



## **North Sound Behavioral Health Advisory Board**

### **Agenda**

August 6, 2024

1:00 p.m. – 3:00 p.m.

**Call to Order and Introductions**

**Revisions to the Agenda**

**Approval of June Minutes**

**Announcements**

**Brief Comments or Questions from the Public**

**Executive Committee Report**

**Director's Report**

**Director's Action Items**

**Old Business**

- **Legislative Forum Update**

**New Business**

- **Discussion of Motions Moving to the Executive Committee**
- **Behavioral Healthcare Conference Report**
- **Co-Occurring Disorders and Treatment Conference**
- **Advisory Board Retreat**
- **Board of Directors Retreat Update**
- **Legislative Priorities**

**Report from Advisory Board Members**

**Reminder of Next Meeting**



## North Sound Behavioral Health Organization

June 4, 2024

9:00 a.m. – 3:00 p.m.

Skagit Resort Conference Center, Bow, Washington

### Advisory Board Retreat Meeting Notes

**Members Present:** Pat O'Maley-Lanphear, Alan Friedlob, Michele Meaker, Mark McDonald, Cathie Murphy, Candy Trautman, Chris Garden, Rose Dennis, Jeanette Anderson, Hannah Ordos

**Staff:** JanRose Ottaway Martin, Margaret Rojas, Maria Arreola

**Facilitator:** Timothy Corey

**Guests:** Lyden Johnson

## **Welcome/Introductions/Agenda Review**

JanRose welcomed the North Sound Behavioral Health Advisory Board Members to the June Retreat and introductions were made.

Before entering the agenda topics, Timothy guided shined light on the power of advocacy and the depth of personal stories that help fuel the advocacy.

Members shared superpowers that touch the behavioral health system, work, or personal.

## **Skagit PFLAG Presentation – The Science of Gender**

Lynden Jordan, Skagit PFLAG Director gave a presentation on how the science developed gender. The Board is determined to have a Diversity Racial Equity and Inclusion training course every year during the annual retreats. This topic was the first chosen for the year.

## **Purpose and Role of the Advisory board**

The Board is responsible under the Washington Administrative Code, Revised Code of Washington and the North Sound BHASO Charter.

If the Boards success was assured, what recommendations would we propose?

- Feedback to strengthen communication
- Share our vision and goals
- Accountability and transparency
- Legislative advocacy
- Access across the continuum
- Data from the Managed Care Organizations
- Begin to host the annual Tribal Conference
- Not being just a check box
- Other non-Medicaid services

## **Business Meeting**

Lisa Hudspeth, Contracts Manager briefly reviewed the Federal Block Grants. Michelle moved a motion to approve the Federal Block Grants, Pat seconded. All in Favor, Motion carried. Kara signed the letter that is to be sent to Health Care Authority.

It was discussed to move the motions to the Executive Committee. This would allow more time on the Full Board agenda for discussion topics. Any recommendations on a motion will be brought to the Full Board for approval. Further discussion will take place during the August meeting.

## **Center for Behavioral Health and Learning**

Chairty Homes, Assistant Administrator Behavioral Health Services provided an overview of the new facility. The facility is located at University of Washington Medical Center, Northwest Campus. This is a 150 bed facility.

- 25 inpatient beds for geriatric patients
- 50 inpatient medical/surgical beds
- 75 inpatient beds for 90-180 day involuntary/civil commitments

## **Envisioning Success**

Advocacy and legislation growth for community engagement priorities. Working together with the ASO for clarification of the Board priorities. It is important to communicate with the Board to be able to see what direction the ASO is heading in future planning.







Education of Advisory Board members is still a focus. Sharing personal experiences and what is happening within counties helps interconnect others experiences to help one another.

## **Question and Answer Session/ Wrap Up**

As the behavioral health system continues to change, the vision continues to keep the system person centered.



**North Sound Behavioral Health Administrative Services Organization**  
**Advisory Board Budget**  
**July 2024**

		All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation	Legislative Session	Community Projects
	Total	Project # 1	Project # 2	Project # 3	Project # 4	Project # 5	Project # 6
Budget	<b>\$ 20,000.00</b>	\$ 7,000.00	\$ 4,500.00	\$ 4,000.00	\$ 800.00	\$ 3,000.00	\$ 700.00
Expense	(4,866.22)	\$ (392.00)	\$ (3,691.70)	\$ (782.52)			
Under / (Over)							
Budget	<b>\$ 15,133.78</b>	\$ 6,608.00	\$ 808.30	\$ 3,217.48	\$ 800.00	\$ 3,000.00	\$ 700.00
							
		All expenses to attend Conferences	Advisory Board Retreat/Summit	Costs for Board Members (meals mileage, misc.)	Non- Advisory Board Members, to attend meetings and special events	Shuttle, meals, hotel, travel	

NORTH SOUND BH-ASO  
AdBrd Transaction Detail by Account  
July 2024

	Type	Date	Num	Name	Memo	Amount	Balance
56433 - Public Education							
5643300 - Advisory Board							
5643343 - Travel							
	Bill	07/23/2024	June 2024	Yellow Cab Co-op Inc.	Batch # 151064	160.70	160.70
Total 5643343 - Travel						160.70	160.70
Total 5643300 - Advisory Board						160.70	160.70
Total 56433 - Public Education						160.70	160.70
TOTAL						160.70	160.70

Introduction Items:**Proviso 86-Behavioral Health Housing and Services**

- An additional \$738,833.00 was allocated in the ASO July HCA amendment. This doubles our annual allotment for Proviso 86 funds. These funds are intended for rental assistance and/or behavioral health services for individuals involved with the criminal justice system. Effective date of funding availability is July 1, 2024.
- The following motion is the downstream contracts allocating the additional Proviso 86 behavioral health rental assistance and services in four counties, San Juan County is served by Compass Health with HARPS rental assistance funds.
  - Bridgeways Proviso 86 rental assistance and services in Snohomish County.
    - July addition of Proviso 86 funds \$45,000.00
    - Total Proviso 86 12-month allocation \$206,000.00.
  - Compass Health Proviso 86 rental assistance/services Snohomish County.
    - July addition of Proviso 86 funds \$45,000.00
    - Total Proviso 86 12-month allocation \$195,000.00.
  - Lifeline Connections Proviso 86 rental assistance and services in Skagit and Whatcom County.
    - July addition of Proviso 86 funds \$45,000.00
    - Total Proviso 86 12-month allocation \$227,935.00.
  - Lake Whatcom Center Proviso 86 rental assistance and services in Whatcom County.
    - July addition of Proviso 86 funds \$120,000.00
    - Total Proviso 86 12-month allocation \$270,000.00.
  - Opportunity Council rental assistance and services in Whatcom County.
    - July addition of proviso 86 funds \$120,000.00
    - Total Proviso 86 12-month allocation \$276,000.00
  - Pioneer Human Services Proviso 86 rental assistance and services in Island County.
    - July addition of Proviso 86 funds \$120,000.00
    - Total Proviso 86 12-month allocation \$302,935.00.

**Motion #24-**

NS BH-ASO-Bridgeways-CBRA-23 Amendment 3 for the provision of additional Proviso 86 funds for rental assistance and services in Snohomish County. The contract term is July 1, 2023, through June 30, 2025, with an automatic one-year renewal on July 1, 2025, based on continued compliance with the terms of the contract.

NS BH-ASO-Compass Health-CBRA-23 Amendment 3 for the provision of additional Proviso 86 funds for rental assistance and services in Snohomish County. The contract term is July 1, 2023, through June 30, 2025, with an automatic one-year renewal on July 1, 2025, based on continued compliance with the terms of the contract.

NS BH-ASO-Lifeline Connections-FBG-23 Amendment 5 for the provision of additional Proviso 86 funds for rental assistance and services in Skagit and Whatcom County. The contract term is July 1, 2023, through June 30, 2025, with an automatic one-year renewal on July 1, 2025, based on continued compliance with the terms of the contract.

NS BH-ASO-Lake Whatcom Center-CBRA-23 Amendment 3 for the provision of additional proviso 86 funds for rental assistance and services in Whatcom County. The contract term is July 1, 2023, through June 30, 2025, with an automatic one-year renewal on July 1, 2025, based on continued compliance with the terms of the contract.

NS BH-ASO-Opportunity Council-CBRA-23 Amendment 3 for the provision of additional Proviso 86 funds for rental assistance and services in Whatcom County. The contract term is July 1, 2024, through June 30, 2025, with an automatic one-year renewal on July 1, 2025, based on continued compliance with the terms of the contract.

NS BH-ASO-Pioneer Human Services-CBRA-23 Amendment 3 for the provision of additional Proviso 86 funds for rental assistance and services in Island County. The contract term is July 1, 2024, through June 30, 2025, with an automatic one-year renewal on July 1, 2025, based on continued compliance with the terms of the contract.

#### **ARPA Federal Block Grant**

- The Health Resources and Services Administration (HRSA) Federal Grant award will expire on September 30, 2024.
  - The program has expanded services in Skagit & Island Counties.
    - Expansion of Medication Assisted Treatment (MAT) in Concrete and Oak Harbor
      - Lifeline Connections **\$60,000.00** for MAT services
    - Expansion of our Opioid Outreach teams in east Skagit County
      - Mount Baker Presbyterian Church **\$235,000.00** for Opioid Outreach
    - Supporting a prevention specialist in the Coupeville School District
      - NW ESD 189 **\$25,000.00** for School Prevention
    - Funding a Co-Responder with Skagit Sheriff's Office
      - Skagit County Public Health **\$150,907.00** for Co-Responder Services
- San Juan County Recovery Café Peer Support
  - Lopez Island Family Resource Center-Heart & Soul Café **\$28,260.00**
- Juvenile Treatment Services
  - Snohomish County Superior Court **\$51,000.00** for expansion of services for juveniles and families referred to Snohomish County probation.

#### **Motion #24-**

NS BH-ASO-Lopez Island Heart and Soul-PSC-23 Amendment 1 to provide additional funding for the Recovery Café on Lopez Island. The term of this agreement is November 1, 2023, with a new expiration date of June 30, 2025, based on continued compliance with the terms of the contract.

NS BH-ASO-Lifeline Connections-ICN-23 Amendment 5 to provide the funding for MAT services under this contract. The contract term is January 1, 2023, through December 31, 2025, with an automatic one-year renewal on January 1, 2026, based on continued compliance with the terms of the contract.

NS BH-ASO-Mount Baker Presbyterian Church-ICN-23 Amendment 1 to provide funding for Opioid Outreach services under this contract. The contract term is September 1, 2023, through August 31, 2025, with an automatic one-year renewal on September 1, 2025, based on continued compliance with the terms of the contract.

NS BH-ASO-Skagit County-Interlocal-23 Amendment 5 to provide the funding for Co-Responder services under this contract. The contract term is January 1, 2023, through December 31, 2025, with an automatic one-year renewal on January 1, 2026, based on continued compliance with the terms of the contract.

NS BH-ASO-NW ESD 189-PSC-23 Amendment 1 for the purpose of providing a prevention specialist in the Coupeville School District. The contract term is September 1, 2023, through August 31, 2024, based on continued compliance with the terms of the contract.

NS BH-ASO-Snohomish County Superior Court-ICN-23 Amendment 4 to provide additional funding to continue services under this contract. The contract term is January 1, 2023, through December 31, 2025, with an automatic one-year renewal on January 1, 2026, based on continued compliance with the terms of the contract.

**Program for Assertive Community Treatment (PACT)**

- Compass Health has two (2) PACT teams, in Skagit & Whatcom counties serving up to 150 individuals. The need continues to expand for these services. Compass Health is requesting seven (7) additional rotating slots. The slots are reserved for individuals moving on and off Medicaid due to reoccurring spend downs.

**Motion #24-**

NS BH-ASO-Compass Health-ICCN-23 Amendment 5 to provide funding to add additional PACT service funds under this contract. The contract term is January 1, 2023, through December 31, 2025, with an automatic one-year renewal on January 1, 2026, based on continued compliance with the terms of the contract.

**Evergreen Recovery Centers (placeholder)**

- Evergreen Recovery Centers is requesting funds to increase nursing staff at the withdrawal management facility in Everett. The funding request is for four (4) FTE nurses for a total annual ask is up to **\$724,880.00**.

**Lake Whatcom Center (placeholder)**

- Lake Whatcom Center is requesting funds for startup costs (staffing) for their Maplewood 16-bed Enhanced Service Facility for individuals transitioning out of hospital/institutional settings. The total ask is up to **\$775,570.00**.







# Spotlight: Opioid Outreach & Education Program

**HUMAN SERVICES** staff provide specialized opioid outreach activities throughout Snohomish County, including community-based trainings & education, awareness activities, & Narcan distribution. The Human Services Department coordinates with the Snohomish County Health Department & other entities to support Narcan distribution throughout the county, including community-based organizations & school districts.

Over 1,000 Narcan Kits  
Distributed in 2023

Over 500 Fentanyl Test  
Strips Distributed in 2023

1,143 Individuals Trained  
Thru 45 Trainings in 2023


## Opioid Outreach Specialist

### MAIN ROLES IN OUR COMMUNITY

- Outreach to individuals with Opioid Use Disorder as part of our Snohomish County Outreach Team (SCOUT) – assisting those individuals with assessment, treatment, housing, and other basic needs
- Community education – providing Naloxone and opioid trainings to community members, providing Narcan when available
- Work alongside the Snohomish County Health Department to update Snohomish Overdose Prevention website – used to register for trainings, request Narcan, etc.
- Connect community members to resources related to OUD – Opioid Use Disorder
- Work with law enforcement in different municipalities as a co-responder, introduce them to the SCOUT model


# Behavioral Health in Snohomish County

**BEHAVIORAL HEALTH** refers to mental health & substance use – the Substance Abuse & Mental Health Services Organization (SAMHSA) describes behavioral healthcare as the promotion of mental health, resilience, & well-being; the treatment of mental & substance use disorders; & the support of those who experience and/or are in recovery from these conditions, along with their families & their community.




### Overdose Deaths

Preliminary findings indicate that at least **270** residents lost their lives to an opioid-related overdose in 2023. Overdose deaths **doubled** from 2016–2021 for older residents aged 65–74 & from 2019–2022, **19** youth aged 14–19 died due to an overdose.




### Poor Mental Health Days

In 2021, **48.6%** of adults in Snohomish County reported at least 1 day of poor mental health out of the last 30 days. Women & Non-Hispanic White adults were about **twice as likely** to report 14 or more poor mental health days compared to male & BIPOC residents.




### Serious Mental Illness

The percentage of adults in Snohomish County with a Serious Mental Illness roughly **doubled** from 2015–2020 & **exceeds** the Washington State average.



### Anxiety & Depression

In 2023, **18%** of residents 55 & older reported feeling anxious, nervous, or on edge most days; of these older adults, **50%** also reported feeling lonely.



WASHINGTON STATE  
**healthy youth**  
2023 SURVEY

#### ACEs

Nearly **1 in 4** Snohomish County students in 8th, 10th, & 12th grade have an Adverse Childhood Experience (ACE) score of **three or more**. A parent or adult swearing, insulting, putting down, or humiliating, was the most commonly reported ACE across all grades.

#### Youth Anxiety

**More than half** of 8th, 10th, & 12th grade Snohomish County students reported feelings of nervousness, anxiety, & being on-edge; 12th graders reported the most anxiety at **67.4%**.

#### Youth Depression

At least **1 in 4** Snohomish County students in 8th grade indicated they had felt sad or hopeless, increasing to nearly **1 in 3** for 10th & 12th grade students.

#### Youth Bullying

**At least 1 in 10** Snohomish County students in 8th, 10th, & 12th grade said they were bullied because of their race, ethnicity, gender identity, or sexual orientation.

#### Suicide

Suicide is the **2nd leading cause of death** for WA teens aged 15–19.

Snohomish County’s behavioral health needs are not unique, but in some areas, our County has been impacted disproportionately in comparison to other counties in Washington.

With these complex behavioral health needs in Snohomish County, the State of Washington, through Medicaid Managed-Care Organizations (MCO’s) & Behavioral Health Administrative Services Organizations (BHASO’s), coordinate & contract for a variety of behavioral health treatment services, mental health, & substance use disorder for those residents who are indigent & low-income. Using a mixture of funding, including local dollars, Snohomish County Human Services provides treatment & prevention services to enhance the MCO/BHASO delivery system & services. To fill gaps, Human Services does this through a combination of subcontracted services & direct services.

Direct services provided by the Human Services Department can be found on page 2.



# Behavioral Health in Snohomish County – Solutions

Partner Program Highlights – *In addition to the direct services provided, HSD is taking the lead on efforts to better meet the behavioral health needs of Snohomish County residents. Highlights below:*

## **Carnegie Resource Center**

The Carnegie Resource Center is a gateway to a multitude of resources & training opportunities related to employment services, housing navigation, substance use disorder treatment, legal services, health insurance navigation, & public benefit enrollments. All services at the center are coordinated by Pioneer Human Services & walk-ins are welcome.

The program offers a one-stop shop location where local residents can engage with services providers, such as: Washington State DSHS, Snohomish County Human Services, managed care organizations (MCOs), Snohomish County Legal Services, Volunteers of America, Sunrise Services, Center for Human Services, & many more.

## **Snohomish County Diversion Center**

The Diversion Center is a 44-bed facility offering short-term placement & shelter to homeless adults with a substance use disorder & other behavioral health issues, diverting them away from incarceration & toward treatment. The center is staffed 24 hours a day by Emergency Medical Technicians (EMTs) & residential monitors. Staff on site provide medical & behavioral health screenings at intake & medical monitoring throughout a client's stay.

The Diversion Center accepts clients from the Snohomish County SCOUT team as well as Everett's Community Outreach & Enforcement Team (COET) & Marysville & Lynnwood embedded social workers.

## **North Sound Behavioral Health Treatment Center**

The North Sound Behavioral Health Treatment Center, located in Everett, hosts two residential treatment programs operated by Pioneer Human Services: Co-Occurring Residential Program (16 beds) & Opiate Use Disorder Program (16 beds).

- The Co-Occurring Residential Program (CORP) is a long-term residential treatment program for individuals dually diagnosed with substance use disorder & mental health issues, with a prescribed length of stay from 60-90 days.
- The Opiate Use Disorder (OUD) Program is the only short term & long-term residential treatment program of its kind in all of Washington state, & provides specialized residential treatment for men & women with severe opiate use disorder. The residential stay is 56-90 days.

## **Mobile Medications for Opioid Use Disorder (MOUD) Services**

HSD partners with Lynnwood Comprehensive Treatment Center to bring mobile Medications for Opioid Use Disorder (MOUD) services to the hard to reach, underserved, & vulnerable individuals in rural areas of Snohomish County. This program will utilize a mobile van to provide MOUD & counseling services, including Methadone, Suboxone, & Vivitrol induction & dosing in an effort to increase access to treatment for Opioid Use Disorders. Services are slated to begin in late 2024.

## **Student Support Advocate Program**

The Student Support Advocate Program provides supports for students and families identified as high risk for behavioral health issues. Student Support Advocates (SSAs) are placed in schools to help identify at-risk students' needs & connect students & families with vital services in & outside of the K-12 system. SSAs provide case management to youth & their families, including youth struggling with substance use, mental health, housing, & family-related issues. SSAs provide connections to housing services, substance use & mental health assessments, & treatment. HSD currently supports SSAs across 11 Snohomish County School Districts, spanning elementary to high school.

## **School-Based Mental Health & Co-Occurring Disorder Treatment**

HSD partners with multiple behavioral health agencies in Snohomish County to provide school-based mental health & co-occurring (mental health & substance use) services in multiple school districts within the County. These services are designed to reach youth who are in need of behavioral health services & who experience barriers to accessing those services.

# Behavioral Health in Snohomish County – Solutions

## Direct Services Provided by the Human Services Department (HSD)

<b>Snohomish County Crisis Services</b>	The crisis program provides flexible & comprehensive community-based crisis services available to anyone in Snohomish County. A team of dedicated, independently licensed, & designated behavioral health professionals are available 24 hours a day, including holidays & weekends. Immediate response services are provided to individuals within Snohomish County who may be experiencing a behavioral health or substance use related crisis. Licensed professionals can provide crisis stabilization services & resource connections for up to two weeks & evaluate individuals who may require emergency behavioral health hospitalization.
<b>Behavioral Health Jail Transition Services (JTS)</b>	Program aims to facilitate the successful transition of inmates with mental health issues from incarceration into community mental health treatment programs. In the JTS Program, Snohomish County Human Services links inmates to one of the five Managed Care Organizations (MCOs) or community providers (Sunrise Services) who address additional needs & work with inmates towards rehabilitation, recovery, & reintegration. The goal of JTS is to reduce recidivism by facilitating the provision of mental health treatment & additional supportive services.
<b>Jail Services Coordinator</b>	HSD staff work directly with inmates with multiple social service needs to coordinate an array of services, including access to in-jail substance use disorder (SUD) assessment & treatment.
<b>Jail Health Care Enrollment</b>	HSD staff assist inmates in applying for health coverage through Medicaid to assure access to medical care, counseling, & medications upon release.
<b>Women &amp; Men in Recovery &amp; Prevention Services Program (WRAPS)</b>	WRAPS provides support for individuals impacted by a behavioral health issue who are living in publicly funded housing. These vital services help these individuals maintain their housing & their recovery.
<b>Opioid Outreach &amp; Education</b>	HSD staff provide specialized opioid outreach activities throughout Snohomish County, including community-based trainings & education, awareness activities, & Narcan distribution. In 2023, Snohomish County Human Services Behavioral Health distributed 1,250 Narcan kits, in addition to kits from partner agencies. HSD staff coordinate with the Snohomish Health Department & other entities to support Narcan distribution throughout the county, including community-based organizations & school districts.
<b>Behavioral Health Support at Denney Juvenile Justice Center (DJJC)</b>	HSD staff embedded at Denney Juvenile Justice Center provide behavioral health support to youth in detention at the DJJC. Staff focus on crisis support & stabilization services, & work with corrections staff to maximize safety & supportive programming.
<b>Children's Mental Health Liaison</b>	This HSD staff member's role is to design strategic activities to support youth, family, & community resilience. Staff provide schools, community-based organizations, & other professionals with the resources needed to support the wellness & resilience of clients & staff.
<b>Snohomish County Outreach Team (SCOUT)</b>	HSD currently has a total of 9 full-time social service specialists providing outreach & engagement to those in our community with unmet behavioral health needs who are unhoused. We have Scout Team members embedded in the Snohomish County Sheriff's Office, Arlington Police Department, Monroe Police Department, Community Transit, & the Snohomish County Jail, along with Scout Team members working independently throughout the County. Our Scout team facilitates access to our County Diversion Center, behavioral health treatment, & can assist with accessing housing & other needed resources.