

## Residential Crisis Stabilization Program (RCSP)

### Overview

The Residential Crisis Stabilization Program (RCSP) model provides twenty-four 24/7 intake, treatment, and supervision of children and youth in a safe and therapeutic environment. The program is designed to serve children and youth ages 5-17 from any area in Washington, who are experiencing a behavioral health crisis and require emotional or behavioral intervention, stabilization, and support.

A structured setting is available for short-term stays up to 90 days in length. A trauma-informed, evidence-based approach is used, with the first 3-7 days being focused on stabilizing the presenting issue. The model allows time for comprehensive assessment, community connection, and to transition the individual to the appropriate level of care. The program emphasizes Individualized planning where youth-specific teams are convened within 3 days of admission to begin planning for services that will be needed post-discharge.

The primary objective of the program is to provide the services that are necessary to stabilize and restore the individual's functioning sufficiently enough to return home, transition to the community, or be referred to a more long-term setting.

### Eligibility requirements

The RCSP is open to all Washington residents between the ages of 5 and 17 with co-occurring mental health, substance use, intellectual, and developmental conditions, who are in need of immediate, short-term crisis stabilization. The program targets individuals who don't meet acute inpatient or free-standing psychiatric hospitalization criteria, but who nevertheless need more intensive forms of intervention and treatment. Referrals are accepted from state agencies, community providers, youth and families, law enforcement, and other first responders.

### Services offered

- A preliminary treatment plan that includes a list of goals is created within seven calendar days of starting the program. The young person, their family, and key service providers all participate in developing the plan, which in turn facilitates

client readiness for discharge and identifies supplemental services in community-based settings. Those services may include, but are not limited to housing, school, mental health, substance use, applied behavioral analysis, family care, basic needs, etc.

- Safety and crisis planning is also conducted to highlight key strengths, address areas of risk, identify helpful interventions, and redirect patterns of behavior that originally lead to the young person's escalated state.
- Case management is available and includes proactively working with treatment teams, facilitating clinical meetings, timely discharge planning, and coordinating with partner agencies who may be involved with the child's on-going care.
- A daily routine of well-supervised therapeutic activities consistent with a trauma-informed approach is customized for each youth. Evidenced-based practices are used to promote health and safety, as well as to help develop emotional regulation and daily living skills. Milieu-based programming, such as individual therapy, group and family therapy, and skilled behavior management are also available.
- Activity-based learning activities are included to provide an opportunity to engage in recreational activities while developing positive social and interpersonal skills.
- Academic support is available to help youth complete school assignments and homework. Program staff work with the school to address individual educational needs including the goals and objectives identified in the youth's Independent Education Plan (if applicable).
- When necessary, ancillary services of temporary 1:1 support are provided to stabilize and prevent future crises.

### Service provider and facility

The program is projected to begin accepting referrals by July 1, 2025. The facility is required to have a minimum of three separate areas, (spaces, floors, cottages, etc.) to address the various behavioral health needs of youth in the program. Two requests for proposals (RFPs) were released to identify grant recipients capable of constructing a new facility or

remodeling an existing structure and implementing program requirements. Neither attempt yielded qualified applicants, and a third RFP attempt is not planned.

## Next steps

Following an unsuccessful RFP attempt, for capital funds toward the project HCA has identified a team of subject matter experts, including individuals with lived experience, have convened to further develop and clarify core program requirements, including the appropriate level of care to support high-acuity children and youth. The team will also build a fiscal model leveraging operational funds and ultimately publish a request for information to identify direct contracting opportunities with 1 or 2 capable providers.

These providers will execute RCSP as a pilot program. Once any shortcomings are identified and mitigated, efforts will be undertaken to integrate the refined program structure into MCO operations for ongoing service delivery.

## Funding history

- FY23 Capital Funding for two sites was allocated at \$5,820,000 per site. This allocation has now been forfeited due to multiple unsuccessful RFP attempts.
- FY24: Operational funding is expected for 32 beds, assuming 16 beds on each side of the Cascades and agency administration at the Health Care Authority to create a short-term Residential Crisis Stabilization Program for youth with severe behavioral health diagnoses.
- \$5.49 million in operational funds has been

allocated and is made available effective July 1, 2024. (General Fund-State; General Fund- Medicaid)

## Budget rates

- Estimated daily rate: \$818.71
- Estimated Yearly Cost \$ 4,781,274.92
- Estimated startup cost: \$709,177.88

## Key partners

- Department of Social Health Services (DSHS);
- Developmental Disability Administration (DDA)
- Department of Child Youth and Families (DCYF) Contracted Mobile Outreach services
- Regional Youth behavioral Health Navigators

## Oversight

HCA's Division of Behavioral Health and Recovery (DBHR) administers the RCSPs.

- RCSP will be licensed by the state Department of Health (DOH) under licensing requirements for Residential Treatment Facility (RTF) Licensing, RCW 71.12.455 WAC 246-337

## More information

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