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# 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>

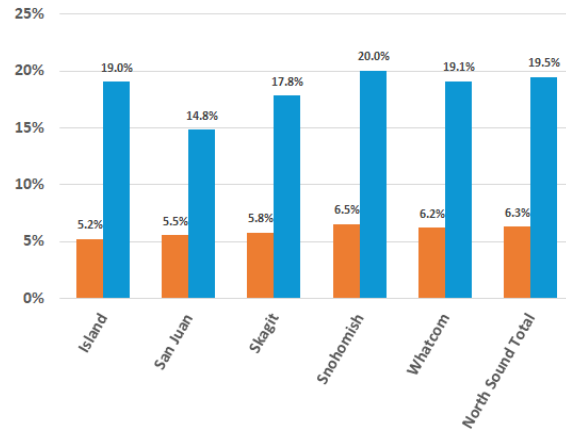
Age Cohort	5 County Population Growth by Age Cohort				
	Total Population		5 Year Growth		
	2022	2027	No.	%	CAGR
0-17	280,722	294,521	13,799	4.9%	1.0%
18-44	475,579	485,127	9,548	2.0%	0.4%
45-64	330,469	341,183	10,714	3.2%	0.6%
65+	233,908	282,790	48,882	20.9%	3.9%
<b>Total North Sound</b>	<b>1,320,678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

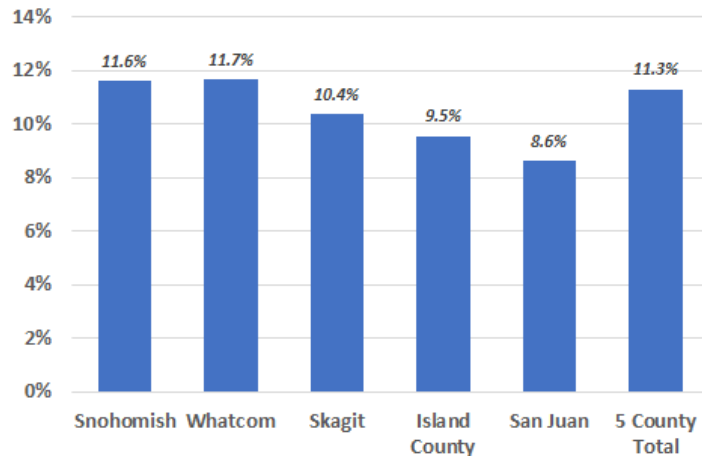
- ▶ Medicare population (age 65+) will grow 20%+ over next 5 years
- ▶ The total numbers of **uninsured and Medicaid recipients is forecast to be fairly static** over the next several years – with declines in some areas
- ▶ **Growth in the pediatric population overall will be moderate** in coming years
- ▶ 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

5 Year Population Growth vs. Growth in Need for OP Behavioral Health Services in North Sound Region



5 year Projected IP Census Growth by County (Total Behavioral)



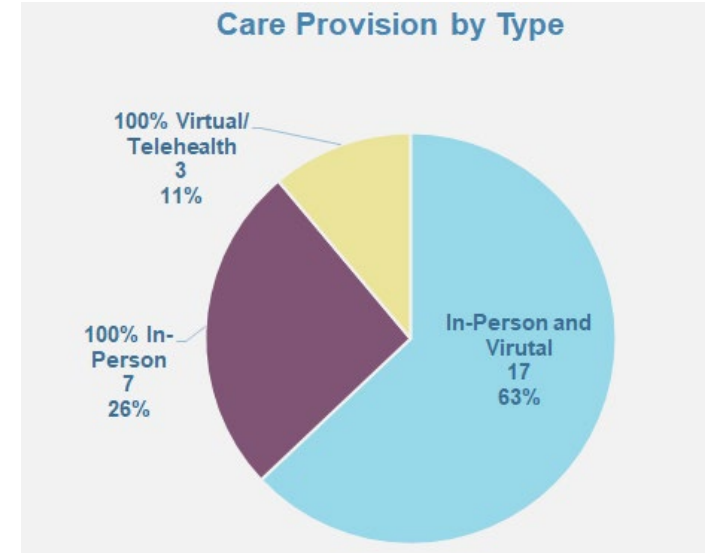
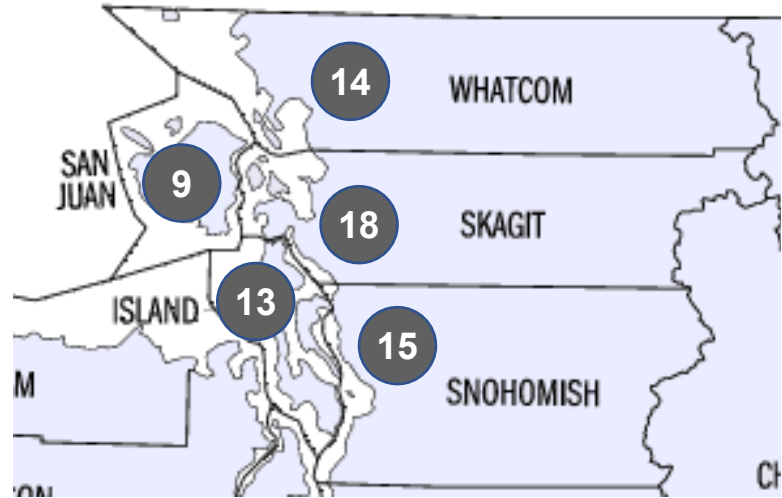
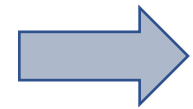
- ▶ A complete picture of recent trends in volume for crisis mental health services is difficult to paint given the lack of volume data made available by the Medicaid MCOs. **Available data for the last couple years from NSBH-ASO suggests overall increases in crisis services volumes** although the data 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

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## 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

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## 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

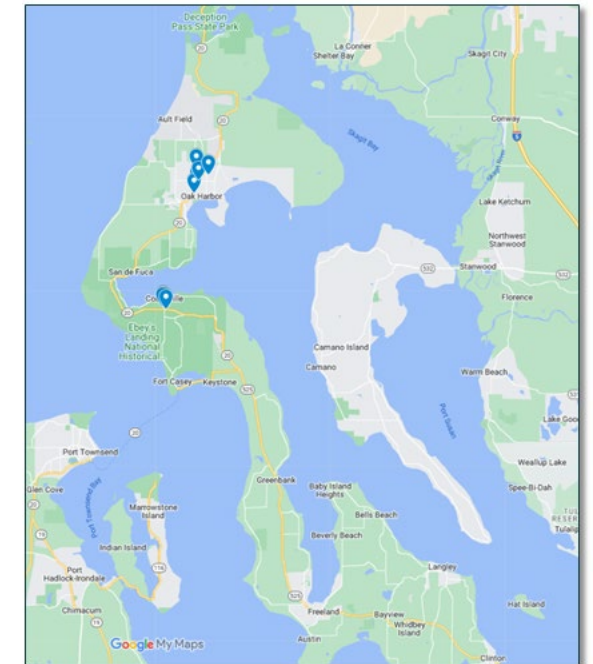
### Snohomish

- ▶ 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)**

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# 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**

**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*

# Outpatient Service Analysis: Summary - Part 1

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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

## Sample Analysis: OP Mental Health Services in **Island County**

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

- ▶ There are a number of outpatient services for which Island County has 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

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