

# Prenatal- Age 25 Behavioral Health Legislative implementation webinar with Q&A

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December 19, 2022

# Housekeeping

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- ▶ Please mute yourself if you are not speaking
- ▶ Raise your hand if you want to speak
- ▶ This time is for you. We welcome questions, comments, and feedback
  - ▶ During the presentation, please add your questions to the chat and we will answer in the chat and/or during the Q&A.
- ▶ If we cannot answer your question on this call, we will follow-up after the meeting.

# Disclaimer

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- ▶ This Zoom meeting is being recorded and will be posted to the HCA [Prenatal, child, and young adult behavioral health services](#) page.
- ▶ This recording is open to public disclosure.
- ▶ Please do not disclose any private or confidential information.

# Agenda

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Children's Long-term Inpatient Program expansion (CLIP)

Education for discharge planners for safe and stable housing for youth and young adults

Gray's Harbor family preservation for pregnant and parenting women

Neurodevelopmental Behavioral Treatment Center (NBTC) formerly Habilitative Mental Health (HMH)

New Journeys

Parent Child Assistance Program

Parent Portal

Regional Youth Behavioral Health Navigator

Short-term Residential Crisis Stabilization Program (RCSP)

Substance Use Disorder (SUD) Family Navigators and Family SUD education and curriculum

# Meet the presenters

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LaRessa Foure, Children's Long-term Inpatient Program (CLIP) administrator

Mandy Huber, Program administer, Behavioral Health Policy Children's Long-term Inpatient Program (CLIP)

Amy Dura, Youth and Young Adult Co-occurring Program Manager

Edward Michael, Regional Youth Behavioral Health Navigator Program lead

Diana Cockrell, Section Manager, Prenatal to 25 Lifespan Behavioral Health & Substance Use

Ashley Mangum, Director, Kids Mental Health Pierce County

Gina Cabiddu, Program Coordinator, Kids Mental Health Pierce County

Rachel Baxter, Behavioral Health Transition Age Youth (16-25) Stable Housing Policy lead

Stefanie Robinson, Chief Operation Officer

Sarah Pine, Pregnant & Parenting programs and special projects, Program Manager

Becky Daughtry, First Episode Psychosis Policy & Project lead

Cammie Perretta, First Episode Psychosis Program Manager

Ashley Amelia Pina, Pregnant & Parenting SUD Policy Administrator

# Children's Long-term Inpatient Program (CLIP) expansion

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# Children's Long-term Inpatient Program (CLIP) expansion

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01.

## Overview

- The most intensive, long-term, inpatient psychiatric treatment available to Washington State residents.
- Available to Washington State youth, ages 5 to 17.
- Funded 50/50 match of federal and state Medicaid dollars.
- A planned inpatient treatment course that includes multidisciplinary psychiatric treatment.
- The goal of CLIP treatment is to transition the child or youth back to their home, family, and community at the earliest clinically indicated time possible.

02.

## Expansion and Implementation

- Increase the number of bed and rates for contracted community children's long-term inpatient program (CLIP) providers.
- The number of beds is increased on the phased in basis to 62 beds by the end of the FY 2022 and to 71 beds by the end of FY 2023.
- The rates are increased by two percent effective July 1, 2021, and by additional 4.5% effective January 1, 2023.

# Children's Long-term Inpatient Program (CLIP) expansion

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03.

## CLIP bed capacity

- Bed utilization changes daily
- Current availability: 52 beds
- Monthly average: 37 beds

04.

## Provider updates

- Identify potential providers
- Interested providers touring CLIP facilities
- Discussions with other providers

05.

## Provider challenges

- Workforce shortages and meeting staffing requirements
- Competitive rates to hire and retain staff
- Permitting and licensing process



# Education for discharge planners for safe and stable housing for youth and young adults

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# Education for discharge planners for safe and stable housing for youth and young adults

Overview	Overview	1860 & 1905 Planning	Education & Tools	Resources
<p><b>Substitute Senate Bill 6560:</b> prevents young people from experiencing homelessness after being discharged from a public system of care.</p> <p><i>Public Systems of Care</i> is defined as “as the child welfare system, behavioral health system, and juvenile justice system, and OHY programs”. (A Way Home Washington, 2018)</p> <p>The bill was codified into RCWs 43.330.700 and 46.20.117</p>	<p><b>SSHB 1860:</b> Discharge Planning</p> <p><b>SSHB 1905:</b> Rapid Response Team</p> <p><u>Safe and supportive transition to stable housing for youth ages 16-25 Best practice recommendations for strong supportive communities</u></p>	<p>Waiver requested to ensure Transition Age Youth have insurance coverage 30 days prior to their release.</p> <p>Medicaid rules do not allow coverage while in a juvenile justice facility</p> <p>Notification Systems’</p> <p>Rapid Response Team</p>	<p>Interagency work groups, convened by Department of Children Youth &amp; Families connected to obligations under 1905</p> <p>HCA workgroups Inclusive of staff across all HCA sections</p> <p><a href="#">Data, Payment, Policy and Training</a></p> <p>Discharge Planners toolkit</p> <p><a href="#">Pathways to Housing website</a></p>	<p><a href="#">Housing for Transitioning Youth</a></p> <p><a href="#">From Inpatient treatment to Homelessness report</a></p> <p><a href="#">The office of Homeless Youth, report, dashboard</a></p> <p><a href="#">Senate Substitute Bill 6560</a></p>

# Gray's Harbor family preservation for pregnant and parenting women

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**Gray's Harbor  
family preservation  
for pregnant and  
parenting  
individuals**

# Pregnant & Parenting Family SUD Policy Administrator

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Develop, administer, and manage the Division of Behavioral Health and Recovery (DBHR) Substance Use Disorder (SUD) Statewide Treatment program for Washington State parents in need of treatment. Leading the Grays Harbor project using a family preservation model, to support wellness of the whole family, while parents navigate recovery and parenthood.

WA Association for Alcoholism and Addiction Programs (AAP) and current parenting partners

Early Childhood Development Prenatal through 5 cross agency team

The Family First Preservation Act Team

The Department of Children, Youth and Families (DCYF) and other State agencies

# Budget Overview

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\$1,135,000 of the general fund—state appropriation for fiscal year 2023

\$568,000 of the general fund is directed to be used to develop and operate a 16-bed substance use disorder inpatient facility in Grays Harbor county, specializing in treating pregnant and parenting individuals using a family preservation model.

This includes start up costs—recruitment, training, and hiring staff

# Gray's Harbor Family Preservation for Pregnant and Parenting Individuals, Sec. 215 (108)

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- ▶ Develop and operate a 16-bed substance use disorder inpatient facility in Grays Harbor for pregnant and parenting individuals (including fathers), using a family preservation model.
- ▶ The facility must allow families to reside together while a parent is receiving treatment for a substance use disorder.
- ▶ The authority must contract for these services through behavioral health entities in a manner that allows leveraging of federal Medicaid funds to pay for a portion of the costs.
- ▶ The authority must consult with the department of children, youth, and families (DCYF) in the implementation of this funding.

# Neurodevelopmental Behavioral Treatment Center (NBTC), formerly Habilitative Mental Health (HMH)

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# Neurodevelopmental Behavioral Treatment Center (NBTC)\*

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01.

## Overview

- Contract for a 12 bed children's long-term inpatient program facility specializing in HMH services for children and youth with intellectual/developmental disabilities who have intensive behavioral health support needs.
- Provide data on the demand and utilization of the facility by June 2023.

02.

## Implementation

- Request for Information (RFI), January 2022
- Advisory Stakeholder Committee
  - Specialist, providers, and partners
  - Build a program within the current legislative funding language

03.

## Challenges


- Find a provider to create a new, innovative scope of work
- Provider program work and details continue to provide treatment to specialized population

# New Journeys

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# New Journeys Overview

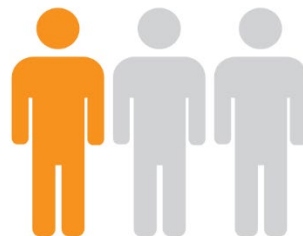
## CAUSES & ONSET



Because psychosis affects a person's mind, feelings, & behaviour, everyone who experiences psychosis experiences it differently.

Psychosis occurs in ~3% of the population. Onset usually occurs during adolescence and can be due to several factors, including biology, stress, trauma, and drug use.

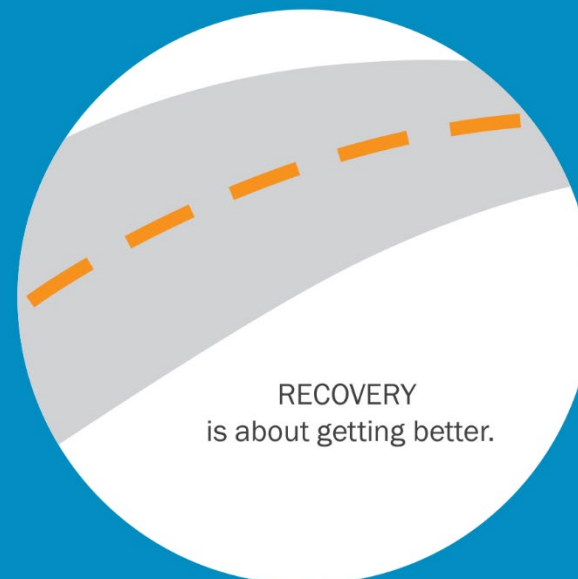
## INTERVENTION



Currently, only 1 in 3 get help.  
Let's change this.

Specialized early intervention helps people to get better faster and return to their regular lives more quickly. Delaying treatment may lead to slower recovery.

## ROAD TO RECOVERY



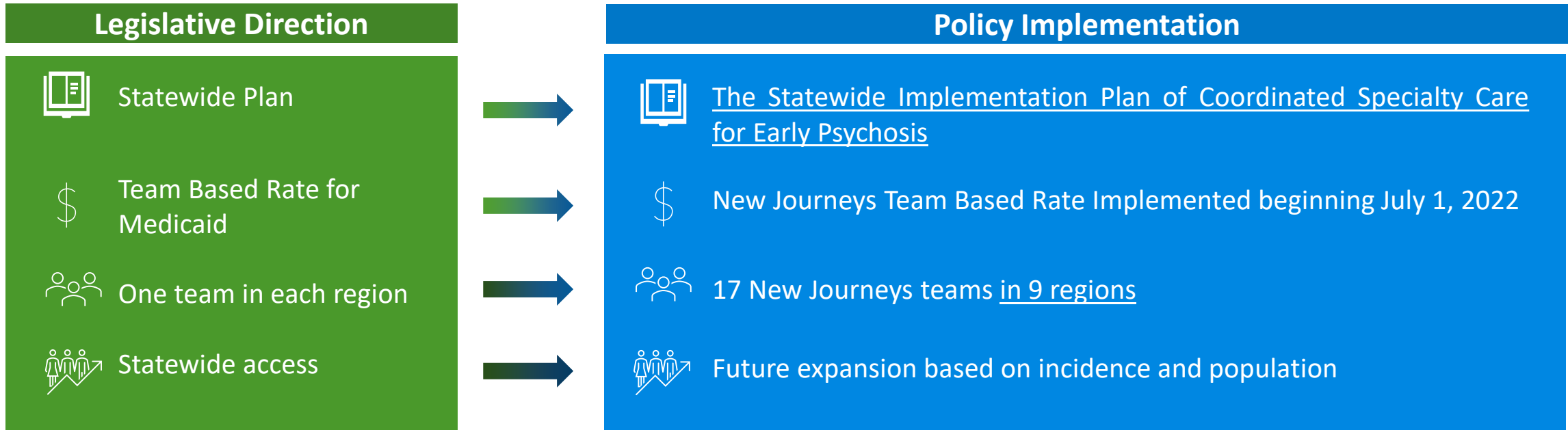
Recovery is a process. Each person who has experienced psychosis will define recovery in their own way.

# New Journeys

## 2<sup>nd</sup> SSB 5903 (Sec. 6), 2019



For the purposes of **developing a statewide plan to implement evidence-based coordinated specialty care programs that provide early identification and intervention for psychosis**, HCA will:



# New Journeys Teams



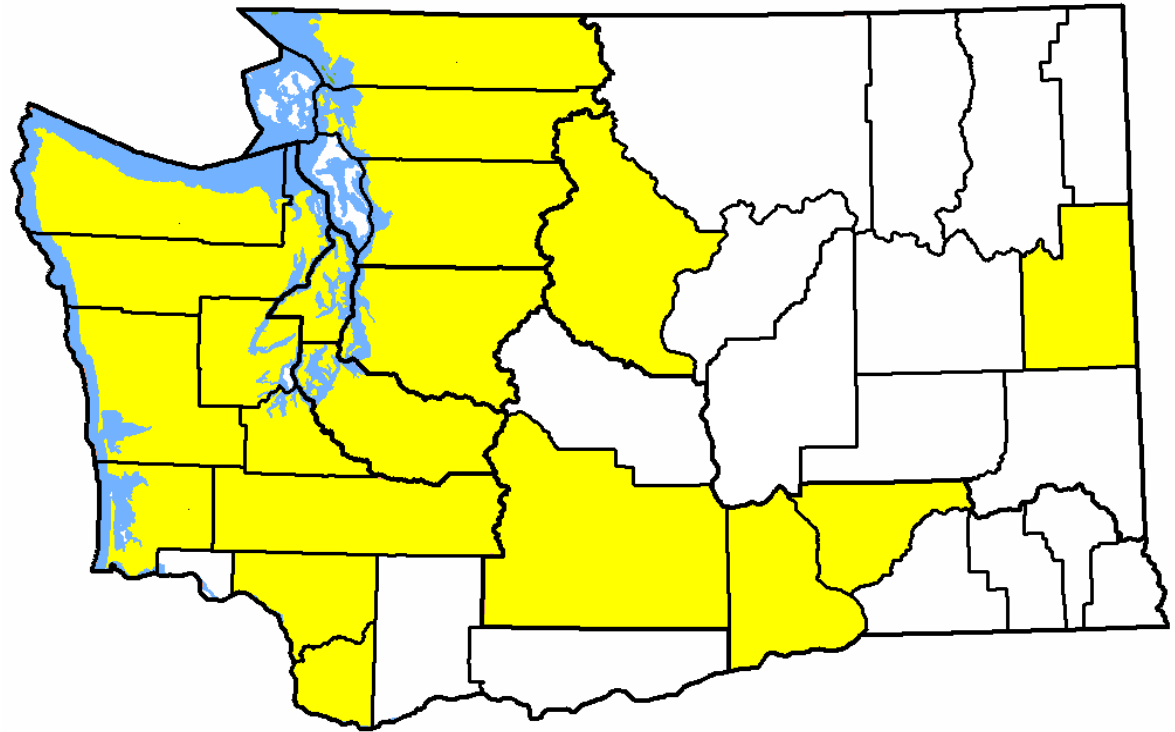
# Parent Child Assistance Program (PCAP)

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# Parent-Child Assistance Program (PCAP)

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- ▶ 3-year intensive case management program
- ▶ 15 PCAP locations statewide, serving 20 counties total
- ▶ 1,490 client slots contracted
- ▶ Medicaid and State funded



# PCAP Services

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- ▶ Referral, support, and advocacy for substance use disorder treatment and continuing care.
- ▶ Assistance in accessing and using local resources:
  - ▶ Family planning
  - ▶ Safe housing
  - ▶ Healthcare
  - ▶ Domestic violence services
  - ▶ Parent skills training
  - ▶ Child welfare
  - ▶ Childcare
  - ▶ Transportation
  - ▶ Legal services
- ▶ Linkages to health care and appropriate therapeutic interventions for children.
- ▶ Timely advocacy based on client needs.



# Estimate of PCAP Growth

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PCAP Growth	2017	2022
Clients Served	1,290	1,490
Per Client Rate*	\$457-\$516*	\$609-\$688*

- ▶ Client rates are a range to support higher costs in urban areas, as well as legacy programs.
- ▶ \*PCAP sites statewide receive a per client rate within the identified range.

# Engrossed Substitute Senate Bill 5693

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- ▶ Supplemental Operating Budget
  - ▶ Section 215
- ▶ Federal appropriation are provided solely to increase rates for parent child assistance program providers.
  - ▶ 2% effective July 1, 2021
  - ▶ 4.5% effective January 1, 2023
- ▶ This brings the per client rate range to \$623 - \$703

# University of Washington Addictions, Drug and Alcohol Institute (ADAI)

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- ▶ Formerly known as the Fetal Alcohol and Drug Unit (FADU)
- ▶ Seattle, WA – University of Washington
- ▶ Provides to all PCAP sites around the state:
  - ▶ Quality Assurance
  - ▶ Implementation Fidelity
  - ▶ Staff Training
  - ▶ Program Data Collection and Evaluation
- ▶ Reports to DBHR:
  - ▶ Monthly PCAP Updates
  - ▶ Annual PCAP Report
- ▶ Learn more by visiting [ADAI PCAP website](#)

# Parent Portal

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# BEHAVIORAL HEALTH 360

[Home](#)[About Us](#)[Resources](#) [Screener](#)[Providers](#)[Community](#)[Contact](#)[My Account](#)

Crisis & Suicide Line: Text HOME to 741741 or call [1\(800\) 273-8255](tel:18002738255)



## SUPPORTING CHILDREN AND FAMILIES

THROUGH YOUR BEHAVIORAL  
HEALTH JOURNEY

Let's Chat!

**HB 1800:** Requires the Health Care Authority (HCA) to design and implement a parent portal to connect families to service and education infrastructure related to behavioral health services for children ages 0-17\*. HCA will work with stakeholders, which must include parents, caregivers, and young adults, to design and implement the portal. HCA must work with Washington State Community Connectors (WSCC) and consider the website prototype already under development by that organization.

# BEHAVIORAL HEALTH JOURNEY: KEY MILESTONES

BH360 is intended to support caregivers at all intersections of the behavioral health journey.

## YOUR BEHAVIORAL HEALTH JOURNEY IS JUST BEGINNING

*E.g. A caregiver notices challenging patterns or concerning behaviors in their child and is seeking validated and trusted guidance*

- Information about behavioral health challenge areas: common signs and symptoms, evidence-based treatments
- Support in finding a provider that accepts your insurance and matches your child's areas of need
- Connection to local, community-based, culturally competent resources that can help me and my family begin our behavioral health wellness journey

## YOUR BEHAVIORAL HEALTH JOURNEY IS OFFICIALLY UNDERWAY

*E.g. A caregiver and their child have received a behavioral health diagnosis and are seeking ongoing community and access to validated local resources to support them on their journey*

- Connection to personalized, local resources that can support our behavioral health families' needs
- Ability to connect with other caregivers with lived experience via the community forums
- An easily accessible, central location to store and appropriately share critical documents (IEPs, etc.) in a HIPAA compliant manner

## YOU ARE WELL ON YOUR JOURNEY AND IT FORGES AHEAD (and/or critical support is needed)

*E.g. A caregiver encounters complex challenges and is navigating at the systems level which requires additional knowledge on their rights*

- Ability to navigate legal rights and understand additional treatment supports for their journey
- Connect to others with lived experience
- Ability to identify local resources that can support our family's needs

# BH360:

## Connecting the Pieces



# Jamie Manoa

Age: 12 years old

Sex: Male, Cisgender

Ethnicity: Micronesian



## Current Behaviors

### Disruptive Behaviors in School and Community

Lack of motivation

Lack of attention in school

Feeling of sadness majority of the time

## Family History

- Lives in household: mother, father, 1 older brother (13 years old), and maternal grandparents
- Both parents are refugees from Micronesia
- Family moved to US in 2015
- Currently live in Kent, WA (zip code: 98030)

## Education & Peer History

- Failing most of his classes except science where he loves his teacher
- Bullied in school for being Micronesian
- Often getting in fights with peers
- English was his 2nd language

### CHILD AND FAMILY NEEDS

## Community

- Limited Micronesian community in their neighborhood
- Mother indicated food scarcity concerns for her and her family.

### CULTURAL CONSIDERATIONS

## Key Resource Mapping

- 1 Identify culturally competent provider /services that match Jamie's needs and can competently address his behavioral health challenges
- 2 Educational supports to promote Jamie's strengths
- 3 Social supports for children with disruptive behaviors
- 4 Supports for immigrant caregivers
- 5 Food insecurity support

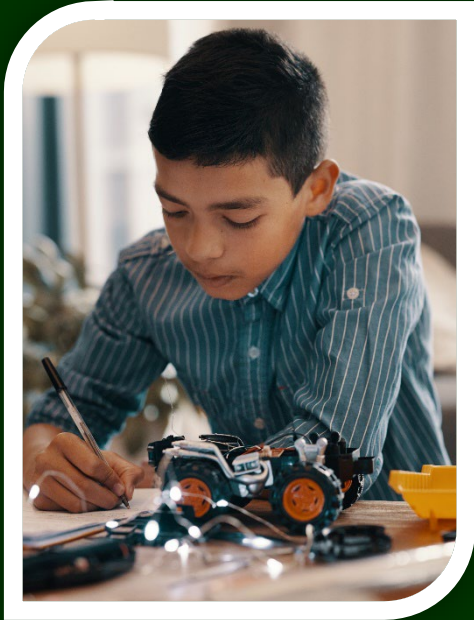
### BH360 SUPPORT

Information gathered on BH360 Screener, profile

Connection provided through BH360 Profile, Personalization, Reports



# BH360 Profile



## Screener Identified Needs

Depression



Family Resources



Disruptive Behaviors



## We are here for you!

Thank you for telling us more about your family. Based on the questions you answered during the BH360 screener, we hope the following resources can help you all on your journey to wellness.

### Caregiver Resources

- Tacoma-Pierce County Health Department - [Triple P \(Positive Parenting Program\)](#)
  - Meet other families virtually through Zoom and learn effective parenting approaches. You can expect one session weekly for about 8 weeks.
- [CISC: Immigrant Parents and Caregivers Support and Education](#)
  - Empowers families by offering counseling, information, assistance and referrals to navigate school and government systems, resolve problems and establish resources and support.

### Food Resources

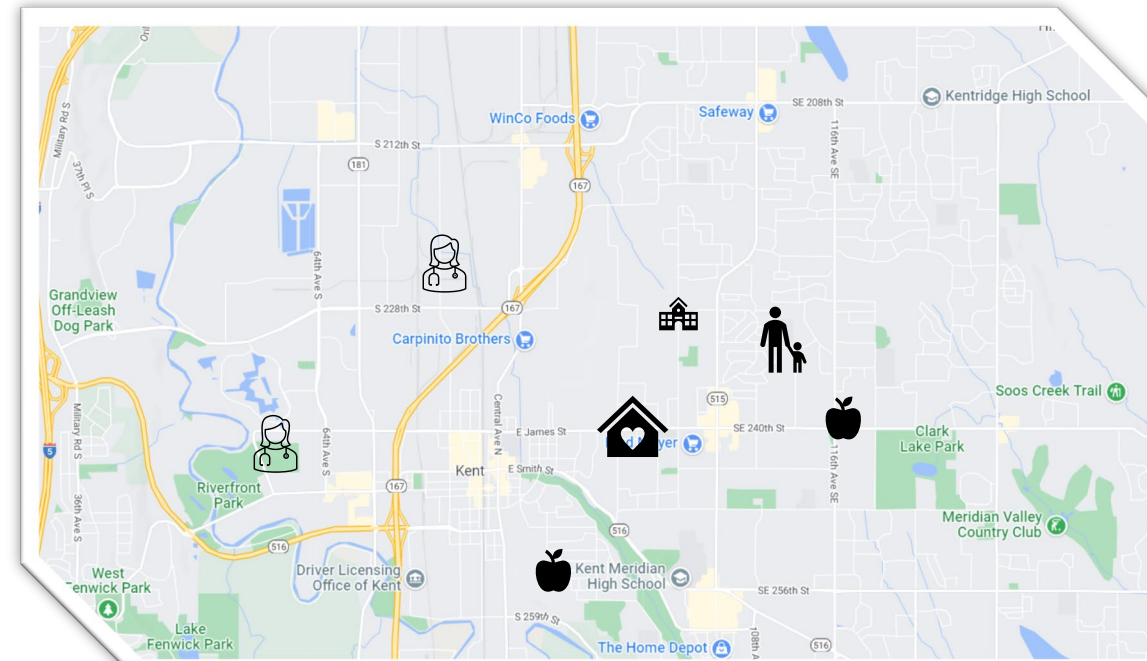
- [Kent Food Bank Birch Creek Annex](#)  
12961 SE 275th St, Kent, WA 98030  
Phone: 253-520-3550  
Hours: Monday 10am-1pm  
Site located 1.4 miles from zip code entered
- [Kent Food Bank and Emergency Services](#)  
515 W Harrison Suite 107, Kent, WA 98032  
Phone: 253-520-3550  
Hours: Monday & Friday 10am-1pm  
Site located 2.3 miles from zip code entered.

### Providers

- [Therapeutic Health Services Kent](#)  
24823 Pacific Highway S., Suite 103, Kent, WA 98032  
Phone: 253-681-0010  
Hours: Monday – Friday 9am-5:30pm
- [Sea Mar Community Health Centers](#)  
25028 104th Ave SE, Kent, WA 98030  
Phone: 206-764-8019  
Hours: M & W: 8am-6pm, T, Th, Fr: 8am-5pm

### School Resources

- Partnerships for Action| Voices for Empowerment (PAVE):
  - [Behavioral Health and School: Key Information for Families](#)
  - [Sample Letter to Request an IEP Meeting](#)
- [Refugee and Immigrant Student Engagement \(RISE\) Club](#)
  - Students can connect with the World Relief team to get help with homework, practice English, and participate in fun, academic projects. They also get the opportunity to develop a trusted relationship with mentors and peers, where they can discuss questions about school culture or share challenges they are facing in their daily lives.



## WORK INITIATED

Initial grant secured,  
organizational partnerships  
began

## PILOT BH360

WE ARE HERE



### Resource Mapping Exercises:

Deep partnership with  
communities in WA state to  
map resources + identify in-  
person entry points with  
existing organizations

**Stakeholder  
engagement:** family  
caregivers,  
providers,  
community  
organizations

**Strategic  
partnerships  
onboarded:**  
Priya McLennan and  
Jackie St. Louis

**Philanthropic  
input gathered:**  
BH Catalyst,  
Mindful  
Philanthropy, etc.

**Presentations to  
evangelize the  
efforts:** WA State  
Mental Health  
Summit, YYAC,  
DOH, etc.

**BH360 prototype  
developed:**  
Focus on  
depression  
resources

### Content + technical build:

Further build out BH360 content  
to include 13+ behavioral health  
diagnosis types, parent profile  
capabilities, culturally responsive  
screening questions, etc.

### Parent engagement:

Engagement and appropriate  
compensation of a diverse parent  
group on the content and  
capabilities of BH360

# Participate in our Survey!

The BH360 team wants to hear from you! We have developed two surveys to gather both **quantitative and qualitative feedback on resources you have accessed** in supporting your child on their behavioral health wellness journey.

SURVEY 1

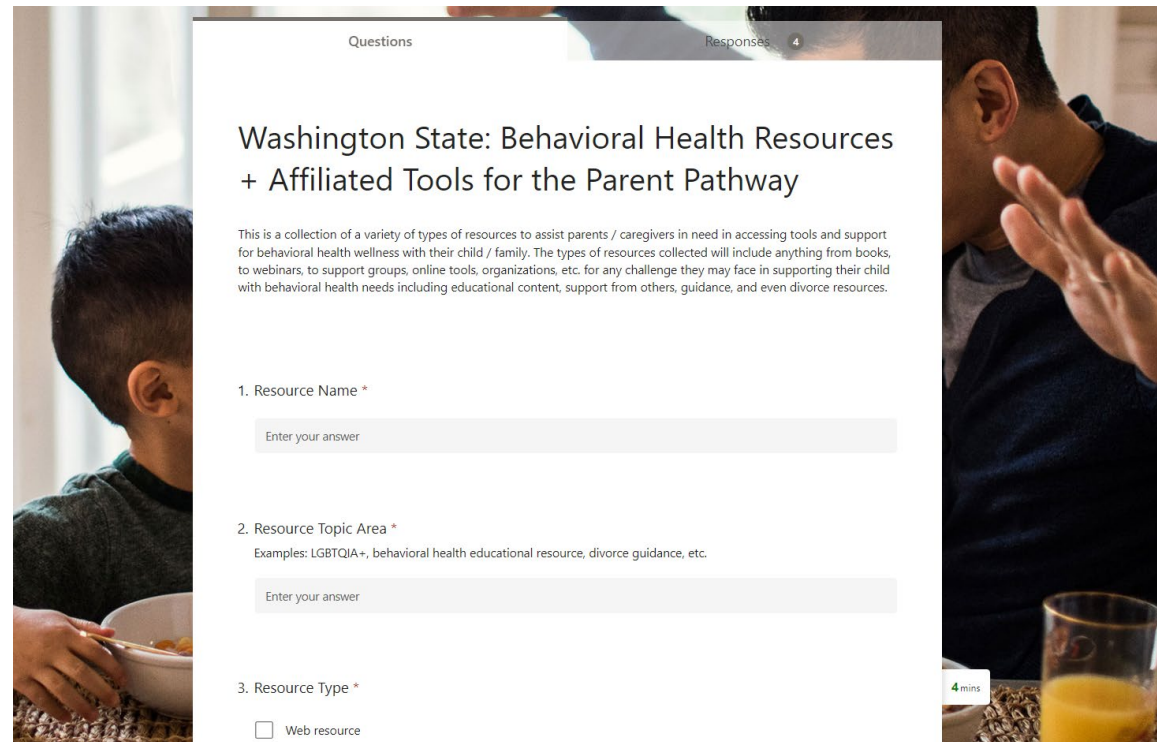


Follow this link to access our survey collecting information on **behavioral health resources** for caregivers and their children.

SURVEY 2



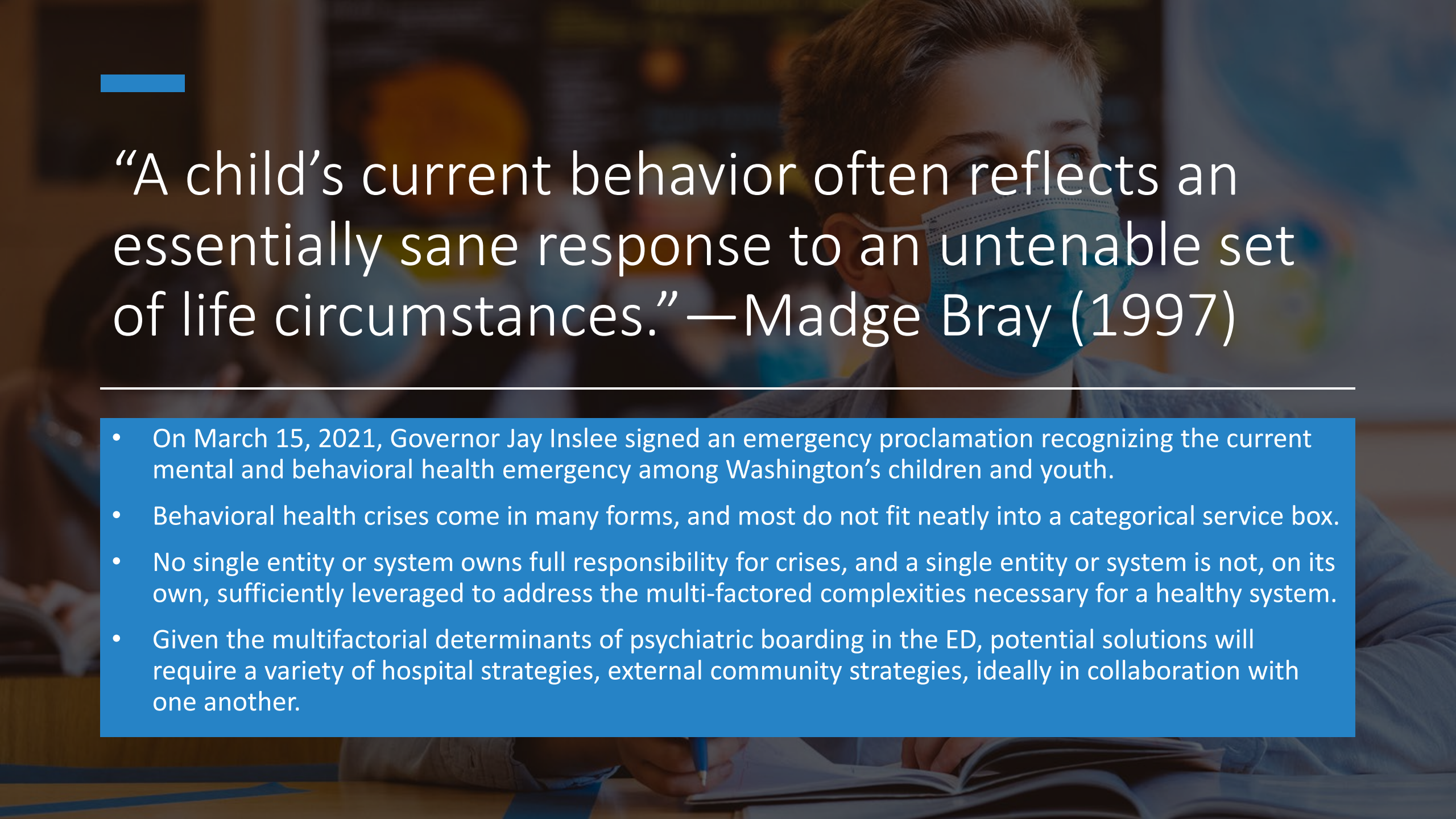
Follow this link to access our survey collecting information on **behavioral health help lines** for caregivers and their children.





# Youth Behavioral Health Navigators


Leveraging Partnership to Transform Change



“A child’s current behavior often reflects an essentially sane response to an untenable set of life circumstances.” —Madge Bray (1997)

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- On March 15, 2021, Governor Jay Inslee signed an emergency proclamation recognizing the current mental and behavioral health emergency among Washington’s children and youth.
- Behavioral health crises come in many forms, and most do not fit neatly into a categorical service box.
- No single entity or system owns full responsibility for crises, and a single entity or system is not, on its own, sufficiently leveraged to address the multi-factored complexities necessary for a healthy system.
- Given the multifactorial determinants of psychiatric boarding in the ED, potential solutions will require a variety of hospital strategies, external community strategies, ideally in collaboration with one another.



# Youth Behavioral Health Navigator Program



Standing up community wide teams that convene to support the children youth and families in their regions.

Building an access portal for individuals concerned about a child or youth to reach out and request support.

Convene multi system disciplinary team, pulling partners from the regional teams who have potential assets that can support the child and family in accessing what they are seeking, and/or to develop a plan of stability while the resource options get worked out.

Requests for support for young people needing intensive services will be prioritized by the Navigation teams.

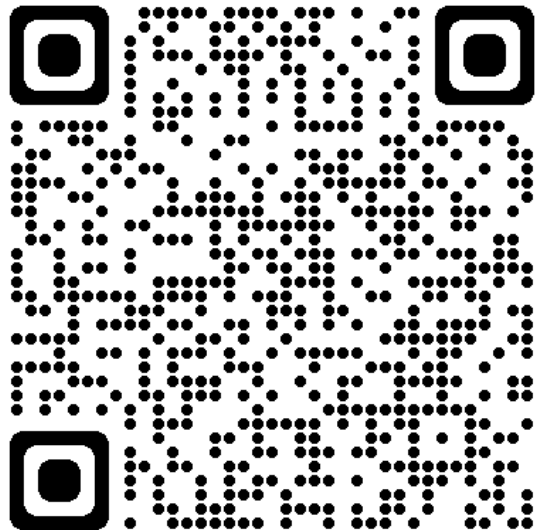


# Youth Behavioral Health Navigator Program



- The Health Care Authority (HCA) is partnering with Kids' Mental Health Pierce County and Department of Developmental Administration (DDA) to stand up 3 regions per year for the next three years.
- Technical assistance and support, collaborative learning teams across the state, and pathways for real time input on regional strengths and needs will be developed as the first teams begin standing up.
- Youth Navigator regions standing up in fiscal year 2023:
  - Greater Columbia
  - Salish
  - Southwest

# Contacts



The Health Care Authority (HCA)	Kids' Mental Health Pierce County (KMHPC)
<p><b>Diana Cockrell, MA, LMHCA, SUDP</b> Section Manager, Prenatal to 25 Lifespan Behavioral Health &amp; Substance Use <a href="mailto:Diana.Cockrell@hca.wa.gov">Diana.Cockrell@hca.wa.gov</a></p> <p><b>Ruth Leonard, MA, SUDP</b> Section Manager, Strategic Design &amp; Program Oversight <a href="mailto:Ruth.Leonard@hca.wa.gov">Ruth.Leonard@hca.wa.gov</a></p>	<p><b>Ashley Mangum, MSW, LICSW</b> Director, KMHPC <a href="mailto:Ashley.Mangum@multicare.org">Ashley.Mangum@multicare.org</a></p> <p><b>Edward Michael</b> Youth Behavioral Health Navigator Program Administrator <a href="mailto:Edward.Michael@hca.wa.gov">Edward.Michael@hca.wa.gov</a></p> <p><b>Gina Cabiddu, MSW</b> Program Coordinator <a href="mailto:gina.cabiddu@multicare.org">gina.cabiddu@multicare.org</a></p> <p><a href="http://www.kidsmentalhealthpiercecounty.org">www.kidsmentalhealthpiercecounty.org</a></p>



# Short-term Residential Crisis Stabilization Program (RCSP)

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# Residential Crisis Stabilization Program (RCSP)

## Overview

- Twenty-four, seven days per week intake, treatment and supervision of youth and young adults in a safe and therapeutic environment
- Short-term stay of 30 days (not to exceed 90 days)
- Services for youth and young adults with behavioral health co-occurring conditions

## Phases

- FY23, capital funding for two sites
- FY24, funding is assumed for 32 beds, with a goal of 16 beds on available on each side of the Cascades
- Operational dollars are allocated in coming years for these facilities: the outlook assumes operating funds for 32 beds, effective July 2024

## Capital funding

Issue grants for two crisis stabilization facilities for youth and young adults.

## Implementation

Part 1: Request For Application to procure two-16 bed programs

Part 2: Cross agency coordination

## Deadlines

- September 29, 2022
- October 20, 2022

# Substance Use Disorder (SUD) Family Navigators and Family SUD education and curriculum

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# Partnership with En Route

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- ▶ Funded the development of curriculum for in-person and online training.
- ▶ Developmentally specific training for family members with youth experiencing substance use disorder.
- ▶ Trainers partner with individuals with clinical expertise and lived expertise.
- ▶ En Route provides ongoing support for the trainers at Washington State Community Connectors (WSCC).

# Washington State Community Connectors

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- ▶ This training is for parents, family members, and caregivers who are interested in learning how to support their loved ones with SUD.
- ▶ Participants will learn about up-to-date information around SUD, addiction and its effects on the adolescent brain, skills for families navigating their relationship with someone with SUD, and systems navigation.
- ▶ This training is grounded in research and information supported by Substance Abuse and Mental Health Services (SAMHSA), including their training and technical assistance partners.
- ▶ A toolkit, including information and resources regarding SUD supports and services specific to Washington State, will be provided as a reference guide for participants.
- ▶ [WSCC's website](#)

# SUD Family Navigators

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- ▶ Trained to provide developmentally appropriate services to individuals and families.
  - ▶ This project includes:
    - ▶ One-to-one peer coaching
    - ▶ Socialization
    - ▶ Peer group support Education groups
    - ▶ Employment support Supportive housing
    - ▶ Resource referral and linkage.
- ▶ Connected to [SB 5476 State v. Blake](#).
- ▶ Sites associated with this work are Multicultural Child and Family Hope Center in Tacoma and Clark County Recovery Café in Vancouver and Peer Washington in Kent, Olympia, Seattle & Spokane.

# Q&A

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December 19, 2022

# What's next

- ▶ Where can I find information about this webinar series?
  - ▶ [Prenatal, child, and young adult behavioral health services](#)
    - ▶ Full schedule
    - ▶ Slides
    - ▶ Registration
    - ▶ Recordings