Court

Kitsap County District Court — \$174,813 in grant funds served 49 individuals and provided a Behavioral Health Specialist, a Compliance Specialist and dedicated public defense to Behavioral Health Court

Kitsap County Prosecuting Attorney — \$274,084 in grant funds supported their increasing responsibility for all therapeutic-courts and developed a centralized therapeutic court application

Kitsap County Superior Court — \$273,910 in grant funds expanded the capacity of the Adult Felony Drug Court from 100 participants to 212 participants. A total of \$47,773 in grant funds supported the Veterans Court, serving 28 veterans

Peninsula Community Health Services — \$140,622 in grant funds purchased a Mobile Behavioral Health Care Unit and provided 178 patients with access to high quality, integrated behavioral health care services

Recovery Support Services

Aging and Long-Term Care — \$103,998 in grant funds provided dementia-friendly supports and consultation for 81 seniors with challenging behaviors to prevent or delay institutionalization

Kitsap Community Resources — \$92,440 in grant funds provided a Family Development and Behavioral Health Specialist to support 18 individuals with long-term housing stability

Kitsap County Sheriff's Office — \$162,291 in grant funds provided reentry services to 454 inmates with behavioral health needs who are being released back into the community

Kitsap Mental Health Services — \$119,900 in grant funds supported predevelopment costs to construct supportive housing complex, serving 70 chronic homeless individuals with behavioral health disorders

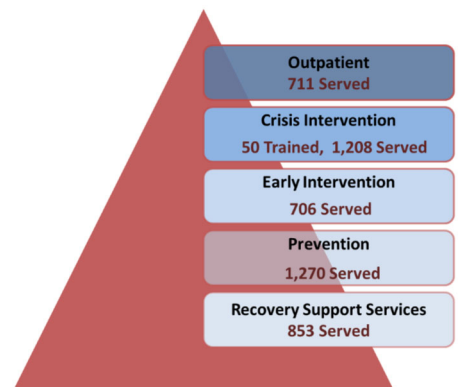
West Sound Treatment Center — \$268,689 in grant funds provide Substance Use Disorder Services for 300 inmates in the jail, as well as housing, case management and supportive services for 16 men and women through the New Start men and women's houses

Success Story: City of Poulsbo Navigators

This year, one of our Police Navigator's first Poulsbo Police Department referral celebrated two years of being clean and sober. Poulsbo Police Sergeant and the Navigator reached out to this individual in 2017 after his family reported he was stealing money to pay for his opioid addiction. The Sergeant had a strong rapport with the individual and his family due to previous contact. She and our Navigator were able to work with them successfully. The individual voluntarily went to detox treatment and later enrolled in a 12-step program. Over the past two years, this individual has been an engaged member of the Poulsbo community, and invited the Sergeant and Navigator to his two-year sober chip ceremony.



2019 Kitsap County Continuum of Care



4,748 Individuals Enrolled in Services
50 Individuals Trained

Individuals Served by Kitsap County 1/10th of 1% Tax Funding in 2019

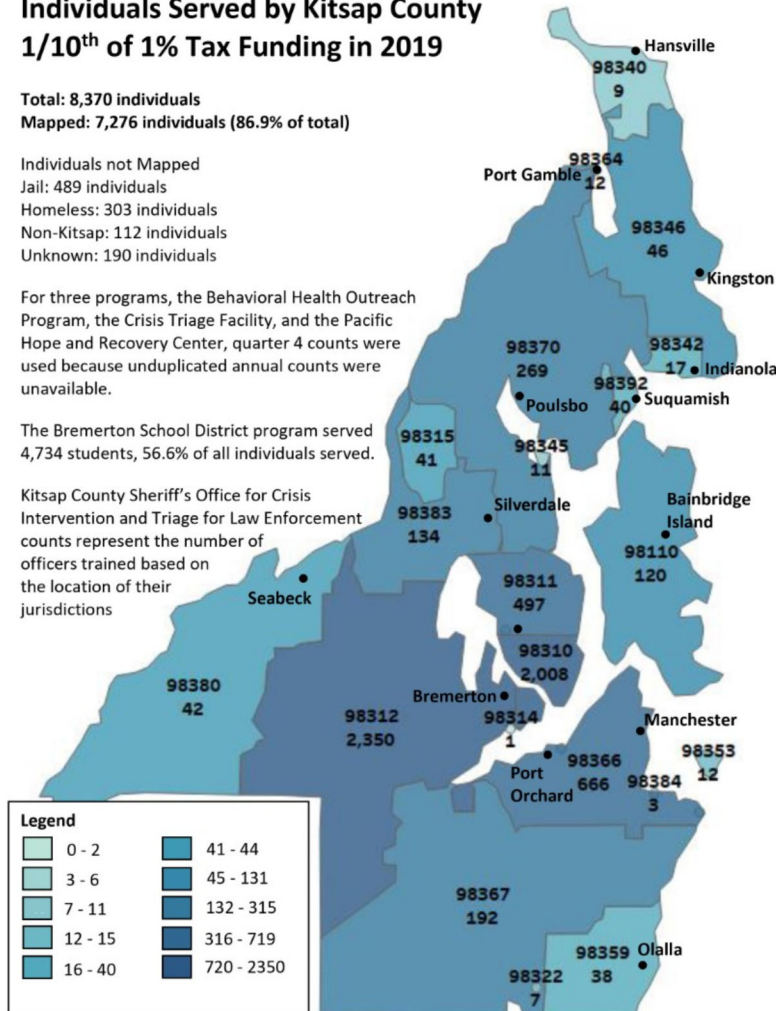
Total: 8,370 individuals
Mapped: 7,276 individuals (86.9% of total)

Individuals not Mapped
Jail: 489 individuals
Homeless: 303 individuals
Non-Kitsap: 112 individuals
Unknown: 190 individuals

For three programs, the Behavioral Health Outreach Program, the Crisis Triage Facility, and the Pacific Hope and Recovery Center, quarter 4 counts were used because unduplicated annual counts were unavailable.

The Bremerton School District program served 4,734 students, 56.6% of all individuals served.

Kitsap County Sheriff's Office for Crisis Intervention and Triage for Law Enforcement counts represent the number of officers trained based on the location of their jurisdictions



Success Story: Bremerton School District

Our district was asked to take a student who was not in our catchment area. The mother was going to withdraw him from school and home school him because of the continued failure to be successful at that school. He came to our school very angry, aggressive and destructive. We began to work on building a relationship with him based on Social Emotional Learning (SEL) principles. We used the FAST method to identify the purpose of his behavior so that we could establish a plan for creating an environment in which he could have some success. He was identified as a student who would benefit from PBIS Check in Check Out, which was started immediately. We used the Engage Maintain Restore (EMR) approach, which helped to create a safe space each day that was based on a positive relationship from the day before. Now two years later, he has gone to another school as a fourth grader. He is able to manage his moods and emotions and is successful in using the SEL skills that he learned here at our elementary school. This has been life-changing for this family.

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.

NEW Volunteers of America 24 Hour Care Crisis Line: 1-888-910-0416 & Crisis Chat www.imhurting.org

Provides over-the-phone local crisis intervention, information referral for Kitsap, Jefferson and Clallam Counties.

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.



Opioid overdose continues to be a major public health problem in the United States. It has contributed significantly to overdose deaths among those who use or misuse illicit and prescription opioids. In 2018, all U.S. overdose deaths involving opioids (i.e., unintentional, intentional, homicide, and undetermined) were more than 68,500.

WHO IS AT RISK? Anyone who uses opioids for long-term management of chronic pain is at risk for opioid overdose, as are individuals who use heroin or misuse prescription pain relievers. Others at risk include those who:

- are receiving rotating opioid medication regimens;
- have been discharged from emergency medical care following opioid overdose;
- need opioid pain relievers, coupled with a suspected or confirmed substance use disorder or history of non-medical use of prescription opioids or use of illicit opioids;
- have completed opioid detoxification or are abstinent for a period of time (and presumably have reduced opioid tolerance and high risk of return to opioid use);
- and have been recently released from incarceration and have a history of opioid use disorder or opioid misuse (and presumably have reduced opioid tolerance and high risk of return to opioid use).



Opioid overdose-related deaths can be prevented when Naloxone is administered in a timely manner (for instructions on how to use Naloxone, go to <http://prescribeprevent.org>). For more information on how to get help contact:

National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889 (TDD, for hearing impaired)

2020 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

Prevention & Early Intervention Services

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

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

School Based Behavioral Health
Olympic ESD 114
360-405-5833

Behavioral Health Outreach
City of Poulsbo
360-394-9794

Crisis Intervention Services

Homeless Youth Intervention
The Coffee Oasis: 360-377-5560
Oasis Crisis Text Line: Text "CoffeeOasis" to 360-377-5560

NEW Crisis Intervention Officer
Kitsap County Sheriff's Office
360-337-4590

Kitsap Connect
Kitsap Public Health District
360-917-0672

NEW Fired Up for Health
Peninsula Community Health Services
360-377-3776

Crisis Triage Center
Kitsap Mental Health Services
360-415-5853

Outpatient Behavioral Health Treatment Services

NEW Agape Unlimited
Co-Occurring Disorder Services
360-373-1529

Juvenile Therapeutic Court
Kitsap 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

Alternative to Prosecution
Kitsap County Prosecuting Attorney's Office
360-337-4814

Inpatient Behavioral Health Treatment Services

NEW Pacific Hope and Recovery Center
Kitsap Mental Health Services
360-415-5853

Recovery Support Services

NEW Agape Unlimited
Koinonia Inn for Women & Children
360-373-1529

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

NEW Recovery Outreach and Stabilization Team
Kitsap Community Resources
360-473-2047

Jail Reentry Coordination
Kitsap County Sheriff's Office
360-337-4514

NEW Pendleton Place
Kitsap Mental Health Services
360-415-6672

**Mental Health, Chemical Dependency and Therapeutic Court Sales Tax
12 Month Revenue & Expenditure Report**

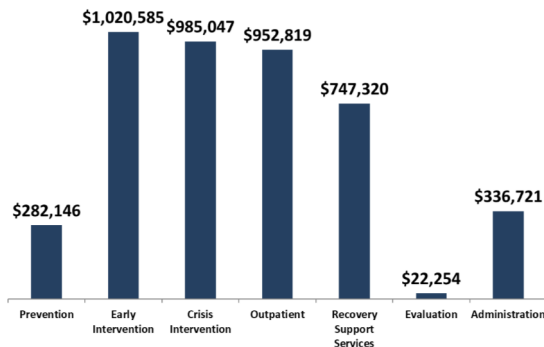
Fund activity – For the period beginning January 1, 2019 ending December 31, 2019

	Revenue Collected	Amount Spent
Revenue		
Sales Tax Collected	\$5,379,578.69	
Sales Tax Receivable (2020 Accrual)	\$ 970,317.09	
Sales Tax Receivable (2019 Accrual)	\$(930,043.78)	
Investment Interest	\$ 11,506.07	
Crisis Triage Revenue	\$ 100,000.00	
General Fund Subsidy	\$ 7,798.00	
Total Revenue	\$5,539,156.07	

Expenditures		
Aging and Long Term Care – Partners in Memory Care		\$ 103,998.89
Bremerton School District		\$ 97,324.16
City of Poulsbo – Behavioral Health Outreach		\$ 296,784.01
Coffee Oasis – Homeless Youth Intervention		\$ 301,479.00
Kitsap Community Resources – Housing Stability Services		\$ 92,440.96
Kitsap County District Court – Behavioral Health Court		\$ 174,813.74
Kitsap County Juvenile Services – Therapeutic Courts		\$ 182,236.89
Kitsap County Prevention Services – Substance Abuse Prevention		\$ 57,320.03
Kitsap County Prosecutors Office – Therapeutic Courts Alternatives		\$ 274,084.63
Kitsap County Sheriff's Office – Crisis Intervention Training		\$ 16,151.18
Kitsap County Sheriff's Office – Reentry Services		\$ 162,291.20
Kitsap Mental Health Services – Supportive Housing Pre-Development		\$ 119,900.00
Kitsap County Superior Court – Adult Drug Court		\$ 273,910.88
Kitsap County Superior Court – Veterans Court		\$ 47,773.69
Kitsap Public Health District – Nurse Family Partnership		\$ 127,828.00
Kitsap Public Health District – Kitsap Connect		\$ 376,991.60
Kitsap Public Health District – Evaluation and Monitoring		\$ 22,254.16
Olympic Educational Service District – School Based Services		\$ 524,620.63
Peninsula Community Health Services – Wellness on Wheels		\$ 140,622.27
West Sound Treatment Center - New Start Jail Services		\$ 268,689.13
Kitsap Mental Health Services - KC 444-16		\$ 228,340.22
City of Poulsbo - KC 329-17		\$ 58,558.37
Kitsap County Sheriff's Office - KC 334-17		\$ 62,085.05
Kitsap County Human Services – Program Administration		\$ 336,721.29
Total Expenditures		\$4,347,219.98

Beginning Fund Balance 01/01/19	\$8,524,904.02
2019 Revenue	\$5,539,156.07
2019 Expenses	\$4,347,219.98
Ending Fund Balance 12/31/19	\$9,716,840.11

2019 Expenditures by Continuum of Care



**For More Information
Contact**

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