



Kitsap County Mental Health, Chemical Dependency and Therapeutic Court Programs

Quarterly Newsletter
July 1, 2021 — September 30, 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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Hannah Shockley, Office Supervisor

Kitsap Public Health District

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The Kitsap County Board of Commissioners passed a resolution approving funding recommendations totaling \$7 million presented by the Mental Health, Chemical Dependency and Therapeutic Court Citizens Advisory Committee (CAC) at the Commissioners' Business Meeting November 8th. 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 33 of 37 proposals submitted.

Twelve (12) of the programs recommended for funding are brand new, including animal-assisted mental health counseling, intensive therapeutic wraparound services for Non-Medicaid Covered Youth, onsite counseling services at Fishline Food Bank and the YWCA. Peninsula Community Health Services will provide school-based health center behavioral health services for youth.

Twenty-one (21) 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.

Seven projects focused on housing supports for individuals with behavioral health issues, these include Kitsap Rescue Mission, Kitsap Homes of Compassion, Pendleton Place, Eagles Wings and West Sound Treatment Center.

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>



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.

Third Quarter Highlights:

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

- 94% Kitsap Community Resources ROAST households engage into primary care services (have a Primary Care Physician).
- 97% patients in Peninsula Community Health Center Stand by Me high utilizer program complete at least one physical health visit.
- 85% New Start housing participants visit a primary care physician within 30 days of entering sober living.

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

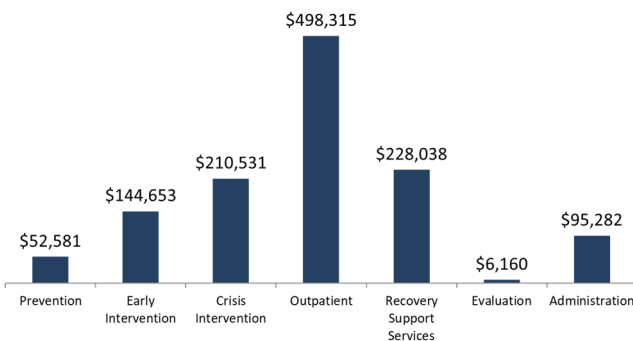
- 100% youth in Juvenile Therapeutic Courts screened for the use of designer drugs test negative.
- 11,960 youth have been served and supported by Kitsap Strong's 60 mentors.

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

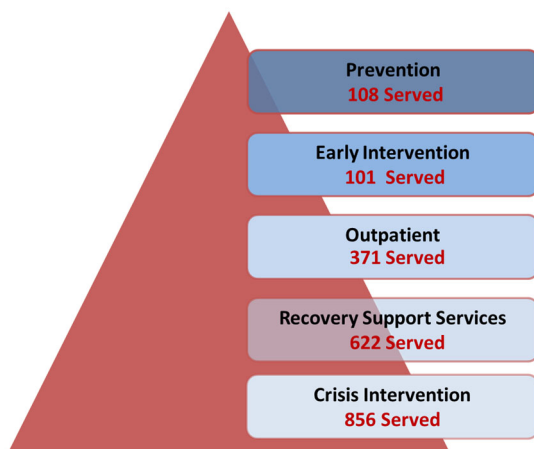
- 100% high utilizers in the Bremerton Police Department Navigator program have shown a reduction in negative law enforcement contact.
- 312 residents served by the Kitsap County Sheriff's Office Crisis Intervention Officer have been connected to Designated Crisis Responder (DCR).



Expenditures by Continuum of Care July 1, 2021 — September 30, 2021



Individuals Served by Continuum of Care July 1, 2021 — September 30, 2021



Success Story: Kitsap County Juvenile & Family Court Services Individualized Treatment Court



A little over a year ago a youth entered the program and struggled quite a bit. He had an ongoing

drinking problem, was not passing any classes in school and was having a lot of conflict at home with his parents. Once he entered the program, he went to inpatient treatment twice and worked with our Behavioral Health Specialist on his behavior choices. We enrolled him and his family in Functional Family Therapy and referred him an Education Advocate through the Olympic Educational Services District. When he graduated from the program, he had graduated high school on time, was working at a local restaurant, and was hoping to join the military in the next few months. He remains drug and alcohol free and continues to work on his relationship with his parents.

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.

- 99% of New Start Reentry participants have not re-offended (no new charges) since enrollment in services.
- 62% of Behavioral Health Court participants re-engage in vocational activities and 88% re-obtain their driver's license.

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

- 1,101 of youth callers/texters in crisis receive responses from Coffee Oasis Text Line. 136 crisis calls and texts were resolved over the phone with conversation and provision of community resources and referrals.
- 1 40-hour Crisis Intervention Training (CIT) is held with 57 officers attending, representing 7 Kitsap County law enforcement agencies.
- 100% of CIT participants increase their knowledge, attitude, and skills scores by at least 25% from baseline to conclusion of class.

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

- 89% unduplicated households served by Kitsap Community Resources Housing Support Specialists maintain housing for at least six months.
- Peninsula Community Health Services Stand by Me program made 235 referrals to housing services.



2021 Mental Health, Chemical Dependency & Therapeutic Court Program Contacts

Prevention & Early Intervention Services

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

RISE Mentor Training
Kitsap Strong
360-536-3394

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

Crisis Intervention Services

Behavioral Health Outreach
Bremerton Police Department
360-473-5220

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

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

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

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

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

Success Story: Kitsap County Superior Court Adult Drug Court



One recent drug court graduate shared with the team that his life before drug court and his life after are like night and day. He was in his mid-forties and had been using methamphetamine intravenously for over twenty-five years. He had never held a legitimate job. He had been to prison fifteen times. One day he was driving down the road and a police officer appeared behind him, activating lights and sirens. He knew he would be going to jail if he stopped so he decided to try and outrun the officer. He ended up arrested, facing new felonies yet again. The prosecutor was offering a plea deal of 79 months in prison. After three months in jail came the exciting news that drug court was willing to give him a chance. Today he has nearly four years clean and sober! He is working at a treatment facility in Shelton as a Recovery Specialist, giving back what was once given to him—hope! He still attends court via Zoom occasionally to show his support for the people currently working their way through the program! He credits drug court with literally saving his life.

The worldwide outbreak of the coronavirus disease (COVID-19) is a source of unexpected stress and adversity for many people. Resilience can help us get through and overcome hardship. But resilience is not something we're born with—it's built over time as the experiences we have interact with our unique, individual genetic makeup. That's why we all respond to stress and adversity—like that from the COVID-19 pandemic—differently. So, what can we do to build up and strengthen resilience right now during the COVID-19 outbreak? And how can we build resilience to plan ahead for future times of crisis?

The science of child development points to three ways we can affect experiences and the balance of the resilience scale:

- We can lighten the load on the negative side of the resilience scale by reducing sources of stress for families and program staff. Many organizations are already doing this and can draw on their experience to prepare for possible future periods of physical distancing and shutdown.
- We can add to the positive side of the resilience scale by piling on positive experiences—especially through responsive relationships. The one thing that most children who develop resilience have in common is a stable, committed relationship with a supportive parent, caregiver, or other adult.
- We can make it easier for a scale to tip toward positive outcomes by strengthening core skills. All of us need executive function and self-regulation skills to manage daily life, but stress makes it more difficult to use the skills we have. During the COVID-19 pandemic, we need these core skills for things like planning less frequent trips to the grocery store or market, filling out forms for relief funds or loans, and navigating support programs.

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

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

