



# CITIZENS ADVISORY COMMITTEE

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## 6 STRATEGIC GOALS AND RECOMMENDATIONS

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

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- Support shared plan through ongoing collaboration and increased care coordination among mental health, substance abuse, health and justice stakeholders through joint projects, blended funding, information sharing, and cross-training.
- Increase mental health and substance abuse treatment funding for youth and adults who are not eligible for Medicaid, including individuals on Medicare, Veterans and do not have private insurance.
- Expand Community Mental Health Center services to include individuals who are not eligible for Medicaid.
- Explore geriatric population needs.
- Increase dual-certification among mental health and substance abuse treatment providers for addressing all of the individuals behavioral health needs.

### **2. Reduce the incidence and severity of chemical dependency and/or mental health disorders in adults and youth.**

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- Train all systems on community resources and behavioral health treatment options including inpatient, outpatient, medication assisted, detoxification services and crisis triage.
- Educate the community on Healthy Option Services and Medicaid Expansion.
- Educate local behavioral health treatment providers on Veteran's issues and available resources.
- Provide behavioral health education, training and consultation to providers working with the aging population.
- Embed strategies for working with individuals with behavioral health disorders within the existing local CNA/ LPN/ nursing curriculum.
- Expand mental health and substance abuse prevention coalitions county wide.
- Expand evidence based mental health and substance abuse early prevention and intervention parent programs (Example: Nurse-Family Partnership Program and Strengthening Families).
- Provide school-based mental health and substance use prevention education for students to include intervention, assessment, referral and treatment support.

- Conduct professional development for educators, youth development and community agencies on youth mental health and substance abuse issues, concerns and supportive intervention strategies.
- Establish Suicide Prevention, Screening and Referral options in schools and the community.
- Expand parent and family education, involvement and support activities for youth and adults in behavioral health treatment.
- Increase wrap-around services for serious emotionally disturbed youth.
- Recruit existing organizations/individuals to develop a mental health support group similar to AA/NA for youth, young adults and adults.
- Assess the mental health service needs of an aging population.

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

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- Develop county wide protocols for first responders responding to a call where mental illness or substance use may be a factor.
- Conduct crisis intervention training for all first responders countywide to respond to calls where mental illness or substance use may be a factor.
- Establish a Mobile Crisis Team and infrastructure to handle diversion attempts by law enforcement or mental health outreach teams to divert from jail, preempt entry into legal system; or the hospital.
- Educate first responders, mental health and housing program providers, and criminal justice staff on available Emergency Housing, Detoxification and Crisis Triage beds at Kitsap Recovery Center.
- Explore diversion alternatives through Crisis Respite/Triage Center/Drop-Off Center with diversion beds.
- Build an adult diversion program for low level offenders with mental illness or substance abuse disorders.
- Expand capacity for 24 hour crisis response for youth through law enforcement training, mobile crisis team, emergency housing and crisis triage.
- Establish a dedicated behavioral health specialist to serve the juvenile detention facility and be available for consultation to Probation Counselors dealing with the general probation population.
- Expand youth Involuntary Treatment Act/Crisis Response services.
- Provide funding for recovery supportive services for individuals in treatment including housing, child care, transportation and employment.
- Address barriers to accessing treatment by increasing treatment options and locations in Bainbridge Island, North and South Kitsap.
- Identify transportation barriers to getting to treatment and increase transportation options
- Explore local reimbursement options implemented in Pierce and Clallam Counties.
- Explore local cursory competency evaluation for out of custody, low risk offenders.

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

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- Provide on-site behavioral health screening and referral to Superior, Municipal and District Courts.
- Expand behavioral health outreach, assessment, intervention, referral and treatment in the jail.
- Expand behavioral health outreach, assessment, intervention, referral and treatment in existing adult therapeutic courts.
- Expand behavioral health prevention, outreach, assessment, intervention, referral and treatment within the juvenile justice system.
- Increase supportive services, case monitors, UA collection, incentives and pro-social activities in all Juvenile Therapeutic Courts.
- Expand the use of evidence and research based programs found to decrease depression, suicidal behavior and substance abuse among juvenile justice involved youth.

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

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- Establish specialized geriatric outreach team to assist providers working with the aging population.
- Provide behavioral health screening, brief intervention, and referral for treatment for youth, adults and older adults in primary care.
- Dedicate funds for out of county medical detoxification services for youth and adults, including those in the criminal justice system.
- Explore local options for a local medical detoxification provider.
- Increase access and options for medication assisted treatment.
- Increase efforts to attract more providers within Kitsap County to provide pain and addiction consultations.
- Increase number of local residential substance abuse treatment beds for youth and adults.
- Increase number of local mental health inpatient beds for adults, including geropsychiatric beds.
- Increase capacity for Program for Assertive Community Treatment (targeting 18-40 years olds with Axis 2 diagnosis).
- Increase number of local co-occurring disorder residential substance abuse treatment beds.
- Enhance linkages at intake and discharge to comprehensive services including care coordination, access to medication, prompt access to benefits, health care, and mental health & substance abuse treatment.

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

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- Establish specialized homeless outreach services, including specialized outreach to Veterans.
- Develop shelter-based behavioral health prevention, outreach, assessment, intervention, referral and treatment.
- Increase project based subsidized housing vouchers for individuals in Behavioral Health treatment.
- Provide appropriate tailored subsidized housing and support services for homeless individuals or persons at risk of homelessness with Behavioral Health issues.
- Establish stabilization transition housing for individuals with Behavioral Health issues moving from jail to treatment.
- Establish flexible rental assistance funds for individuals with Behavioral Health needs.

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### **Note:**

1. **6 Strategic Goals set by Kitsap County Board of Commissioners in Ordinance 507-2013, signed September 23, 2013**
2. **Recommendations are from input received from the Strategic Planning Team**