

Intensive behavioral health treatment facilities

Purpose

To provide ongoing care to individuals who no longer require the level of care and treatment provided through involuntary inpatient psychiatric services. These individuals do however need further treatment and supports to fully and successfully integrate into their community.

Need identification

A systematic review of state hospital discharges identified a group of individuals with characteristics, historical factors, and clinical presentations that resulted in substantial barriers to discharge. These individuals were identified as still in need of and likely to benefit from additional treatment and supports in a residential setting, at a lower level of care. At the time of the review, in 2017, no such facility type existed in the State of Washington.

As the landscape of inpatient psychiatric care has evolved, there are now individuals receiving inpatient psychiatric care in long-term civil commitment beds, and other inpatient psychiatric units, other than the state hospitals. As such, there are individuals receiving treatment in these facilities who would likely benefit from the stepped-down care provided through an Intensive Behavioral Health Treatment Facility. We anticipate a growing number of referrals from these facility types, in addition to ongoing referrals from state hospitals.

The facility

To meet this need the legislature established and funded a new voluntary treatment facility type, Intensive Behavioral Health Treatment Facilities (IBHTF). These facilities have beds for up to 16 people to live in and receive active rehabilitative treatment. Facilities engage directly with the Managed Care Organizations who manage utilization and care within the facility and work collaboratively with the State Hospital liaisons. Clinical staff work to provide recovery-oriented treatment using evidence-based practices, independent living skills training, social skills, and

community integration opportunities. These facilities are staffed 24/7 with a clinical team to work with the individual all hours of the day, if needed.

The facilities are designed to be residences for the individuals who live there. Individuals will only be successfully discharged from the facility when they meet their treatment plan objectives and can be safely served within the community in a less-structured setting. The facility allows for limited egress from the facility by monitoring individuals leaving the facility, providing staff the ability to assess if the individual presents as a risk to themselves or others, and to intervene when necessary.

The facilities make individual crisis plans available to local behavioral health crisis services and local first responders to better coordinate response to these individuals and support them in their recovery.

Active treatment options

Services are expected to be provided by specially trained, qualified/licensed staff. Staff are available 24/7 to meet individual treatment needs and to support the individual to make choices that align with their recovery goals. Facility staff work with individuals and other collateral supports to develop effective behavior management plans to reduce treatment interfering behaviors. Individuals develop care plans to work through specific barriers in their lives and to work to a higher level of independence.

Start up

There are ten projects currently funded by the Department of Commerce, with various projected dates of completion in the 23-25 biennium. The first facility became operational in December 2022 and is located in Olympia, Washington. The next facility to open will be Aristo Health in Renton, Washington in Fall 2023.

HCA has been working with IBHTF awardees and have contracted with Advocates for Human Potential for technical assistance to further develop the facilities, and provide support while the facilities are being built. Additionally, HCA contracts with facilities to provide start-up funds for equipping the facility with staff, furniture and other equipment necessary for operation.

During the start-up period, the HCA works closely with the IBHTF to include site visits, technical assistance, quality oversight, transition from the HCA to MCO funding, and to assist in identifying training needs.

The facilities currently in development are located in:

- Chewelah
- Bremerton
- Kennewick
- Mt. Vernon
- Tacoma
- Renton
- Spokane

Current funding

GFS: FY24 \$1,401,000 ; FY25 \$1,401,000

GFF: \$3,201,000 for both fiscal years (FY24 and FY25)

For more information

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