

System of care expansion grant

Overview

The Substance Abuse and Mental Health Administration (SAMHSA) awarded the System of Care (SOC) expansion grant in September of 2018 for the improvement of behavioral health systems in Washington that serve youth, families, and caregivers. The four-year grant is designed to work towards improving long-term behavioral health outcomes and to minimize placements in restrictive settings, such as hospitals, juvenile rehabilitation, and residential treatment. SOC funds direct services, including day support services, intensive therapeutic foster care services, respite care, and also increases the availability of school-based student support specialists.

SOC furthermore funds infrastructure development to expand youth and family networks and to promote and socialize behavioral health and wellness as positive concepts among youth through social marketing campaigns. The system-wide delivery of SOC programming leverages collaborative structures that catalyze dialogue and recommendations around systems changes with community members and policy makers. This work furthers efforts to enhance service delivery and champions healthy outcomes for youth and their caregivers across Washington State.

The Governor has explicitly outlined a goal to “treat people in the most effective and least restrictive setting.” The SOC expansion grant thus facilitates the Governor’s goal to transform Washington’s behavioral health system by keeping youth and families safe and healthy at home, in the community, and at school.

These core values drive Systems of Care:

- A family driven and youth guided/directed framework
- Importance of community-based services
- Delivery of services with cultural and linguistic humility to address issues of diversity and disparity

Primary goals

- 1) Increase school-based screening and engagement of youth who are experiencing serious emotional disturbance within identified catchment areas;
 - 392 school staff received trainings on trauma-informed care and behavioral health
- 2) Increase the number of youth receiving Day Support Services within Rochester School District, Olympic Academy, and Centralia Middle School;
 - 17 students with complex mental health issues served by clinicians embedded in the school
 - 289 students completed the Screener-Child and Adolescent Needs Survey Assessment, an online screening which helps mental health navigators connect students with local and evidence-based tiered supports
- 3) Address the needs of children and youth in foster care by increasing access to Therapeutic Foster Care Services;
 - Currently, there are 3 active beds in King County serving youth in Therapeutic Foster Care
 - 5 youth received intensive therapeutic foster care services in 2021
- 4) Continue to promote and sustain youth and family participation through the Children’s Behavioral Health Governance Structure, especially in collaboration with the Family Youth System Partner Round Tables (FYSPRTs).
- 5) Increase the number of people exposed to positive mental health promotion messages

and stigma awareness through a social media campaign.

- 1,000 youth and families reached with targeted email blasts, website content, and other materials about student mental health

These goals are consistent with efforts to prioritize addressing trauma and Adverse Childhood Experiences (ACEs) more effectively.

Other program highlights from 2021 include:

Data Collection and Evaluation

- Data collection initiated to analyze potential disparities in outcomes based on race, ethnicity, and sexual orientation/gender identity for all youth enrolled in the WISE program.

Respite Services

- 2 new pilot sites began providing Respite services in Seattle (YMCA of Greater Seattle) and the Spokane area (Excelsior Youth Services)
- Excelsior served 38 youth and YMCA Seattle served 51 for a total of 89 youth having received Respite services between July and September of 2021
- Respite services include planned day programming, crisis warm line, and overnight services

Leadership and Peer Counselor Training

- 21 systems leaders received the acclaimed Ellen Kagen Adaptive Leadership training
- 17 systems leaders received the acclaimed Ellen Kagen Coach Approach training
- The Students Providing and Receiving Knowledge program (SPARK) provided training to 33 youth, some who have lived experience.

Key partners

- Children’s Behavioral Health Governance Structure, Family Youth System Partner Round Tables (FYSPRTs)
- Department of Children, Youth & Families (DCYF)
- Department of Social and Health Services (DSHS), Research and Data Analysis (RDA)
- Educational Service District (ESD) 113
- GMMB, Inc., a social marketing firm
- Rochester School District
- Olympic Academy
- Centralia Middle School
- YMCA of Greater Seattle
- Excelsior Youth Services

Federal fiscal year budget 2021

\$3,000,000

Oversight

- Health Care Authority (HCA), Division of Behavioral Health and Recovery (DBHR)
- Substance Abuse and Mental Health Services Administration (SAMHSA)

For more information

Alan “Ace” Bulger,
SOC Grant Director
Ace.Bulger@hca.wa.gov,
360-725-1641

Sonya Wohletz
SOC Project and Social Marketing Manager
sonya.wohletz@hca.wa.gov
360-725-1535

Additional information about child and youth behavioral health services in Washington:
<https://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/child-and-youth-behavioral-health>