

Intensive residential teams discharge wraparound services

Background

Intensive residential teams (IRT) are designed to work with those individuals being discharged or diverted from a long-term civil commitment or state hospital who have struggled to remain in their community settings such as adult family homes (AFH) or assisted living facilities. These teams provide intensive mental health care to the individual in their facility to help them transition to a lower level of care.

Program overview

The need for this IRT service was identified as part of a systematic review of the state hospital discharge process. An informal gap analysis was conducted with state agencies and partners.

A gap in services was identified for people in the hospital slated for discharge to DSHS/AL TSA facilities. Some of these individuals require intensive support so that they can adjust to their new setting and minimize the risk of returning to an inpatient level of care or even to a state hospital.

The teams

IRT teams provide services five days a week over multiple shifts covering at least 12 hours a day. They work with individuals with a serious mental illness who live in AFHs or assisted living facilities after discharge or diversion from a state hospital.

Services are delivered in the AL TSA facility and other appropriate community settings. Teams consist of:

- A half time dedicated prescriber
- A Registered Nurses (RN)
- Mental Health Professionals (MHP)
- Certified peer counselors

The teams provide recovery-focused treatment to promote stability, safety, and help the individual transition to a lower level of care. The teams provide medication management to the clients and primary mental health services based on the

individual's need. IRT teams use cognitive behavioral therapy for psychosis (CBT-p) as part of their approach.

Coordination with facilities and the community

Teams work closely with facilities, expanded community services providers (ECS), and regional AL TSA staff to both educate and help them on how to best work with the individual and their needs.

Teams work closely with local crisis services and first responders to ensure individual needs are met outside of their normal hours. This includes making their crisis plan available to crisis responders to help them work with the individual if needed.

Goals

The goal is to provide additional support in AL TSA residential facilities. This will increase successful state hospital discharges or diversions for individuals who have struggled to remain in the community. Individuals receiving treatment in their community demonstrate a reduction in utilization of crisis services, psychiatric hospitalization, and incarceration.

Startup

There are currently four IRT teams throughout the state of Washington. Each team has the capacity to serve 50 individuals and are located in:

- Pierce County
- King County
- Spokane County
- Lewis County

There is a fifth team in the beginning stages of development that will be serving individuals with intellectual and/or developmental disabilities (I/DD).

Funding

GFS: FY24 \$1,423,000 ; FY25 \$1,423,000

GFF: \$5,908,000 for both fiscal years (FY24 and FY25)

More information

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