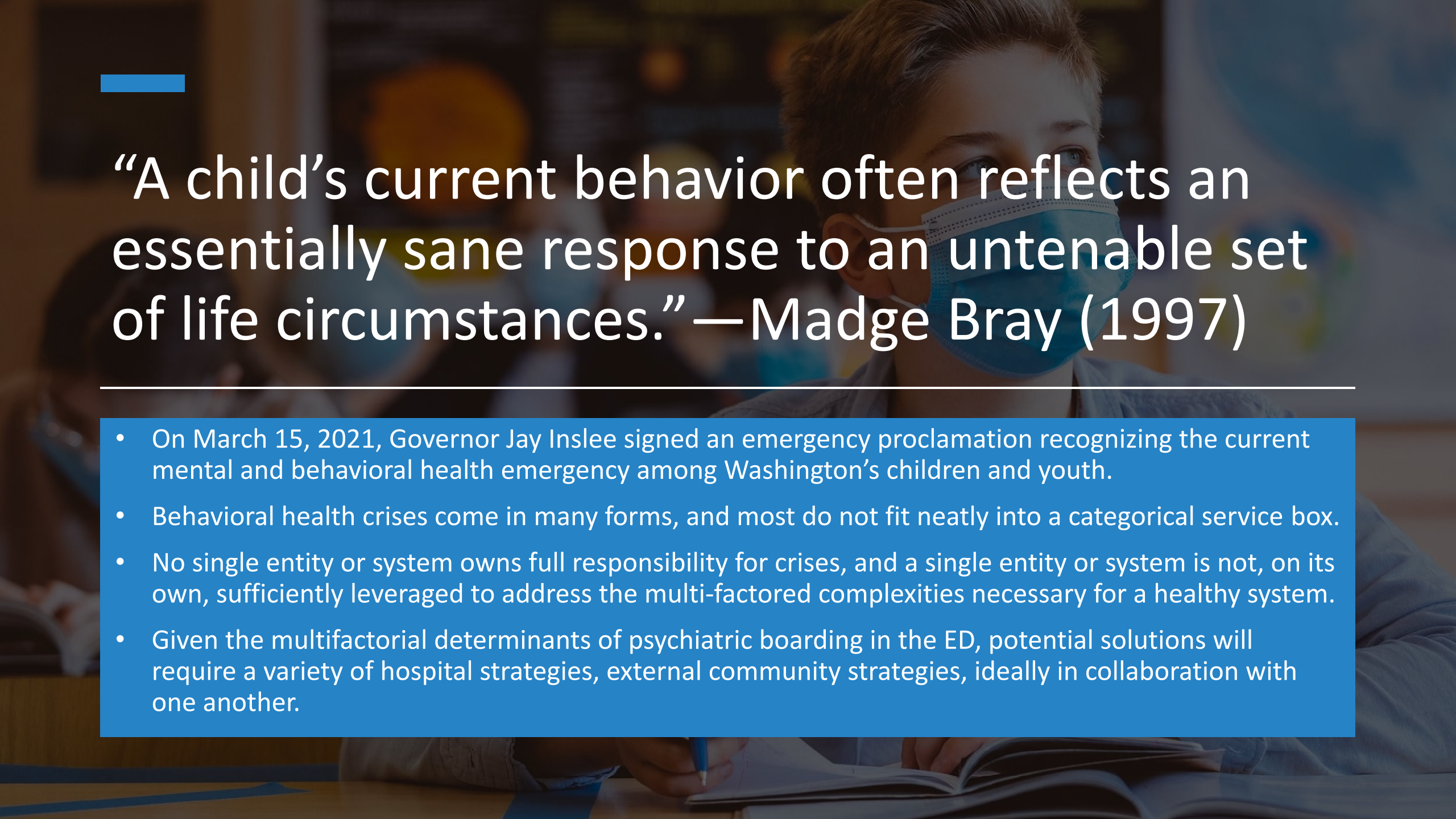




Kids Mental Health Washington

Leveraging Partnership to Transform Change



“A child’s current behavior often reflects an essentially sane response to an untenable set of life circumstances.” —Madge Bray (1997)

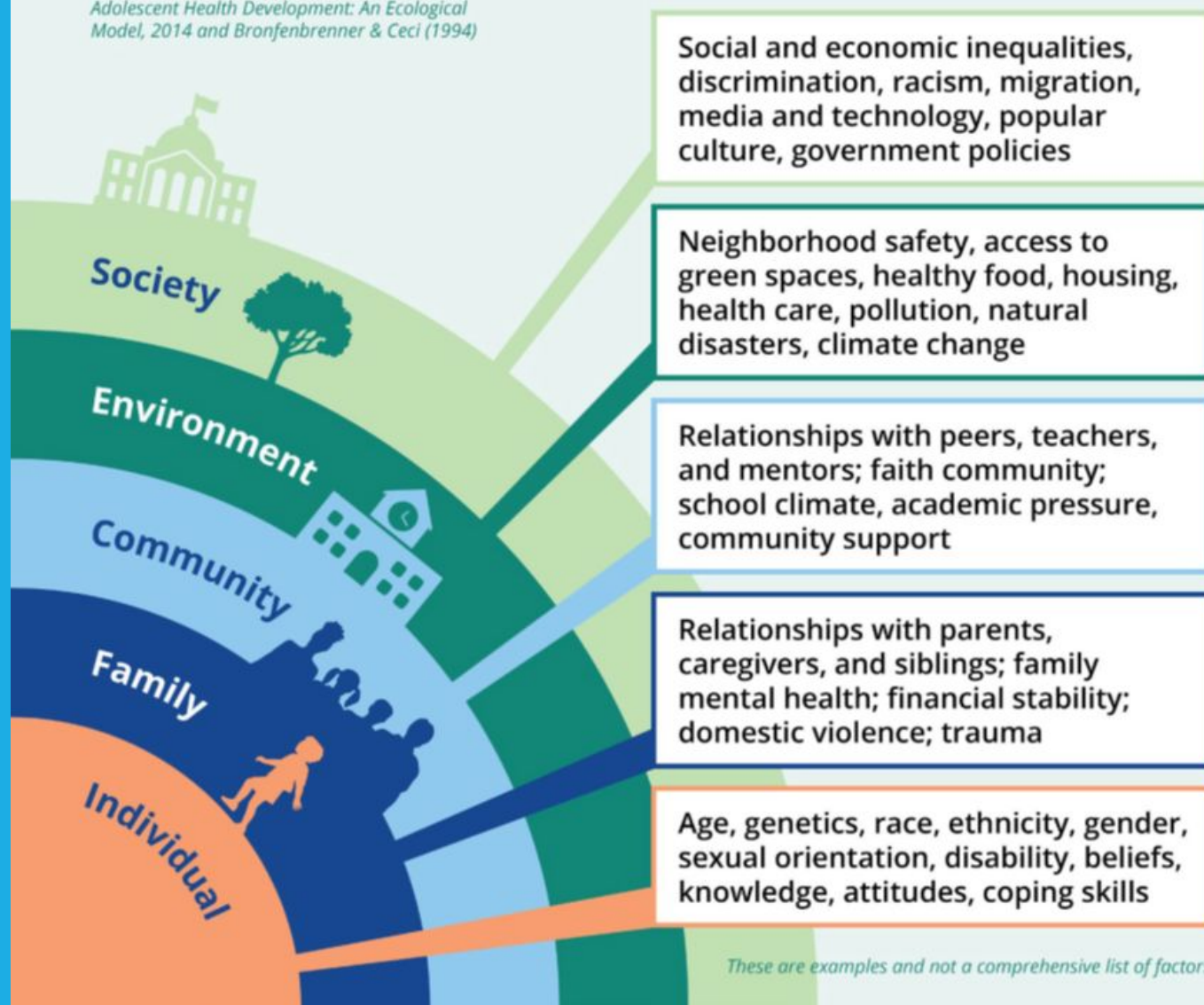
- On March 15, 2021, Governor Jay Inslee signed an emergency proclamation recognizing the current mental and behavioral health emergency among Washington’s children and youth.
- Behavioral health crises come in many forms, and most do not fit neatly into a categorical service box.
- No single entity or system owns full responsibility for crises, and a single entity or system is not, on its own, sufficiently leveraged to address the multi-factored complexities necessary for a healthy system.
- Given the multifactorial determinants of psychiatric boarding in the ED, potential solutions will require a variety of hospital strategies, external community strategies, ideally in collaboration with one another.

“Supporting the mental health of children and youth will require a whole-of-society effort to address longstanding challenges, strengthen the resilience of young people, support their families and communities, and mitigate the pandemic's mental health impacts.”

FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE




Source: Adapted from WHO's Determinants of Adolescent Health Development: An Ecological Model, 2014 and Bronfenbrenner & Ceci (1994)




Cross-System Collaboration



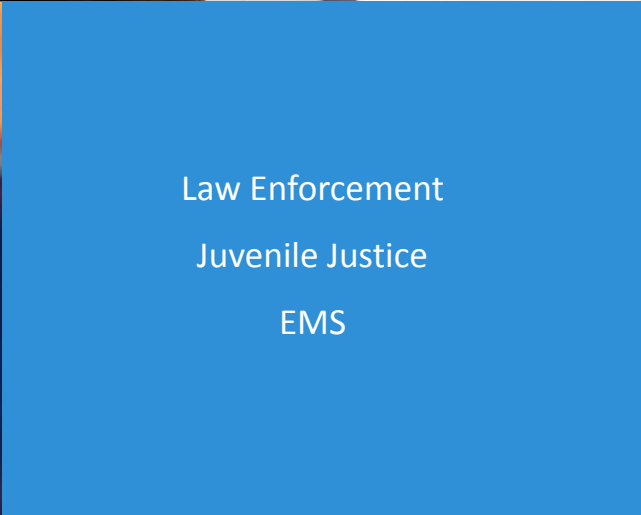
Autism and Disability Partners
Child Welfare
School Districts
Youth Services



Health Equity Partners
Health Care Systems
Primary Care



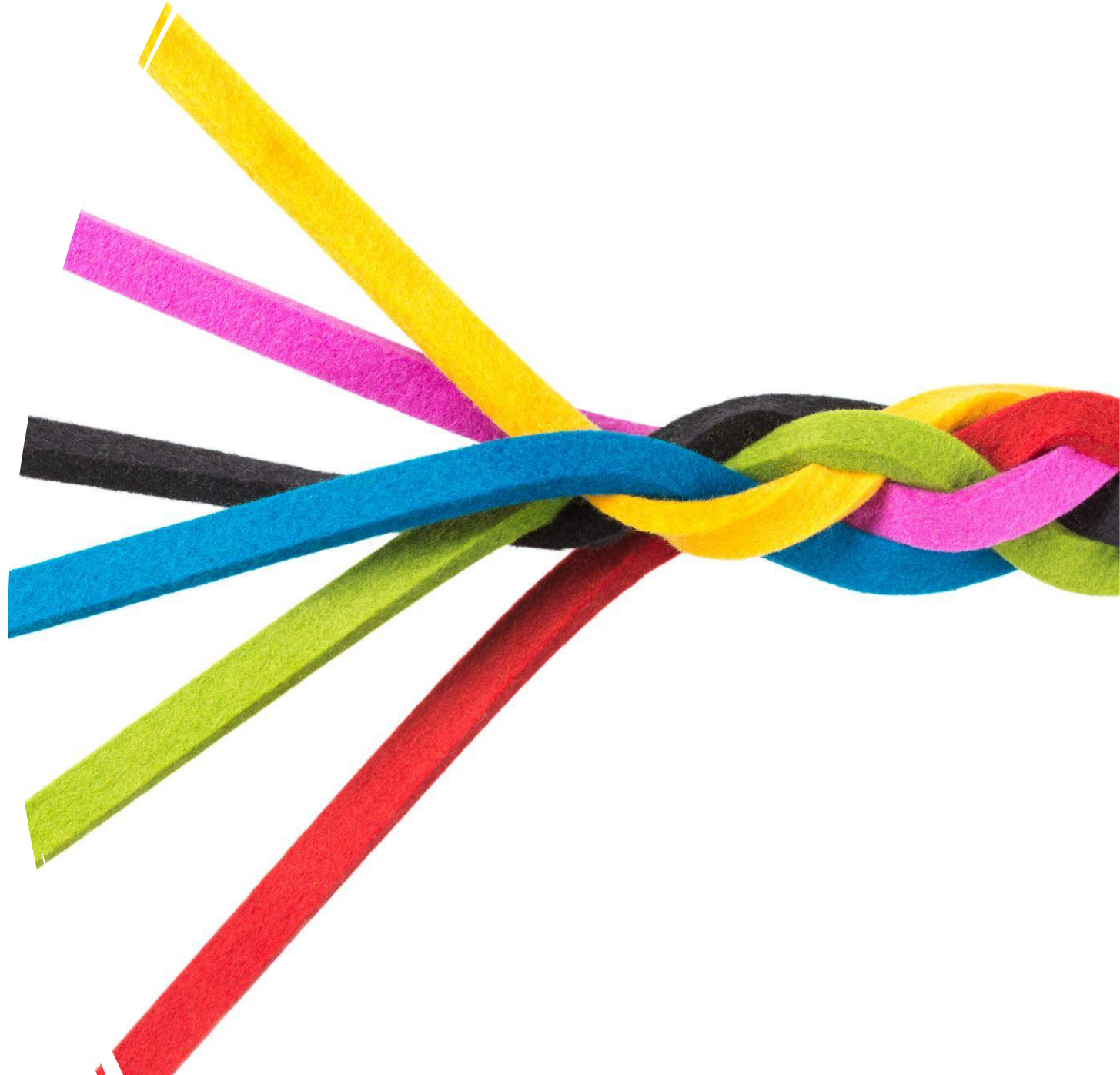
Community Mental Health
Crisis Services
Managed Care Organizations



Law Enforcement
Juvenile Justice
EMS

Model Components

- A referral process for anyone to submit a request for a youth in need of support.
- Steering/Action Committees to coordinate local resources and collaborate on community initiatives.
- Multi-disciplinary team meetings (MDTs). Youth-centered wrap-around collaboration with local resource partners to develop an action plan tailored to the needs of the youth.
- A website with up-to-date local and community-based resources for youth and their families.
- KMHWA Teams: Behavioral Health Navigation, Care Coordination, and community consults.





Kids Mental Health Washington Program

The Health Care Authority (HCA) is partnering with Kid's Mental Health Pierce County and DSHS Developmental Disabilities Community Services (DDCS) to stand up teams in three regions per year for the next three years.

Technical assistance and support, collaborative learning teams and pathways for real time input on regional strengths and needs are being developed as teams begin standing up across the state.

Regional teams are building community in support of children, youth, and families through the development of Multi-Disciplinary Teams (MDT). Key partners including community members, providers, and cross-systems team members are gathering to connect our youth and families to the care and resources they need.



Developmental Disabilities Community Services

DSHS DDCS regional and central office staff are actively engaged in KMHWA.

- Partnering to support youth with developmental disabilities and their families in navigating service systems.
- Improving cross-system communication for more efficient collaboration.
- Addressing barriers to behavioral health services by sharing resources.

DDCS services:

- [Informing Families | Navigating the future.](#)
- [Eligibility and Services Guide.](#)



Supporting dual diagnosis:

- [DDCS's Guidebook: Meeting the mental health needs of people with intellectual disabilities](#)
- [WA Include: ECHO Learning Communities](#)
- [Best Practices for Co-occurring conditions](#)
- [NASDDDS Adaptive Strategies for MH Modalities](#)

KMHWA Rollout

Find your county here:

[Home – Kids' Mental Health Washington](#)



Year 1 SFY

2022

- Salish
- Greater Columbia
- Southwest



Year 2 SYF

2023

- Spokane
- Great Rivers
- Thurston-Mason*



Year 3 SFY

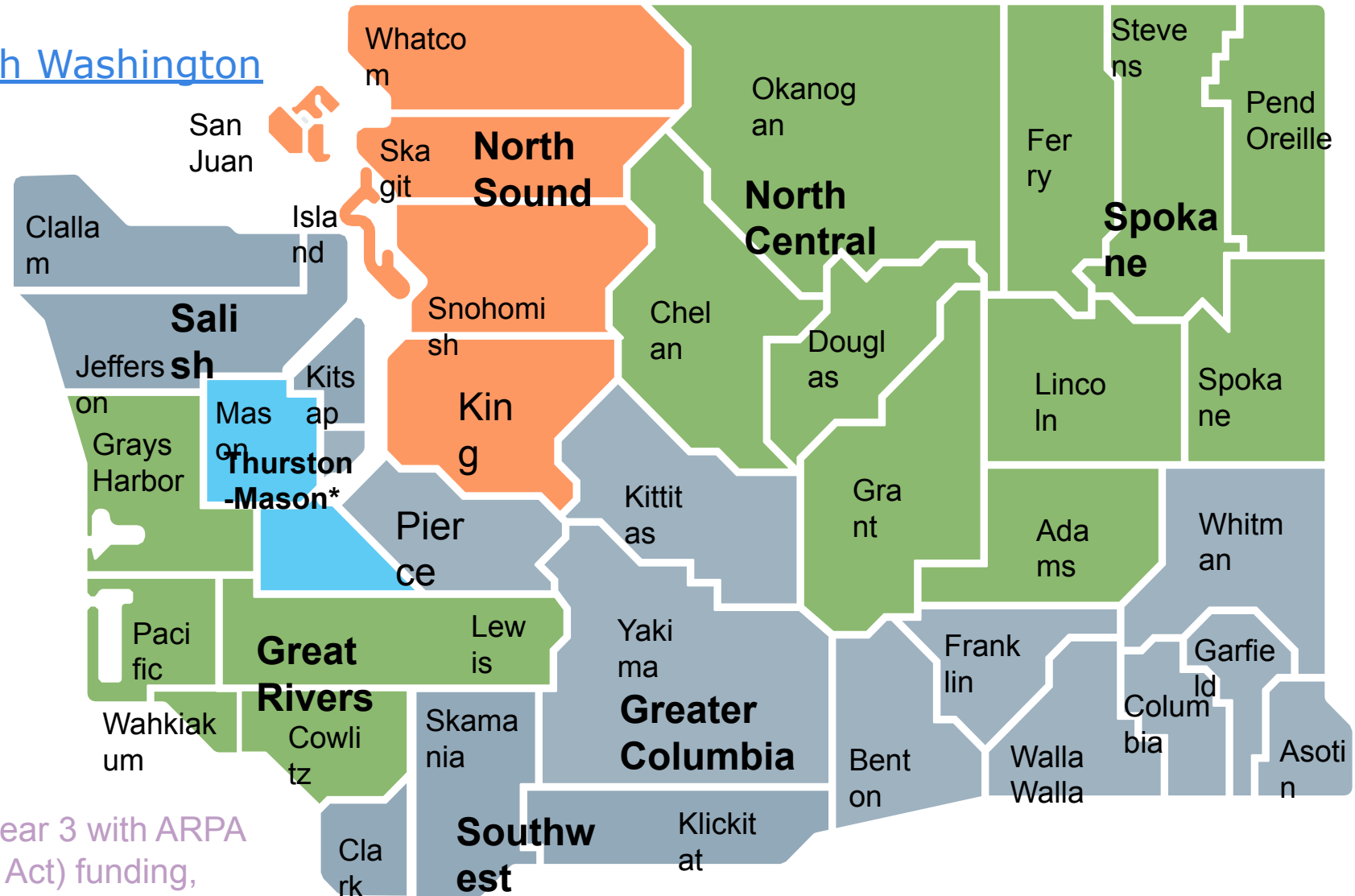
2024

- King



Thurston-Mason

- Start year 2 instead of year 3 with ARPA (American Rescue Plan Act) funding, then will move to state funding



Regional and Program Wins



Behavioral Health Navigation

WISe- Including transitional planning from WISe to outpatient services

DDA- waiver status, connection to resources, case management, OT/ABA services, sensory evaluations, autism services

Outpatient Services- including culturally and linguistically responsive providers

Including animal therapy, yoga, naturopath referrals

Outpatient medication management

Telehealth Therapy

Advocacy/ Peer Support Partners

School Special Assistance Plans- IEP, 504, school advocates, etc.

Insurance case management

Crisis teams and hotlines

School clubs/ Mentoring services/ Boys and Girls Club/ Homeschool programs/Church youth Programs

LGBTQIA+ support groups

Psychosis training for families

Functional medicine for assessing gut health

Pharmacogenetic testing

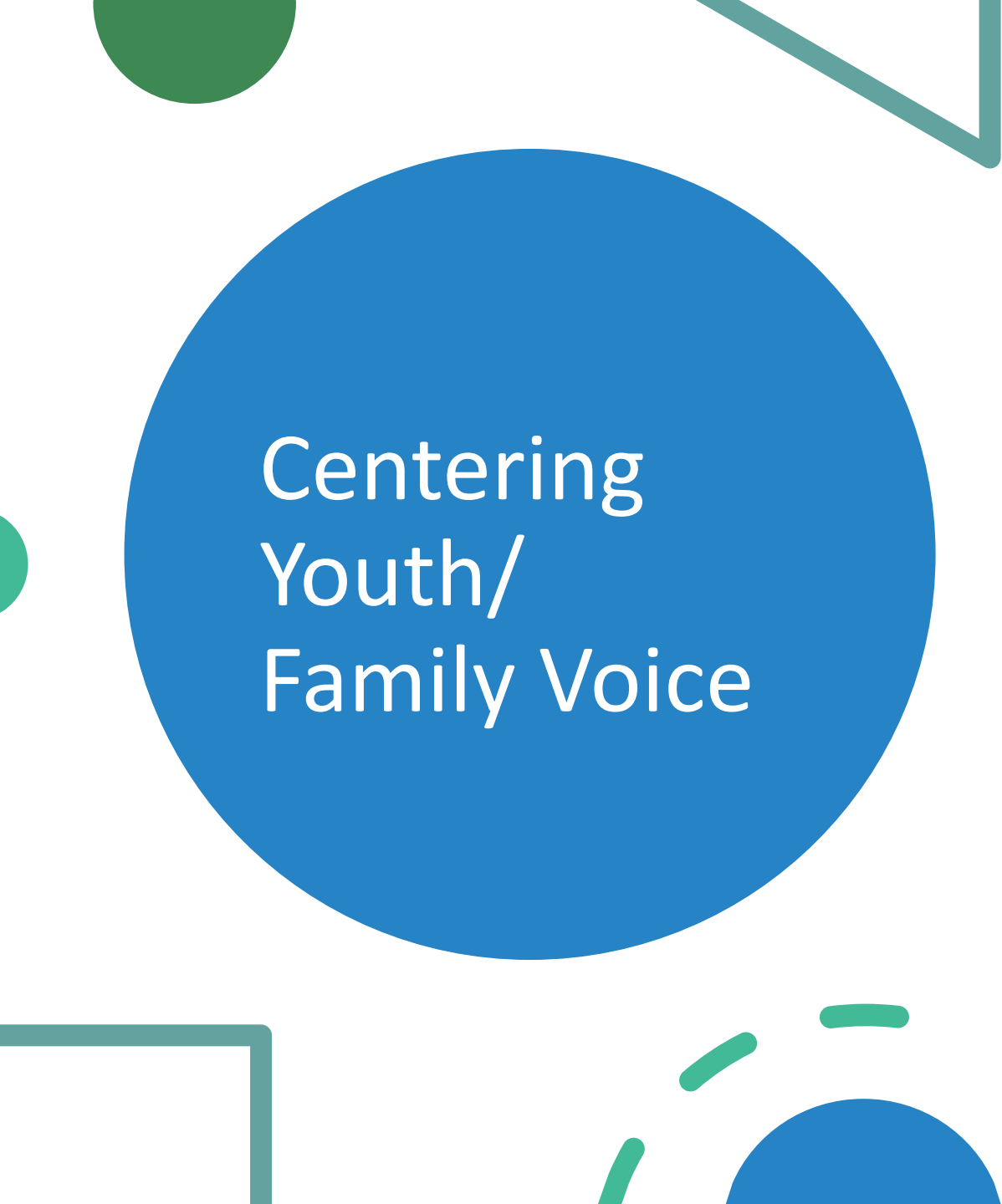
Housing authority for basic needs

Transitional planning for release from juvenile detention center

Attended IEP meetings

Assisted with Apple Health applications

Presented to ECHO IDD for additional recommendations post-MDT for IDD/DD youth

A decorative graphic featuring a large blue circle on the left containing the title. To its right, a green line forms a partial triangle. At the bottom, there are several green curved lines and a blue semi-circle.

Centering Youth/ Family Voice

- “I believe this is a great approach. From a parent’s perspective this is 100% needed in our community” - Parent on KMHWA Steering Committee
- “Thank you to everyone for being here when my daughter and I needed you! I don’t have words to express how much weight has been lifted from both of us. Having this resource to help point us in the right direction and come up ideas to get my daughter on the right track has been invaluable!!” -Parent who attended MDT
- “Hi Meredith, I recently interfaced with you/your team in a care conference for (youth). (Youth)’s Mom could not pay your team more praise for the great work you have done with the family to support the transition out of the hospital.”
- “Thank you for helping through this process. I’m feeling good and really appreciate all of the wide ranging ideas. The biggest comfort comes from some of the practical easy things we can do like the ice, but also knowing what to do and where to go if a crisis grows to something we can’t control. Breathing a little easier right now.”

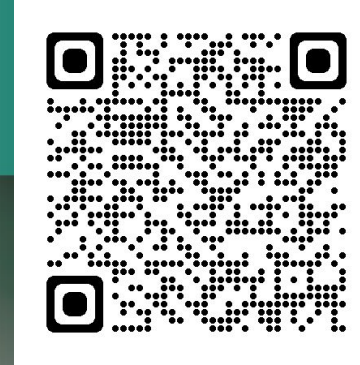
Regional Websites

Each region is developing a regional resource hub for comprehensive pediatric behavioral health information.

Available Resources can include:

- Crisis Services
- Intellectual and Developmental Disabilities Resources
- Parent Support
- Inpatient and Outpatient Mental Health Services for Youth and Families
- Substance Use Disorder
- Black, Indigenous & People of Color Mental Health Resources
- Find A Provider
- Community Multi-Disciplinary Team (MDT)
- Insurance

[Kids' Mental Health Washington](#)



Kids' Mental Health Washington

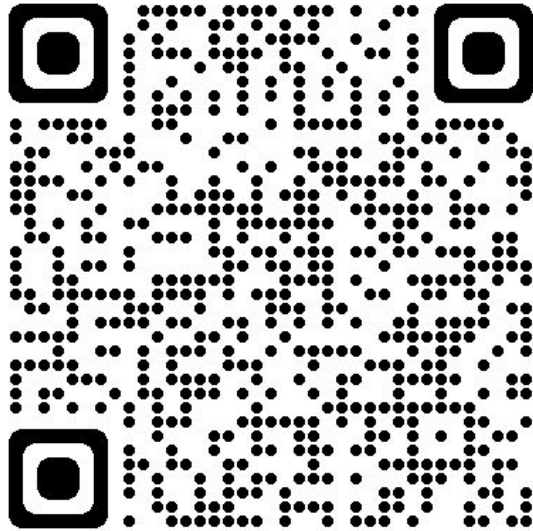
Supporting the behavioral health needs of Washington kids, youth and families.

LEARN MORE

JOIN US



Contacts



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|---|--|---|
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