

Intensive Behavioral Health Treatment Facilities

Purpose

Intensive Behavioral Health Treatment Facilities (IBHTFs) provide additional treatment and support in a residential setting to individuals who no longer require involuntary inpatient psychiatric services. These facilities serve as an important “step down” and help these individuals to fully and successfully integrate into their community.

The facility

The legislature established and continues to fund these facilities provide residential treatment for up to 16 people to live in and receive active rehabilitative treatment on a voluntary basis. Facilities contract directly with Managed Care Organizations (MCOs) who manage utilization and care within the facility and work collaboratively with the State Hospital and Long Term Civil Commitment (LTCC) liaisons. Clinical staff work to provide recovery-oriented treatment using evidence-based practices, independent living skills training, social skills, and community integration opportunities. These facilities are staffed 24/7 with a clinical team to work with the individual all hours of the day, as needed.

The facilities are designed as residences for the individuals who live there. Individuals will only be successfully discharged from the facility when as determined by the provider and/or the MCO they have met their treatment plan objectives and can be safely served within the community in a less-structured setting. The facility allows for limited egress from the facility by monitoring individuals leaving the facility, providing staff the ability to assess if the individual presents as a risk to themselves or others, and to intervene when necessary.

As needed facilities make individual crisis plans available to local behavioral health crisis services and local first responders to better coordinate response to these individuals and support them in their recovery.

Active treatment options

Services are expected to be provided by specially trained, qualified/licensed staff. Staff are available 24/7 to meet individual treatment needs and to support and encourage the individual to make choices that align with their recovery goals. Facility staff work with individuals and other collateral supports to develop effective behavior management plans to reduce treatment interfering behaviors. Individuals develop care plans to work through specific barriers in their lives and to work towards gaining a higher level of independence.

Start up

There are nine projects currently funded by the Department of Commerce, with various projected dates of completion in the 23-25 biennium. The first facility became operational in December 2022 and is located in Olympia, Washington. The second facility opened in July 2024 in Renton, Washington. The next facility to open will be in Tacoma, Washington opening in late 2024 to early 2025.

The Health Care Authority (HCA) has been working with IBHTF awardees and have contracted with Advocates for Human Potential (AHP) for technical assistance to further develop the facilities, and provide support while the facilities are being built. Additionally, HCA contracts with facilities to provide start-up funds for equipping the facility with staff, furniture and other equipment necessary for operation. Prior to accepting clients, AHP provides training to program staff and leadership to the IBHTF model of care.

During the start-up period, HCA works closely with the IBHTF to include site visits, technical assistance, quality oversight, transition from HCA to MCO funding, and to assist in identifying training needs.

The facilities currently in development are located in:

- Bremerton
- Kennewick
- Mt. Vernon
- Tacoma
- Spokane
- Snohomish

Current funding

GFS: FY24 \$1,401,000 ; FY25 \$1,401,000

GFF: \$3,201,000 for both fiscal years (FY24 and FY25)

For more information

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