

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

Best practice recommendations for strong supportive communities

Overview

HCA supports and implements best practices to comprehensively support transition age youth ages 16-25 that experience homelessness from inpatient to outpatient behavioral care and supportive communities.

HCA works in partnership with Raikes foundation, Schultz Family foundation, and the Office of Homeless Youth (OHY).

HCA recently published a report on best practice standards for transitioning homeless transition age youth (TAY) ages 16-25 from inpatient treatment to the community.

Goals

The goals of this project aim to amplify best-practice efforts by outlining recommendations (within **section 5** of the report) for HCA, providers, system partners, and researchers such as:

- Purchasing for better outcomes
- Technical assistance and education
- Policy recommendations

Report findings—overarching themes:

Four guiding themes emerged from the report:

- **Anti-oppressive care**—culturally responsive, anti-stigmatizing support that should be interwoven throughout all care including within the following themes.
- **Basic needs**—linkage with housing, food, shelter, transportation, education, employment, hobbies, and more.
- **Relationships**—linkage and support to maintain healthy relationships between the

TAY and their family friends, and intimate partners.

- **Recovery**—linkage and ongoing support with behavioral health and other health care needs such as outpatient care, care coordination, peer counselors, and more.

Report findings—stakeholder feedback highlights:

Section 2 of the report explores the overall stakeholder experience during behavioral health discharge, here are some brief highlights:

- **Anti-oppressive care:**
 - Successfully received culturally and developmentally appropriate discharge support.
 - 21% TAY responses said yes
 - 14% of caregiver responses said no
- **Basic needs:**
 - Successful discharge into safe and stable housing.
 - 26% TAY responses said yes
 - Received enough support (including recovery supports) post-discharge.
 - 16% TAY responses said yes
 - 0% caregiver responses said yes
- **Relationship support:**
 - Desire for family involvement in their treatment supports.
 - 59% TAY responses said yes

- **Recovery supports:**

- Discharge plans successfully played out as intended.
 - 17% TAY responses said yes
 - 9% caregiver responses said yes

Report link

<https://www.hca.wa.gov/assets/program/safe-and-supportive-transition-for-stable-housing-for-transition-aged-youth-20210701.pdf>

Participant stakeholders

Lived experts from across the state participated via interview or survey:

- **42** participants—Young adults with lived experience ages 18-25
- **37** participants —Adults with lived experience ages 26-35
- **26** participants —Families of youth with lived experience
- **111** participants —Service providers who work with youth and families with these experiences

What's next

- Developing internal structures to address the four primary objectives
 - Forming and implementing data systems to facilitate successful discharge
 - Implementing purchasing strategies
 - Coordinating for rule adjustment
 - Developing training and technical assistance for service providers

History and context

According to the 2018 A Way Home Washington report, two out of three 13 to 24-year-olds that were experiencing homelessness and had been discharged from a public system of care came from inpatient behavioral health treatment. OHY presented 2017 data from Research and Data Analysis illustrating that within 12 months of exiting inpatient behavioral

health treatment, one in five young people ages 13-24 would be homeless. 82-84% of these young people were between the ages of 18-24.

SSB 6560 passed in 2018 to ensure young people are discharged into safe and stable housing from public systems of care by January of 2021. The bill was codified into RCWs 43.330.700 and 46.20.117. The RCWs aid statewide program coordination with the Department of Commerce and support youth obtaining identification cards. Several state agencies including HCA took action to aid Washington communities and their youth. This legislative success inspired the creation of this project within HCA.

Grant partners

Raikes Foundation, Schultz Family Foundation

Grant timeline

January 2020-June 2022

Key partners

The Department of Commerce—Office of Homeless Youth, Mockingbird Society, A Way Home Washington, Raikes foundation, Schultz Family foundation.

Contact information

Sazi Wald, MSW, LSWAIC, SUDPT, Behavioral Health Transition Age Youth Stable Housing Policy Lead

sazi.wald@hca.wa.gov

360-790-4560