

# Family Initiated Treatment toolkit



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# Family Initiated Treatment (FIT) toolkit for providers

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This toolkit is designed to assist providers in understanding and implementing Family Initiated Treatment (FIT) in Washington State. It includes essential resources, guidelines, and contact information to support the effective use of FIT for behavioral health treatment of youth.

## Using the toolkit

This toolkit provides essential information and resources to help providers navigate the FIT process. By using these resources, providers can ensure they are compliant with state regulations and effectively support families seeking behavioral health treatment for youth.

1. [Review the Mental Health Disclosure Fact Sheet](#) to understand the legal framework for sharing treatment information.
2. [Access the FIT HCA Website](#) for detailed training materials and guidelines on implementing FIT.
3. [Refer to the FIT Guide](#) for comprehensive information on FIT-related documents and legislation.
4. [Utilize the Behavioral Health Treatment options](#) available through the forms and publications section of the website.
5. [Engage with the Children’s Behavioral Health Workgroup](#) to stay updated on policy developments and collaborative efforts.
6. [Participate in FYSPRT meetings](#) to connect with other system partners and stakeholders.
7. [Contact the HCA FIT team](#) for specific questions or additional support.

## Key resources

### Mental Health Disclosure Fact Sheet

Provides a brief overview of how treatment information can potentially be shared under RCW 70.02.030.

- [Mental Health Service Disclosure Guide](#)

### FIT (Family Initiated Treatment) HCA Website

Offers details on how to access FIT, including training resources.

- [FIT Information and Training](#)
- [Training modules](#)

### FIT Guide

Comprehensive guide that houses all documents and legislation related to FIT.

- [FIT Guide for families, participants, and providers](#)

### Behavioral Health Treatment Options

Behavioral Health treatment options for adolescents for accessing FIT.

- [Behavioral Health Treatment Options: Forms and Publications](#)

### Children’s Behavioral Health Workgroup

Information about the workgroup focusing on children and youth behavioral health.

- [Children’s Behavioral Health Workgroup](#)

### Family Youth System Partners Round Table (FYSPRT)

A forum for families, youth, and system partners to collaborate and improve the behavioral health system.

- [FYSPRT Information](#)

## HCA FIT email

Contact for queries related to FIT.

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

## Conclusion

The FIT Toolkit is a valuable resource for providers to ensure they are well-equipped to support families in initiating and managing behavioral health treatment for youth. By leveraging these resources, providers can enhance their understanding and application of FIT, leading to better outcomes for children and families in Washington State.

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