

# ADVISORY BOARD PRE-MEETING

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January 3<sup>rd</sup>, 2017

12:10-12:50PM

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## **North Sound Behavioral Health Organization**

### **Crisis Prevention and Intervention Team (CPIT)**

Whatcom County, Skagit County, and Snohomish County

Krystal Garmon –CPIT Manager Whatcom County &  
Skagit County

Emily Courney – CPIT Manager Snohomish County &  
Skagit County

Eric Jacobs - CPIT Skagit County & Snohomish County

**North Sound Behavioral Health Organization**  
301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273

**ADVISORY BOARD AGENDA**

January 3<sup>rd</sup>, 2017

1:00 p.m. – 3:00 p.m.

**CALL TO ORDER & INTRODUCTIONS**

**REVISIONS TO THE AGENDA**

**APPROVAL OF MINUTES FROM PREVIOUS MEETING**

Approval of December Minutes.....TAB 1

**ANNOUNCEMENTS**

**STANDING COMMITTEE REPORTS (Briefs from Each Committee Attached)**

- Planning Committee (No December Meeting)
- Quality Management Oversight Committee (QMOC) .....TAB 2

**EXECUTIVE/FINANCE COMMITTEE REPORT**

Approval of the December Expenditures.....TAB 3

**EXECUTIVE DIRECTOR’S REPORT & ACTION ITEMS**

**Executive Director’s Report Items**

- Report from Joe.....TAB 4
  - Shelli Young – Regional Opioid Prevention Plan

**Executive Director’s Action Items**

- Action Items/Memorandum (available at meeting).....TAB 5

**PRE MEETINGS**

2017 Pre Meetings, Site Tours and Conferences .....TAB 6

**OLD BUSINESS**

Legislative Advocacy Plan 2017 (available at meeting).....TAB 7

**NEW BUSINESS**

Advisory Board Meeting Date Change

**REPORT FROM ADVISORY BOARD MEMBERS**

**BRIEF COMMENTS OR QUESTIONS FROM THE PUBLIC**

**REMINDER OF NEXT MEETING**

- The next scheduled meeting is February 7th, 2017 in the Snohomish Conference Room

**ADJOURN**

FINAL approved by Advisory Board

**North Sound Behavioral Health Organization**

301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273

**ADVISORY BOARD MINUTES**

December 6<sup>th</sup>, 2016

1:00 p.m. – 3:00 p.m.

<b>ATTENDANCE</b>
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**Advisory Board Members Present**

Island: Betty Rogers, Chris Garden

San Juan:

Skagit: Ron Coakley

Snohomish: Fred Plappert, Carolann Sullivan, Marie Jubie, Pat O'Maley-Lanphear, Jack Eckrem, Carolyn Hetherwick Goza, Joan Bethel

Whatcom: David Kincheloe, Stephen Jackson, Michael Massanari, Mark McDonald

**Excused Advisory Board Members**

Island: Candy Trautman

San Juan:

Skagit: Joan Lubbe

Snohomish:

Whatcom: Rachel Herman

**Absent Advisory Board Members**

Island:

San Juan: Peg Leblanc

Skagit: Faviola Lopez

Snohomish: Greg Wennerberg, Jennifer Yuen

Whatcom:

**NSBHO Staff Present**

Joe Valentine (Executive Director)

Bill Whitlock (Fiscal Officer)

Maria Arreola (Advisory Board Coordinator)

Charles DeElena (Quality Improvement Coordinator)

Dennis Regan (Data Support Analyst)

**Guests Present**

Skye Newkirk – Island County Behavioral Health Coordinator

Jo Moccia – Island County Superintendent South Whidbey School District

Maria Blankenship – Island County

FINAL approved by Advisory Board

### **CALL TO ORDER & INTRODUCTIONS**

The Chair called the meeting to order at 1:05 p.m. and initiated introductions

### **REVISIONS TO THE AGENDA**

The Chair inquired regarding revisions to the Agenda. None mentioned

### **APPROVAL OF MINUTES FROM PREVIOUS MEETING MINUTES**

November minutes were approved by a motion and vote

### **STANDING COMMITTEE REPORTS (Briefs from Each Committee Attached)**

- Planning Committee
- Quality Management Oversight Committee (QMOC) Report

### **EXECUTIVE DIRECTOR'S REPORT & ACTION ITEMS**

#### **Executive Director Report**

Joe reported on the following topics:

- Behavioral Health Facilities Planning
- Legislative Testimony
- Behavioral Health Integration Discussion
- Update on the North Sound Accountable Community of Health
- BHO and Apple Health MCO collaborations
- Regional Opioid Reduction Plan
- Relocation of the Rainbow Center

#### **Action Items**

- Joe reviewed each of the Action Items with the Advisory Board
- A motion was made to move the Action items to the County Authorities Executive Committee for approval. Motion was seconded and approved
- Motion approved to forward the Action Items to the County Authorities Executive Committee for approval

### **PRE MEETINGS**

#### **Pre Meetings for 2017**

Pre Meetings were reviewed. It was decided to have the Crisis Prevention & Intervention Teams (CPIT) from Whatcom, Skagit, and Snohomish counties present at the January pre meeting. Further discussion to take place during the January meeting to determine the full 2017 year

#### **Site Tours for 2017**

Topic tabled until the January meeting

FINAL approved by Advisory Board

**OLD BUSINESS**

**Legislative Advocacy Plan 2017**

Priorities were rated. The top three priorities will be further discussed during the January meeting

**NEW BUSINESS**

**Announcements**

- Carolyn Hetherwick-Goza provided a handout regarding the NAMI Basics Classes
- North Sound BHO Advisory Board Purpose
  - With the change of the new North Sound BHO mission statement, changed the North Sound BHO Advisory Board purpose. The bylaws were updated to reflect the change

**Quality Management Plan – Charles DeElena, Quality Improvement Coordinator**

Charles introduced the North Sound BHO Quality Management Plan; question and comment session followed

**Presentation on the Kids Performance Improvement Project (PIP) – Charles DeElena, Quality Improvement Coordinator**

- Increase the number/percentage of individuals that had a decrease in their CA/LOCUS (Level of Care Utilization System) level within 90 days from intake
- The next scheduled meeting is the 2<sup>nd</sup> quarter of 2017. Meetings will occur every quarter thereafter to analyze the data
- Advisory Board members participating: Mark, Carolyn, Greg
- Informational handout was provided with business cards for anyone interested in contacting Charles after the meeting

**Transportation Criteria**

Topic tabled until the next Full Board Meeting

**ACTION ITEMS**

**Executive & Finance Committee**

The November Expenditures were reviewed and discussed. A motion was made to move the Expenditures to the County Authorities Executive Committee for approval. Motion was approved

**2017 Proposed North Sound BHO Budget**

Budget approved; all were in favor

**REPORT FROM ADVISORY BOARD MEMBERS**

None

FINAL approved by Advisory Board

**BRIEF COMMENTS OR QUESTIONS FROM THE PUBLIC**

None

**ADJOURNMENT**

The Chair adjourned the meeting at 3:03 p.m.

**NEXT MEETING**

The next **Advisory Board meeting** is January 3<sup>rd</sup>, 2017 in Snohomish Conference Room



## **North Sound Behavioral Health Organization, LLC**

301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273  
<http://northsoundbho.org> • 360.416.7013 • 800.684.3555 • F 360.416.7017

### **QMOC Brief December 14th, 2016**

#### **Policy 1009.00 – Critical Incident Reporting and Review**

Kurt Aemmer, North Sound BHO

The only significant change to Policy 1009.00 is the addition of the e-mail address on the reporting form to which Behavioral Health Agency (BHA) critical incident (CI) reports need to be sent to North Sound BHO. Brief conversation ensued regarding the process of incoming critical incidents. This policy was approved as written.

#### **Policy 1516.00 MHP Requirements and Exception Requests**

Kurt Aemmer, North Sound BHO

Criteria for Mental Health Professional (MHP) status has been added to reflect that clinicians who are licensed or are in the process of licensure do not need exceptions. MHP Waivers section has been deleted as the Department of Social and Health Services (DSHS) is no longer granting waivers. This policy was approved as written.

#### **Policy 1520.00 Second Opinions**

Kurt Aemmer, North Sound BHO

This policy has been updated to reflect transition from Regional Support Network (RSN) to BHO. Policy was approved with the changes to “Ombuds” verbiage.

#### **Policy 1720.00 Administration of the Involuntary Treatment Program**

Michael McAuley, North Sound BHO

The purpose of this policy is to ensure Involuntary Treatment Services are provided by Designated Mental Health Professionals (DMHP) to evaluate an individual in crisis and determine if involuntary services are required. The policy provides definitions and basic procedures to the work the DMHPs perform. ICRS has reviewed and revised the policy with the changes and recommends approval. This policy was approved.

#### **Policy 1724 ICRS/Law Enforcement Coordination**

Michael McAuley, North Sound BHO

The purpose of this policy is to ensure that Volunteers of America (VOA) Care Crisis Response Services (CCRS), Crisis Prevention and Intervention Teams (CPIT), Designated Mental Health Professionals (DMHPs) and Stabilization/Triage facilities are working in a coordinated effort with law enforcement when there is a behavioral health crisis. Policy was approved as written.

#### **Children’s Performance Improvement Project**

Charles DeElena and Kristen Hagin, North Sound BHO

North Sound BHO sent out a numbered memorandum on December 1st addressing the Children’s Performance Improvement Project (PIP) intervention. The intervention was discussed and agreed upon in the Children’s PIP committee. Also included is the Children’s PIP definition document which outlines the specifics of the PIP and how and when measurements will take place.



## **North Sound BHO 2017 – 2018 Quality Management Plan**

Charles DeElena, North Sound BHO

North Sound will be implementing the 2017-2018 Quality Management Plan and would like feedback and suggestions. The group will have 2 weeks to give their input. The timeframe for input will be December 28<sup>th</sup>, 2016 to have them taken into consideration.

### **Release of Information**

Betsy Kruse, North Sound BHO

A draft form handout was provided. The disclaimer information will be implemented in the draft form. The updated release of information will be distributed once the disclaimer information is included. Further discussion will take place during the January meeting.

**Advisory Board Budget  
December 2016**

	Total	All Conferences Project # 1	Board Development Project # 2	Advisory Board Expenses Project # 3	Stakeholder Transportation Project # 4	Legislative Session Project # 5
Budget	\$ 42,000.00	\$ 16,736.00	\$ 1,910.00	\$ 19,329.00	\$ 225.00	\$ 3,800.00
Expense	(38,494.82)	(11,056.02)	(3,115.81)	(23,057.78)		(1,265.21)
Under / (Over) Budget	\$ 3,505.18	\$ 5,679.98	\$ (1,205.81)	\$ (3,728.78)	\$ 225.00	\$ 2,534.79

BHC , NAMI, COD, OTHER	BOARDS SUMMIT (RETREAT)	Costs for Board Members (meals mileage, misc.)	Non- Advisory Board Members, to attend meetings and special events	Shuttle, meals, hotel, travel
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12/29/16

**North Sound Mental North Sound  
Behavioral Health Organization, LLC  
Warrants Paid  
December2016**

	<u>Type</u>	<u>Date</u>	<u>Num</u>	<u>Name</u>	<u>Memo</u>	<u>Amount</u>
<b>Advisory Board Supplies</b>						
	Bill	12/13/2016	63927-AdBrd	Haggen Inc	Batch # 117014	<u>376.25</u>
Total Supplies						376.25
<b>Travel</b>						
	Bill	12/06/2016	Nov2016	AA Dispatch	Batch # 116921	632.25
	Bill	12/19/2016	Oct-Nov2016	Kincheloe, David	Batch # 117096	153.90
	Bill	12/19/2016	Dec2016	Kincheloe, David	Batch # 117096	81.00
	Bill	12/19/2016	Nov-Dec2016	McDonald, Mark	Batch # 117096	150.41
	Bill	12/19/2016	Dec2016	Betty Rogers	Batch # 117096	<u>32.83</u>
Total Travel						<u>1,050.39</u>
Total Advisory Board						<u>1,426.64</u>
						<u>1,426.64</u>
						<u><b>1,426.64</b></u>

## North Sound BHO Executive Directors Report

January, 2017

### **Governor's 2017-2019 Behavioral Health Budget Request**

I was invited to attend Governor's Inslee's budget press conference at which he unveiled his proposal for strengthening mental health and Substance Use Disorder Services [see attached].

Some key components of his proposal include:

- Funding new mobile crisis teams
- Creating community "Step Down Beds" for persons ready for discharge from the state psychiatric hospitals, but still need assistance transitioning to the community;
- Increased funding for the "HARPS" program
- Nine new 16 bed community behavioral health hospitals to provide acute psychiatric inpatient care for civil commitments;
- Funding 2 new crisis walk-in centers;
- Funding for medication assisted treatment nurse care managers.

### **Behavioral Health Facilities Plan**

- On December 12, I was invited to present our capital funding request for the Behavioral Health Facilities Plan at the Snohomish County Legislative Breakfast.
- On the prior day, a letter signed by all elected officials on our BHO Executive Committee was sent to the entire legislative delegation for the North Sound counties [copy attached].
- We are working with the Project Management Firm, Cumming, on the details of the first phase. This includes assisting Skagit County with identifying possible sites for the Stabilization Campus and West Skagit Triage Center.

### **Phase Out of the Rainbow Center**

- After reviewing the need to relocate and change the program structure of the Rainbow Center, Compass, Whatcom County Human Services, and the North Sound BHO agreed that the most viable course of action is to phase out the existing Rainbow Center all together and replace it with new program structures.
- The current Rainbow Center is no longer financially viable and would be difficult to significantly restructure due to its historical identification as a drop in center.
- The proposed concept is to perhaps locate a smaller program offering recovery groups and life skills training elsewhere as well as perhaps an expanded homeless outreach program utilizing certified peer counselors.
- We'll be meeting on January 27 to start working on the details of the phase out plan.

### **Implementation of the Pilot Program for EMS transports to the Snohomish County Triage Center [HB 1721]**

- The Snohomish County Medical Director, Dr. Eric Cooper, is currently working on the protocols for EMS transports to the Triage Center as an alternative to the ED. HB 1721 authorized this pilot so that ambulances could get reimbursed for Triage Center drop offs. He anticipates the program will be able to start in early 2017.



# North Sound Behavioral Health Organization, LLC

301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273  
<http://northsoundbho.org> • 360.416.7013 • 800.684.3555 • F 360.416.7017

December 9, 2016

To: Members of the Legislature Representing Snohomish, Skagit, Island, San Juan, and Whatcom Counties.

RE: Request for Appropriation for the North Sound Behavioral Health Organization

Dear Members of the House and Senate:

As county leaders, we are writing to request that the 2017-19 state capital budget include an investment for retaining and expanding treatment beds throughout the North Sound Behavioral Health Organization region. As you know, on April 1, 2016 the North Sound Mental Health Administration was converted to the North Sound Behavioral Health Organization (BHO). The BHO is responsible for managing public funding for Substance Use Disorder Services in addition to Mental Health Services. The North Sound Behavioral Health Organization serves a five county region: Snohomish, Skagit, Island, San Juan, and Whatcom counties.

There is a growing behavioral health crisis with urgent – and unmet – treatment needs in our five county region. To address this crisis, the North Sound BHO and the five counties it serves are pioneering an innovative, yet proven, approach to provide small-scale, localized treatment while working collaboratively across the counties to prioritize and maximize resources. Crucial to the success of this approach, the North Sound BHO is requesting state financial capital assistance to ensure the creation of additional and appropriate treatment facilities, specifically:

- To address the historical lack of substance use disorder residential treatment facilities within the North Sound Region;
- To address the increased demands for services due to population growth and expansion of the Medicaid caseload;
- To provide adequate treatment resources to address the growing opioid epidemic; and,
- To replace the beds following the end of the state's lease with Pioneer Center North and the North Sound Evaluation and Treatment Facility in June 2018.

The North Sound BHO, with support from all five counties, is requesting \$61.5 million over the next five years in order to phase in the funding and construction of the needed facilities. Ongoing operational funds for the expanded facilities will be provided from existing North Sound BHO resources. The North

Sound BHO respectfully requests that you include the following funding and proviso language in the 2017-19 capital budget:

*\$32.5 million is appropriated to the North Sound Behavioral Health Organization to replace and expand treatment beds throughout Snohomish, Skagit, Island, San Juan, and Whatcom Counties. In identifying locations for treatment beds, the North Sound Behavioral Health Organization shall consider the Denny Juvenile Justice Center as a potential site.*

This state investment combined with \$8.5 million of local funds, would result in a total of \$41 million to be invested into new treatment bed facilities over the course of the biennium. The proposed plan would include pursuing the remodeling of the Denny Juvenile Justice Center as a potential site; constructing a 16-bed acute detox center and a 16-bed mental health triage center to replace the current 16 bed triage/sub-acute detox center in Bellingham; a stabilization campus in Skagit County that would include the re-located evaluation and treatment center from Sedro Wooley and a 16-bed acute detox center; and additional life-saving treatment and facilities across the North Sound. Leadership for the North Sound Behavioral Health Organization will finalize and site these facilities as the funding and facilities plan is implemented.

We hope you will include an investment into the North Sound Behavioral Health Organization to address our urgent need for treatment in our counties.

Respectfully,

North Sound Behavioral Health Organization Executive Committee

Chair, Ken Dahlstedt  
Skagit County Commissioner

Vice Chair, Jill Johnson  
Island County Commissioner

Jamie Stephens  
San Juan County Commissioner

Dave Somers  
Snohomish County Executive

Sam Low  
Snohomish County Council

Brian Sullivan  
Snohomish County Council

Stephanie Wright  
Snohomish County Council

Jack Louws  
Whatcom County Executive

Ken Mann  
Whatcom County Council

## NORTH SOUND REGIONAL OPIOID REDUCTION PLAN – PROCESS UPDATE

JANUARY 2017

The North Sound BHO is developing a regional Opioid Reduction Plan that will support existing County Opioid Reduction plans and provide BHO funding support for targeted strategies.

### INTERVIEWS COMPLETED TO DATE:

Dr. Rick Ries  
Dr. Caleb Banta-Green  
David Jefferson and Kristen Ekstran, Skagit Co  
Cammy Hart-Anderson, Snohomish Co  
Perry Mowery, Joe Fuller, Jackie Mitchell, Whatcom Co  
Jackie Henderson and Skye Newkirk, Island Co

### SOME OF THE FUTURE INTERVIEWS/INFORMATION GATHERING PLANNED:

Barbara LaBrash and Key Stakeholders, San Juan Co  
Rebecca Clark, Skagit Co  
Harvey Funai, DBHR  
Dr. Connie Davis, Skagit Valley Hospital, and Key Partners  
Dr. Howard Leibrand  
Corky Hundahl, Phoenix Recovery  
County Public Health Officers and Key Staff  
Tribal OTP Partners including Kevin Collins, Stillaguamish and Dawn Lee, Swinomish  
Skagit Co Law and Justice Council  
Washington State/Tribal Partners' 7.01 Meeting

### EMERGING THEMES

- Very limited Take-Back options regionally and few resources available for safe storage, public awareness and stigma reduction, but most counties are planning strategies if not currently implementing
- Limited capacity of the system, mostly related to treatment (Goal 2)
  - Wait times for assessments, detox, methadone slots, residential beds still a barrier
  - Especially not enough Suboxone/buprenorphine prescribers
  - Not enough treatment options (need more contracted providers)
  - Not enough CDPs; need to expand workforce development
- Naloxone is more widely available but expansion still needed in most counties
  - Need more \$\$ to purchase the medication and/or the atomizers
  - Naloxone for individuals being released from jail? Seems to be a critical gap for a high-risk group
  - Still hearing about reticence on the part of some local leadership to distribute naloxone at all
- Housing Needs
  - Sober housing while engaged in treatment
  - Supported Housing/Recovery Houses
  - Oxford Houses
- Data for ongoing surveillance, targeted planning, monitoring outcomes

### Priority Goals

<b>GOAL 1:</b> Prevent opioid misuse and abuse.	<b>GOAL 2:</b> Treat opioid dependence.	<b>GOAL 3:</b> Prevent deaths from overdose.	<b>GOAL 4:</b> Use data to monitor and evaluate.
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# 2017 Pre Meeting Ranking

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<b>Diagnostic Criteria for Co-Occurring Disorder &amp; Assessment (Dr. Brown)</b>	<b>XXXX</b>
<b>Involuntary Treatment Act (Joel's Law &amp; Policy Changes)</b>	<b>XXXX</b>
<b>SeaMar Co-Occurring Outpatient Treatment</b>	<b>XXXX</b>
<b>Dispute Resolution</b>	<b>XXX</b>
<b>School Based Behavioral Health &amp; Mental Health Services</b>	<b>XXX</b>
<b>Therapeutic Health Services</b>	<b>XXX</b>
<b>Tele-Psychiatry Webinar (June – August)</b>	<b>XXX</b>
<b>North Sound BHO Tribal Coordination (Joe Valentine)</b>	<b>X</b>
<b>LGBT (NW Youth Services)</b>	<b>X</b>
<b>Crisis Intervention Training (CIT)</b>	
<b>Cross Cultural Tx - SeaMar</b>	
<b>Phoenix Recovery – Continuum of Care</b>	
<b>Substance Use Disorder Continuum of Care – North Sound BHO</b>	

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# 2017 Conferences

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## Behavioral Health Conference

- June 15 & 16
- Vancouver, WA

## NAMI Conference

- Approx. end of September early October
- Location TBD

## Co-Occurring Disorders Conference

- Approx. early October
- Location TBD

## Tribal Conference

- Not being held

## SOCI

- Not being held

## Site Tours 2017

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Detox Center – Lynwood (Last Quarter of 2017)

Phoenix Recovery – Needle Exchange

Substance Use Disorder Outpatient Opiate Substitution Clinics

## Site Tours for 2016

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Pioneer Center North

North Sound E & T

## Site Tours for 2015

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REACH Center

Western State

## *Top Advocacy Priorities*

### Children, Youth, & Adolescents

- Treatment available in schools
- Mental Health Services and SUD Services
- Inpatient treatment for youth and adults
- Emergency medical services
- Law enforcement
- Hospitals
- Lobbyists
- Access to behavioral health services for children – SUD services
- Medication Assisted Tx

### Homelessness of all Ages, to Include Military Vets

- Capital investment of housing
- Outreach
- Opportunities for Engagement in Services
- Tenant rights/advocacy
- Military Vets

### Opioid Addictions

- Medication Assisted Tx
- Naloxone
- Opioid outreach
- Needle exchange
- Safe injection sites

### Geriatric Services – Outreach, case management and programs in community

### Criminal Justice/Alternatives to Jail

### Capital Requests


### Advocacy, educations of legislatures and educational institutions

### Incarcerated individuals; availability of treatment while in jail; support for family members

### Critical Care for geriatric patients with dementia

### Additional persons “riding with police and EMTs”

Crisis Prevention  
and Intervention  
Teams (CPIT)



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What is "CPIT"?

- ▶ **Crisis Prevention and Intervention Team** - a community outreach team with the ability to respond anywhere within the county region to people experiencing a behavioral health crisis or wish to pre-emptively mitigate a mental health crisis.
  - ▶ Mental Health Support
  - ▶ Chemical Dependency Support
  - ▶ Peer to Peer Support
  - ▶ Collaborating with the individual in crisis and their family members to develop a plan to get through the current crisis, manage future crises, and move towards recovery



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Role of CPIT in the Community

- ▶ CPIT offers short term crisis intervention and prevention services. Crises are SCARY!
- ▶ Developed to bridge the 'gap' in existing services and provide additional support to those in crisis
  - ▶ VOA response
  - ▶ Those distrustful of the Mental Health system
  - ▶ Immediate Crisis Response
  - ▶ Follow up for Individuals in Need (14 days)
  - ▶ Early Monitoring of Signs & Symptoms (crisis versus pre-crisis)



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### Who Can CPIT Help?

- ▶ ANYONE who is physically located in the County Region and is experiencing a behavioral health/Substance Use Disorder crisis
  - ▶ ANYONE, regardless of income/insurance/history of services.
  - ▶ ANYONE wanting assistance for their loved one or community member, self through crisis or substance use episode



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### What Types of Calls does CPIT receive?

- ▶ Consults from Providers and Individuals Alike
- ▶ Consults from Community Members/Family worried about their loved ones
- ▶ People who need a basic connection to community resources or mental health provider
- ▶ People who need 'support' until they get set up with Mental Health services
- ▶ People who need somewhere safe to stay to mitigate their risk to self/others



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### Whatcom CPIT Overview

- ▶ Housed at 1216 Bay Street, Bellingham, Washington
- ▶ Live since September 2015
- ▶ Staffed 9am - Midnight, 7 days per week
- ▶ Team Responds to:
  - ▶ Live Calls from the Community Partners referring Individuals and Individuals in Crisis
  - ▶ VOA direct referrals
  - ▶ Direct Live calls for Consults from other community members/providers
  - ▶ Walk In's from the Community
  - ▶ Scheduled next day follow up appointments

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**Whatcom CPIT Staff**

- ▶ Whatcom CPIT consists of a team of behavioral health professionals and certified peer counselors who work in tandem, collaborating with the individual in crisis and their family members to develop a plan to get through the current crisis, manage future crises, and move towards recovery.
  - ▶ Mental Health Professionals and Certified peer Counselors
  - ▶ Law Enforcement Liaison Partnership
    - ▶ Bellingham Police Department
  - ▶ Peer to Peer Support & Encouragement
  - ▶ Chemical Dependency Professionals and Role Recovery Specialists



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**Whatcom CPIT**

- ▶ Who are our primary sources of Outreaches/Referral Base?
  - ▶ Schools
  - ▶ Assisted Living Centers
  - ▶ Rainbow Recovery Center
  - ▶ Transitional Housing Providers in County
  - ▶ HOF Team/ Opportunity Council
  - ▶ Hospital Discharge Planning
  - ▶ Law Enforcement Live Calls
  - ▶ Community Agencies
  - ▶ Individuals themselves

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**How to Refer Individuals to Whatcom CPIT**

- ▶ In **Whatcom County** -- Individuals may contact the CPIT office directly at 360-752-4545 .
  - ▶ Office is open Monday - Friday from 9:00am to 5:00pm
  - ▶ Anyone may call the VOA Care Crisis Response Services 'the Care Crisis Line' at 1-800-584-3578, 24/7 - 365 days-a-year, to speak with a licensed mental health professional who will assess the situation, make appropriate referrals, and/or dispatch the CPIT community based outreach team.



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**Whatcom CPIT  
Accomplishments & Challenges**

- ▶ Accomplishments since 2015:
  - ▶ Successfully creating a way to provide services to those experiencing a substance use diagnosis
  - ▶ Working with Community Partners to serve the need for live Police Department response
  - ▶ Continuing to work within the resources Whatcom is provided
  - ▶ Working to Create lasting partnerships with community contacts
  - ▶ Assisting those in need in gaining responsive support in crisis, Providing longer term follow up if desired

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**Snohomish CPIT  
Overview**

- ▶ Housed at 3322 Broadway Ave, Everett, WA 98201
- ▶ Active for ( ) years
- ▶ 24/7 Coverage
- ▶ Team Members:
  - ▶ Masters Level Mental Health Professionals
  - ▶ Chemical Dependency Professionals
  - ▶ Recovery Specialists
  - ▶ Certified Peer Counselors

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**Snohomish CPIT**

- ▶ Primary Sources of Outreaches & Community Contact
  - ▶ Schools
  - ▶ Law Enforcement
  - ▶ Community Agencies
  - ▶ Hospital Discharge Planning Support
  - ▶ Hospital Support
    - ▶ Through January 1, 2017

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### How to Refer Individuals to Snohomish CPIT

- ▶ In Snohomish County -- CPIT is 24/7/365
  - ▶ Individuals may contact the CPIT office directly at 425-349-7447
  - ▶ Office is open Monday - Friday from 8:00 am to 5:00 pm
  - ▶ After 5:00 pm, access by calling Care Crisis Line
  - ▶ Anyone may call the VOA Care Crisis Response Services 'the Care Crisis Line' at 1-800-584-3978 24/7 - 365 days-a-year to speak with a licensed mental health professional who will assess the situation, make appropriate referrals, and/or dispatch the CPIT community based outreach team.

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### Additional Resources offered by Snohomish CPIT

- ▶ Youth Incident Response Team (YIRT) is able to respond to incidents that affect numerous youth, including suicides, car accidents and natural disasters
  - ▶ This provides youth and their families with grief debriefing, referrals to ongoing services and support through tragedies
  - ▶ Referrals can be made by contacting the CPIT office during business hours
- ▶ Community Paramedic Behavioral Health Team
  - ▶ Embedded clinician and certified peer counselor in Fire District One
  - ▶ Focus on engagement of and service provision for high utilizers of the 911 system for behavioral health concerns
  - ▶ Referrals are solely internal

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### Snohomish CPIT Accomplishments & Challenges

- ▶ Accomplishments:
  - ▶ Creating strong community partnerships with PDI and YIRT
  - ▶ Creating an ability to respond to Crisis needs of Children and Families
  - ▶ Creating Community Contacts for best coordination of service needs
  - ▶ Creating an avenue to serve substance use disorder needs
- ▶ Challenges Moving Forward:
  - ▶ Continuing to move out of the Emergency Departments to provide community support
  - ▶ Continuing to Actively Market in the Community
  - ▶ Continuing to create long lasting community partnerships and maintaining ongoing contact with community partners over a multi-city region

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### Skagit CPIT Overview

- ▶ Housed at 1100 S. 2<sup>nd</sup> St, Mt. Vernon
- ▶ Staffed
  - ▶ 9:00 AM - Midnight, Everyday
- ▶ Team Consists of:
  - ▶ Master's Level Mental Health Professionals
  - ▶ Chemical Dependency Professionals
    - ▶ Contracted from Pioneer
  - ▶ Certified Peer Counselors
- ▶ Team Responds to:
  - ▶ Calls from Community
  - ▶ Dispatches from VOA



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### Skagit CPIT

- ▶ Primary Sources of Outreaches/Community Contact
  - ▶ Local Schools
  - ▶ Hospital Discharge Planning
  - ▶ Hospital ED
    - ▶ This has changed as of 12/15/16
  - ▶ Law Enforcement
    - ▶ Police
    - ▶ Jail
  - ▶ Other Agencies



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### Skagit CPIT Accomplishments and Challenges

- ▶ Accomplishments Since Skagit CPIT Began a Year Ago:
  - ▶ Successfully Weaving CPIT into the MH and SUD system of Resources
  - ▶ Working with Community Contacts to Best Serve Clients
  - ▶ Beginning to Receive Referrals from Word-of-Mouth
  - ▶ Successfully Assisting Clients in Gaining the Immediate, and Long Term, Help they Desire
- ▶ Challenges Moving Forward
  - ▶ Continuing to Actively Market in the Community as Crises Can Happen Anyplace
  - ▶ Maintaining Ongoing Contact with Our Growing List of Community Partners



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### What if They Don't Want Help?

- ▶ If someone is experiencing a MH crisis and is unwilling to work with CPIT, there are two options.
  - ▶ We will check back in with them. Avoid folks 'falling through the cracks'
  - ▶ If there is a concern of them hurting themselves or someone else, CPIT will then contact a DMHP (or Designated Mental Health Professional). DMHPs are able to work with people on an involuntary basis, and make decisions about involuntary hospital stays.

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Questions?

# Thank You!



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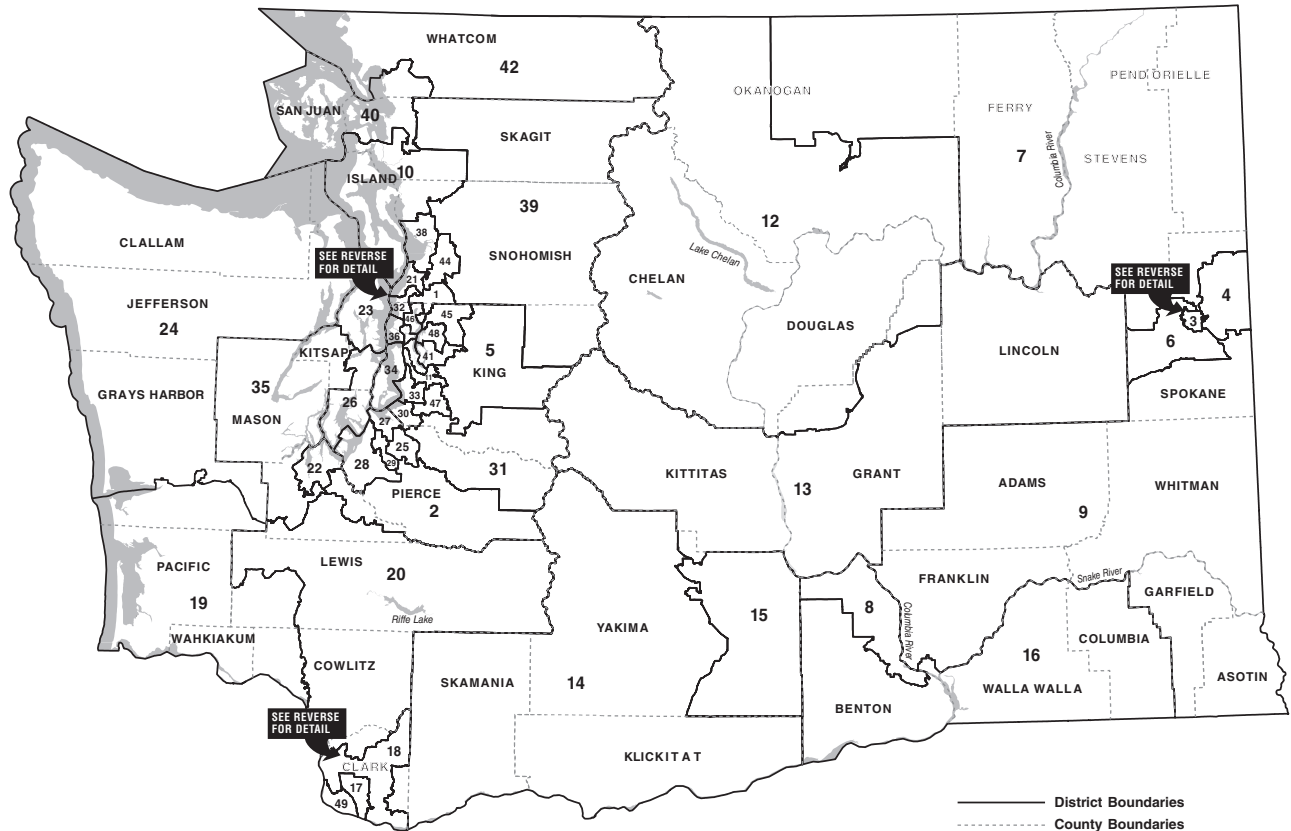
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# 2016 Statewide Legislative District Map With Legislative Members



## Legislators of the 5 BHO Counties

1<sup>st</sup>

Senator Guy Palambo D  
Representative Derek Stanford D  
Representative Shelley Kloba D

10<sup>th</sup>

Senator Barbara Bailey R  
Representative Norma Smith R  
Representative Dave Hayes R

21<sup>st</sup>

Senator Marko Lias D  
Representative Strom Peterson D  
Lillian Ortiz-Self D

32<sup>nd</sup>

Senator Maralyn Chase D  
Representative Cindy Ryu D  
Representative Ruth Kagi D

38<sup>th</sup>

Senator John McCoy D  
Representative Mike Sells D  
Representative June Robinson D

39<sup>th</sup>

Senator Kirk Pearson R  
Representative Dan Kristiansen R  
Representative John Koster R

40<sup>th</sup>

Senator Kevin Ranker  
Representative Kristine Lytton  
Representative Jeff Morris

42<sup>nd</sup>

Senator Doug Erickson R  
Representative Luanne Vanwerven R  
Representative Vincent Buys R

44<sup>th</sup>

Senator Steve Hobbs D  
Representative John Lovick D  
Representative Mark Harmsworth R