

June 17,  
2022

## *2022 Program Presentations*

THURSTON COUNTY  
TREATMENT SALES TAX  
ADVISORY COMMITTEE



Youth Outpatient Treatment

Juvenile Justice Behavioral Health Alternative

Equine Assisted Youth Peer Support

Children's Mobile Crisis

Children's Mobile Crisis - Juvenile Justice

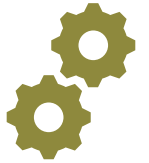
Wraparound with Intensive Services

Transition Aged Youth Wraparound with Intensive Services (New 2022)

Multisystemic Therapy

# YOUTH OUTPATIENT TREATMENT

## *Background*



### NUTS & BOLTS

- Administered by the Thurston-Mason Behavioral Health Administrative Services Organization
- YOT provides services to youth ages 13-19 with a substance use disorder who voluntarily agree to engage in treatment. Services may include individual and/or group treatment, intensive outpatient treatment, individual family sessions and regular urinalysis (UA) testing.

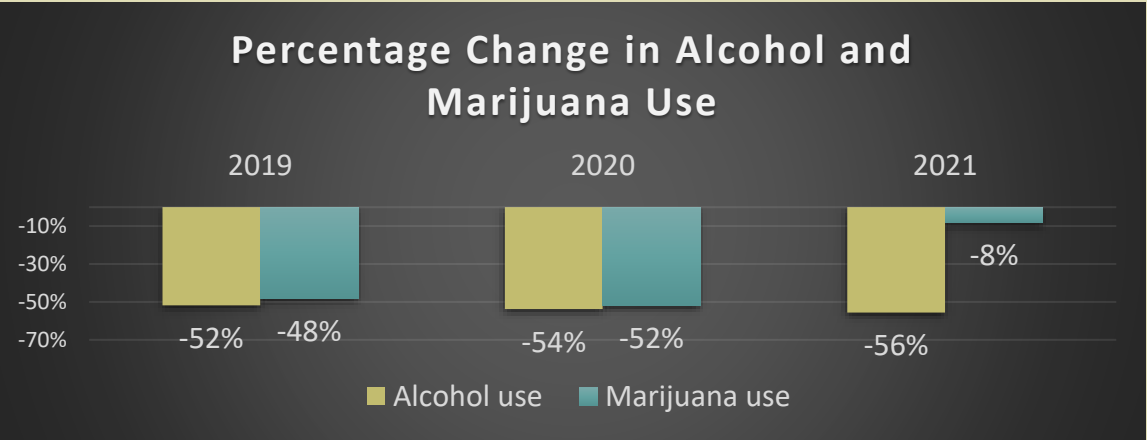
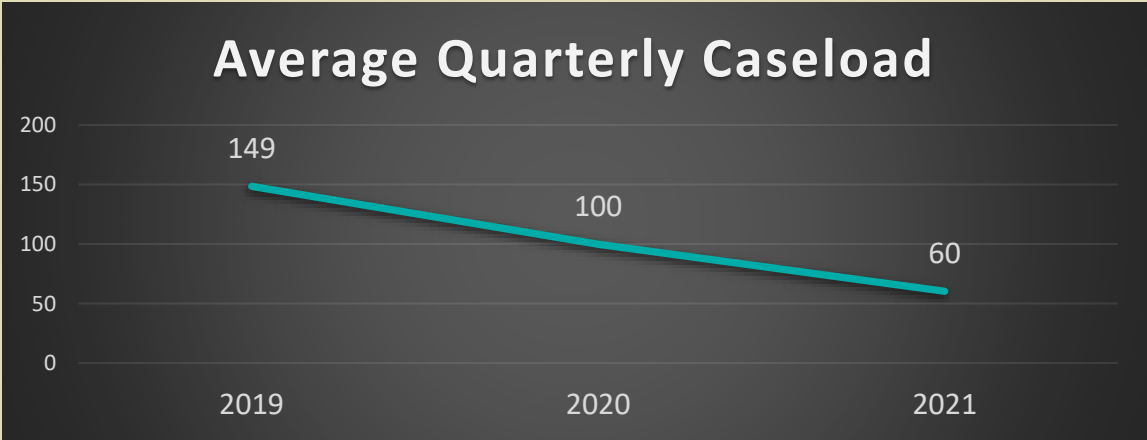
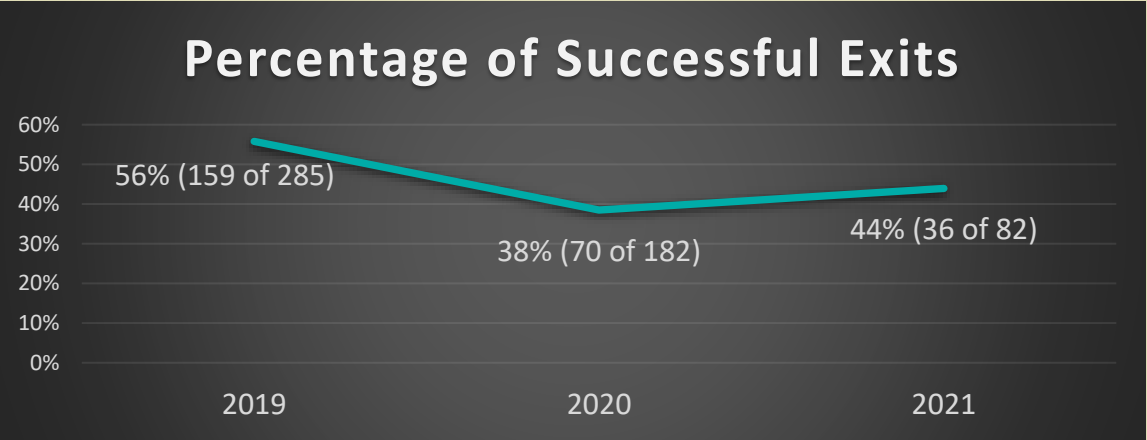
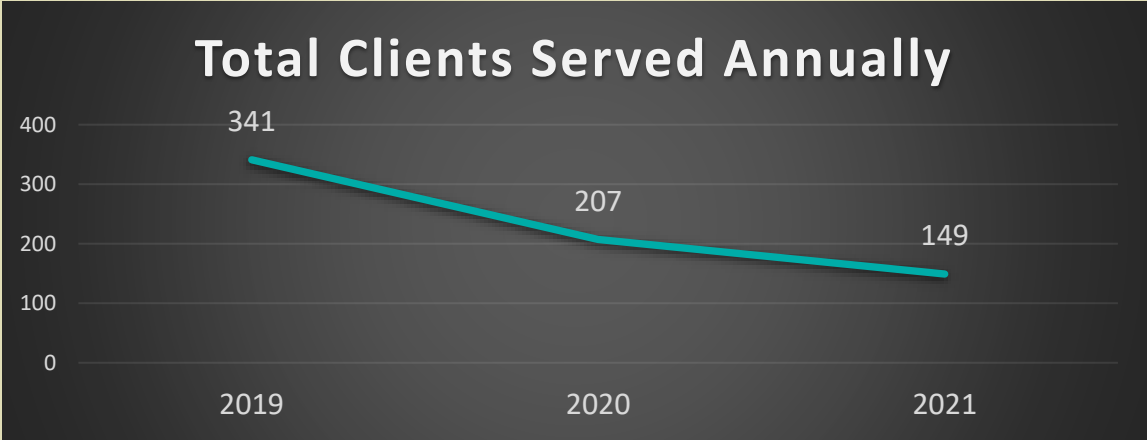
| Year | Budget    | Actual    | Variance |
|------|-----------|-----------|----------|
| 2020 | \$165,000 | \$158,765 | \$6,235  |
| 2021 | \$165,000 | \$122,531 | \$42,469 |
| 2022 | \$171,600 | NA        | NA       |

# YOUTH OUTPATIENT TREATMENT

*Data*



## SELECTED MEASURES



# YOUTH OUTPATIENT TREATMENT

## Highlights



### PARADISE FOUND

- All students who need behavioral health treatment are identified, assessed, and provided evidence-based services and ongoing support



### WIND IN YOUR SAILS

- Student Assistance Professional (SAP) staff embedded in 5 districts in Thurston County
- Providing a full spectrum of services from prevention through recovery
- Co-Occurring Pilot



### ANCHORS & ROCKS

- Siloed behavioral health system
- Lack of funding for a full spectrum of services

### EQUITY

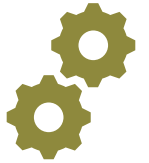
- ESD Strategic Goal: ***Eradicate Racism: We confront inequity based on race and recognize and address our own biases.***
- Ongoing monthly professional development opportunities at both ESD and Student Support levels
- Participation on the ESD Equity Team

### WHAT ELSE?

- Q1 2022 - service hours are the highest they have been since the COVID pandemic started

# JUVENILE JUSTICE BEHAVIORAL HEALTH ALTERNATIVE

## *Background*



### NUTS & BOLTS

- Administered by the Thurston County Juvenile Court
- JJBHA is an intensive supervision model for youthful offenders with mental health or substance use disorders. The intent of the program is to immediately intervene in the lives of eligible, criminal-justice involved youth with mental health services, substance use treatment, and developmentally appropriate support services.

| Year | Budget    | Actual    | Variance |
|------|-----------|-----------|----------|
| 2020 | \$205,331 | \$157,764 | \$47,567 |
| 2021 | \$261,578 | \$246,619 | \$14,959 |
| 2022 | \$265,273 | NA        | NA       |

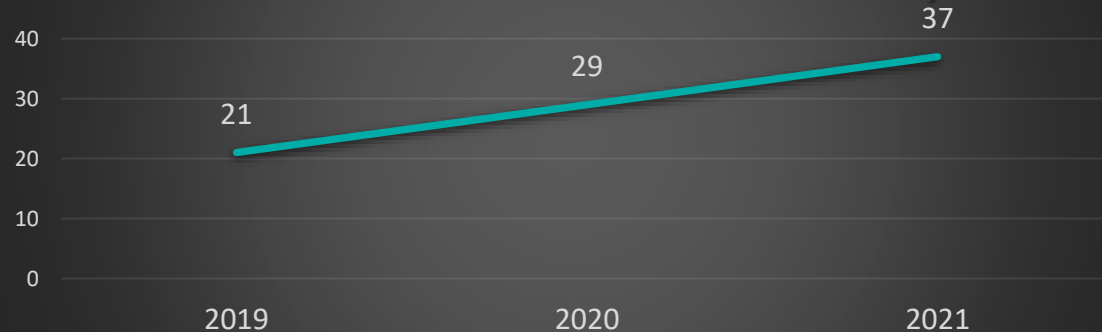
# JUVENILE JUSTICE BEHAVIORAL HEALTH ALTERNATIVE

## Data

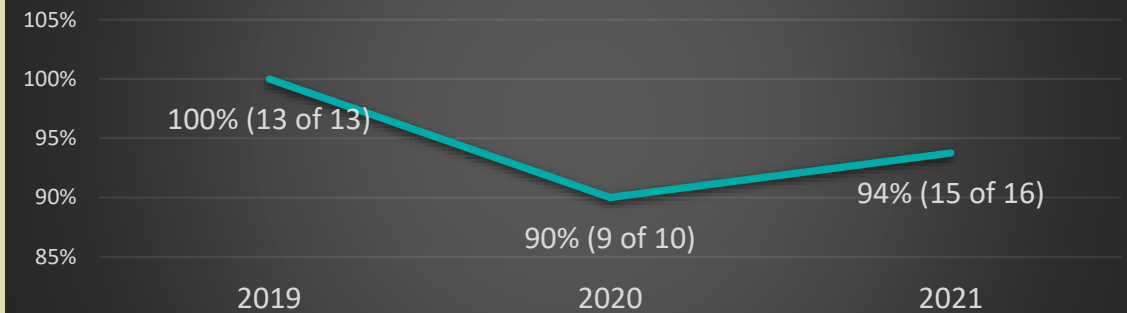


### SELECTED MEASURES

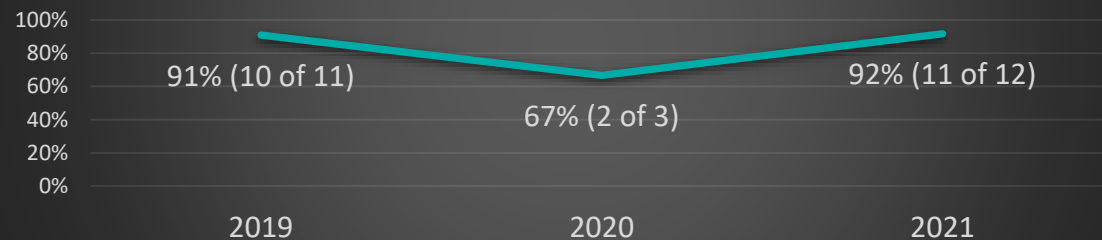
#### Total Clients Served Annually



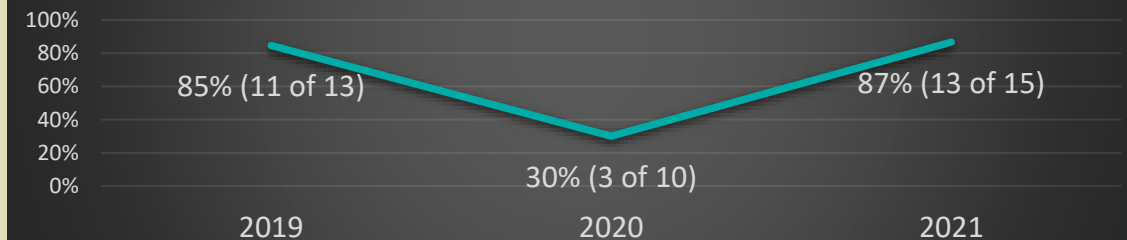
#### Percentage of Successful Exits



#### Percentage of Clients with Reduced Substance Use



#### Percentage of Clients with Improved Mental Health



# JUVENILE JUSTICE BEHAVIORAL HEALTH ALTERNATIVE

## Highlights



### PARADISE FOUND

- Provide pro-social activities and incentives to acknowledge compliance and positive growth



### WIND IN YOUR SAILS

- Good partnership with community service providers (CCS, True North, CYS and EAYPS)
- Revamp of TCJC Youth Development Program
- Increased communication with Intake JPC's
- One consistent Court Commissioner



### ANCHORS & ROCKS

- Lack of funding to provide services to youth with private insurance (inpatient and WISe)

### EQUITY

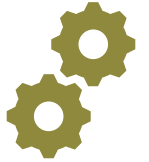
- Staff training in Diversity, Equity and Inclusion
- Data collection of gender identity, sexual identity, race and ethnicity

### WHAT ELSE?

- We are very excited to participate in a project to beautify the courtyard at the Main Courthouse. This area is often used for wedding photos of people getting married at the Courthouse, of which many are from marginalized populations.

# EQUINE ASSISTED YOUTH PEER SUPPORT

## *Background*



### NUTS & BOLTS

- Administered by the Thurston County Juvenile Court
- EAYPS provides youth who are receiving services through any program at the Juvenile Court and who have mental health or substance use disorders with equine therapy and peer support.

| Year | Budget   | Actual   | Variance |
|------|----------|----------|----------|
| 2020 | \$53,120 | \$53,120 | \$0      |
| 2021 | \$53,120 | \$53,120 | \$0      |
| 2022 | \$53,120 | NA       | NA       |

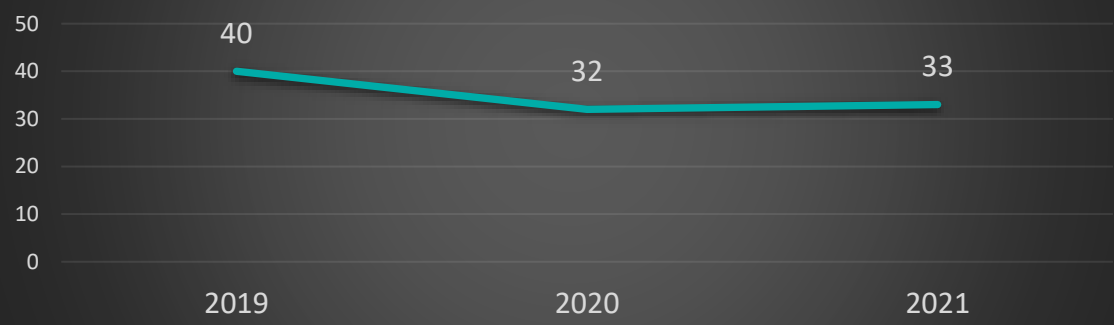
# EQUINE ASSISTED YOUTH PEER SUPPORT

Data

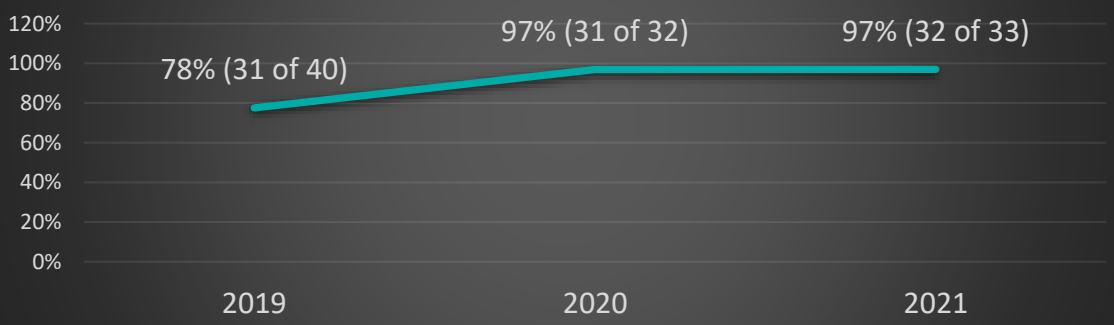


## SELECTED MEASURES

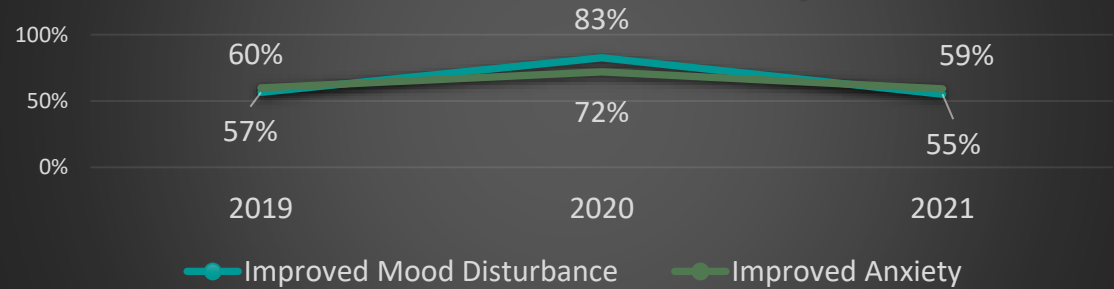
Total Clients Served Annually



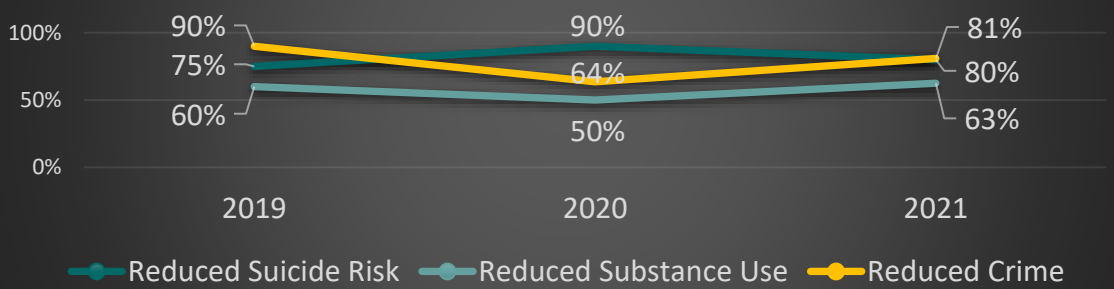
Percentage of Successful Exits



Percentage of Clients with Improved Mood Disturbance and Anxiety



Percentage of Clients with Reduced Suicide Risk, Substance Use, and Crime



# EQUINE ASSISTED YOUTH PEER SUPPORT

## Highlights



### PARADISE FOUND

- Year-round program for youth who want to continue
- Additional six-week cohorts
- Parent program



### WIND IN YOUR SAILS

- Steady program engagement
- Transportation assistance from TCJC staff
- Communication with TCJC staff
- Success stories from youth



### ANCHORS & ROCKS

- Long-term, sustainable funding

### EQUITY

- The addition of “inclusion” as a core value in the curriculum. The lesson “Clique vs. Community” is about finding safety and acceptance in a healthy community that values diversity and inclusion.
- Staff training in Diversity, Equity and Inclusion

### WHAT ELSE?

- We are thrilled to receive the TST Community Grant to expand EAYPS services

# CHILDREN’S MOBILE CRISIS

## Background



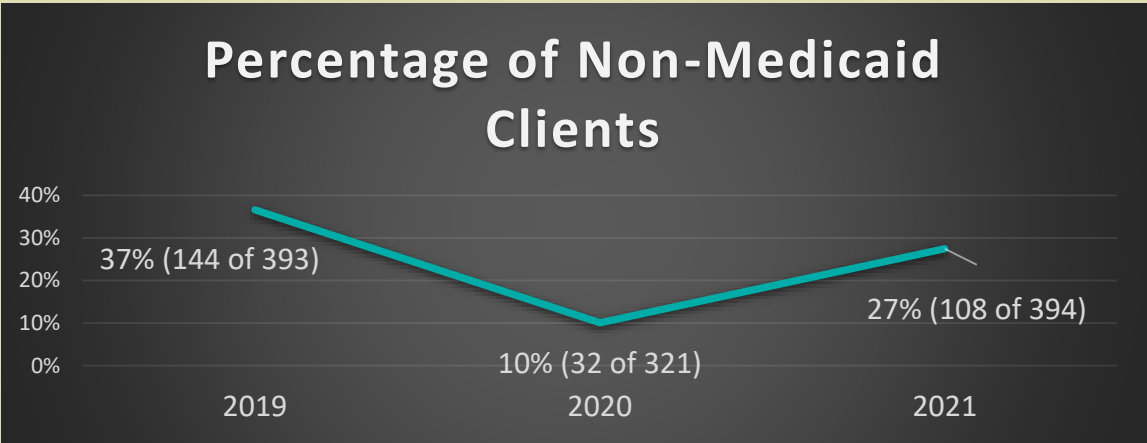
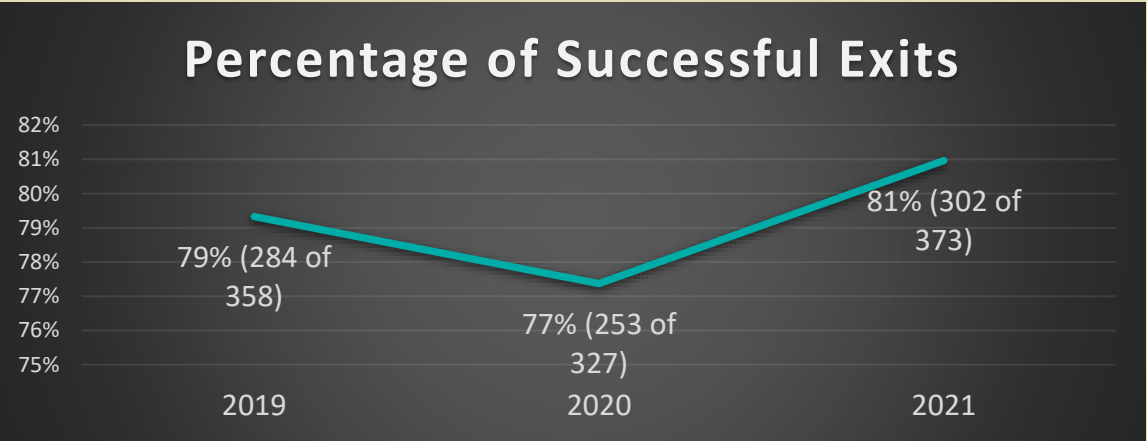
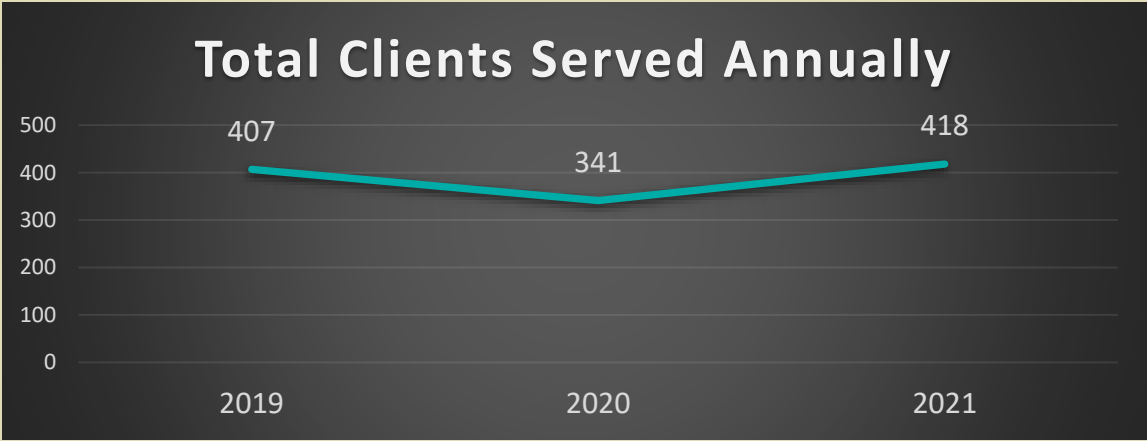
### NUTS & BOLTS

- Administered by Thurston-Mason Behavioral Health Administrative Services Organization
- Provides community-based crisis and stabilization service for youth (up to age 21) residing in Thurston County experiencing a crisis that cannot be managed with traditional outpatient mental health services alone or are at risk of being hospitalized, their families, and others involved in the support of the child/youth. Service may include assessment, crisis response and intervention, high-intensity and community supports, and extended stabilization care.

| Year | Budget    | Actual    | Variance  |
|------|-----------|-----------|-----------|
| 2020 | \$106,466 | \$140,036 | -\$33,570 |
| 2021 | \$106,466 | \$156,288 | -\$49,822 |
| 2022 | \$260,036 | NA        | NA        |



## SELECTED MEASURES



# CHILDREN'S MOBILE CRISIS

## Highlights



### PARADISE FOUND

- We are excited about transitioning from our current model to the State's identified model, Mobile Response and Stabilization Services (MRSS)
- Fully staffed including use of peer support specialists



### WIND IN YOUR SAILS

- The Crisis work we are currently doing mostly aligns with the MRSS model, and we are taking the last step – incorporating Peer Counselors into services – using our current, skilled peer staff
- Serving significantly more youth/families as needs have increased in 2022



### ANCHORS & ROCKS

- Recent changes to the Crisis Stabilization Program have resulted in staff turnover, and we're hiring and training new staff now in our new model
- The impact of the ongoing pandemic is a significant increase in acuity, severity, and requests for crisis services

### EQUITY

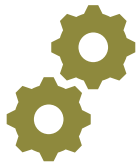
- Completion of the next steps for our equity and inclusion planning with our upcoming LGBTQIA+ training

### WHAT ELSE?

- We have implemented an evidence-based intervention into our Crisis Stabilization services. The new model provides a relatively quick intervention based on best practice (4 weeks) to help kids and families address anxiety, depression, behavior management and trauma

# CHILDREN’S MOBILE CRISIS – JUVENILE JUSTICE

## *Background*



### NUTS & BOLTS

- Administered by Thurston-Mason Behavioral Health Administrative Services Organization
- Provides mental health services to youth in detention/ juvenile court including assessments, crisis services, stabilization and connection to community resources upon release. Mid 2021, this program was launched as a replacement for Juvenile Court and Detention Transitions.

| Year | Budget   | Actual   | Variance |
|------|----------|----------|----------|
| 2021 | \$47,800 | \$47,800 | \$0      |
| 2022 | \$99,425 | NA       | NA       |

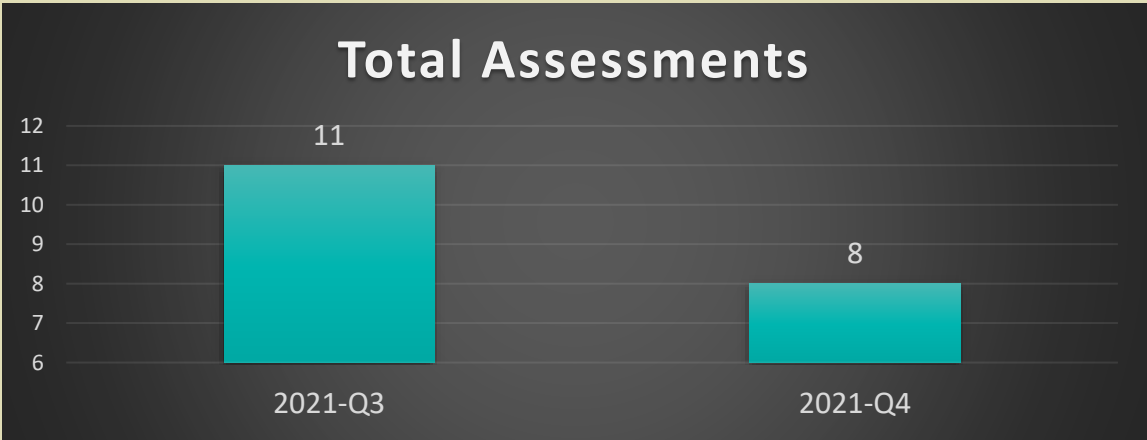
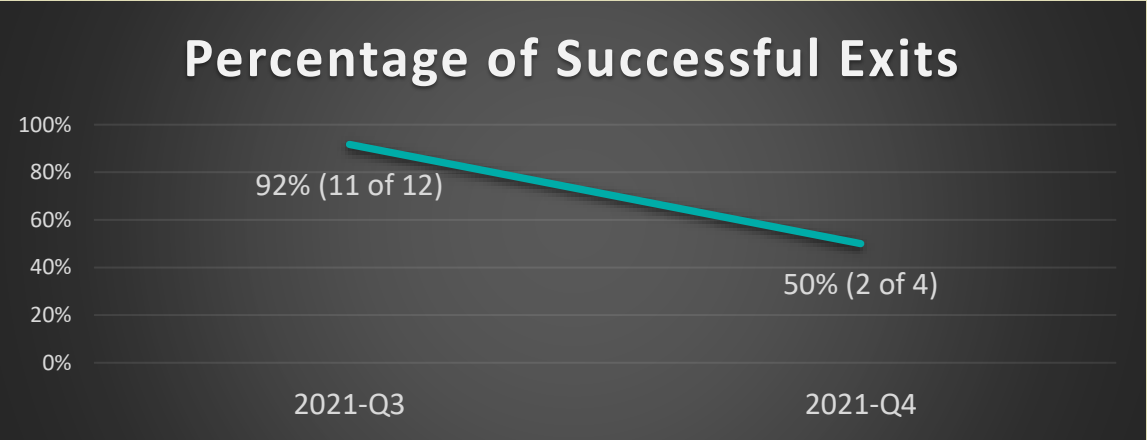
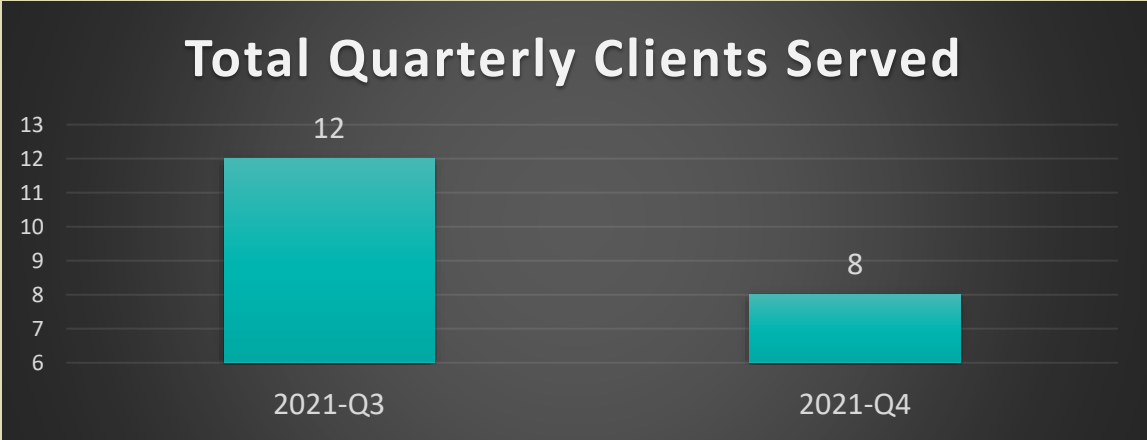
# CHILDREN’S MOBILE CRISIS – JUVENILE JUSTICE

Data



\*Program started collecting data in 2021-Q3.

## SELECTED MEASURES



# CHILDREN'S MOBILE CRISIS – JUVENILE JUSTICE

## Highlights



### PARADISE FOUND

- We want to learn as much as we can about local needs for youth in the Juvenile Justice system and partner to help families get help



### WIND IN YOUR SAILS

- We are so happy about our partnerships in Thurston County. Our teams are really learning to work together – the program is identifying kids who might not otherwise get the help they need



### ANCHORS & ROCKS

- We haven't identified barriers that haven't been addressed yet – we're enjoying the new partnership and new learning

### EQUITY

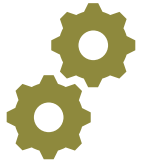
- Continuing to work with our IDEAL group to complete LGBTQIA+ training (upcoming) and to identify the next steps to constantly improve our sensitivity to the needs of kids and families from various cultures.

### WHAT ELSE?

- The Thurston County program has been active for about 9 months
- Peer support services will be added to the available resources in the near future

# WRAPAROUND WITH INTENSIVE SERVICES

## *Background*



### NUTS & BOLTS

- Administered by the Thurston-Mason Behavioral Health Administrative Services Organization
- WISe supports families with children ages 5-20 who are at high risk for criminal justice involvement due to complex problem behaviors and/or mental illness community-based treatment planning process with adjunctive therapy.

| Year | Budget    | Actual    | Variance |
|------|-----------|-----------|----------|
| 2020 | \$442,127 | \$415,914 | \$26,213 |
| 2021 | \$442,127 | \$435,824 | \$6,303  |
| 2022 | \$539,812 | NA        | NA       |

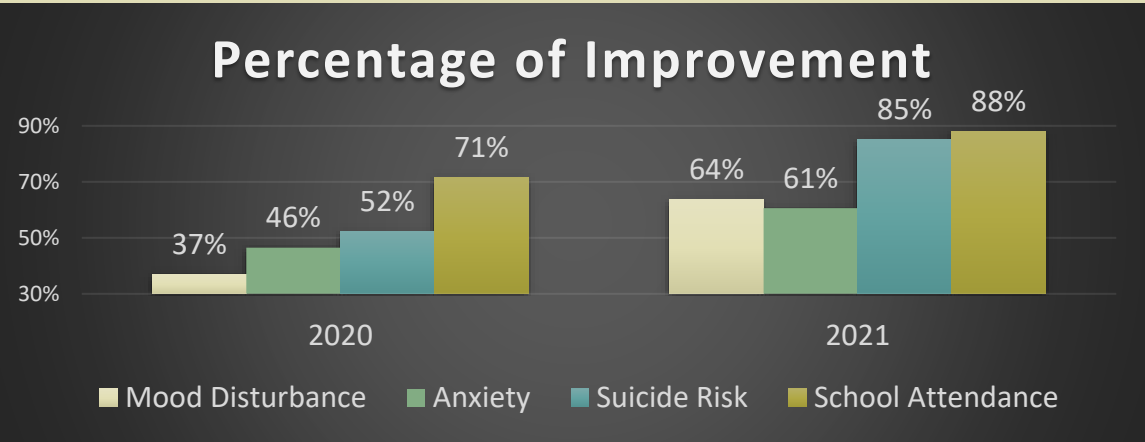
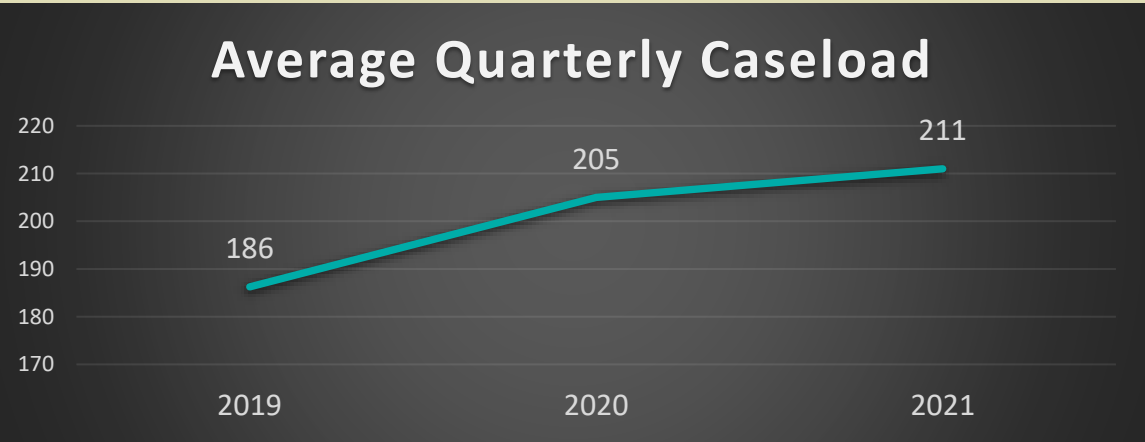
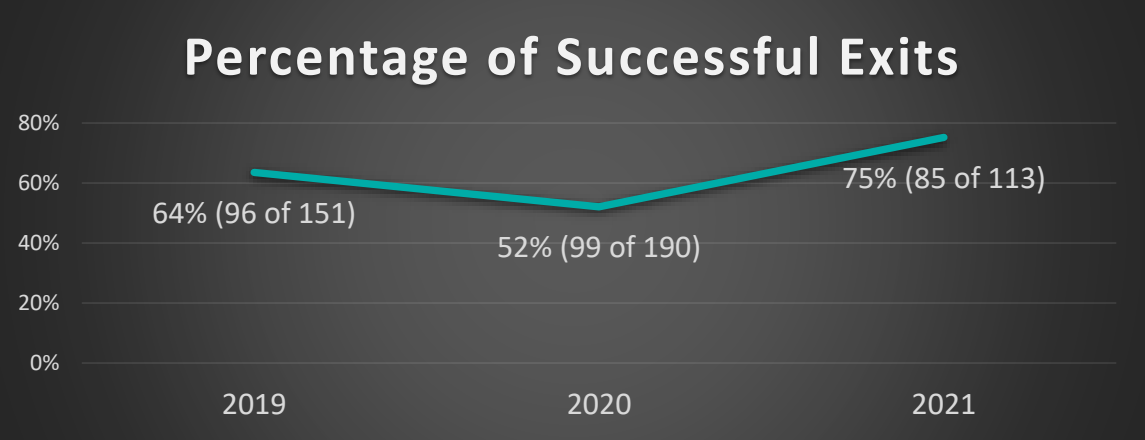
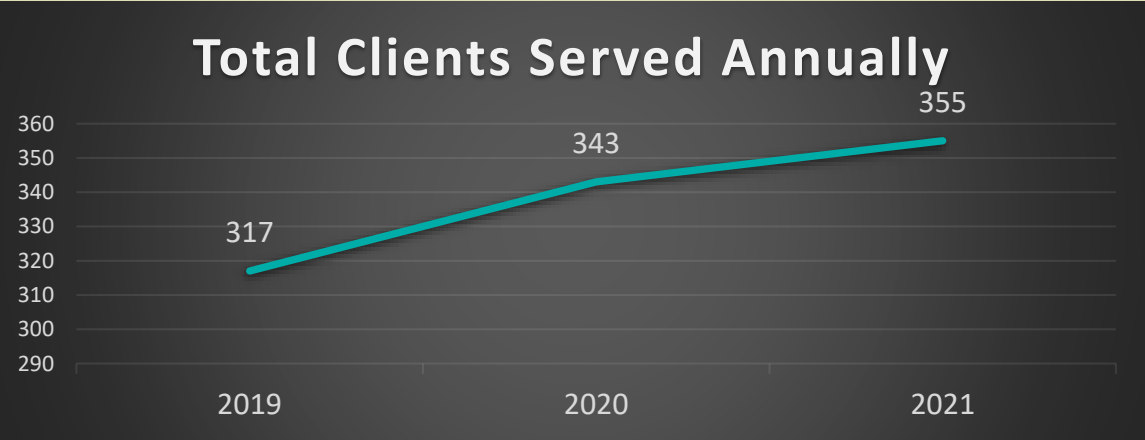
# WRAPAROUND WITH INTENSIVE SERVICES

## Data



\*Improvement Marker data collection began in 2020.

### SELECTED MEASURES



# WRAPAROUND WITH INTENSIVE SERVICES

## Highlights



### PARADISE FOUND

- To be able to serve families who need WISE right away, when they need the help
- Fully staffed – operating at full capacity
- Continue to produce strong clinical outcomes



### WIND IN YOUR SAILS

- Wonderful community support and partnerships from all of the child serving systems and providers
- Full fidelity Wraparound and adherence to the WISE Manual
- Strong clinical outcomes measured through pre-post CANS



### ANCHORS & ROCKS

- The level of need in the community – a lot of kids need WISE resulting in long waitlists
- Challenge of moving kids and families through services efficiently so we can close interventions and open new ones
- Maintaining full workforce

### EQUITY

- Completing LGBTQIA+ training with our partner (scheduled for July) to continue our efforts toward cultural competency

### WHAT ELSE?

- We are working with our cross-system WISE Operations team to make plans to ensure efficient movement through the WISE process and appropriate transition times, which will help reduce the waitlist
- Non-Medicaid children/youth have great need – there are currently 26 non-Medicaid children/youth on the WISE waitlist (includes those waiting for CCS and CYS WISE services)

# TRANSITION AGED YOUTH WRAPAROUND WITH INTENSIVE SERVICES

## Background



### NUTS & BOLTS

- Administered by the Thurston-Mason Behavioral Health Administrative Services Organization
- TAY WISe provides intensive, individualized care planning and treatment for Thurston County youth (ages 15-21) who are either in or at risk of entering the justice system due to severe mental/behavioral challenges and/or substance abuse, with the goal to improve behavior and functioning and thus reduce the number of children placed in therapeutic foster care, residential treatment center, and long-term hospitalization.
- New in 2022! In Quarter 1:
  - 29 referrals
  - 29 total served during the quarter, 3 non-Medicaid
  - 0 Non-Medicaid clients on the waitlist
  - 50% successful exits (2 of 4)

| Year | Budget   | Actual | Variance |
|------|----------|--------|----------|
| 2022 | \$80,000 | NA     | NA       |

# TRANSITION AGED YOUTH WRAPAROUND WITH INTENSIVE SERVICES

## Highlights



### PARADISE FOUND

- Fully staffed; staff retention; ongoing training; at full capacity
- Adherence to the WISe Manual and model - significant clinical outcomes
- Excellent reputation – evidence-based, collaborative, innovative, fully integrated care
- Diverse workforce – able to serve diverse population



### WIND IN YOUR SAILS

- New management and direct staff – fresh perspective and commitment to continuous quality improvement
- Significant increase in staff diversity and expertise
- Increased community collaboration – resulting in enhanced partnerships and increased referrals, e.g., resourcing and outreach with local high schools



### ANCHORS & ROCKS

- Workforce shortage – almost complete turnover in staff including TAY Director and Supervisors – DOH delays also impacting capacity
- Staff burnout – shifts in leadership, dual roles, increased use of sick time, etc.
- Ongoing impact of pandemic – fatigue, increased acuity/severity of client needs, increased trauma/violence, long waitlists for appropriate supports, etc.

### EQUITY

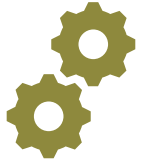
- Easily accessible and utilized cultural consults and trainings for staff – Pnuma training
- Frequent and normal conversations about diversity, equity, and inclusion (DEI) in our culture from individual and group supervisions to program meetings
- Increased representation of staff who live and reflect these values in our work with youth, families, and community stakeholders

### WHAT ELSE?

- There are currently long waitlists for all levels of care (outpatient, intensive outpatient, inpatient, long-term inpatient) making it difficult for youth/families to access appropriate care and for programs to manage the need
- The non-Medicaid population continues to have great need - there are currently 26 non-Medicaid on the WISe waitlist for all ages (CYS and CCS combined)

# MULTISYSTEMIC THERAPY

## *Background*



### NUTS & BOLTS

- Administered by the Thurston-Mason Behavioral Health Administrative Services Organization
- MST is a treatment program used with severely behaviorally challenged juvenile offenders, youth with substance use disorders, and at-risk youth aged 12-18. Therapy focuses on promoting positive social behavior while decreasing antisocial behavior and can occur in a home, school or other community setting.

| Year | Budget                 | Actual    | Variance  |
|------|------------------------|-----------|-----------|
| 2020 | \$410,744              | \$248,212 | \$162,532 |
| 2021 | \$410,744              | \$172,735 | \$238,009 |
| 2022 | \$427,174 <sup>1</sup> | NA        | NA        |

<sup>1</sup> Figure represents original budget allocation- approval has since been provided to shift funds to WISE and TAY-WISE to account for anticipated underspending.

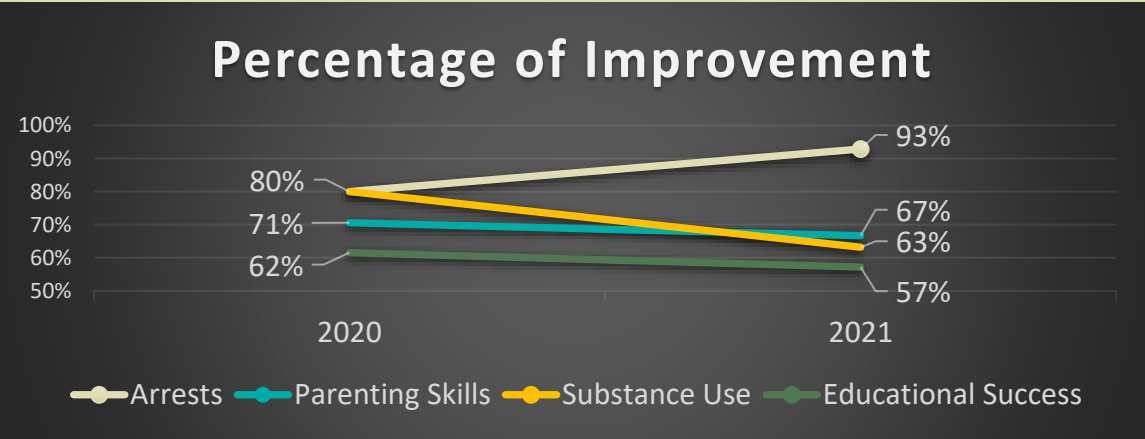
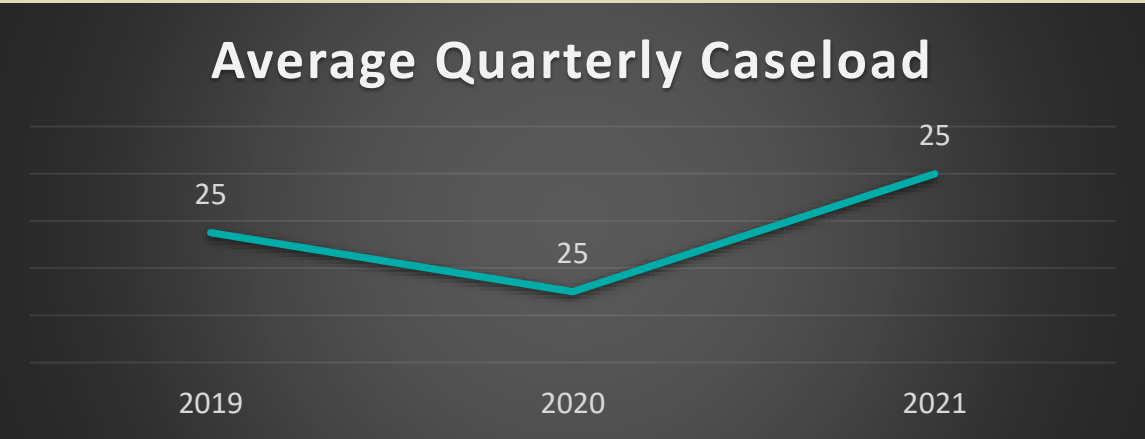
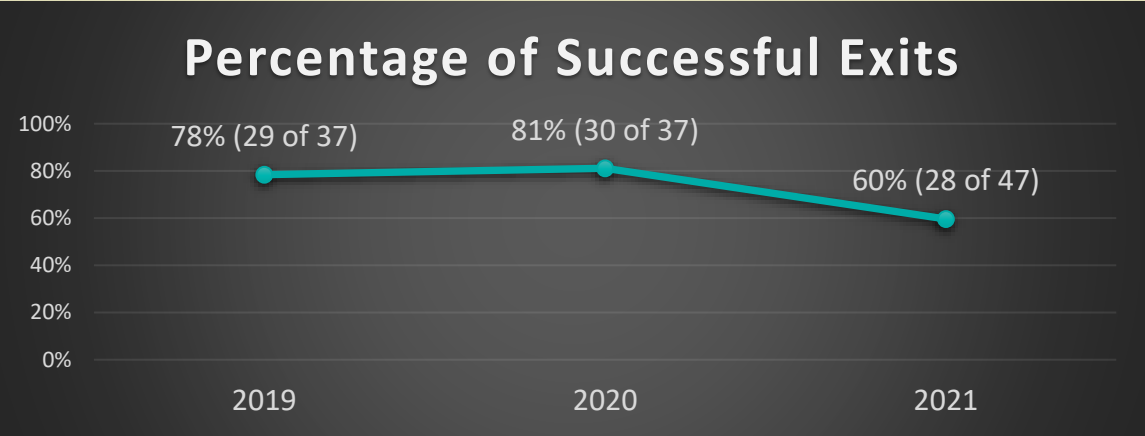
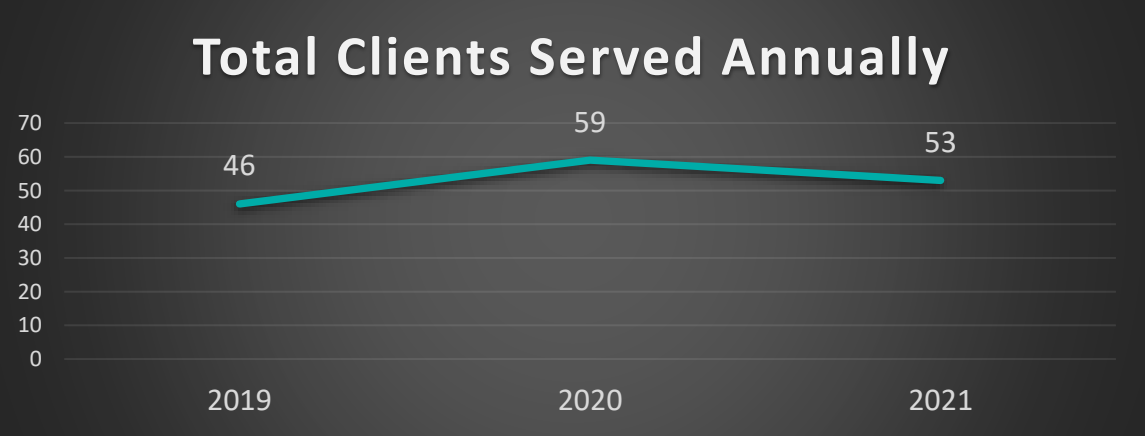
# MULTISYSTEMIC THERAPY

Data



\*Improvement Marker data collection began in 2020.

## SELECTED MEASURES



# MULTISYSTEMIC THERAPY

## Highlights



### PARADISE FOUND

- Fully staffed (6 therapists + Supervisor); staff retention; ongoing training; at full capacity (approximately 30 clients)
- Continued MST model fidelity with significant clinical outcomes
- Excellent reputation – evidence-based, collaborative, innovative, fully integrated care
- Diverse workforce – able to serve diverse population



### WIND IN YOUR SAILS

- Recently hired 3 clinicians and filled Director position – taking on more cases
- Now able to serve the less severe IDD population
- Increased community collaboration – resulting in enhanced partnerships and increased referrals, e.g., resourcing and outreach with local high schools



### ANCHORS & ROCKS

- Workforce shortage – staff turnover including MST Director - DOH delays further impacting capacity
- Staff burnout – shifts in management, dual roles, changes in roles/dynamics, increased use of sick time, etc.
- Ongoing impact of pandemic – fatigue, increased acuity/severity of client needs, increased trauma/violence, long waitlists for appropriate supports, etc.

### EQUITY

- Easily accessible and utilized cultural consults and trainings for staff – Pneuma training
- Frequent and normal conversations about diversity, equity, and inclusion (DEI) in our culture from individual and group supervisions to program meetings
- Increased representation of staff who live and reflect these values in our work with youth, families, and community stakeholders

### WHAT ELSE?

- There are currently long waitlists for all levels of care (outpatient, intensive outpatient, inpatient, long-term inpatient) making it difficult for youth/families to access appropriate care including MST) and for programs to manage the need
- There are currently 18 youth on the MST waitlist