



# North Sound BH-ASO Fall 2022 Assessment

Executive Summary

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***Full report in development:***

- ***Draft shared with NSBH-ASO (40+ pages)***
- ***Executive Summary/High Level Findings Shared Here***

# Current and Projected Demographics: Summary

## Demographic Forecasts Overview:

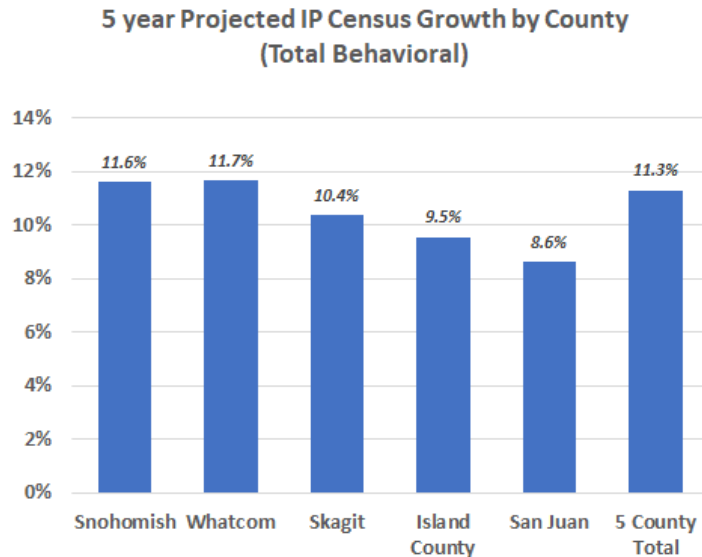
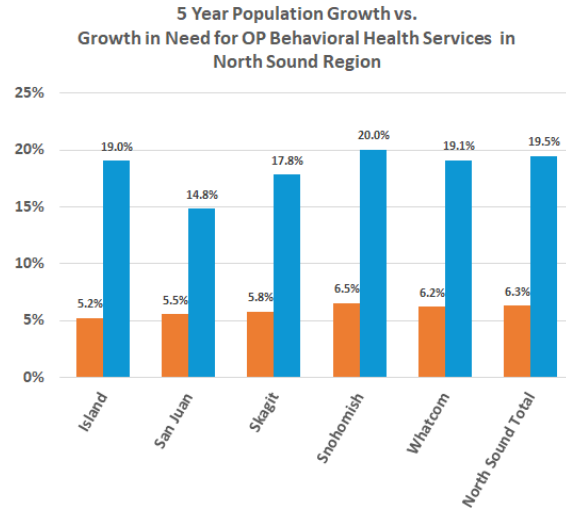
County	Population Growth by County				
	Total Population		5 Year Growth		
	2022	2027	No.	%	CAGR
Island	87,561	92,137	4,576	5.2%	1.0%
San Juan	17,745	18,727	982	5.5%	1.1%
Skagit	135,186	143,000	7,814	5.8%	1.1%
Snohomish	846,950	902,089	55,139	6.5%	1.3%
Whatcom	233,236	247,668	14,432	6.2%	1.2%
<b>Total North Sound</b>	<b>1,320,678</b>	<b>1,403,621</b>	<b>82,943</b>	<b>6.3%</b>	<b>1.2%</b>

Age Cohort	5 County Population Growth by Age Cohort				
	Total Population		5 Year Growth		
	2022	2027	No.	%	CAGR
0-17	280,722	294,521	13,799	4.9%	1.0%
18-44	475,579	485,127	9,548	2.0%	0.4%
45-64	330,469	341,183	10,714	3.2%	0.6%
65+	233,908	282,790	48,882	20.9%	3.9%
<b>Total North Sound</b>	<b>1,320,678</b>	<b>1,403,621</b>	<b>82,943</b>	<b>6.3%</b>	<b>1.2%</b>

**Maps in the full report show much of this visually**

- ▶ Medicare population (age 65+) will grow 20%+ over next 5 years
- ▶ The total numbers of **uninsured and Medicaid recipients is forecast to be fairly static** over the next several years – with declines in some areas
- ▶ **Growth in the pediatric population overall will be moderate** in coming years
- ▶ From an **absolute perspective, overall population growth will be concentrated in western Snohomish County**; From a **percentage perspective, overall population growth will be seen in pockets throughout the region – notably many island communities**
- ▶ The proportions of the population that are uninsured or Medicaid recipients increases as one moves north across the region

# Recent Trends and Projected Growth: Summary



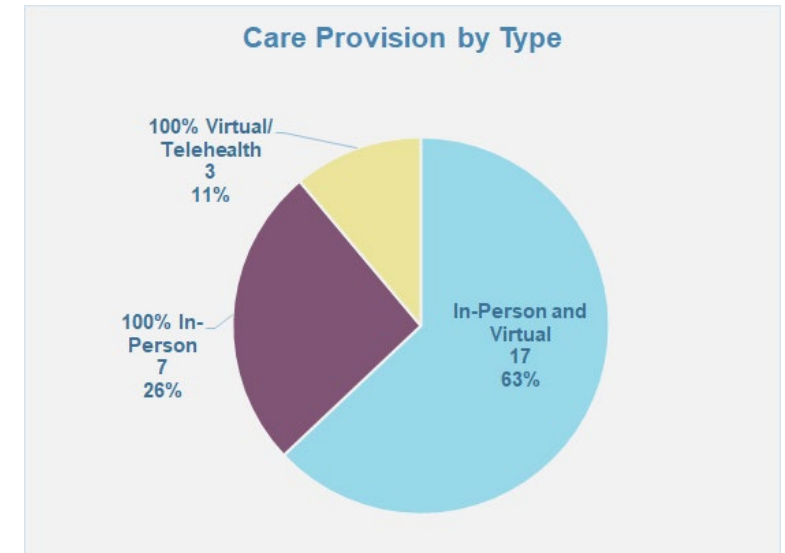
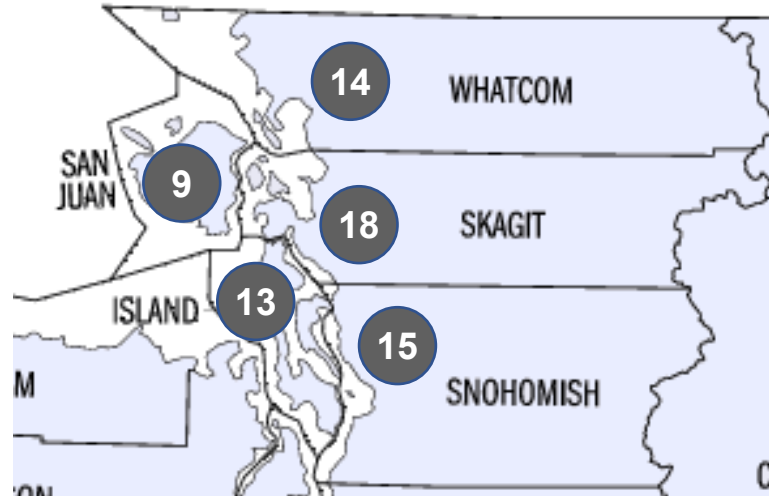
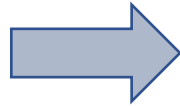
- ▶ A complete picture of recent trends in volume for crisis mental health services is difficult to paint given the lack of volume data made available by the Medicaid MCOs. **Available data for the last couple years from NSBH-ASO suggests overall increases in crisis services volumes** although the data is somewhat volatile.
- ▶ Survey Respondents indicate that recent volumes have shown increases and respondents are considering this **“the new normal”**
- ▶ **Overall growth and aging of the population suggests that the need for both inpatient and outpatient behavioral health services will increase at a higher rate than the population itself:**
  - Growth in **outpatient behavioral health modalities is projected to increase 15%+** across services over the next 5 years.
  - **Growth in inpatient behavioral health modalities is projected to increase ~10%** over the next 5 years.

# Stakeholder Survey: Summary

## 27 Respondents

### Counties Served by Respondent:

(Respondents could select more than one geography)



## Key Themes:

- ▶ **Staffing, Staffing, Staffing:** staffing across all levels/licensed clinician staffing
- ▶ **Inpatient/Residential Bed** available is frequently mentioned
- ▶ **SUD Service Expansion**
- ▶ Other needs mentioned by survey recipients included: **Outpatient service availability, transitional housing options, care coordination/follow up**
- ▶ **Transition to Medicaid MCOs** has generally added unwanted complexity to system

# Provider Inventory: Summary

## Key Themes:

- ▶ Provider profile very different county-to-county in the North Sound Region
- ▶ Some areas are clear destinations for care; some areas show relatively little available services
- ▶ Maps created with facility profiles – shown in full report

### Island

- ▶ Island County has no Inpatient Facilities
- ▶ OP facilities are concentrated in Oak Harbor and Coupeville

### San Juan

- ▶ San Juan County has no IP Facilities
- ▶ OP facilities on three different islands

### Skagit

- ▶ Behavioral health facilities are predominantly centered on I-5 Corridor with others along Rte 20 from Sedro-Wooley to Anacortes

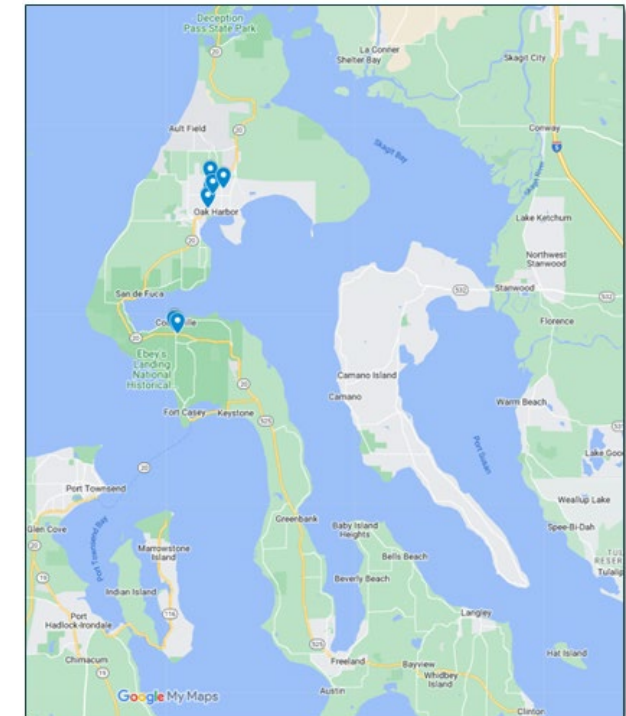
### Snohomish

- ▶ There are a larger number of facilities in Snohomish County (reflecting its larger population)
- ▶ Facilities are distributed geographically across the county

### Whatcom

- ▶ IP/OP behavioral facilities are concentrated in and around Bellingham with some located North and West

 = Behavioral Health Facility



**Sample Map (Island County)**

# Inpatient Bed Need Analysis: Supply vs. Demand

- ▶ There are **currently deficits in both Mental Health and Substance Use Disorder** beds in the 5-County region in total
- ▶ Although demand is projected to grow, the anticipated new beds coming online should largely equalize bed supply and demand for Mental Health, although **Substance Use Disorder will still show deficits**
- ▶ Estimated market demand for **Pediatric beds is growing and is more than twice the current supply in the region** (detail in full report)

North Sound - 5 County Region  
Inpatient Behavioral Health Supply vs Demand

	Bed Demand		Bed Supply		2022 Surplus (Deficit) Current Demand vs. Current Supply <i>(c - a)</i>	2027 Surplus (Deficit) Future Demand vs. Future Supply <i>(b - d)</i>
	2022 <i>(a)</i>	2027 <i>(b)</i>	Current <i>(c)</i>	Future* <i>(d)</i>		
<b>Mental Health</b>						
Evaluation & Treatment	114.8	126.6	60.0	106.0	(54.8)	(20.6)
Mental Health Triage	52.0	57.2	42.0	90.0	(10.0)	32.8
<b>Subtotal</b>	<b>166.8</b>	<b>183.8</b>	<b>102.0</b>	<b>196.0</b>	<b>(64.8)</b>	<b>12.2</b>
<b>Substance Use Disorder</b>						
Intensive Inpatient	162.3	191.9	123.0	123.0	(39.3)	(68.9)
Long-Term Residential	53.9	63.6	16.0	32.0	(37.9)	(31.6)
Recovery House	62.4	73.7	32.0	48.0	(30.4)	(25.7)
Acute Detox	72.3	85.4	50.0	66.0	(22.3)	(19.4)
<b>Subtotal</b>	<b>278.6</b>	<b>329.3</b>	<b>221.0</b>	<b>269.0</b>	<b>(57.6)</b>	<b>(60.3)</b>
<b>Other</b>						
Pregnant and Parenting Women	25.4	27.9	21.0	21.0	(4.4)	(6.9)
<b>Total</b>	<b>470.7</b>	<b>541.0</b>	<b>344.0</b>	<b>486.0</b>	<b>(126.7)</b>	<b>(55.0)</b>

- (a)* Estimated for this engagement using bed to population ratios adjusted for anticipated utilization
- (b)* Estimated for this engagement using bed to population ratios adjusted for anticipated utilization
- (c)* As provided by NSBHO - includes only currently active beds (as of October, 2022)
- (d)* Includes projected/approved beds currently expected to come on line over next 2-3 years

Note on Co-Occurring Services:

- Bed demand models make clear distinction between mental health and substance use disorder services (with realization that many patients may require/receive services for both)
- Bed supply for these services is placed in the SUD Intensive Inpatient Category.

# Outpatient Service Analysis: Summary - Part 1

At a high level, the outpatient service analysis suggest the following:

- ▶ For most of the more prevalent services, San Juan, Skagit, and Whatcom Counties are generally near or above the state average in per-capita service availability. However, **the 5-County total is less than the state in nearly every prevalent category.**
- ▶ There are important differences county by county: For example - **Despite having the largest number of services/population, Snohomish County trails Whatcom and Skagit counties in per-capita availability in a number of services** (county level detail provided in full report)

## Sample Analysis:

### OP Mental Health Services: **5 County Total**

Outpatient Service Inventory	5 County Total		Wash State Total	
	5 County Total	Wash State Total	5 County Total	Wash State Total
<b>Mental Health Services</b>	<b>Number of Centers Who Offer This Outpatient Service</b>		<b>Facilities per 100,000 Population</b>	
✓ Individual Treatment	100	648	7.6	8.3
✓ Group Therapy	91	566	6.9	7.2
✓ Rehabilitative Case Management	78	502	5.9	6.4
✓ Psychiatric Medication and Medication Support	73	470	5.5	6.0
✓ Family Therapy	64	492	4.8	6.3
✓ LRA or Conditional Release Support	55	282	4.2	3.6
✓ Brief Intervention Treatment	50	372	3.8	4.7
✓ Peer Support	46	442	3.5	5.6
✓ Crisis Outreach	19	217	1.4	2.8
✓ Wraparound Facilitation	15	123	1.1	1.6
✓ Problem and Pathological Gambling	9	90	0.7	1.1
✓ Crisis Peer Support	9	111	0.7	1.4
✓ Applied Behavior Analysis (ABA)	9	58	0.7	0.7
✓ Day Support	8	126	0.6	1.6
✓ Crisis Stabilization	4	113	0.3	1.4
✓ Adult Evaluation and Treatment	4	36	0.3	0.5
✓ Voluntary Triage	3	6	0.2	0.1
✓ Crisis Telephone Support	3	136	0.2	1.7
✓ Clubhouse	2	12	0.2	0.2
✓ Involuntary Triage	1	2	0.1	0.0
✓ Youth Evaluation and Treatment	1	8	0.1	0.1



# Outpatient Service Analysis: Summary - Part 2

Analysis done at the county-level; sample from Island County shown here

- ▶ There are a number of outpatient services for which Island County does not have a facility (the dashes in the table at right)
- ▶ In this example, specific services that are relatively prevalent state-wide that Island County has **less availability include Family Therapy and Peer Support**
- ▶ The county-by-county detail provides a good starting point for focusing analysis on service availability

Sample Analysis:

## OP Mental Health Services in **Island County**

Outpatient Service Inventory	Island County		Wash State Total	
	Island County	Wash State Total	Island County	Wash State Total
	Number of Centers Who Offer This Outpatient Service		Facilities per 100,000 Population	
<b>Mental Health Services</b>				
✓ Individual Treatment	6	648	6.9	8.3
✓ Group Therapy	6	566	6.9	7.2
✓ Rehabilitative Case Management	7	502	8.0	6.4
✓ Psychiatric Medication and Medication Support	5	470	5.7	6.0
▶ ✓ Family Therapy	3	492	3.4	6.3
✓ LRA or Conditional Release Support	5	282	5.7	3.6
▶ ✓ Brief Intervention Treatment	4	372	4.6	4.7
▶ ✓ Peer Support	1	442	1.1	5.6
✓ Crisis Outreach	2	217	2.3	2.8
✓ Wraparound Facilitation	-	123	-	1.6
✓ Problem and Pathological Gambling	-	90	-	1.1
✓ Crisis Peer Support	1	111	1.1	1.4
✓ Applied Behavior Analysis (ABA)	-	58	-	0.7
✓ Day Support	-	126	-	1.6
✓ Crisis Stabilization	-	113	-	1.4
✓ Adult Evaluation and Treatment	-	36	-	0.5
✓ Voluntary Triage	1	6	1.1	0.1
✓ Crisis Telephone Support	-	136	-	1.7
✓ Clubhouse	-	12	-	0.2
✓ Involuntary Triage	-	2	-	0.0
✓ Youth Evaluation and Treatment	-	8	-	0.1