

Family Initiated Treatment (FIT)

Division of Behavioral Health and Recovery (DBHR)

Prenatal to 25 Behavioral Health section (P-25)

What is Family Initiated Treatment (FIT)?

- ▶ FIT provides an opportunity for youth to receive behavioral health care when they are unable or unwilling to provide consent for themselves from ages 13-17 under RCW 71.34 when their parent signs consent on their behalf.
- ▶ For purposes of family-initiated treatment under RCW 71.34.600 through 71.34.670, "parent" has an expanded definition

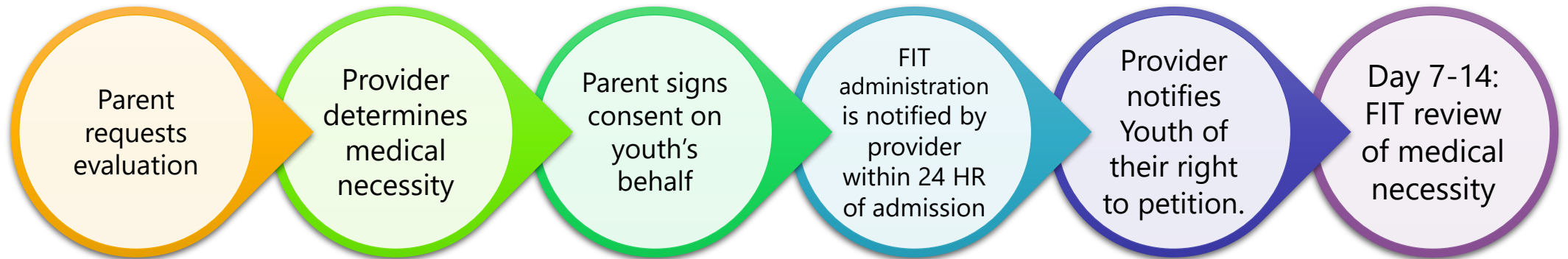
The FIT process for outpatient treatment



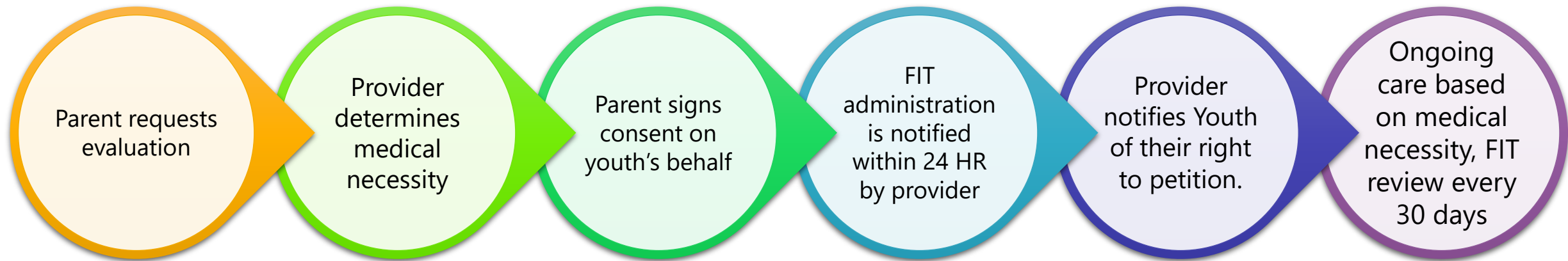
The FIT process for more intense outpatient treatment options



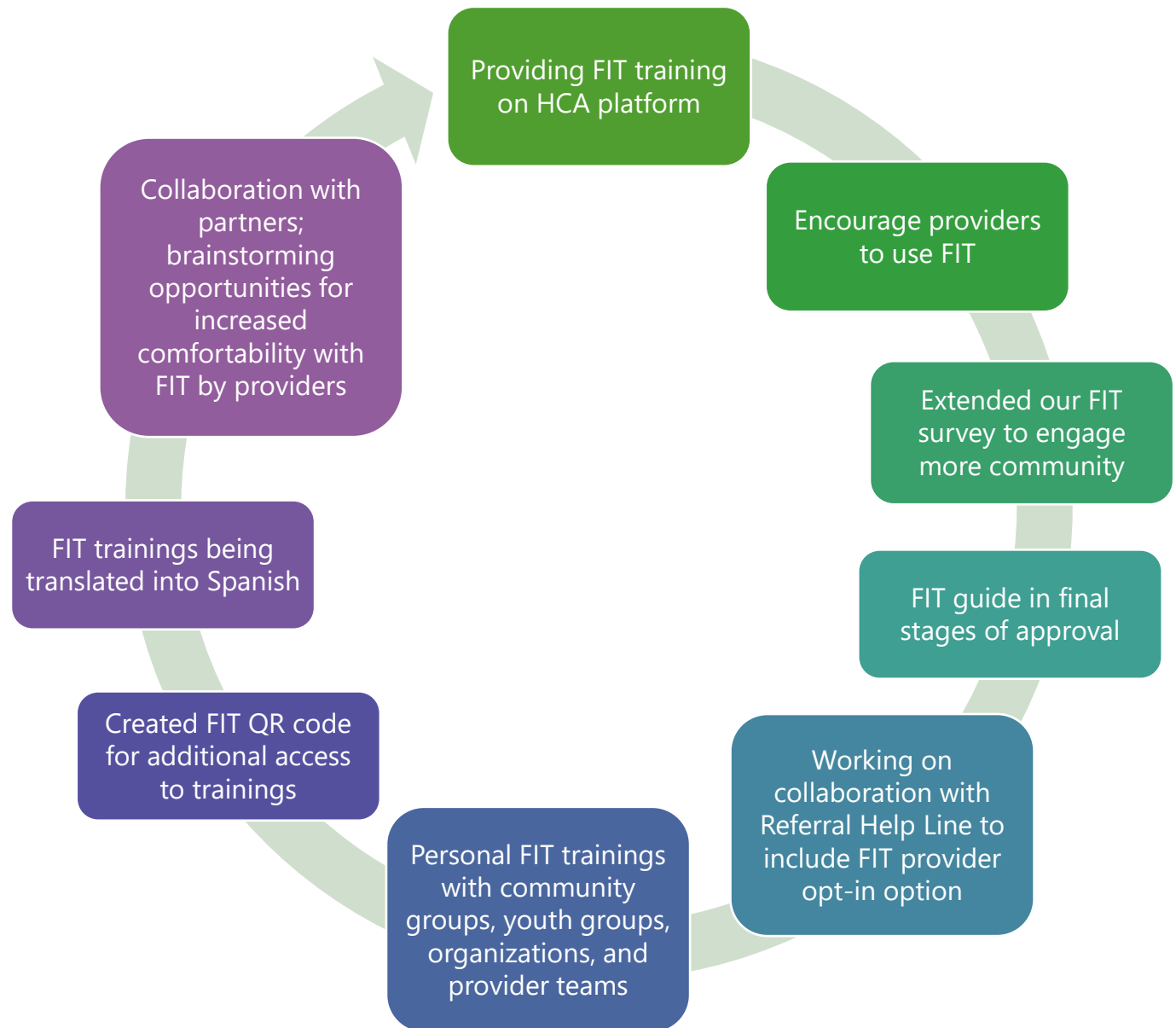
The FIT process for inpatient treatment



The FIT process for residential treatment



Our commitment to engagement for youth, parents, and providers



FIT cumulative data

- ▶ Number of FIT admissions | 1,859
- ▶ Number of FIT reviews | 258
- ▶ Number of Substance Use Disorder (SUD) admissions | 53

FIT online training

- ▶ April 2021 -Jan 2022
 - ▶ 105 FIT trainings completed through the online platform
- ▶ Jan 2022- Mar 2023
 - ▶ 127 FIT trainings completed through the online platform

FIT campaign agencies trained

- Office of Judicial and Legislative Relations
- HCA Multi-System Clinical Rounds
- Bellevue School District Staff
- Whidbey Health
- St. John and Southwest Medical Center
- Northwest Pediatric Center
- St Michael Medical Center

- Project AWARE management team
 - Representatives from 3 school districts
- Highline School District Superintendent
- Southeast Youth and Family Services
- Educational Service District 105
- Eastside Youth Coalition
- Southwest Medical Center

Where can you find FIT information?

- ▶ [HCA's FIT website](#)
- ▶ [Parent guide to FIT treatment](#)
- ▶ [Provider guide to FIT treatment](#)
- ▶ [FIT fact sheet](#)
- ▶ [FIT training website - Washington](#)
- ▶ [Guide to mental health information disclosure](#)





How to contact us

- ▶ Monica Webster, MPH
 - ▶ Prenatal to 25/School Age
Access to Care FIT
Manager HCA/DBHR
- ▶ Our email box:
 - ▶ Family Initiated
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- ▶ FIT administration
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Thank you
