

Island county pilot program

Improve behavioral health outcomes for youth and young people in rural communities

Engrossed Substitute Senate Bill 5693; Section 215(69)(b)(ii); Chapter 297; Laws of 2022

December 1, 2023

Island county pilot program

Acknowledgements

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Executive summary

A one-time grant was given to Island County to fund a pilot program to improve behavioral health (mental health and substance use disorder) outcomes for young people in rural communities. In administering the pilot program, Island County shall coordinate with entities which include, but are not limited to school districts, community groups, and health care providers to increase access to behavioral health programs for children and youth ages birth to 24 years.

The grant funds shall be used to coordinate and expand behavioral health services and must not be used to take the place of funding from existing programs. Services that may be provided with the grant funding include, but are not limited to:

- Support for children and youth with significant behavioral health needs to address learning loss caused by COVID-19 and remote learning.
- School based behavioral health education, assessment, and brief treatment.
- Screening and referral of children and youth to long-term treatment services.
- Behavioral health supports provided by community agencies serving youth year-round.
- Expansion of mental health first aid, a program designed to prepare adults who regularly interact with youth for how to help people in both crisis and noncrisis mental health situations.
- Peer support services.
- Compensation for the incurred costs of clinical supervisors and internships.

Island county annual report

The Island County Youth & Social Outreach Alive & Resilient (SOAR) program is wrapping up its first round of funding for FY 22 -23 and is planning to be funded for another two years.

Implementation on programing includes the following programs:

- Pediatric Associates of Whidbey Island Community Health Worker Training
- Big Brother Big Sisters of Island County
- Stanwood Camano YMCA
- Island County Human Services

Pediatric Associates of Whidbey Island Community Health Worker (CHW)/Training

Total Spent during FY 2023: \$48,534

Total served

January – August 2023:

- Birth - 4: 37 patients
- 5-17: 92 patients
- 18-24: 23 patients
- Total patients served: 152

This is not including assisting with care navigation, referral tracking and appointment creating for 50 enrolled care stream paneled patients being seen by the provider through collaborative care and integrated behavioral health - doubling the caseload size.

January

Continued with morning huddle calls, reviewing any questions and upcoming short term or long-term goals. Provided direct patient care navigation or greater team coordination via provider referrals to 17 new individual Pediatric Associates of Whidbey Island (PAWI) patients either for a single communication or ongoing support (Youth and Families Served per Age Range: age birth to 4 -5 patients, age 5-17 -8 patients, age 18-24 -4 patients). Continued collaboration by way of monthly meetings with PAWI providers, Care Stream Team, Island County SOAR, Community Treatment Team, and Seattle Children's Care Network (SCCN). Shadowed the six PAWI primary care providers for a full clinic day each, familiarized myself with the individual daily process and patient engagement strategies. Was also able to engage with patients and families, acquiring multiple warm hand offs and referrals for care navigation. Additionally met with SCCN team to begin formulation of new suicide prevention pathway program at PAWI, UW Forefront to collaborate on implementing The Collaborative Assessment and Management of Suicidality (CAMS) training into Island County Schools, and Dr. Davies along with Dr. Garrett to coordinate a better flow strategy on the referral process. Began involvement in the Oak Harbor School Districts Community engagement board along with Dr Garrett as well as becoming part of the monthly county CHW meeting.

February

Continued with morning huddle calls, reviewing any questions and upcoming short term or long-term goals. Provided direct patient care navigation or greater team coordination via provider referrals to 15 new individual PAWI patients either for a single communication or ongoing support (Youth and Families Served per Age Range: age birth to 4 -5 patients, age 5-17 -9 patients, age 18-24 -1 patients). Continued collaboration by way of monthly meetings with PAWI providers, Care Stream Team, Island County SOAR, Community Treatment Team and SCCN. Continued involvement in Oak Harbor School Districts Community Engagement Board. Was involved in a meeting between PAWI and Skagit Peds Integrated Behavioral Care Teams. Focusing on strategies to find balance within CHW's role in clinic behavioral health and community outreach. Organized registration and agreement forms for 25 Island County community members to be enrolled in CAMS training being funded by SOAR.

March

Continued with morning huddle calls, reviewing any questions and upcoming short term or long-term goals. Provided direct patient care navigation or greater team coordination via provider referrals to 13 new individual PAWI patients either for a single communication or ongoing support (Youth and Families Served per Age Range: age birth to 4 -5 patients, age 5-17 -7 patients, age 18-24 -1 patients). Continued collaboration by way of monthly meetings with PAWI providers, Care Stream Team, Island County SOAR, Community Treatment Team and SCCN. Continued involvement in Oak Harbor School Districts Community Engagement Board. Began attending care stream quarterly patient consults with PAWI providers. Attended Teen Substance Use: Present and Future Trends by Charlie Health and the National Alliance for Eating Disorders, Apple Health Reimbursement for CHW by HCA, The Perfect Teen Webinar Event by Charlie Health and National Alliance for Eating Disorders and The 2022 Children & Youth Behavioral Health Access Report Webinar. Had an in person meeting with Charlie Health and PAWI providers, discussing challenges and feedback to provide a cooperative care plan for our teen patients needing more intensive mental health care. Was also forwarded an invitation for Panel Presentation at WA Integrated Care Conference in May with Elizabeth to discuss the successes and challenges of having an integrated behavioral health care model in place within the pediatric patient population.

April

Continued with morning huddle calls, reviewing any questions and upcoming short term or long-term goals. Provided direct patient care navigation or greater team coordination via provider referrals to 17 new individual PAWI patients either for a single communication or ongoing support (Youth and Families Served per Age Range: age birth to 4 -6 patients, age 5-17 -9 patients, age 18-24 -2 patients). Continued collaboration by way of monthly meetings with PAWI providers, Care Stream Team, Island County SOAR, Community Treatment Team and SCCN. Continued involvement in Oak Harbor School Districts Community Engagement Board. Participated in the APIC biannual meeting discussing current needs within the community as well as goals for the future, including CHW involvement in smaller break out teams to achieve goals. Completed part 1 of CAMS Care Foundational Online Course for assessing suicide risk - clinical demonstration of the use of CAMS with a patient through the course of 12 sessions of the CAMS Framework. Created PowerPoint presentation and talking points for a discussion panel that BHCM Elizabeth Cortez and I will be sitting on titled "Partnerships for Children and Adolescents" at the University of Washington Integrated Care Conference: Strengthening Integrated Mental Health: Building Trust in Relationships with Patients, Providers, and Community. Continued facilitation of CAMS training for Island

County participants, including registration, payment, and progress. Researched future training opportunities for Island County providers and families, with the goal of creating a training calendar for community youth mental health for the remainder of the year.

May

Continued with morning huddle calls, reviewing any questions and upcoming short term or long-term goals with BHCM. Provided direct patient care navigation or greater care stream team coordination via provider referrals to 33 new individual PAWI patients either for a single communication, pending referral review or ongoing support (Youth and Families Served per Age Range: age birth to 4 -7 patients, age 5-17 -22 patients, age 18-24 -4 patients). Began supported outreach and engagement efforts for patients enrolled in PAWI Integrated Behavioral Health averaging about 35 patients and their families. Continued collaboration by way of monthly meetings with PAWI providers, Care Stream Team, Island County SOAR, Community Treatment Team and SCCN. Continued involvement in Oak Harbor School Districts Community Engagement Board. Co presented on a discussion panel at UW Integrated Behavioral Health Conference Strengthening Integrated Mental Health: Building Trust in Relationships with Patients, Providers, and Community titled "Partnerships for Children and Adolescents, raising awareness about the importance of engaging families and community in youth behavioral health care. Continued facilitation of CAMS training for Island County participants as well as participation in the SCCN/UW Suicide Prevention Pathway integration for PAWI. Completed the "How We Are Linking Arms to Support the Needs of Kids and Families Across WA: Youth Behavioral Health Navigator Program" webinar put on by Health Care Authority (HCA) is partnering with Kids' Mental Health Pierce County (KMHPC) and Developmental Disabilities Administration (DDA). Met with Betsy Griffith and fellow BBBS CHW Ana Dunsworth to discuss future goals and plans for SOAR and CHW within Island County and collaboration with Skagit County.

June

Continued with morning huddle calls, reviewing any questions and upcoming short term or long-term goals with BHCM. Provided direct patient care navigation or greater care stream team coordination via provider referrals to 16 new individual PAWI patients either for a single communication, pending referral review or ongoing support (Youth and Families Served per Age Range: age birth to 4 -3 patients, age 5-17 -11 patients, age 18-24 -2 patients). Continued supported outreach and engagement efforts for patients enrolled in PAWI Integrated Behavioral Health averaging about 35 patients (aged 8-20) and their families. Continued collaboration by way of monthly meetings with PAWI providers, Care Stream Team, Island County SOAR and SCCN. Continued involvement in Oak Harbor School Districts Community Engagement Board. Enrolled in "Turning Anxiety into Creativity" webinar given by Charlie Health and "Prenatal-to-Three Peer Learning Network: How the Social Determinants of Health Impact Families and Children" by National Association of Counties Research Foundation. Facilitated and lead inaugural meeting of Island and Skagit Counties CHW collaborative partnership – with 22 participants – working through goals and education. Participated in call with Elizabeth Cortez and Leslie Graham discussing new HCA/IBH grant that has been awarded to PAWI – will meet monthly on group calls to track progress. Met with Seattle Children's suicide prevention team along with SCCN and PAWI IBH to move forward with creating a pathway for PAWI suicide prevention – including CHW involvement in referral tracking, patient engagement and care management. Continued facilitating CAMS training for Island County as well as creation of island county youth and families resource guide. Initiated contact with various local/national organizations to move forward with SOAR youth mental health training schedule for the upcoming school year – including Arianna Baumgartner from Coupeville School District, Betsy Griffith at Island County

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Behavioral Health, Whitney Jackson at Island County Early Childhood & Parent Support Program, The Brandon Graham Foundation, NAMI Snohomish, WA PAVE and Center for Online Safety.

July

Continued with morning huddle calls, reviewing any questions and upcoming short term or long-term goals with BHCM. Provided direct patient care navigation or greater care stream team coordination via provider referrals to 19 new individual PAWI patients either for a single communication, pending referral review or ongoing support (Youth and Families Served per Age Range: age birth to 4 -3 patients, age 5-17 -14 patients, age 18-24 -2 patients). Continued supported outreach and engagement efforts for patients enrolled in PAWI Integrated Behavioral Health averaging about 35 patients (aged 8-20) and their families. Continued collaboration by way of monthly meetings with PAWI providers, Care Stream Team, Island County SOAR and SCCN. Enrolled in "The Three Legs of the Stool: A Framework for Person-Centered Community Mental Health Services That Do No Harm Confirmation" webinar given by National Center on Advancing Person-Centered Practices and Systems (NCAPPS) Participated in call with WCAAP BHI Learning Network cohort to learn from each other pediatric behavioral health integration strategies and best practices for the upcoming IBH HCA grant funding. Continued to meet with Seattle Children's suicide prevention team along with SCCN and PAWI IBH to move forward with creating a pathway for PAWI suicide prevention – including CHW involvement in referral tracking, patient engagement and care management.

August

Continued with morning huddle calls, reviewing any questions and upcoming short term or long-term goals with BHCM. Provided direct patient care navigation or greater care stream team coordination via provider referrals to 21 new individual PAWI patients either for a single communication, pending referral review or ongoing support (Youth and Families Served per Age Range: age birth to 4 -3 patients, age 5-17 -12 patients, age 18-24 -7 patients). Continued supported outreach and engagement efforts for patients enrolled in PAWI Integrated Behavioral Health averaging about 50 patients (aged 8-20) and their families. Continued collaboration by way of monthly meetings with PAWI providers, Care Stream Team, Island County SOAR and SCCN. Enrolled in "Breaking the Stigma: The Intersection of Chronic Illness and Mental Health" webinar given by Charlie Health. Participated in monthly call with WCAAP BHI Learning Network cohort for the IBH HCA grant funding. Continued to meet with Seattle Children's suicide prevention team along with SCCN and PAWI IBH to move forward with creating a pathway for PAWI suicide prevention.

Big Brother Big Sisters of Island County- CHW/DINO

Total expenditures during FY 2023: \$141,043

Number of youth and young adults served

- Children/families birth-4 years = 0 youth serviced (Youth under 6 do not qualify for DINO).
- Children/families 5-17 years = 969 youth ages 6 – 17 have participated as of September 1, 2023.
- Young adults/families 18-24 = 30 youth ages 18 – 24 have participated as of September 1, 2023.

Dabbling In New Opportunities (DINO) is an investment in the future of our community, as youth who are engaged in positive, constructive activities are more likely to grow into adults who also contribute positively to their communities and society-at-large, and active engagement in growth, new experiences, and exposure to caring, kind role models contribute to positive mental health gains.

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DINO funding was utilized to host and/or sponsor over 125 different events, camps, and activities for Island County Youth ages 6 - 24 thus far, with over 4,056 direct service hours logged as of September 1, 2023. The count of events and programs do not include several recruitment events where we were unable to track attendance and their corresponding metrics. The 125 events tracking attendance included a wide variety of activities to help bolster mental health amongst youth in our community including an array of art disciplines, physical activity, career-connected learning, life-building skills, team sports, culinary exploration, Equine Assisted Therapy, board games with peers, museum trips, and more. This diverse range of activities, hobbies, and events offered to youth caters to many interests and talents, ensuring that there's something for everyone. This funding provided all activities free of charge to remove barriers to involvement. For example, scholarships for camps that taught youth how to swim, sail, act on stage in a theatre production, soccer, robotics, nature journaling, and more were provided; the costs associated would have precluded participation by DINO youth, and the majority of these events have little to no availability in our community. Focus has been placed on new experiences, physical movement and exertion, emotional regulation and expression, connection with nature and time in the outdoors, and fellowship and community, all known and tested factors of improved mental health.

Funding for DINO allowed us to seek out community partners and engage with new organizations, collaborating to implement a larger impact on youth in our community.

We partnered with the Sno-Isle Library and Geez Skate Shop for the Teen Skateboard Art Event, enabling up to 70 local teens to design and assemble their own personalized skateboard, while receiving a helmet for safe-use at local skateparks.

A partnership with the EAA Young Eagles program and Cascade Aviation provided youth the opportunity to attend a day of ground-school and take flight in a general aviation aircraft with licensed pilots.

We have partnered with Arrowhead Ranch on Camano Island to provide various workshops for youth, allowing them to build their own toolboxes, design individual Maker's Marks, build birdhouses, launch small rockets, and more. Future workshops will continue to offer various woodworking projects along with new leather-working classes.

Partnership with The Missoula Children's Theatre Camp provided the opportunity to produce *The Secret Garden* at the Coupeville Performing Arts Center, with a cast of 30 Island County youth. This theatre camp and production contributed 743.5 direct service hours to Island County youth, which is why we plan for the Theatre Camp to return Summer of 2024 and 2025, with an expected full cast of 64 youth due to the overwhelming positive feedback from participating youth, families, and audience members from the community.

North Whidbey Pool, Park, and Recreation District partnered with us to offer 6 different weeks of Trail Blaze Day Camp including outdoor activities such as kayaking, swimming lessons from certified swim instructors and lifeguards, field trips, and open swim time while providing breakfast and lunch to all campers each day. According to Seattle Children's Hospital, "Over 860 children and teens die every year in the U.S. from drowning. In Washington state, an average of 17 children and teens drown every year. Most of them are swimming, boating or just playing in or near water." Water Safety and Drowning Prevention - Seattle Children's (seattlechildrens.org) We are dedicated to offering various lifesaving skills and survival tools to youth amongst the recreational activities offered.

We partnered with the Coupeville School District by offering 17-weeks' worth of after-school programming for elementary, middle, and high school youth across Fall 2022 and Spring 2023 school sessions. Some after-school programming included crafting cards for local senior citizens, The Reptile Lady presentations and animal-caretaking lessons, mindfulness and yoga workshops, presentations from the Whidbey Island Wildcats Robotics Club, dance lessons, culinary classes led by school chefs, Tae Kwon DO, and various art discipline activities. Career-connected DINO events occur each month which consist of activities such as the Touch-a-Truck event with Island County first responders or presentations from local mentors and leaders such as professors, artists, nurses, and musicians.

We partnered with Seattle Waldorf School to sponsor \$25,000 worth of summer camp programming scholarships to DINO youth.

We partnered with SummerFUN! Readiness to Learn Camp located in Langley, to sponsor 13 separate Summer Camps in 2023, equating to 58 total summer camps attended by youth. Camps included Backyard Warriors, Book Club, Earthlings Quest, Drama Free Friendship, Lets Go Outside, Move Play & Explore, Soccer, Marimba, Herbal Medicine Making, Teen Art Social, Savage Unicorns, Robotics, and Nature Journaling.

The South Whidbey Yacht Club and Youth Sailing Association joined with us to sponsor a week-long sailing camp for youth ages 9 – 12. Several of the participating youth excelled in this camp, even with it being their first-time sailing, and were recommended for intermediate sailing classes by the instructors.

We partnered with the Whidbey Island Music Festival to provide ice-cream and sorbet vouchers to DINO youth in attendance, as we want to encourage the appreciation for different forms of art and creative expression.

The Minor League Baseball team, The Everett AquaSox, partnered with us to take a large group of youth to enjoy the game. One of our youths even threw the first pitch, and we were featured on the Big Screen!

Oak Harbor Elementary School's partnership with us allows us to host monthly DINO movie nights for youth, which consist of an on-theme activity, popcorn, water, and an age-appropriate film for the family to enjoy, free of charge. We utilized DINO funding to purchase speakers, sound board, a projector, and a portable projection screen to host movie nights for years-to-come.

We partnered with Bramblewood Farm and Northwest Hearts United to offer Equine Assisted Therapy to youth, courtesy of DINO funding. Northwest Hearts United's Equine Assisted Mental Health and Learning (EFMHL) program is a proven trauma-informed, social-emotional learning method. Through this program, participants safely interact with horses on the ground, which requires them to accept multiple parts of the brain at once, tap into their intuition, problem solve, and feel deeply. When combined with counseling-based processing and instructional skills, it significantly increases participants' awareness and control of their emotions, cognitions, and behaviors. These sessions are facilitated by a licensed mental health counselor and a certified equine professional. The list for youth interested in attending Fall 2023 Equine Assisted Therapy sessions consists of nineteen (19) youth, not including the youth we serve from Ryan's House. Ryan's House for Youth is a non-profit organization serving youth ages 12-24 experiencing homelessness in Island County, whom we have started working with in order to offer DINO experiences to those who utilize Ryan's House services.

These programs not only positively impact the mental well-being of youth, but also contribute to their personal development, health, and overall strength of the community.

Stanwood Camano YMCA

Total expenditures during 2023: \$19,647

Number of youth and young adults served

- Children/families birth -4 years = 0 youth served.
- Children/families 5-17 years = 28
- Young adults/families 18-24 =0

Thanks to the generous support of the SOAR funding, we were able to provide a life-changing opportunity for our amazing students in grades 6-9. The Challenger Camp served as a transformative space where they not only had a chance to grow and develop new skills but also to create lasting memories.

Throughout the 10 weeks of the camp, we were able to welcome approximately 24 kids, all of whom benefited greatly from the enriching activities and engaging curriculum. The SOAR Grant played a pivotal role in making this possible, allowing us to provide financial assistance to deserving students who otherwise may not have had the opportunity to attend.

The impact of the camp experience was truly remarkable. Our students were able to cultivate new skills, foster friendships, and gain valuable life lessons in an inclusive and supportive environment. The memories created at Challenger Camp will undoubtedly have a lasting impact on their personal and academic growth.

Youth and Government: Youth and Government is a program that brings students (ages 13-18) together to discuss current events and issues important to them and their community, while building their public speaking, leadership, and debate skills. This year we had 20 youth join us and more than half were from Camano Island.

Leaders Club: This program provides teens with extensive leadership training and volunteer opportunities that support YMCA programs and services to the community. We had 18 youth join us.

Island County Human Services

Administrative costs through September 2023: \$19,786

CHW funding added after removal from the PAWI surplus (\$18,454). This budget item supports a CHW role in Public Health to support the CSD DINO program.

This role has coordinated regular meetings amongst all parties, supported implementation of programming and assisted in launch and support of the Dino/Coupeville school district program. This role has supported PAWI in planning for trainings to offer, reaching out to area professionals to evaluate interest in trainings and reaching out to schools for interest in trainings. We have collaborated with each agency on data planning and collection. We have supported each agency in budget and reimbursement processes. We are also working to fill in some gaps while positions are being hired. We have reallocated the funds from the extra PAWI CHW position into the Big Brothers Big Sisters of Island County (BBBSIC) DINO program and a collaboration with Island County Human Services and Public Health to support the

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Coupeville School District DINO needs- specifically in being consistent presence during events for ELL students and families. We have launched a regular meeting of CHWs and Peers within Island County and between Island and Skagit counties.

Table 1: Overview of programs per Island Co. agency

Agency	Reason	Planned budget	Total spend for FY 23
Pediatric Associates of Whidbey Island (PAWI)	CHW (1) \$60,000/year for 20 months	\$112,500	\$11,538
	Training	\$80,000	
	Training	\$80,000	
Big Brothers Big Sisters of Island County (BBBSIC)	CHW \$60,000/year for 2 years	\$120,000	
	DINO	\$200,000	\$9,753
YMCA	Camp scholarships	\$35,000	\$14,596
	Support existing programs	\$15,000	
Island County Human Services	Admin	\$75,000	\$19,786
Total		\$637,500	