

State Adolescent Treatment Enhancement and Dissemination (SAT-ED) Project Overview

The Washington State Recovery Youth Services (WA-RYS) program is funded under the SAMHSA CSAT's State Adolescent Treatment Enhancement and Dissemination (SAT-ED) cooperative agreement. The WA-RYS program is a treatment model that supports existing publically funded substance use disorder treatment for adolescents 12 to 18 years old. This program works to enhance services by targeting key areas that have been shown to provide better outcomes for adolescents and their families/caregivers.

The targeted areas are providing evidence-based practices that have demonstrated positive outcomes by increasing family involvement, providing care coordination, and increasing opportunities for recovery supports and activities. These practices help adolescents stay engaged in recovery. WA-RYS includes adolescents and families/caregivers in developing policy and practice of the model. This model recognizes that culture and community are central to developing successful service delivery systems.

The success of this model is also based on involving youth and their families/caregivers, their care providers and community partners, and their collective willingness to provide feedback to each other and the state to further develop the program model.

The WA-RYS model enhances services at the individual and community level. For the individual youth and family receiving services, the model includes the implementation of evidence-based assessment, The Global Appraisal of Individual Needs (GAIN-I) and an evidence-based practice, The Adolescent Community Reinforcement Approach and Assertive Continuing Care (A-CRA/ACC).

The model funds a full-time Recovery Care Coordinator to link youth and their family/caregivers with additional services as needed, such as primary care, mental health, and recovery support services and activities. Limited funding is also available to help with services such as basic needs, educational support, vocational training and transportation when they are not covered by another federal or state program.

At the community level, developing a Recovery Oriented System of Care (ROSC) for youth is a part of the process for building a system of care model. ROSC development efforts are to assist in strengthening a coordinated network of care for youth based on existing community resources and supports, with the opportunity to identify potential new supports, and further educate and ready the community as a system for Health Care Reform.

The overall objective of the project is to improve health outcomes for adolescents. Success will be measured by:

- 1) increased rates of abstinence;
- 2) enrollment in education, vocational training, and/or employment;
- 3) social connectedness; and
- 4) decreased juvenile justice involvement.

Project goals will be to increase family/caregiver involvement.

Direct Services/Program Participants

Fifty youth will participate in in the WA-RYS program at each site, each year. Three hundred individual youth and their families/caregivers will receive services through the program over the course of three years.

Priorities for services will be based on community needs, youth with COD and/or youth involved in multiple systems such as child welfare and juvenile justice. Other priorities include reducing behavioral health disparities among racial and ethnic groups, lesbian, gay, bisexual, transgender and questioning (LGBTQ) individuals, and adolescent females.

Primary Provider Sites

The WA-RYS program is available at two primary sites: True North/ESD 113 in Aberdeen, and True Star Behavioral Health Services in Port Angeles.

True North Student Assistance and Treatment Services/ Educational Service District 113 has provided prevention, intervention, and treatment services in Thurston, Mason, Lewis, Grays Harbor, and Pacific counties since 1999. True North provides outreach, prevention, screening, assessment, intervention, and treatment services to youth. Treatment services for youth include individual, outpatient and intensive outpatient groups, and continuing care, as well as intensive case management services. Co-occurring services are integrated into the youth's treatment as appropriate and include screening of mental health needs, case management, and coordination with mental health providers.

True Star Behavioral Health Services, has been providing adolescent treatment for substance use disorders for over 16 years and co-occurring mental health disorder treatment services for the past 7 years. True Star Behavioral Health provides the following services: assessment, referral, intensive outpatient groups, outpatient groups, individual and family counseling, detention-based groups, substance abuse seminars, and linkage with medication management services. True Star Behavioral Health Services is part of Clallam County Juvenile and Family Services.

WA-RYS Model Dissemination

Based on the lessons learned from the two implementation sites, the Washington State Department of Social and Health Services' Division of Behavioral Health and Recovery will have a multiyear training project to broaden the use of a family-centered intervention, and develop community-based youth ROSC models in five additional communities/counties to further enhance services in those communities.