

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. In Fall of 2022, SAMHSA approved a No Cost Extension through September 2023 to ensure that the grant achieves the goals and objectives originally established at the time of award.

The grant's overarching goals are 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 also funds infrastructure development to expand youth and family networks (support system across the state) 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.

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 health equity issues

Primary goals

- 1) Increase school-based screening and engagement of youth who are experiencing serious emotional disturbance within identified

catchment areas. Communication and training efforts lead to increased services to youth and families.

- 300 school staff received trainings on trauma-informed care, equity, and behavioral health
 - Educational Service District (ESD) 113 communications team has created videos, presentation materials, and a website to support community awareness, resources, recruitment, and dissemination of project activities for internal and external stakeholders.
- 2) Increase the number of youth receiving referrals for services within Rochester School District and Shelton School District.
 - 117 students received referrals to behavioral health services, basic needs, family services, food assistance, and other programs
 - 33 students with complex mental health issues served by clinicians embedded in the school for an average of 109 days of service per student
 - 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
 - 6 youth have received intensive therapeutic foster care services
 - 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).
 - Respond as requested to report on specified topics.
 - Within the scope of the System of Care Grant attempt to meet needs identified by

FYSVRT. An example is the respite pilot programs.

- 5) Increase the number of people exposed to positive mental health promotion messages and stigma awareness through a social media campaign.
 - The Spring social media campaign resulted in 4,161,708 impressions and 1,121 click-throughs to behavioral health resources for youth
 - Health and Human Services Secretary Xavier Becerra delivered a bilingual message to support communications efforts around youth mental health in Washington

These goals are consistent with efforts to prioritize addressing trauma and Adverse Childhood Experiences (ACEs) more effectively. Grant funds also serve to fill any gaps for high intensity services that are not already covered by Medicaid.

Other program highlights from 2022 include:

Data collection and evaluation

- Data collection initiated to analyze potential disparities in outcomes based on race, ethnicity, and sexual orientation/gender identity for youth enrolled in programs.
- The Department of Social and Health Services (DSHS) Research and Data Analysis (RDA) division conducted several analytic studies to track outcomes of the Children's Long Term Inpatient Program (CLIP), telehealth, impacts of COVID-19, and a descriptive study about eating disorders.

Respite services

- In response to increasing requests for respite services both in and out of home, two respite pilot programs were initiated to provide support to families and caregivers.
- 2 pilot sites provided respite services in Seattle (YMCA of Greater Seattle) and the Spokane area (Excelsior Wellness).

- From mid-2021 through Sept of 2022 Excelsior has served a total of 84 youth through a continuum of respite services.
- YMCA Seattle has served a total of 113 youth since 2020 for a total of 917 respite nights at 61 homes.
- Respite has successfully supported youth in maintaining stability in foster home placements and reunification with their families of origin.

Leadership training

- 23 systems leaders completed the Ellen Kagen Adaptive Leadership training
- 17 additional leaders through a community outreach received the Ellen Kagen Coach Approach training

The grant will support an innovative program to train 10 trainers who will provide Adaptive Leadership and Coach Approach trainings across the State to over 275 systems partners. The training will result in Adaptive Leadership Sustainability by certifying trainers for future leadership training throughout the state of Washington.

Outreach and engagement

System of Care contracted 9 agencies to provide outreach and engagement to youth and young adults in regions across the State to improve access to services that meet their needs.

Key partners

- Children's Behavioral Health Governance Structure, Family Youth System Partner Round Tables (FYSVRTs)
- 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
- Shelton School District
- YMCA of Greater Seattle
- Excelsior Wellness

Federal fiscal year budget 2023

\$6,199,105

Oversight

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

More information

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Additional information about child and youth behavioral health services in Washington:
www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/prenatal-child-and-young-adult-behavioral-health-services