

• **CYBHWG Youth & Young Adult Continuum of Care (YYACC) subgroup**

Thursday, September 30, 2021  
4:00 – 5:30 p.m.

**Zoom link** | Zoom | <https://zoom.us/j/97422548732>  
(see next page for more details)

#	Agenda Items	Time	Lead
1.	Welcome <ul style="list-style-type: none"><li>Please introduce yourselves in Chat!</li></ul>	4:00 pm	Leads
2.	Introduction to Neuro Psych	4:00–4:30 pm	Michelle Karnath
3.	Excelsior Presentation <ul style="list-style-type: none"><li>The youth and family stabilization resource pilot (including respite services)</li><li>The new facilities Excelsior has opened (Youth center, etc. in Spokane and how that work is going)</li></ul>	4:30–4:50 pm	Andrew Hill, Excelsior Wellness
4.	Explore potential recommendations to address SB 6560 report findings	4:50–5:25	Leads
5.	Next Steps <i>October 7 Meeting – Finalize recommendations</i>	5:25–5:30	Leads

Join Zoom Meeting

<https://zoom.us/j/97422548732>

Meeting ID: 974 2254 8732

One tap mobile

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# Safe and supportive transition to stable housing for youth age 16-25

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Sazi Wald, MSW, LSWAIC, SUDPT

08/12/2021

# Introduction

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Sazi Wald (They/Them)

Location: and of the Coast Salish people in the city of Olympia, WA

Behavioral Health Transition Age Youth Stable Housing Policy Lead

Health Care Authority  
Division of Behavioral Health and Recovery  
Prenatal to 25 lifespan section



# Project overview

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- ▶ Prevent youth homelessness by looking at transition processes from inpatient to community care
- ▶ Identify best practices
  - ▶ Literature review
  - ▶ Co-design
    - ▶ Stakeholders
- ▶ Form five types of recommendations:
  - ▶ Value-based purchasing packages
  - ▶ Technical assistance and education
  - ▶ Policy recommendations
  - ▶ Practice recommendations
  - ▶ Research recommendations



# Additional responsibilities

- ▶ Co-lead the Interagency Workgroup on Youth Homelessness with OHY and DCYF
- ▶ Partner with Office of Homeless Youth
- ▶ Follow up with behavioral health recommendations from SSB 6560

# Current data

- ▶ **2 out of 10** young people in inpatient treatment will experience homelessness in 12 months.
- ▶ HUD data shows a shortage of 8538 beds in Washington State

[Section 1.1](#)



Washington State's (from RDA) most recent data shows youth who experience homelessness within a year after release from public systems in 2017.

**2,089** Total homeless youth

**1,911 out of the 2,089** of these individuals needing beds are unaccompanied and unsheltered youth under 25



**1,441** Youth ages 12-24 experienced homelessness within a year

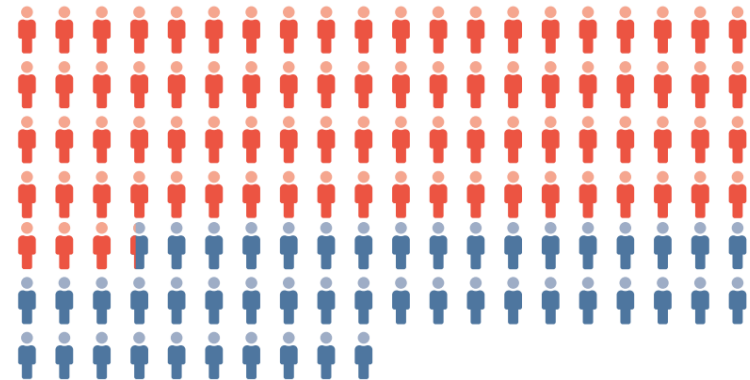
**19%** experience homeless after release from BH in patient services



**83%** of the youths are 18-24 years old



A Way Home Washington's data shows that 13,000 unaccompanied youth are using homelessness services. 2015 RDA showed that 2 out of 3 youth experience homelessness after leaving inpatient behavioral health care.



# Project formation

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- ▶ [A Way Home Washington report](#)
- ▶ [The Office of Homeless Youth report and dashboard](#)
- ▶ [Senate Substitute Bill 6560](#)
  - ▶ [RCW 43.330.700](#)
  - ▶ [RCW 46.20.117](#)
- ▶ [Raikes Foundation and Schultz Family Foundation](#)
- ▶ [Health Care Authority report](#)

# Project formation

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## Stakeholders

[Section 2 and 4](#)  
[Appendix I and II](#)



## Literature Review

[Section 3 and 4](#)  
[Appendix III and IV](#)



# Report findings

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## ▶ Four main themes

- ▶ **Stigma and anti-oppressive care:** The ways that our identities influence the types of care we receive and access
- ▶ **Basic Needs:** things like housing, food, money, education, employment, ID cards, and other daily necessities.
- ▶ **Relational Health:** Family, friends, and other things that impact social well-being.
- ▶ **Access to TAY appropriate Behavioral Health Care:** Enrollment in behavioral health care, staff training, behavioral health interventions.

Section 4

# If we had a magic wand



- ▶ Housing types that TAY want when they want it
- ▶ Other basic needs TAY want when they want it (money, employment, education, clothing, furniture, etc.)
- ▶ Ongoing flexible outreaching case management and support—always having intense support available after discharge
- ▶ Linkages and inclusion of family chosen by the TAY
- ▶ Culturally relevant care
- ▶ Lived expert and diverse staff including peer support
- ▶ Family counseling support
- ▶ Living skills and parenting/relationship support

[Section 2.3](#)

# Internal HCA recommendations

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- ▶ Exploration of care coordination and case management support through Medicaid
- ▶ Track referrals post-discharge including linkage to stable housing 12 months post-discharge
- ▶ Purchase for in-reach to inpatient substance use disorder and mental health treatment and ongoing follow up care
- ▶ Continue to coordinate for rule adjustment
- ▶ Collaborate with agencies to form and deliver trainings on developmentally appropriate care

# Service provider recommendations

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- ▶ Assess for homelessness and link TAY with safe and stable housing
- ▶ Warm handoff to other providers
- ▶ Provide living skills support including supportive housing, education, and employment
- ▶ Provide in reach and peer support
- ▶ Integrate client voice and choice
- ▶ Provide couple and family counseling and reconciliation
- ▶ Ensure there is follow up with clients up to 12-months post discharge

[Section 5.1](#)

# Advocate recommendations

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- ▶ Increase low barrier safe and stable housing first inventory for TAY
- ▶ Explore state-wide policies that preclude TAY experiencing homelessness from housing
- ▶ Support SUD and MH case management
- ▶ Support funding for community activities and engagement for TAY
- ▶ Explore paid lived-expert voice and mentorship across the system (agency to state-level)

[Section 5.2](#)

# Research recommendations

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- ▶ Form evidence based practices to discharge homeless TAY
- ▶ Create empirically based value-based purchasing packages or other payment structures for TAY experiencing homelessness
- ▶ Develop empirically based data collection for tracking TAY transitions into stable housing

## Safe and supportive transition to stable housing for youth ages 16-25

**Best practice recommendations for strong supportive communities**

Check out  
more!

[July/2021]

# Thank you!

Sazi Wald

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