



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
July 1, 2020 - September 30, 2020

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.

2020 Kitsap County Board of Commissioners

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Doug Washburn, Director
Richard VanCleave, Deputy Director
Gay Neal, Program Coordinator
Hannah Shockley, Office Supervisor

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.

Program Updates



The Kitsap County Board of Commissioners passed a resolution approving funding recommendations totaling \$5.5 million presented by the Mental Health, Chemical Dependency and Therapeutic Court Citizens Advisory Committee (CAC) at the Commissioners' Business Meeting November 9th. The 11-member Citizen's Advisory Committee (CAC), appointed by the Commissioners to advise them on funding allocations, voted unanimously at their October meeting to recommend funding for 23 of 26 proposals submitted.

Eight (8) of the programs recommended for funding are brand new, including the City of Poulsbo and Poulsbo Fire Department (PFD), to start a Kitsap County Fire CARES Program. Peninsula Community Health Services will develop an integrated care coordination program with wraparound services, behavioral health and primary care services. Five projects focused on housing supports for individuals with behavioral health issues, these include behavioral health specialists for the Kitsap Rescue Mission and Kitsap Homes of Compassion.

Fifteen (15) of the programs recommended for funding were continuation proposals from January 1, 2020. Services run along the continuum of care and reach individuals birth through their senior years.

A complete list of the funding recommendations approved by Commissioners is available at <https://spf.kitsapgov.com/hs/Pages/CAC--RFP.aspx>.

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



Third Quarter Highlights:

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

- 97% of Bremerton Ambulatory Team (BAT) participants seen for behavioral health issues were referred to primary care.
- 69% of New Start participants who were referred to Peninsula Community Health Services (PCHS) have attended at least one appointment.
- 83% ROAST households engaged into primary care services.

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

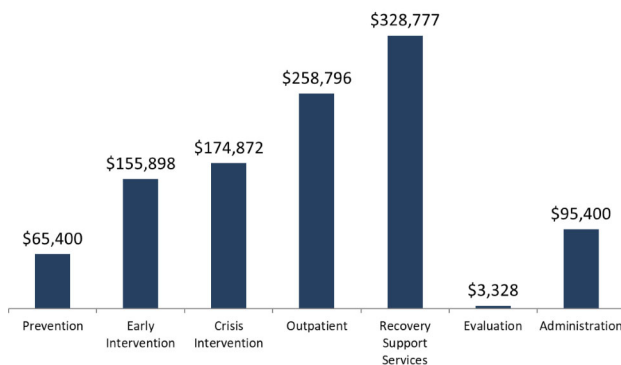
- 100% of Pacific Hope and Recovery residential treatment center participants who discharged at least 30 days ago engaged in an aftercare program.

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

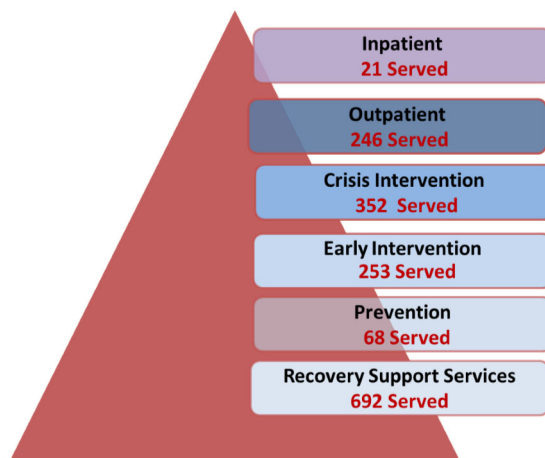
- 100% Drug Court participants were either employed or involved with educational/vocational services at time of graduation.
- 98% of current New Start participants have not had a new charge since enrollment in services.



Expenditures by Continuum of Care July 1, 2020 — September 30, 2020



Individuals Served by Continuum of Care July 1, 2020 — September 30, 2020



Success Story: Kitsap County Juvenile Drug Court



A participant of Juvenile Drug Court (JDC) entered the program in October 2019 having issues with both drugs and alcohol. She was smoking marijuana daily, spending time with high-risk youth, and had provided information that led to stolen firearms. She was struggling in school and failing to turn in most assignments. When she entered JDC, she took her treatment seriously. She has since reconnected with her family and cut ties to antisocial friends. She obtained her driver's license and is applying for jobs. She graduated from treatment at Agape' Unlimited, having never received a positive Urine Dug Screen. She graduated from JDC in late September 2020 and was sanction-free throughout her participation in the program. She is involved in Running Start and on track to graduate from high school with very good grades.

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>

Third Quarter Highlights:

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

- Only 3% of the current Behavioral Health Court program participants reoffended during the past quarter. 0% of program participants who have graduated in past 18 months reoffended in the past quarter.

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

- The Coffee Oasis text line had an influx of youth texting in for a wide range of concerns from feeling lonely and depressed to having thoughts of self-harm and suicide. Forty-six youth texted the 24-Hour Youth Crisis Text Line and 71% were resolved through phone conversations.
- Behavioral Health Navigators assisted 163 unique individuals this quarter struggling with behavioral health issues (BHI) and responded to 259 police requests for assistance.
- The Kitsap County Sheriff's Office Crisis Intervention Coordinator made 249 proactive contacts and saw 229 unduplicated clients. Year to date, 367 unduplicated applicable clients have been connected to a Designated Crisis Responder (DCR).

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

- The ROAST program provides 286 individuals with behavioral health issues rental assistance for housing needs.



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

Crisis Intervention Officer Kitsap

County Sheriff's Office
360-337-4590

Kitsap Connect

Kitsap Public Health District
360-917-0672

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

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

Pacific Hope and Recovery Center

Kitsap Mental Health Services
360-415-5853

Recovery Support Services

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

Recovery Outreach and Stabilization Team

Kitsap Community Resources
360-473-2047

Jail Reentry Coordination

Kitsap County Sheriff's Office
360-337-4514

Pendleton Place

Kitsap Mental Health Services
360-415-6672

Success Story: City of Poulsbo Behavioral Health Outreach Program



Officers with the Bainbridge Island Police Department referred an elderly man living on Bainbridge Island to the North Kitsap Navigator. He was having police interaction due to wandering into other residences and exhibiting psychotic features. The individual went to the hospital on multiple occasions but did not get the help he needed. Officers had multiple conversations with the individual's daughter, who also is a Bainbridge resident, and was able to get her in touch with the Navigator. Through multiple conversations, it was determined that the individual had a serious medical condition that was contributing to his decompensating mental health. Unfortunately, we do not have a geriatric inpatient unit in Kitsap County, so the Navigator worked with the daughter to get her father into Harborview Hospital for an evaluation by a Designated Crisis Responder. Once admitted to the Emergency Department, he was detained for inpatient stabilization treatment, and then voluntarily transitioned to a geriatric inpatient treatment facility in King County.

Reducing the effects of significant adversity on young children's healthy development is critical to the progress and prosperity of any society. Yet not all children experience lasting harm as a result of adverse early experiences. Some may demonstrate "resilience," or an adaptive response to serious hardship.

One way to understand the development of resilience is to visualize a balance scale or seesaw. Protective experiences and adaptive skills on one side counterbalance significant adversity on the other. Resilience is evident when a child's health and development are tipped in the positive direction, even when a heavy load of factors is stacked on the negative side.

Individuals who demonstrate resilience in response to one form of adversity may not necessarily do so in response to another. Yet when communities and families strengthen these factors, they optimize resilience across multiple contexts. Factors include:

- providing supportive adult-child relationships;
- scaffolding learning so the child builds a sense of self-efficacy and control;
- helping strengthen adaptive skills and self-regulatory capacities; and
- using faith and cultural traditions as a foundation for hope and stability.



For more information and research on building resiliency visit the Harvard Center on the Developing Child
<https://developingchild.harvard.edu>

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.

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.