



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

Quarterly Newsletter  
January 1, 2021 — March 31, 2021

**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.**

## 2021 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

Meetings are via Zoom Until  
Further Notice  
5:00 p.m.— 7:00 p.m.

## Program Updates



***The Mental Health, Chemical Dependency and Therapeutic Court Sales Tax program adds eight new projects in 2021.*** One new prevention project, one new construction project, three high utilizer projects and three housing support projects are added to the options for behavioral health support in Kitsap County.

- ***Kitsap Strong*** is providing intensive training (RISE Training) for 60 mentors, followed by a 9-month Community of Practice (COP).
- ***City of Poulsbo*** is providing Kitsap Fire CARES mobile unit based at Poulsbo Fire Department.
- ***Peninsula Community Health Services*** is coordinating Stand by Me, which provides coordinated care to high utilizers of emergency services.
- ***Bremerton Police Department*** is imbedding a mental health specialist to provide navigation services.
- ***Kitsap Homes of Compassion*** is providing mental health and substance abuse disorder services to residents.
- ***Kitsap Rescue Mission*** is providing on-site behavioral health services at their shelter.
- ***Scarlet Road*** is providing a flexible rental assistance program for adult victims of sex trafficking and sexual exploitation.
- ***Agape*** will complete capital improvements for the interior and exterior deterioration of their facility.

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



## First Quarter Highlights:

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

- Stand by Me, coordinated by Peninsula Community Health Services, established care and coordination plans for 84 patients, with 67% completing at least one physical health visit.
- Forty-seven percent of their behavioral health patients have completed 3 or more behavioral health visits.

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

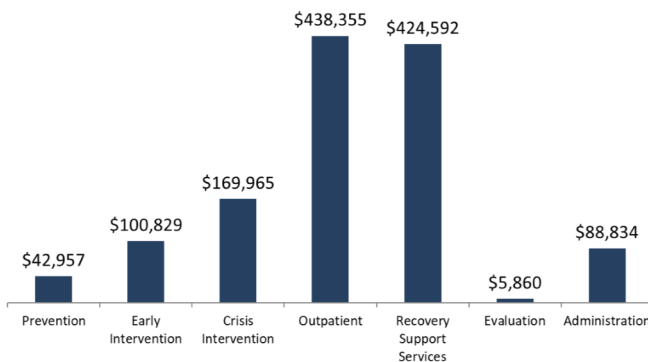
- Kitsap Strong facilitates 2 RISE Mentor trainings. Thirty-nine Mentors were trained, reaching 10,129 youth served by those mentors.
- Two hundred twenty-one students received behavioral health services at targeted elementary, middle, and high schools through the Olympic Educational Service District.
- Thirty percent of Drug Court participants and 11% of Veterans Treatment Court participants are receiving medication assisted treatment (MAT).

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

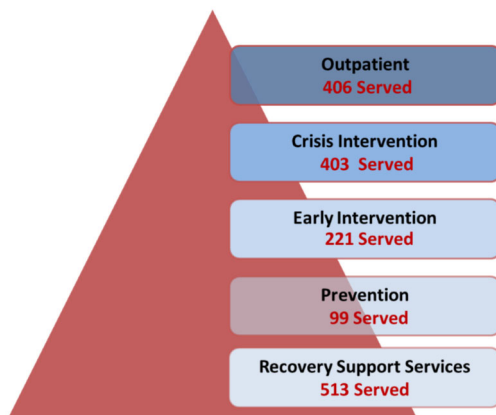
- The Crisis Intervention Coordinator received 259 calls requesting services and 259 proactive contacts were made.



### Expenditures by Continuum of Care January 1, 2021 — March 31, 2021



### Individuals Served by Continuum of Care January 1, 2021 — March 31, 2021



### Success Story: Kitsap County Sheriff's Office Reentry Program



During the first quarter we developed our partnership with Scarlet Road to expand our ability to help those who may have been involved in sex trafficking or traumatic incidents. They assisted us in revamping our kite that is used as a screening form available to all incarcerated individuals. Since November of last year, when we really began referring individuals, we have referred 17 for services. Of those 17, eight are actively engaged on the outside with their organizations. Five are currently still incarcerated with four of those expressing earnest desire to engage on the outside.

#### For More Information Contact

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

## First Quarter Highlights:

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

- Jail Reentry participants reduced jail bed days from 6,986 prior to program enrollment to 4,659 post-program enrollment (equivalent comparison periods), a 33% reduction.
- Reentry Program saved \$731,695 based on jail bed day reductions (year-to-date).
- None of the Behavioral Health Court program participants who graduated in past 6, 12 or 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.

- Poulsbo Fire CARES program linked 70% of the individuals served to at least one service. Fifty-four percent of the individuals assisted were 65 or older. In addition, the CARES Team was able to facilitate 4 emergency room diversions in the field.

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

- The demand for rental assistance is at an all-time high as the economic effects of the pandemic continue, with Kitsap Community Resources distributing over 80% of their allocated rental assistance funds for the year.
- Kitsap Homes of Compassion serve 109 individuals, with 75% of their volunteer house managers trained in how to respond to behavioral health issues.



## 2021 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

### Prevention & Early Intervention Services

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

**NEW RISE Mentor Training**  
Kitsap Strong  
360-536-3394

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

### Crisis Intervention Services

**NEW Behavioral Health Outreach**  
Bremerton Police Department  
360-473-5220

**NEW Kitsap Fire CARES**  
City of Poulsbo  
360-394-9794

**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

### NEW Stand by Me

Peninsula Community Health  
Services  
360-377-3776

### 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

### 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

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

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

**NEW On-Site Behavioral Health Services**  
Kitsap Homes of Compassion  
360-830-6832

**NEW On-Site Behavioral Health Services**  
Kitsap Rescue Mission  
360-373-3428

**NEW Rental Assistance for Victims of Human Trafficking**  
Scarlet Road  
360-850-9718

## Success Story: Coffee Oasis



Coffee Oasis is seeing an increased number of youth struggling with suicidal ideation, self-injurious behaviors, and depression compared to two years ago. The 24-hour text line saw the most texts in the month of March than any month previously recorded. In 2018 they received 2,011 messages to respond to, in 2020 they had over 9,000 and year-to-date 2021 they have responded to over 3,000 messages. In the first quarter they have connected with over 96 (50 unduplicated) youth needing immediate crisis supportive services, 40 of which are connected to ongoing care. They are in the final stages of editing and releasing their '2021-22 Hitchhiker's Guide to Kitsap: Youth Edition' which is a comprehensive youth and young adult resources guide.

**Advice for policymakers, practitioners, and parents about resources to address the emotional fallout from the pandemic of the past year?** Recognizing that there is no health without mental health is central to planning for the future. We need significant investments in our mental health infrastructure. Four points to consider that include both long-term and shorter-term ideas:

- Flexible and integrative models of care such as telehealth, multidisciplinary teams, and cross-sector partnerships, as discussed above, are important next steps that should be implemented, evaluated, and expanded.
- Centering health equity in all aspects of future planning and implementation is critical. The pandemic has made clear that while we are all in the same storm, we are not all in the same boat. The impact of systemic inequities in the U.S. on BICOP communities has long since been established and reiterated in the pandemic.
- Prevention is a major area for growth. Data suggest that at least half of lifetime mental disorders begin in childhood, and approximately 75% are diagnosed before age 25. This not only means that we need much more investment in childhood mental health research and health care access, but also that we need to support those who most closely care for our children and their emotional development—parents, early childhood caregivers, and educators.
- These points also serve to highlight that to reshape health care, we also need to consider the practical implications of training and education in mental health disciplines (e.g., psychiatry, psychology, social work) but really all medical specialties, and school-based roles.



For more information on COVID-19 and child development 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](http://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.

