Welcome to the KMHS Annual Report.

The transformational shift in our provision of mental health services to fully integrated, whole-person care continues its rapid move forward. This shift aligns with the roll-out of the nation’s Affordable Care Act, Washington State's health innovation plan, and the provision of better care coordination, especially for people who are among the most vulnerable, and this includes persons with severe mental illnesses and serious emotional disturbances.

On the national scene, Community Mental Health Centers are becoming Community Behavioral Health Centers, recognizing that treatment of co-occurring substance use disorders is essential for recovery. Providing integrated care for the mind and body is what we have long wanted to do, and it is quickly becoming a practice expectation! Research shows treatment is more effective when mental health, substance abuse treatment, and physical health care is integrated, and care is well coordinated among providers.

For persons with serious behavioral health needs seen in our setting, whole person, integrated care means tighter connection with primary care or for some persons, receipt of physical health care at their community behavioral health center. For persons with milder behavioral health concerns, more and more physical health care providers are incorporating behavioral health care professionals and teams in their offices, the place where most people are first seen for behavioral health concerns. We are pleased to report that KMHS has taken a lead role in providing this “bi-directional care model” in our county and has been frequently asked to share our learning with others.

2013 saw a long-awaited strengthening of the continuum of care in Kitsap County for persons with serious mental illnesses and emotional disturbances. The Kitsap County Board of Commissioners passed the Mental Health, Chemical Dependency and Therapeutic Courts Sales Tax, which supports a county wide behavioral health plan and process to help fill the gaps in services through targeted additional funding. A second Program for Assertive Community Treatment (PACT Team) that will serve 45 adults ages 18 – 40 with daily, wrap-around services, essentially providing a “hospital without walls” was funded by the Legislature. The Medicaid Expansion that began with enrolling Medicaid-eligible persons in October 2013 has resulted in a 30% increase in the individuals KMHS is able to offer a first visit for services, as measured during the first 6 months of the expansion. This is of enormous significance in helping close the behavioral health services gap for persons previously ineligible for KMHS services due to lack of Medicaid eligibility.

Nationally, across our state, and here locally in our own backyard, the health care landscape is being transformed. In this new landscape, providers weave together mind and body to holistically support an individual’s treatment, recovery, and well-being. An entirely new system of care is evolving, from the way care is delivered, to the outcomes our clients expect, to the payment system that supports health care services delivery. We are honored to work together with our policy makers, our partners, our staff and our clients in creating the health care of the future.

With highest regards,

Joe Roszak
Executive Director
A Journey of Resilience and Recovery

2013

Shay

Self-professed as being the most opinionated and persistent person she knows, Shay has a wisdom and self-awareness far beyond those of most other 17 year olds. A caregiver for her mother from the age of 8, Shay possesses an amazing self-awareness and a broad range of skills - from the artistic and musical, to a propensity and love of sciences.

“I wanted to be a tattoo artist because tattoos have very personal meanings to the people who get them,” she said. But, as Shay found her talent and interest in the sciences and medicine in particular, she has plans to become a neurosurgeon.

But two years ago, Shay found herself in trouble which landed her in court and a juvenile treatment center. “I acted out at first, then decided it wasn’t worth it. I did 56 weeks in treatment court without a sanction and graduated with an outstanding record,” she notes.

During her time in treatment court, she came to Kitsap Mental Health Services where she meets regularly with a counselor. “She helps me see things as they are and not to take things personally,” says Shay. “I feel safe with her and can tell her anything.”

Today, Shay volunteers as a student trainer at her local high school and is using her difficult experiences to help others who are going through rough times. “My phone is always on for my friends. I understand how bad things can seem so they know they can call me at three in the morning to talk if they need to. I am always there for them.”

About the Journeys of Resilience and Recovery Series
For over a decade the willingness of people to share their stories has inspired hope and encouraged many to continue on the journey of recovery. Their stories illustrate the beauty, courage, and resilience of the human spirit to embark on the road to healing, and strengthening others with the knowledge that treatment works, and recovery happens. We extend our gratitude to the ones who make the journey, the clinicians who accompany them, to photographer-essayist, Karyn L. Carpenter and to The Munson Family Foundation for making our Journey stories possible.
Our Mission: To shape the future of mental health through state of the science service delivery, community partnerships and advocacy.

2013 Direct Services Provided
Total Persons Served 5,272*

- Children (0-17) 1,523
- Young Adults (18-20) 148
- Adults (21-59) 3,126
- Older Adults (60+) 551

*Actual total served. Count by category is higher due to transitions in services provided as individuals age into next level of care.

Client Services by Type of Service
(includes some duplication of individuals)

- Emergency Services ........................................ 6,372
  including 1,095 Involuntary Treatment Evaluations
- Adult Inpatient Treatment bed days .............. 4,931
- Youth Inpatient Treatment bed days .............. 2,286
- Residential Services Unit bed days .............. 5,013
- Staff Supported Housing bed days ............... 3,718
- Outpatient Programs all ages ................. 4,189
- Outpatient Medical/Nursing ...................... 1,628
- Co-occurring Disorders-Adults ................. 426
- Co-occurring Disorders-Youth ................. 146
- Day Treatment-Adults ................................. 166
- Day Treatment Schools – Youth .................. 54

Kitsap Mental Health Services (KMHS) is a non-profit community mental health center providing inpatient and outpatient programs and services to children, families, adults and seniors. KMHS does not discriminate against any person on the basis of gender, race, color, creed, religion, national origin, sexual orientation, disability, or age in any of its programs and activities, whether carried out by KMHS directly or through another entity with which KMHS arranges to carry out its activities. For more information, call 360-373-5031 (8 am – 5 pm) or visit kitsapmentalhealth.org
Access to Care Up 30%!
KMHS ACCESS Team reports a 30% increase in admission to outpatient services, in part due to the recent expansion of Medicaid eligibility. Trained “Navigators” help individuals enroll in Medicaid through the WA Health Benefit Exchange, reducing a historical service gap for persons with mental health needs who previously had no healthcare coverage.

NEW! Same Day Walk-in Service!
First Time Appointments are now available weekdays 8 am – 4:00 pm with the KMHS ACCESS Team. The ACCESS Team screens and provides intakes for both adults and children and can be reached by calling 360-405-4010.

Five Adult Outpatient Multidisciplinary Teams consisting of medical providers, nurses, therapists, care coordinators, medical assistants and support staff were formed, working together to provide comprehensive, whole-person treatment.

A new PACT Team has been added! A second Program for Assertive Community Treatment Team (often called a “hospital without walls,”) has been created through dedicated Washington State funding. Slated to begin in 2014, the new PACT Team will provide services for up to 45 adults, ages 18 – 40, with serious, chronic mental illnesses, including substance use disorders. PACT Teams have been shown to be highly effective in reducing hospitalizations and supporting recovery through provision of intensive, daily, wrap-around services for clients living in the community.

Day Treatment and Day School Programs at KMHS, Armin Jahr Elementary, and Mountain View Middle School now serve over 30 children and youth; Children and Family outpatient programs are embracing the move to integrated care.

Primary Care Services co-located at KMHS are provided by a Harrison HealthPartners Primary Care Physician one day each week for adult clients who prefer to receive their primary care at the community behavioral health center.

Patient “boarding” at hospitals continues as psychiatric beds in our county and throughout the state are often at capacity (boarding refers to temporary placement of a detained individual at local hospitals because no psychiatric bed is available). The KMHS Adult Inpatient Unit for involuntary and voluntary evaluation and treatment remains at nearly 95% occupancy. A “step-down” facility, the KMHS Residential Services Unit (an up to 30 day stay 24/7 voluntary facility) averages over 90-94% occupancy at any given time. Of persons at the RSU, 95% were homeless at entry.

KMHS Housing is being renovated thanks to Community Block Grant HOME Funding, upgrading 12 existing KMHS houses, home to 36 adult clients, thus maintaining safe decent affordable permanent housing critical to recovery.

Local hospitals and KMHS have developed protocols enhancing shared care collaboration for persons with complex physical and behavioral health co-morbidities through regular conferencing to better support their health needs.

During 2013, 13,664 calls were made to the Crisis Clinic of the Peninsula’s, for a wide range of emotional and physical health needs, with reasons most often related to mental health concerns, being lonely, substance abuse, and stress, followed by need for emergency shelter and others. More than 22 volunteers, together with the Crisis Clinic staff, provided responses to these calls 24/7.