



NORTH SOUND BEHAVIORAL HEALTH ADMINISTRATIVE SERVICES ORGANIZATION

Provider Bulletin February 2021

WEBSITE LINKS:

Numbered Memorandum

<http://www.nsbhaso.org/for-providers/numbered-memorandums>

Data Dictionary

<https://www.nsbhaso.org/for-providers/data-dictionary>

Forms & Reports

<https://www.nsbhaso.org/for-providers/forms>

Policies

<http://www.nsbhaso.org/for-providers/policies-and-procedures>

Brochures

www.nsbhaso.org/for-providers/brochures

HCA Customer Service

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/apple-health-managed-care>

Contact Us:

North Sound Behavioral Health Administrative Services Organization

2021 E. College Way, Suite 101
Mount Vernon, WA 98273
360.416.7013 1.800.684.3555
FAX: 360.899.4754

800.684.3555 x 617



compliance_officer@nsbhaso.org

NORTH SOUND BH-ASO HAS MOVED

The North Sound BH-ASO has moved its physical location from 301 Valley Mall Way to **2021 E. College Way, Suite 101 Mount Vernon**. Our facility will remain closed to the public with the exception of pre-arranged visits. Our phone number, e-mail contact information, and website will remain the same. **Please note, our fax number has changed to 360.899.4754.**

SKAGIT COUNTY POPULATION HEALTH TRUST CREATES COVID-19 VIDEO

Skagit County's Population Health Trust has produced a short video in response to the Covid-19 pandemic. The clip includes commentary by community members, including those within the crisis response and behavioral health treatment network. View the video at:

<https://www.youtube.com/watch?v=NgAmXK8pkBw>

AUTHORIZATION CHANGE TRANSACTION

A new transaction was created for the use of the provider. The Authorization Change Transaction can be used to remove an approved authorization or to change the start or end date of the authorization. North Sound BH-ASO uses authorizations to assist with Care Coordination and Utilization Management. The use of this transaction form will help us better forecast how much funding is available to support services. Contact cis@nsbhaso.org if you have any questions.

SNOHOMISH COUNTY HARPS SUBSIDIES

The Hand Up Project is a Non-Profit organization helping individuals out of homelessness by facilitating safe housing, substance use and mental health support and connections to community services. They are now facilitating HARPS housing subsidies for individuals meeting criteria. To access the HARPS subsidies for individuals in Snohomish County please contact:

Robert Smiley #425-971-1774 robert@thehandupproject.org

Calei Vaughan #425-420-3802 cvaughn@thehandupproject.org

CBRA TA WEBINARS FROM WASHINGTON STATE DEPARTMENT OF COMMERCE

The Washington State Department of Commerce has a series of webinars available for Community Behavioral Health Rental Assistance grantees and subgrantees. See the attached flyer for more information and to register. Email any questions to Danielle.rylander@commerce.wa.gov



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CRISIS ALERTS CAN NOW BE SUBMITTED DIRECTLY TO VOLUNTEERS OF AMERICA

North Sound BH-ASO has launched a new way to submit Crisis Alerts directly to Volunteers of America (VOA) through an online webform at <https://nsbhaso.org/crisis>. North Sound BH-ASO Crisis Alerts provide VOA and Crisis outreach agencies with the most vital clinical and safety information so that crisis providers can respond and deliver stabilization services in the best interest of the individual. Crisis Alerts are often provided when significant decompensation occurs or when an individual is at danger to themselves or others and there is a high likelihood that emergency services are required. Crisis Alerts can also be provided when there is significant increase in life stressors or the individual is considered missing and is also considered at risk. The most supportive Crisis Alerts outline a recovery plan that can help guide crisis provider or law enforcement's initial engagement. Current Crisis Alerts are used by VOA and our Crisis providers as the 'initial' plan when coordinating outreach or referral activity." Contact Michael McAuley at Michael_mcauley@nsbhaso.org with questions.

COVID-19 EMERGENCY GRANT PROVIDER CONTACTS

As stated in the November Bulletin, we are providing the contacts for the behavioral health outpatient services for individuals and families impacted by COVID-19. There are no income requirements with an emphasis on essential front-line workers and communities of color.

Island & Skagit County-Sunrise Services

Jace Angelly JaceA@sunriseemail.com (425) 672-7293 Office

Snohomish County-Therapeutic Health Services

Ken Schlegal kenneths@ths-wa.org (206) 323-0930 ext. 1201 OR

Cynthia Duay CynthiaD@THS-WA.org (206) 323-0930 ext. 1245

Whatcom County-Lake Whatcom Center

Britta Johnson Britta.Johnson@lwrtc.org (360) 676-6000 ext.146

NORTHWEST ATTC TRAINING FOR YOUTH SUBSTANCE USE DISORDER PROVIDERS

The Northwest Addiction Technology Transfer Career Network (ATTC) is offering a series of training opportunities from March 2021 through June 2021. Nine different options are being offered to the Washington State behavioral health workforce. These include: stand-alone virtual training workshops; workshops with a series of follow-up sessions; and individualized coaching sessions focused on high-priority subject areas. Continuing Education Units (CEUs) are available for these courses that are offered free of charge to behavioral health providers, counselors, supervisors, managers, and other clinicians and healthcare staff involved in the treatment of youth with substance use disorders. See the attached flyer for more information and to register.



Join us for a webinar series designed for Community Behavioral Health Rental Assistance grantees and subgrantees. Webinars include:

- **February 16, 2021, 1:30pm-2:30pm- Understanding the Program Guidelines:**
Deep dive into the CBRA Program Guidelines with us as we address program expectations, common sticking points, and frequently asked questions. All staff working with CBRA subsidies including administrative, fiscal, program staff, and Leads from both Lead Grantee and Sub Grantee agencies should attend!
[Register Here for this webinar](#)
- **March 16, 2021, 1:30pm-2:30pm- Sub granting, Risk Management, and Contract Monitoring**
Learn more about the contractual responsibilities of Lead Grantees including sub-granting requirements, the risk management process, and contract monitoring. Agency, Program, or Administrative staff at the Lead Grantee level, Grantees that may subcontract funds in the future, other interested participants. Subgrantee and CBRA program staff are welcome to attend.
[Register Here for this webinar](#)
- **April 13, 2021, 1:30pm-2:30pm- Performance Measurement and Data Quality**
Learn the ins-and-outs of data quality and performance requirements including what they are, how to select performance targets, setting and monitoring sub grantee performance, and ensuring quality data. All staff working with CBRA subsidies including administrative, fiscal, program staff, and Leads should attend!
[Register Here for this webinar](#)
- **April 27, 2021, 1:30pm-2:30pm- Analyzing Racial Inequities in Your Programs**
Learn how to use the HMIS system and other tools to analyze racial equity data for your programs and what to do when you come across a disparity. All Lead and Sub Grantee administrative staff and management (as applicable) should attend this webinar! Program staff are welcome to attend as well.
[Register Here for this webinar](#)

Questions? Please let us know!

CBRA and HARPS LTS Program Manager
Danielle Rylander, Program Manager of Permanent
Housing Subsidies
Danielle.rylander@commerce.wa.gov
(360) 706-4098

BHH, OMS 1.0 and 2.0 Program Manager
Jeff Spring, Director of the Office of Supportive
Housing
Jeff.spring@commerce.wa.gov
(360) 233-7046



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Washington State
Health Care Authority

Training for Behavioral Health Providers in Washington State

Register now for virtual training

Available from March through June 2021

The Northwest ATTC is pleased to announce a series of training opportunities offered from March 2021 through June 2021. Nine different options are being offered to the Washington State behavioral health workforce. These include: stand-alone virtual training workshops; workshops with a series of follow-up sessions; and individualized coaching sessions focused on high-priority subject areas. CEUs are available for these courses that are offered free of charge to behavioral health providers, counselors, supervisors, managers, and other clinicians and healthcare staff involved in the treatment of those with substance use disorders.

Participants are encouraged to register early for virtual workshops. **Please only sign up for training or training series to which you can truly and fully commit your time.** The registration links can be found at the end of each course offering.

Trainings Being Offered

1. **Motivational Interviewing (MI) for Individual Service Planning (ISP)**
2. **Wellness and Stress Reduction Learning Sessions**
3. **Clinical Supervision Immersion Project**
4. **Cognitive Behavioral Therapy (CBT) for Treatment of those with Alcohol/Substance Use Disorder(s)**
5. **Motivational Interviewing (MI) Learning Series**
6. **DIRECTORS & MANAGERS: Rapid Implementation of Family & COD supports in SUD settings**
7. **Combining MI and CBT with Follow-up Coaching Sessions**
8. **Trauma-Informed Supervision**
9. **Engaging Families and Family Systems**

Motivational Interviewing (MI) for Individual Service Planning (ISP)

This is an all-day workshop

March 2nd

9:00am – 4:30pm (with breaks)

6 CEUs

Using Motivational Interviewing (MI) in Individual Service Planning is a workshop designed to increase providers' capacity to deliver evidence-based practice, especially when treating youth who have SUDs. This workshop will explore the value of having an individual service plan (ISP) and build upon foundational MI skills and apply them to service planning. This one-day training is for individuals who have attended an introductory course in Motivational Interviewing (MI). Participants will have a number of opportunities to practice skills development through interactive group exercises. MI principles and WAC guidelines for service planning will be reviewed, and participants will be guided to be able to demonstrate ways to use MI to meet the requirements and practice constructing an individual service plan.

Trainer: Paul Hunziker, MA, LMFT, SUDP (<http://bit.ly/PaulHunzikerBio>)

Registration: http://bit.ly/ISP_HCA

Wellness and Stress Reduction Learning Sessions

This series consists of four 1-hour sessions:

March 5th, March 12th, March 18th, and March 25th

11:00am – 12:00pm

Certificate of attendance will be offered

The stressors in our lives are significant given the current environment, and although we cannot always eliminate the stressors, we can learn to manage the stress effectively. Join us for a 4-part series to connect with a small group of colleagues and engage in a variety of stress-reducing strategies. We will explore science-based strategies for reducing stress and use our time experimenting with these strategies (e.g., laughter, social connection, creative expression). Our goal will be to explore ways to build resiliency and decrease burnout.

Trainers:

Denna Vandersloot, M.Ed. (<http://bit.ly/DennaVanderslootBio>)

Troy Montserrat-Gonzales, MA, NCC, LPC (<http://bit.ly/Montserrat-GonzalezBio>)

Registration: http://bit.ly/Wellness_HCA

Clinical Supervision Immersion Project

Clinical Supervision I

March 9th and 10th
9:00am – 4:30pm

Clinical Supervision II

April 2nd
9:00am – 4:30pm

Learning Collaborative

March 16th and 30th (2 hours each)
15 CEUs

Learning Collaborative

4/20, 5/4, 5/18, 6/1, 6/15, 6/29, 7/13, 7/27 (1 hour each)
15 CEUs

This is an intensive immersion in clinical supervision that is designed for substance use disorder clinical supervisors and behavioral health clinical supervisors. The goals of the intensive, long-term training and follow-up sessions are to review literature and research supporting effective concepts, methods, ethical considerations, and boundary issues inherent to clinical supervision. We will identify and discuss the roles in the supervisory relationship, strive to increase awareness of cultural considerations in supervision, and practice skills that structure clinical supervision (e.g., Feedback Model, Professional Development Plan, Supervisory Interview, and Corrective Interview). The first part of the series consists of a 2-day training followed by two 2-hour sessions.

Trainer: Paul Hunziker, MA, LMFT, SUDP (<http://bit.ly/PaulHunzikerBio>)

Registration: http://bit.ly/CSImmersion_HCA

Cognitive Behavioral Therapy (CBT) for Treatment of those with Alcohol/Substance Use Disorder(s)

This series consists of three 4-hour sessions:

March 10th, March 24th, and April 7th
10:00am – 3:00pm (with breaks)
12 CEUs

Alcohol and substance use disorders commonly co-occur with anxiety, depression, and posttraumatic stress disorder. How can we support clients with their recovery from these interrelated challenges? Cognitive-behavioral therapy (CBT) is an evidence-based psychotherapy approach used to address a range of psychological difficulties and disorders. The basic premise of CBT is that our emotions, thoughts, and behaviors are all interconnected; and so if we want to help clients address emotional difficulties, we can do so by addressing patterns of thinking and behavior, using these changes like a lever to produce other positive changes in clients' lives. In this introductory-level training, participants will learn the fundamentals of CBT, including: what CBT is, what is involved in a CBT approach to assessing/analyzing a client's presenting problems, and how to implement several core CBT techniques to address anxiety, depression, PTSD, and alcohol or substance use patterns. The following techniques will be emphasized: cognitive restructuring, behavioral activation, exposure, values clarification, mindfulness-based interventions, and functional analysis of relapse patterns. Training participants will have the opportunity to learn in a variety of ways, including lecture, demonstrations, discussions, and experiential learning activities designed to give them a basic understanding of the use of CBT in the treatment of alcohol and substance use disorder, anxiety, depression, and posttraumatic stress.

Trainer: Ann Marie Roepke, Ph.D. (<http://bit.ly/AnnMarieRoepkeBio>)

Registration: http://bit.ly/CBT_HCA

Motivational Interviewing (MI) Learning Series

This series consists of four days of training that are 4 hours each, followed by two optional booster sessions

MI Part 1: March 16th and 17th

MI Part 2: April 13th and 14th
9:00am – 1:30pm (with breaks)

16 CEUs

Booster Sessions: May 6th and 27th, 9:00am – 11:00am

4 CEUs

This intensive MI Learning Series is designed for all levels of SUD practitioners. Participants will receive four days of interactive virtual trainings, followed by two booster sessions and individualized coaching. Completers will have the skills necessary to use MI to motivate clients and resolve ambivalence resulting in healthier life choices. This virtual four-part Motivational Interviewing (MI) basic to intermediate training opportunity provides social service, medical and behavioral health professionals with evidence-based methods for creating a person-centered approach to service delivery. MI is especially useful for partnering with patients and clients to enhance motivation and promote healthy behavior changes. In this 16-hour live virtual series, we will cover the foundational practices of Motivational Interviewing. Through the use of presentations, videos, highly interactive exercises and demonstrations, the trainers will guide participants in learning the technique, style and spirit of MI. Participants will be given many opportunities to observe, practice, receive feedback and interact with trainers and peers. *Those who commit to this learning series are urged to seek prior approval if/as needed from their supervisors and managers to ensure they can retain high levels of participation.*

Trainers: Denna Vandersloot, M.Ed. (<http://bit.ly/MIDennaVanderslootBio>)

Kate Speck, PhD, MAC, LADC (<http://bit.ly/KateSpeckBio>)

Registration: http://bit.ly/MI Learning Series_HCA

Directors & Managers:

Rapid Implementation of Family & COD supports in SUD settings

This series consists of two 1.5-hour group sessions and 1 individual session for each participant.

March 16th and 30th

2:00pm – 3:30pm

Timing of 30-minute individual sessions to be arranged later with participants

No CEUs provided

As we confront this period of great need, reduced resources, and a rapidly changing environment, leaders often feel forced to file away new implementation plans for a more stable future. But our current environment demands that we find ways to respond and implement rapidly to meet growing needs. And the increased emotional stressors of today demand that we increase our mental health and family supports for those seeking SUD services. This training/ consultation process will engage SUD program and organizational leaders using a simple series of planning tools and practices to assess need, choose, document, implement and sustain a new practice to enhance COD/family supports for those receiving SUD services. This series will engage a cohort of managers/supervisors from SUD programs, using a simple series of rapid planning tools and practices to assist them with family and COD provision of SUD services. Organizational leaders will hone skills to assess need, choose, document, implement and sustain a new practice to enhance COD/family supports for those receiving SUD services.

Trainer: Mathew Roosa, LSW-R (<http://bit.ly/MatRoosaBio>)

Registration: http://bit.ly/Leaders_HCA

Combining MI and CBT with Follow-up Coaching Sessions

This series consists of two days training and two individual sessions

April 15th and 16th

9:00am – 4:30pm (with breaks)

Each participant is eligible for two coaching sessions:

Date TBD

12 CEUs

Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI) are both evidenced-based practices for the treatment of behavioral health challenges. MI works with ambivalence to help move people towards change. Cognitive Behavioral Therapy helps people challenge problematic thinking and learn coping skills to manage maladaptive behavior. These two approaches can complement each other when working with a broad range of people looking to make change in their lives. In this workshop, we will: examine reasons for and against the combination of MI and CBT; identify and discuss inherent conflicts between the models; and practice use of the skills of MI and CBT in combination when addressing people with substance use disorders. *Participants are expected to have completed prior training in MI (preferably four days) and have proficiency in CBT.*

Trainer: Paul Hunziker, MA, LMFT, SUDP (<https://bit.ly/PaulHunzikerBio>)

Registration: http://bit.ly/MlandCBT_HCA

Trauma-Informed Supervision

This series consists of five 1.5-hour sessions

April 21st and 28th, May 5th, 12th, and 19th

10:30am – 12:00pm

Each participant is eligible for two coaching sessions:

7 CEUs (NAADAC) (Note: These CEUs are approved by, and will be provided through, C4 Innovations)

Providing trauma-informed supervision is critical to fostering employees' personal and professional development, enhancing clinical skills, implementing best practices, ensuring accountability, promoting self-care and wellness, and most importantly, improving client outcomes. Trauma-informed supervision is an especially helpful approach in settings where staff serve clients with substance use disorders: clients are likely to have histories of trauma exposure and staff often experience secondary trauma exposure through their clinical work. Trauma-informed supervision helps supervisors create an atmosphere of safety, trust, choice, and collaboration in the workplace, which benefits staff and serves as a model for how staff treat clients. Whether you're experienced, new, or not yet a supervisor, you are invited to explore trauma-informed supervision—what it is, why it matters, how to use its frameworks and skills to enhance supervisory practice, and how to employ specific strategies to help staff thrive in their work.

Trainers:

Ken Kraybill, MSW (<http://bit.ly/KenKraybillBio>)

Ann Marie Roepke, PhD (<http://bit.ly/AnnMarieRoepkeBio>)

(Consultants to Northwest ATTC in collaboration with C4 Innovations)

Registration: http://bit.ly/Trauma_HCA

Engaging Families and Family Systems

This is an all-day workshop

May 11th

9:00am – 4:30pm

6 CEUs

Behavioral health providers know that very often getting families on board with services tends to make those services more effective. However, providers also know the challenge it can be to get family members involved in helpful ways and have them stay involved. Further, even if they are in counseling sessions, family members can engage in numerous behaviors that negatively impact treatment. This training will review research on the benefits of family involvement in counseling and help clinicians develop skills which will promote family participation in session which supports the treatment of youth who have SUDs. We will review methods of adapting Motivational Interviewing (MI) skills to assist in engaging families in behavioral health services and making them a valuable addition to treatment. We will also identify times when referral for family counseling is preferred or contraindicated.

Trainers: Paul Hunziker, MA, LMFT, SUDP (<https://bit.ly/PaulHunzikerBio>)

Registration: http://bit.ly/FamilySystems_HCA