

# Parent's guide to Family Initiated Treatment

## Adolescents ages 13-17 are eligible for services through Family Initiated Treatment (FIT).

Parents may consent on behalf of adolescents who meet medical necessity. Consent of the adolescent is not required. The FIT process creates an additional access point but does not guarantee care on demand for adolescents admitted through FIT. Providers will have individual processes and requirements for evaluation and admission to services.

### Outpatient Family Initiated Treatment Process

FIT outpatient services can last up to 3 months and include up to 12 visits with that provider, after which services may only be continued with the adolescent's consent.

### Inpatient Family Initiated Treatment Process

When a youth is admitted for FIT inpatient treatment, HCA must conduct a contracted independent review of medical necessity for treatment within the timespan of one to two weeks following admission. If HCA's finding confirms the medical necessity for treatment, the adolescent has the opportunity to petition the superior court to order their release from the treatment facility. If the youth files a petition for release, the facility must discharge the youth within 30 days from HCA's contracted review of medical necessity or 30 days from a youth's filing of a petition for release, whichever is later unless the adolescent voluntarily agrees to further treatment or a designated crisis responder (DCR) initiates involuntary commitment proceedings.

#### RCW 71.34.020(46)

(b) For purposes of family-initiated treatment under RCW 71.34.600 through 71.34.670, "parent" also includes a person to whom a parent defined in (a) of this subsection has given a signed authorization to make health care decisions for the adolescent, a stepparent who is involved in caring for the adolescent, a kinship caregiver who is involved in caring for the adolescent, or another relative who is responsible for the health care of the adolescent, who may be required to provide a declaration under penalty of perjury stating that he or she is a relative responsible for the health care of the adolescent pursuant to chapter 5.50 RCW.



**Parent requests evaluation**

Adolescent's consent is not required. Evaluation may occur at an evaluation and treatment facility (E&T), inpatient facility, or approved substance use disorder treatment program.

**Provider determines whether inpatient treatment is medically necessary.**

Evaluation must be completed with 24 hours, unless the person assessing determines that the individual's condition requires more time. Evaluation cannot take longer than 120 hours.

**If inpatient treatment is medically necessary, parent signs consent on the adolescent's behalf.**

**Within 24 hours of admission, provider notifies HCA's contracted, independent reviewer.**

Prior to the review conducted under RCW 71.34.610, the professional person shall notify the adolescent of his or her right to petition superior court for release from the facility. The petition may be filed not sooner than five days following the review (RCW 71.34.320).

**If the professional person in charge and the parent believe that it is medically necessary for the adolescent to remain in inpatient treatment, and the adolescent doesn't consent to continued treatment, the provider shall release the adolescent to the parent on the 2nd business day after receiving notice.**

This allows the parent time to file an at risk youth petition under RCW 13.32A.



**For more information on Family Initiated Treatment please contact:**

 [hca.wa.gov/fit](https://hca.wa.gov/fit)

 [HCAFamilyInitiatedTreatment@hca.wa.gov](mailto:HCAFamilyInitiatedTreatment@hca.wa.gov)