

# Kitsap Health Equity Collaborative

September 19, 2023



KITSAP PUBLIC HEALTH DISTRICT



Welcome !



We gather on lands where Coast Salish peoples have long resiliently resisted the ongoing harms of colonialism. Let us continually ask how we are respecting the Tribes' sovereignties, rights to self-determination, and sacred connections to this place. In solidarity, we work with intention toward truth-telling reconciliation. Please center yourself in this context ...and in the following words from the Port Gamble S'Klallam and Suquamish Tribes.



*nəxʷqíyt nəxʷsʰáyəm*  
PORT GAMBLE S'KLALLAM TRIBE

*from the Preamble to the  
Point No Point Treaty  
Council Constitution*

...the Port Gamble S'Klallam and the Jamestown S'Klallam Tribes, of the Point No Point Treaty Area, recognize the responsibility and need to protect and advance the treaty reserved hunting, fishing and gathering rights of [their] Tribes.

[The Port Gamble S'Klallam and the Jamestown S'Klallam Tribes] further recognize that [their] inherent traditional and cultural rights constitute vital and irreplaceable resources for [their] future. These resources are essential for the social, cultural and economic self-sufficiency and well-being of [their] Tribal communities.

[The Port Gamble S'Klallam and Jamestown S'Klallam Tribes] believe that in unity and mutual respect [they] can best accomplish [their] community goals, not only for the benefit of Indian people, but for all people.

**dxʷsəqʷəb**  
PLACE OF THE CLEAR SALT WATER

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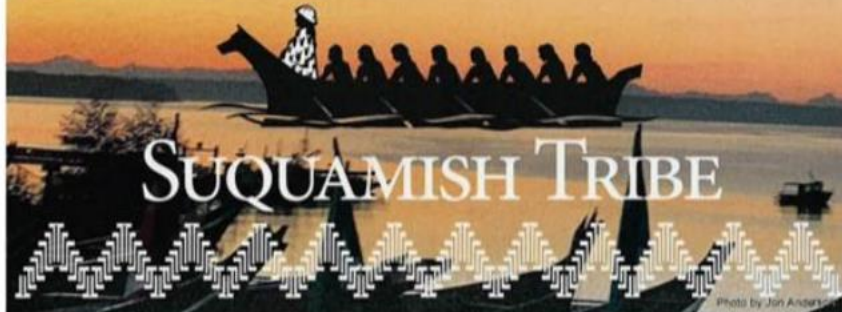
**LAND ACKNOWLEDGEMENT STATEMENT**

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"Every part of this soil is sacred in the estimation of my people. Every hillside, every valley, every plain and grove, has been hallowed by some sad or happy event in days long vanished."

*Chief Seattle 1854*

We would like to begin by acknowledging that the land on which we gather is within the aboriginal territory of the suqʷabš "People of Clear Salt Water" (Suquamish People). Expert fisherman, canoe builders and basket weavers, the suqʷabš live in harmony with the lands and waterways along Washington's Central Salish Sea as they have for thousands of years. Here, the suqʷabš live and protect the land and waters of their ancestors for future generations as promised by the Point Elliot Treaty of 1855.



**SUQUAMISH TRIBE**

Photo by Jon Anderson



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# Labor Acknowledgement

We must acknowledge that much of what we know of this country today, including its culture, economic growth, and development throughout history and across time has been made possible by the labor of enslaved Africans and their ascendants who suffered the horror of the transatlantic trafficking of their people, chattel slavery, and Jim Crow. We are indebted to their labor and their sacrifice, and we must acknowledge the tremors of that violence throughout the generations and the resulting impact that can still be felt and witnessed today.



# Meeting Goals

- Connect and build **relationships** among Collaborative members.
- Receive **information about mental health** (definition of mental health and behavioral health providers, data trends).
- Learn about **services provided by Kitsap Mental Health Services**.
- Discuss **plan for next Collaborative meeting** and next steps through the beginning of 2024.
- Update each other about **events and programs** from our organizations/communities.



# Recap of Last Meeting

- Built relationships among collaborative members.
- Received information about what KCR, Kitsap County and City of Bremerton are working on to address affordable housing.
- Discussed plan for next collaborative meetings: Focused on barriers and community assets related to mental health services



# Introductions

- Name
- Organization



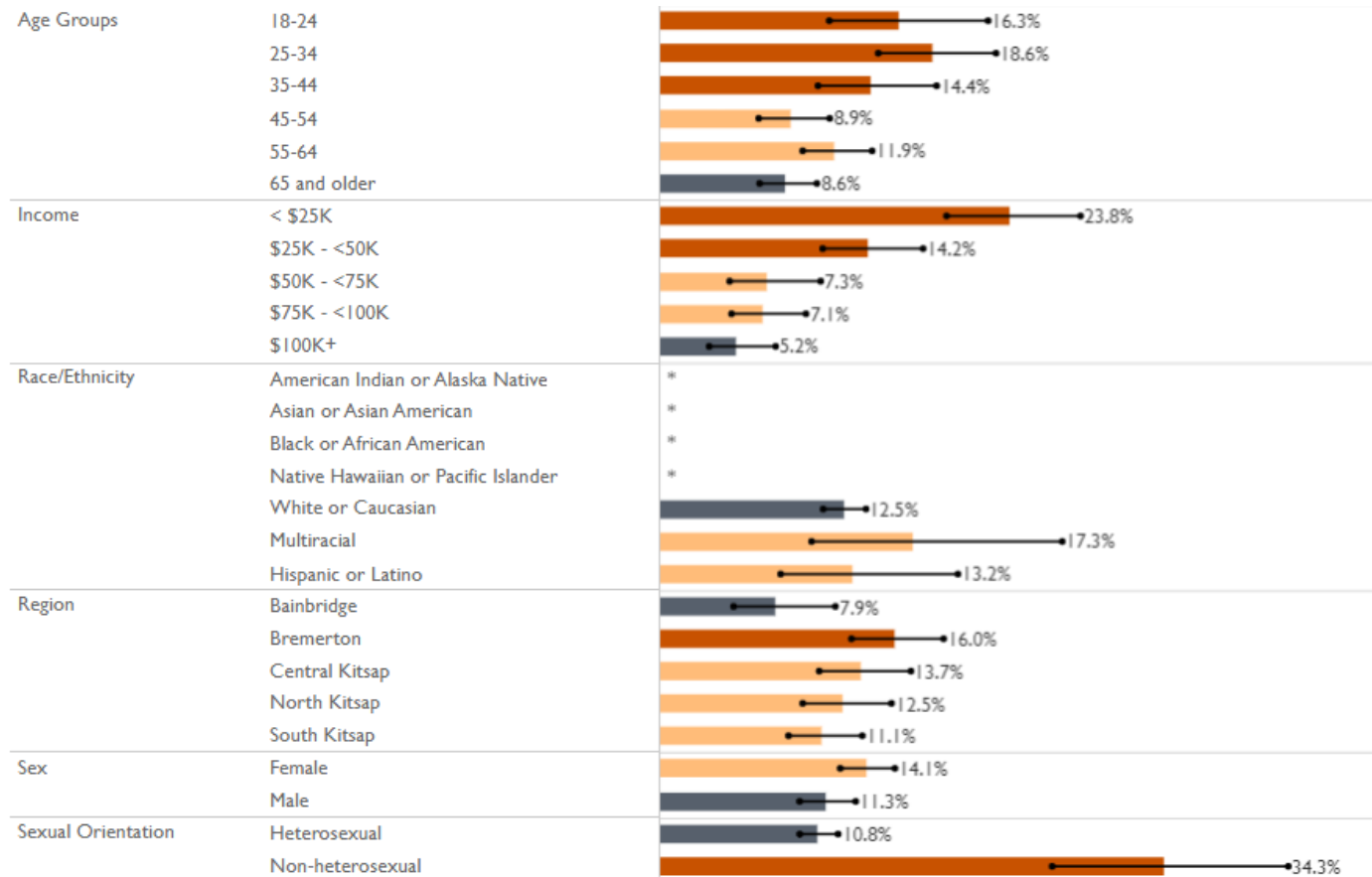
# Mental Health Trends



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# Estimated percentage of adults with mental distress in Kitsap County by subgroup, 2011-2021.



Data Source: Behavioral Risk Factor Surveillance System



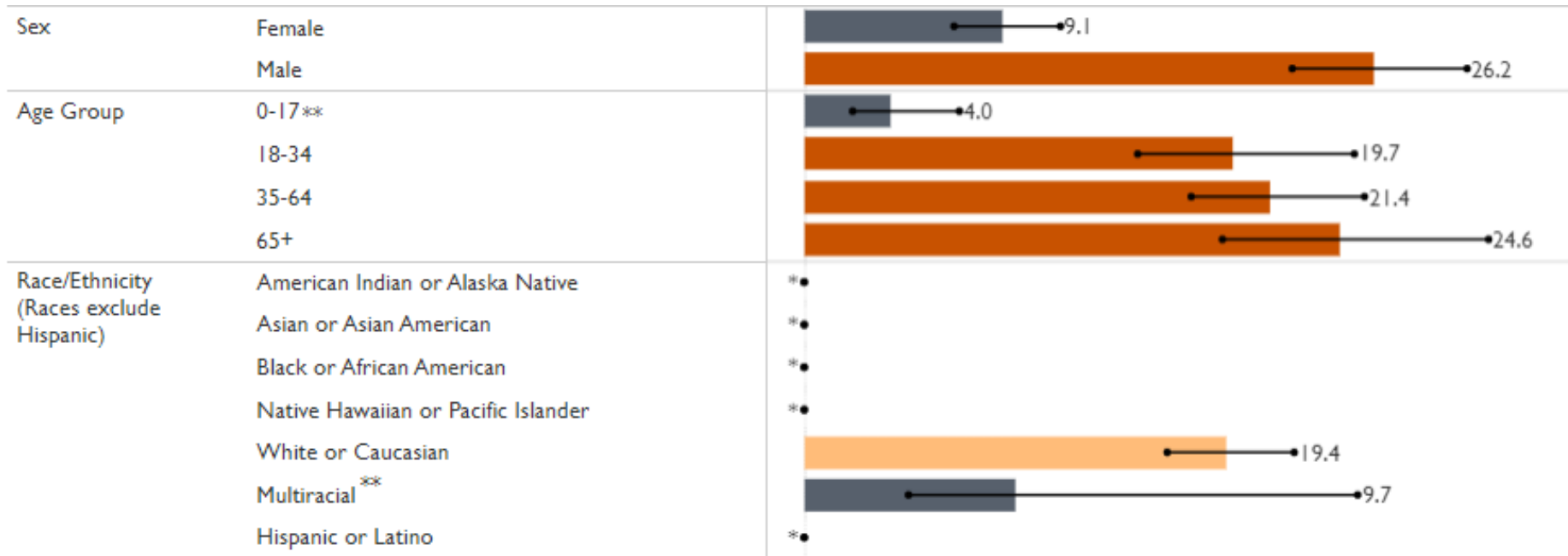
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# Suicides

- **In the U.S., suicide has increased fastest among people of color, younger individuals, and people who live in rural areas, making it a serious public health concern.** According to recent data from the CDC, suicide is among the leading causes of death in the U.S.
- **From 2010 to 2021, there has been a statistically significant increasing trend in the suicide mortality rate in Kitsap.** In 2021, there were 17 deaths due to self-inflicted injury for every 100,000 residents in Kitsap (49 deaths total). Suicide was the 10<sup>th</sup> leading cause of death in 2021.



# Suicide rate per 100,000, age-adjusted, Kitsap subgroups, 2017-2021.



**Data Source:** Washington State Department of Health, Center for Health Statistics, Death Certificate Data, Community Health Assessment Tool (CHAT) accessed October 2022.



# Youth Depression and Suicidal Ideation

- From 2012 to 2021, there has been a statistically significant increasing trend in the percentage of 12<sup>th</sup> graders reporting depressive feelings in Kitsap.
- **Kitsap youth reported suicide ideation at higher percentages than Washington youth overall.** In 2021, 23% of Kitsap 12<sup>th</sup> graders reported they had seriously considered attempting suicide in the past year, which was higher than Washington in 2021 (20%); this difference was statistically significant. (HYS)
  - 51% of youth who identified as transgender, questioning, or something else fits better, reported they had seriously contemplated suicide, compared to 13.5% of male youth. (HYS)
  - 20% students who identified as transgender, questioning, or something else fits better reported they had attempted suicide, compared to 5% of male youth. (HYS)



# Youth Bullying

From 2012 to 2021, there has been a statistically **significant decreasing trend in the percentage of Kitsap County 10<sup>th</sup> graders reporting on the Healthy Youth Survey they had been bullied**. There are disparities, however:

- **Female youth (17%)** reported more frequently being bullied than male youth (9%).
- **Youth who identified as lesbian, gay, bisexual, or other (24%)** reported more frequently being bullied than heterosexual youth (11%).



# Social Isolation

From 2017-2021, an estimated 11,102 older adults (ages 65 and older) were living alone, which was about 20% of all older adults in Kitsap. (American Community Survey)

Estimated percentage of older adults (65 or older) living alone by Kitsap region, 2017-2021

Area	% Living Alone
Bainbridge Island	18%
Bremerton	26%
Kingston	16%
Port Orchard	20%
Poulsbo	25%

**Data Source:** US Census, ACS, 2017-2021







Kimberly Riley, DSW, LMFT, CMHS

- Licensed Marriage and Family Therapist in private practice (You Are Beautiful, PLLC)
- Assistant Clinical Professor at Seattle University
- Mental Health Consultant for KCR's Head Start



# Mental Health



Washington State Department of Health  
(DOH) Licensed Providers

Kimberly Riley, DSW, LMFT, CMHS

[www.youarebeautifulpllc.com](http://www.youarebeautifulpllc.com)

# What is mental health?



Mental Health: a state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life.

(Association A. P., 2023)

# What is a mental illness?



Mental Illness refers collectively to all diagnosable mental disorders — health conditions involving: Significant changes in thinking, emotion and/or behavior. Distress and/or problems functioning in social, work or family activities.

(Association A. P., 2023)

# Substance Use Disorder Professional



Understand addiction and the ways it affects individuals throughout the life course. Apply key principles in developmental and abnormal psychology to the experiences of chemically dependent and addicted patients. Understand the pharmacological actions of alcohol and other drugs.  
(College, 2023)

# Marriage & Family Therapist



Marriage and family therapists (MFTs) are mental health professionals trained in psychotherapy and family systems, and licensed to diagnose and treat mental and emotional disorders within the context of marriage, couples and family systems.  
(Therapy, 2023)



# Mental Health Counselor



Clinical mental health counselors are highly-skilled professionals who provide flexible, consumer-oriented therapy. They combine traditional psychotherapy with a practical, problem-solving approach that creates a dynamic and efficient path for change and problem resolution.

(Association A. M., 2023)

# Social Worker



Social workers help people overcome some of life's most difficult challenges: poverty, discrimination, abuse, addiction, physical illness, divorce, loss, unemployment, educational problems, disability, and mental illness. They help prevent crises and counsel individuals, families, and communities to cope more effectively with the stresses of everyday life.

(Worker, 2023)

# Psychiatric Mental Health Nurse



Understand addiction and the ways it affects individuals throughout the life course. Apply key principles in developmental and abnormal psychology to the experiences of chemically dependent and addicted patients. Understand the pharmacological actions of alcohol and other drugs.

(Association A. P., 2023)

# Psychologist



Psychologists can help people learn to cope with stressful situations, overcome addictions, manage their chronic illnesses, and give tests and assessments that can help diagnose a condition or tell more about the way a person thinks, feels, and behaves.

(Association A. P., Science of Psychology: The go to science, 2023)

# Psychiatrist



A psychiatrist is a medical doctor (an M.D. or D.O.) who specializes in mental health, including substance use disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems. After completing thorough evaluations, psychiatrists can prescribe medications to help treat mental disorders.  
(Liu, 2023)

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Hope  
lives  
here.

# The Need for Mental Health and Substance Use Service



# Demand for Services is on the Rise

**Children's suicide attempts have increased during COVID-19 pandemic**

*Demand for mental health treatment continues to increase, say psychologists*

‘Nobody Has Openings’: Mental Health Providers Struggle to Meet Demand

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# Mental illness is more common than you think

- One in five American adults experiences a mental health issue
- One in 25 lives with a serious mental illness, such as schizophrenia, bipolar disorder or major depression
- Half of all mental health disorders show first signs before a person turns 14; 3/4 of mental health disorders begin before a person turns 24
- In the US, almost half of adults will experience a mental illness in their lifetime
- In the US, only 41 percent of people who had a mental disorder in the past year received professional care or other services

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# Most people with mental illness are vulnerable, not violent

- Despite recent headlines, only 3-5 percent of all violent acts can be attributed to someone living with mental illness
- People with severe mental illness are 10 times more likely to be victims of violent crime than the general population

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# Recovery Happens

- People with mental health problems **can** get better
- Many recover completely



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# KMHS Mission

Offering Hope and Opportunity through comprehensive recovery-oriented behavioral healthcare.



# 45 Years of Compassionate Care

- Nonprofit founded in 1978
- Community Behavioral Health Center
- Primarily serves clients eligible for Medicaid and uninsured
- Serves more than 8,000 Kitsap County residents annually
- 500+ employees
- Training ground for new clinicians seeking licensure

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# Convenient Locations

- Bremerton Main Campus
- South Kitsap – outpatient services
- North Kitsap – outpatient services
- Sheridan Road – child and family services
- Bentley Drive – Wraparound Intensive Services (WISe)
- Housing – Pendleton Place + smaller sites

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# We Offer a Broad Range of Services

- **Outpatient care** for youth and adults
- **School programs** for K-12 students
- **Wraparound intensive community based services** for higher acuity youth and adults
- **Designated crisis responder services** for Kitsap County and manage **24/7 mobile crisis outreach team** for youth and adults
- **24/7 facilities** (youth/adult inpatient, residential, crisis, substance use)
- **Housing and employment** programs

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# KMHS Outpatient Programs

Comprehensive, Compassionate, Recovery-Oriented



# Comprehensive Outpatient Services

- **All KMHS clients are assigned an Adult Outpatient team that includes:**
  - Mental health counselor
  - Medication management by a certified psychiatric provider
  - Social services support
  - Addiction and other mental health specialists
- **Specialty Programs** - Jail services, Medication Assisted Treatment, treatment courts, and wrap around intensive services teams
- **Onsite pharmacy** – Genoa, and **onsite primary and dental care** – Peninsula Community Health Services

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# Children Youth & Family Services

## **Outpatient Services**

- Team based design consisting of Therapists, Care Coordinators, Parent Partners & Youth Advocate
- Clinicians provide assessments, individual and family therapy, care coordination, and groups.

**WISe (Wrap Around Intensive Services) for youth** – 24/7 team based services for Medicaid eligible youth up to 21 years of age.

- Multi-disciplinary, community-based support team that works to engage the client, their family, and their identified formal and natural supports.

## **School Programs**

- Madrona Day Treatment – Onsite classroom offering therapeutic support and academic instruction for 44 students identified as needing support beyond what the district can provide.
- Onsite therapeutic teams supporting multiple elementary, middle and high school classrooms across Kitsap County.

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# KMHS 24/7 Programs

Comprehensive, Compassionate, Recovery-Oriented



# Mobile Crisis Outreach Teams & Designated Crisis Responders

- **2 separate 24/7 teams** for youth and adults comprised of mental health professional, peer, and a Designated Crisis Responder (DCR)
- **DCRs assess risk** of danger to self or others or grave disability and have legal authority to involuntarily detain individuals
- **For people in crisis:**
  - Kitsap County utilizes the Volunteers of America mental health crisis line
  - Call 1-888-910-0416, text or chat 988 or visit [imhurting.org](https://imhurting.org)
  - Volunteers of America counselors contact the KMHS Mobile Crisis Outreach Team if life or safety is at stake

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# Crisis Triage Center

- Treats people with depression, severe anxiety, and a wide range of issues
- Accepts referrals from the hospital emergency department, law enforcement and other agencies
- 3-5 day voluntary stay
- Validation, nourishing food, camaraderie, warmth and safety
- Substance abuse evaluation
- Medicaid enrollment
- Open to any Kitsap resident



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# Pacific Hope and Recovery

- 16-bed residential addiction rehabilitation facility
- 4-5 weeks of reliable, caring and non-judgmental participation with certified substance abuse counselors and peers
- 5 hours daily participation in counseling and recovery groups
- Case management to begin the recovery process

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# Keller House

- 16-bed residential living unit for people who need additional mental health support
- Private rooms, freedom of movement, may stay for up to 30 days while transitioning to independent living
- Substance abuse counseling
- Outpatient services
- Medication management and supervision



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# Adult Inpatient Unit

- 16-bed psychiatric intensive care unit
- Treats severe mental health conditions, such as psychosis or suicidality
- Voluntary or civil commitments from 14-180 days
- On-site court

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# Youth Inpatient Unit

- 10-bed intensive care unit
- Treats ages 12-17
- Voluntary or civil commitments
- Provides evaluation and treatment of youth experiencing severe emotional and behavioral disturbances

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# Supported Housing

Housing is healthcare







# Pendleton Place

- Permanent supported housing for 72 people
- Residents were chronically unsheltered and living with a mental health/substance use diagnosis
- Kitsap Way, Bremerton
- Opened in spring 2022

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***It's been amazing since day one. ...When they handed me a welcome letter, I just started crying.***

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# Permanent Supportive Housing at Pendleton Place Works!

- **Housing Stability improved**
  - 69 of original 72 (95%) residents still housed nearly one year later
- **Engaged in Treatment Services**
  - 52 of 72 residents engaged in mental health services
  - 16 residents engaged in substance use treatment services
  - 62 engaged in Primary Care services

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# Accessing KMHS Services

- For Medicaid-eligible or uninsured individuals who need mental health care
- To get started, call **1-360-373-5031** or walk-in to Almira Campus
- For anyone in crisis or thinking of suicide, call the Volunteers of America crisis line at **1-888-910-0416**, text or chat **988** or visit **imhurting.org**

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# Hope Lives Here

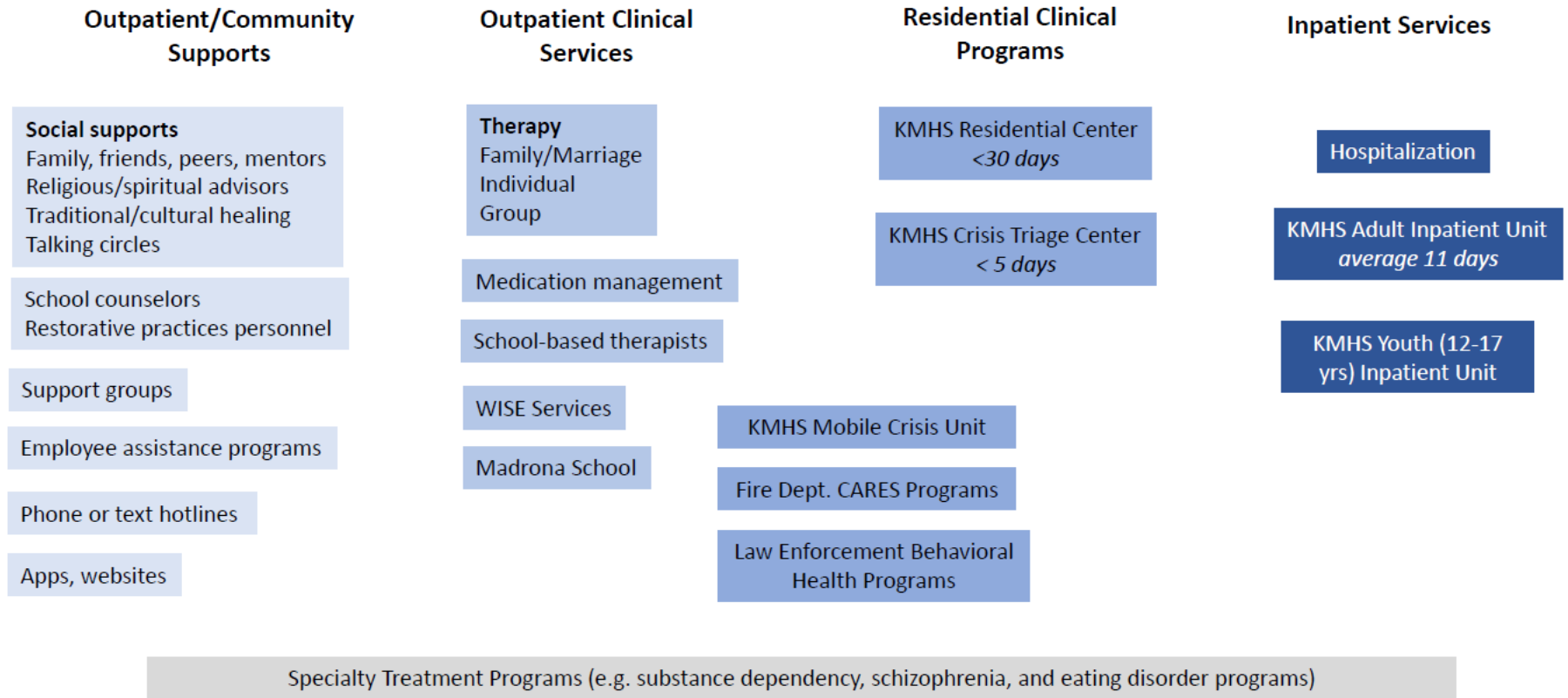


# Questions?

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## Mental Health Continuum of Care in Kitsap County (draft 9/14/2023)







# NEWS & UPDATES

