

## 90- or 180-day long term civil commitment bed capacity

### Overview

The Health Care Authority (HCA) contracts with community hospitals and freestanding evaluation and treatment (E&T) facilities. The contract agreements maintain capacity for long-term involuntary inpatient psychiatric treatment. Individuals receive treatment in these settings rather than at the state psychiatric hospitals, allowing them to remain in or return to their communities. The community location improves the discharge planning process and keeps the individual's friends and family members in closer proximity.

Thus far, most of the contracted beds have been filled by individuals who were originally admitted for 5-day holds, who then converted to 14-day holds, and subsequently received a long-term civil commitment (LTCC) order; either 90-day or 180-day. These individuals were diverted from the state hospital and its waiting list and received better continuity of care. This trend is noticeably shifting as the number of online LTCC beds increases.

One contracted provider reported that the decision to participate in this program was due in part to multiple requests by individuals on a short-term hold to continue their treatment in the same setting. Continuity of care offers more consistency in treatment and reduces the disruption associated with transition of treatment settings.

Staff at contracted facilities are reporting success with the ability to provide continuity of care. They have stated that they are encouraged by the ability to observe care for the individual from admission to discharge.

An appearing trend is that individuals in these long-term beds are stabilizing and being discharged before the 90-day period is up. The average stay in calendar 2020 for individuals in this program has been six weeks.

One of HCA's contracted providers' offers psychiatric care to medically compromised individuals. This niche has been a bonus for individuals who otherwise may not receive appropriate medical care in parallel with long-term psychiatric care.

### Current numbers

The current count of long-term beds is 188. An anticipated 103 additional beds are projected to come online by end of calendar year 2023 bringing the total number of beds to 291. Further detail is provided in this section addressing current numbers.

As of December 1, 2022:

Facility	Location	Number of 90- to 180-day civil beds
Astria Hospital	Toppenish	10 designated LTCC beds with 4 short/long-term flex beds
Cascade Mental Health Care	Centralia	2 designated LTCC beds with 2 short/long term flex beds
Providence Health	Everett	3 designated LTCC beds with 3 short/long term flex beds
Frontier Behavioral Health	Spokane	4 designated LTCC beds with 6 short/long term flex beds
Kitsap Mental Health Services	Bremerton	4 designated LTCC beds with 2 short/ long term flex beds
NorthSound Telecare	Sedro Woolley	1 designated LTCC beds with 4 short/ long term flex beds
PeaceHealth St. John	Longview	2 designated LTCC beds with 2 short/ long term flex beds
South Sound Behavioral Hospital	Lacey	30 beds
Telecare Next Steps	Olympia	11 beds
Telecare Next Steps	Shelton	16 designated LTCC beds with 8 short/long term flex beds

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Yakima Valley Memorial Hospital	Yakima	9 designated LTCC beds with 3 short/ long term flex beds (serves medically and psychiatrically complex population)
Telecare E&T	Fife	8 designated LTCC beds
Navos Hospital	Burien	15 designated LTCC beds with 15 short/long term flex beds
Wellfound Behavioral Health Hospital	Tacoma	10 designated LTCC beds with 10 short/long term flex beds
Comprehensive Healthcare	Yakima	2 designated LTCC beds with 2 short/ long term flex beds

A total of 1,565 admissions have occurred between the period of October 2018 and October 2022.

## Recruitment efforts and future capacity

HCA contacted facilities who received Department of Commerce direct appropriation dollars for the purpose of providing 90- or 180-day beds. These facilities will be repurposing either existing units, obtaining an existing building, or standing up a new facility.

Facilities who have received direct appropriation dollars include:

Facility	Location	Number of Beds
Astria Hospital	Toppenish	14 (this is in addition to the current 14 beds online)
Lifeline Connections	Vancouver	16
Thurston Mason ASO	Tumwater	6
Recovery Innovations	Olympia	16
Recovery Innovations	Federal Way	16
Compass Mental Health	Everett	16
Unity Evaluation & Treatment	Whatcom or Skagit county	16

HCA conducts continuous recruitment efforts to increase long term civil commitment beds with licensed acute care (community) hospitals with behavioral health units and free-standing E&Ts through direct outreach and associations.

- Facilities identified to provide future long term civil commitment beds include:
  - 75 beds at UW Medicine Behavioral Health Teaching Hospital – Seattle
  - 3-16 bed E&Ts in Clark County
  - 1-16 bed E&T in Snohomish County

## Identified challenges

Various stakeholders have communicated the following barriers:

- Hesitancy to take short-term beds offline in lieu of long-term use
- Existing capacity is too scarce to use as placeholders for long-term
- Counties experiencing increased transportation and court costs
- Capital dollars may be insufficient
- Operational costs
- Culture shift from short-term beds to long-term bed beds existing outside of a state hospital
- Lack of experience caring for individuals outside of a 14-day stay
- Billing issues for the longer stays

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## Strategies to address challenges

- HCA continuously updates a marketing plan to encourage participation
- HCA has worked closely with the Washington State Department of Commerce on the RFP questions to increase the number of facilities providing long term beds
- DBHR staff provides ongoing technical assistance to contracted providers via routine conference calls, and ad hoc communication
- Provide contracted facilities with the incentive of a startup rate
- Developed and distributed a comprehensive toolkit to provide current and new facilities a recipe for success

## Rates

Filled contracted beds receive reimbursement based on the current Inpatient Prospective Payment System (IPPS).

The start-up bed rate is provided to each contracted facility for the first year to assist them as they create processes and procedures to keep the beds filled.

Beginning in FY 2023 as directed by ESSB 5092, payments to the contracted provider for unoccupied bed days shall not exceed six percent of their annual contracted bed days.

## For more information

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