Family Initiated Treatment (FIT)

Division of Behavioral Health and Recovery (DBHR)
Prenatal to 25 Behavioral Health section (P-25)



What is Family Initiated Treatment (FIT)?

- FIT provides an opportunity for youth to receive behavioral health care when they are unable or unwilling to provide consent for themselves from ages 13-17 under RCW 71.34 when their parent signs consent on their behalf.
- For purposes of family-initiated treatment under RCW 71.34.600 through 71.34.670, "parent" has an expanded definition



The FIT process for outpatient treatment



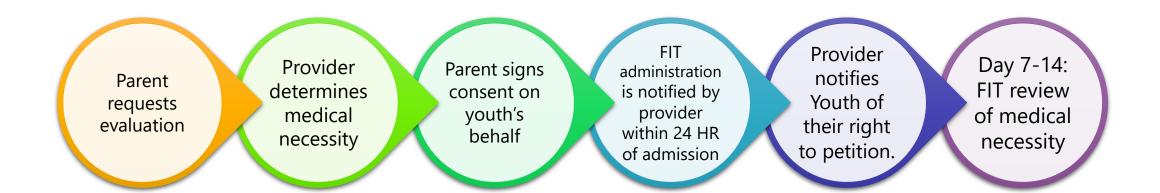


The FIT process for more intense outpatient treatment options



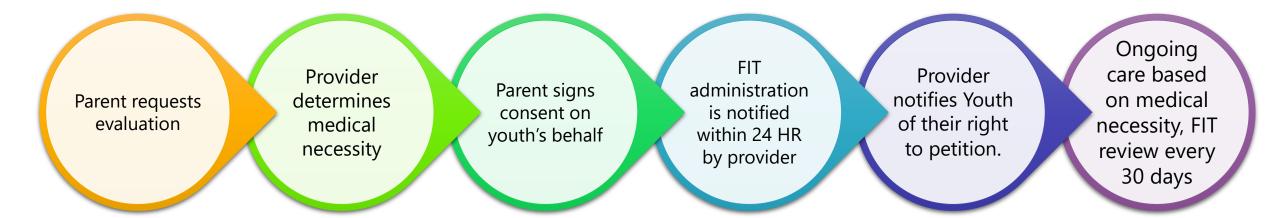


The FIT process for inpatient treatment





The FIT process for residential treatment





Our commitment to engagement for youth, parents, and providers

Providing FIT training on HCA platform

Collaboration with partners; brainstorming opportunities for increased comfortability with FIT by providers

Encourage providers to use FIT

FIT trainings being translated into Spanish

Extended our FIT survey to engage more community

FIT guide in final stages of approval

Created FIT QR code for additional access to trainings

Working on collaboration with Referral Help Line to include FIT provider opt-in option

Personal FIT trainings with community groups, youth groups, organizations, and provider teams



FIT cumulative data

- Number of FIT admissions | 1,859
- Number of FIT reviews | 258
- Number of Substance Use Disorder (SUD) admissions | 53



FIT online training

- April 2021 -Jan 2022
 - ▶ 105 FIT trainings completed through the online platform
- ▶ Jan 2022- Mar 2023
 - ▶ 127 FIT trainings completed through the online platform



FIT campaign agencies trained

- Office of Judicial and Legislative Relations
- HCA Multi-System Clinical Rounds
- Bellevue School District Staff
- Whidbey Health
- St. John and Southwest Medical Center
- Northwest Pediatric Center
- St Michael Medical Center

- Project AWARE management team
 - Representatives from 3 school districts
- Highline School District
 Superintendent
- Southeast Youth and Family Services
- Educational Service District 105
- Eastside Youth Coalition
- Southwest Medical Center



Where can you find FIT information?

- ► HCA's FIT website
- Parent guide to FIT treatment
- Provider guide to FIT treatment
- ► FIT fact sheet
- FIT training website Washington
- Guide to mental health information disclosure









How to contact us

- ▶ Monica Webster, MPH
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- Our email box:
 - Family InitiatedTreatment
- **▶** FIT administration
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Thank you

