

Island County pilot program

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

Engrossed Substitute Senate Bill 5187; Section 215(51)(b); Chapter 475; Laws of 2023

December 1, 2024

Island county pilot program

Acknowledgements

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Table of contents

Executive summary	4
Legislative directive.....	4
Island County annual report findings	6
Pediatric Associates of Whidbey Island’s Community Health Worker training.....	6
Big Brother Big Sisters of Island County’s CHW and Dabbling In New Opportunities (DINO) program	7
Stanwood-Camano YMCA.....	8
Stanwood-Camano Arts Advocacy Commission.....	9
CRC of Stanwood Camano	9
Island County Public Health	10
Island County Human Services.....	11
Next steps.....	12

Executive summary

The Island County Youth & Social Outreach Alive & Resilient (SOAR) program is wrapping up year two of funding for fiscal years (FY) 2023–2024.

This report, generated in collaboration with Island County Human Services, offers insight into the number of children and youth served by the pilot during FY 2024. This report also offers information regarding service and funding utilization.

Implementation on programing includes the following programs:

1. Pediatric Associates of Whidbey Island Community Health Worker Training
2. Big Brother Big Sisters of Island County
3. Stanwood-Camano YMCA
4. Stanwood-Camano Arts Advocacy Commission
5. Community Resource Center (CRC) of Stanwood Camano
6. Island County Public Health
7. Island County Human Services

The programs served 1,094 people over the course of FY 2024.

Note: Some people may be counted more than once if they used multiple services.

Legislative directive

The Health Care Authority (HCA) is submitting this report in response to ESSB 5187; Section 215(51); Chapter 475; Laws of 2023:

\$150,000 of the general fund—state appropriation for fiscal year 2024 and \$150,000 of the general fund—state appropriation for fiscal year 2025 are provided solely for a one-time grant to Island County to maintain support for 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 school districts, community groups, and health care providers to increase access to behavioral health programs for children and youth aged birth to 24 years of age. The grant funds shall be used to coordinate and expand behavioral health services. The grant funding must not be used to supplant funding from existing programs. No more than 10 percent of the funds may be used for administrative costs incurred by Island County in administering the program. 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.

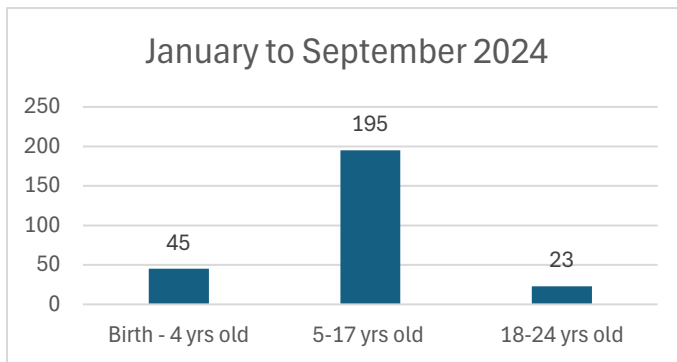
The authority, in coordination with Island County, must submit to the office of financial management and the appropriate committees of the legislature, a report summarizing how the funding was used and providing the number of children and youth served by the pilot during fiscal year 2024 by December 1, 2024.

Island County annual report findings

Pediatric Associates of Whidbey Island's Community Health Worker training

Total spent during FY 2024: \$44,226.89
Total people served: 263

Chart 1: Number of people served by Pediatric Associates of Whidbey Island, January–September 2024



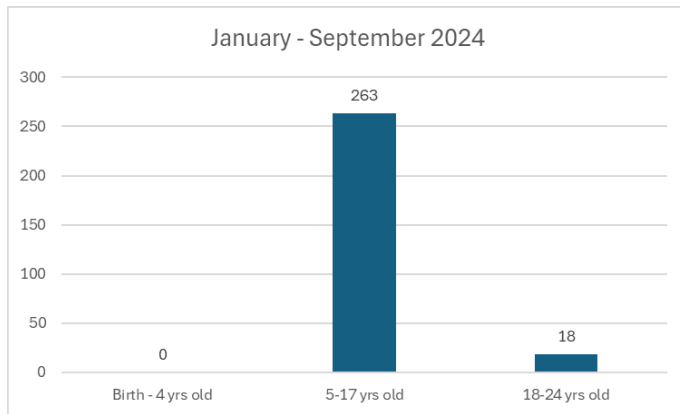
The Community Health Worker (CHW) has offered support as follows:

- Establishing an integrated suicide prevention pathway for Pediatric Associates of Whidbey Island (PAWI) patients with the goal of better assessing/treating suicidal patients in clinic and preventing unnecessary ER visits for children. This pathway is in partnership with Seattle Children's Care Network and Seattle Children's Hospital.
- Hands-on referral tracking to better facilitate closing the loop from referral initiation to successfully completing evaluation:
 - Autism/developmental evaluation
 - Compass WISe, a home and community-based treatment program supporting youth with complex behavioral health needs and their families.
 - Care linkage with long-term mental health counseling
 - Psychiatric nurse practitioner for complex medication management
 - Behavioral health care management within PAWI Integrated Behavioral Health
- Participating in the Washington Chapter of the American Academy of Pediatrics' (WCAAP) Relational Health Learning Collaborative cohort and direct care navigation referrals to CHW for:
 - Care coordination within PAWI as well as outside referrals.
 - Community resource collaboration with various agencies within Island County.
 - Social determinants of health outreach to ensure families are not lost to follow-up.

Big Brother Big Sisters of Island County's CHW and Dabbling In New Opportunities (DINO) program

Total spent during FY 2024: \$71,699.38
Total people served: 281

Chart 2: Number of people served by Big Brothers Big Sisters of Island County, January–September 2024.



Dabbling In New Opportunities (DINO) is an investment in the future of our community, since:

- 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.
- Active engagement in growth, new experiences, and exposure to caring, kind role models contribute to positive mental health gains.

These activities have included a range of community-based, try-it activities.

Big Brothers Big Sisters of Island County partnered with the Missoula Children's Theatre Camp to provide the opportunity to produce "Peter and Wendy" at the North Whidbey Middle School. Over 60 youth were able to participate in a week-long production experience from try outs to performance.

Big Brothers Big Sisters of Island County also partnered with the Coupeville School District by offering 17-weeks' worth of after-school programming for elementary, middle and high school youth. 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
- Taekwondo

- 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 and presentations from local mentors and leaders such as professors, artists, nurses, and musicians.

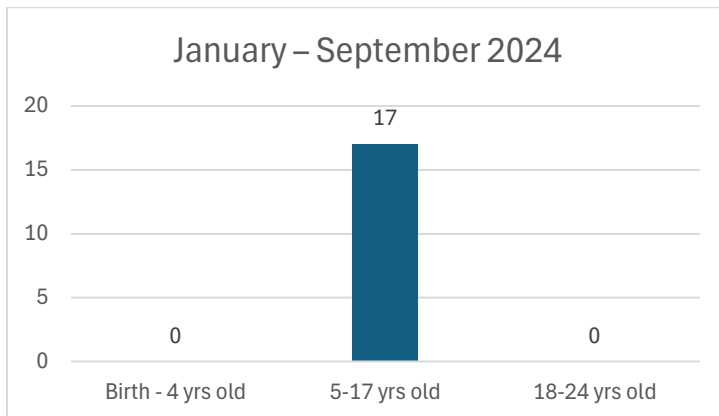
Oak Harbor Elementary School's partnership with Big Brother Big Sisters of Island County allows them to host monthly DINO movie nights for youth, which consist of an on-theme activity, popcorn, water, and an age-appropriate film for the family to enjoy, free of charge.

Stanwood-Camano YMCA

Total spent during FY 2024: \$8,313

Total people served: 17

Chart 3: Number of people served by the Stanwood-Camano YMCA, January–September 2024.



Thanks to the generous support of the SOAR funding, Stanwood-Camano YMCA was able to provide a life-changing opportunity for their students in grades six through nine. The Challenger Camp served as a transformative space where they not only had a chance to grow and develop new skills but also create lasting memories.

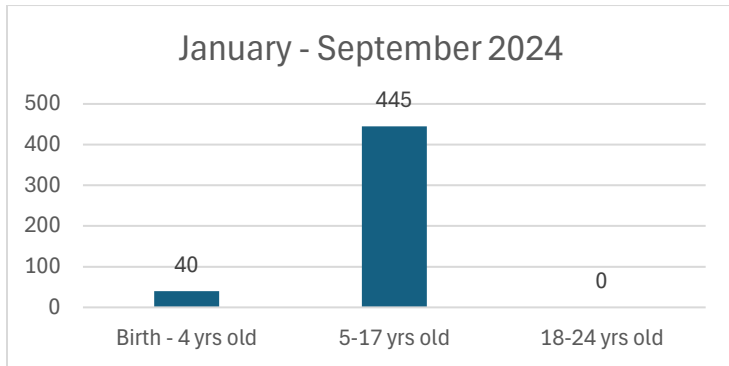
Throughout the ten weeks of the camp, Stanwood-Camano YMCA was able to welcome approximately seventeen kids, all of whom benefited greatly from the enriching activities and engaging curriculum. The SOAR Grant played a pivotal role in making this possible, allowing Stanwood-Camano YMCA to provide financial assistance to deserving students who otherwise may not have had the opportunity to attend.

The impact of the camp experience was truly remarkable. Stanwood-Camano YMCA's 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.

Stanwood-Camano Arts Advocacy Commission

Total spent during FY 2024: \$6,000 (pending billing)
Total people served: 485

Chart 4: Number of people served by the Stanwood-Camano Arts Advocacy Commission, January–September 2024



Stanwood Camano elementary schools do not currently offer art education. The Stanwood Camano Arts Advocacy Commission stepped in to offer programming to support youth engagement in art. One intervention is offering rising fourth graders who are required to participate in summer school an expanded curriculum to include art. This expansion of the traditional math and English summer school curriculum has increased student engagement and academic progress.

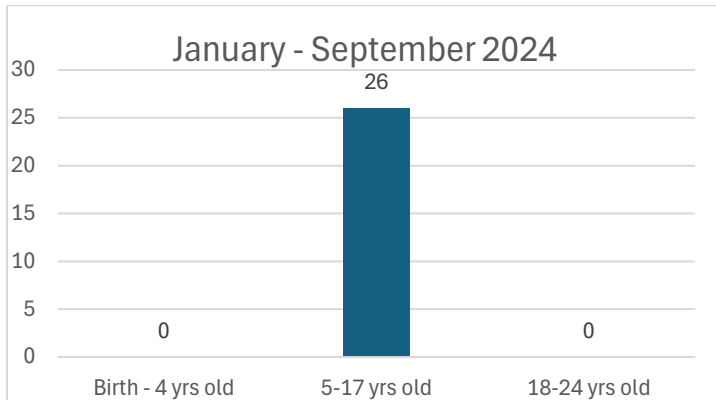
Additionally, they offered "Afternoon of the Arts," wherein they go to Utsalady Elementary School one day per month during January, February, and March. They participated in an afternoon of learning and creativity. While these programs include number of volunteers there are significant expenses in supplies. One community member shared:

"SOAR has provided my children with opportunities I would otherwise not be able to. It's kept them active in the community with peers and gives them something to do. They've discovered places and open doors they didn't know existed. I am very grateful for this program and the opportunities it provides, and we are excited to see it expand and thrive as time goes on."

CRC of Stanwood Camano

Total spent during FY 2024: \$20,000 (pending billing)
Total served: 26

Chart 5: Number of people served by the CRC of Stanwood Camano, January–September 2024

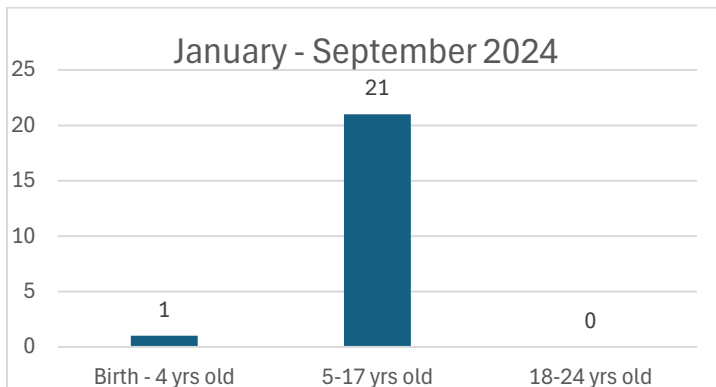


The CRC’s teen program helps to support youth involvement in positive activities including music, construction, art, summer camp, and more. Many of the youth who participate qualify for free or reduced lunch, identify as LGBTQIA+, and/or identify risk factors of substance use. The CRC has created safe, welcoming space to support youth, and helps them connect with safe adults while they learn skills and resources to build resiliency.

Island County Public Health

Total spent during FY 2024: \$2,585.73
Total people served: 22

Chart 6: Number of people served by Island County Public Health, January–September 2024



Island County Public Health is collaborating to support the success of programs like DINO by offering extra staff support and bilingual services. Additionally, they are helping support the expansion of the Healthy Island Youth Initiative (HIYI) program to include nonphysical activities. Previously the HIYI program helped to offer scholarships to youth participating in physical activities such as sports, dance, etc.

The initial funding of \$6000 is earmarked to support youth interested in pursuing activities that do not include a physical component (e.g., art or music). Due to the high cost of activities in this area, this program enables all youth equal access to extracurricular activities, regardless of financial limitations.

Island County Human Services

Administrative costs through September 2024: \$70,087 (total since beginning program in 2022)

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. Island County Human Services collaborated with each agency on data planning and collection. Island County Human Services supported each agency in budget and reimbursement processes. Island County Human Services is also working to fill in some gaps while positions are being hired.

Island County Human Services launched a regular meeting of CHWs and Peers within Island County. The goal of this effort is to build a more comprehensive network of CHW-level providers that can support Island County citizens across their lifespan. Island County Human Services recognizes that while some of their professionals focus on youth and families, at times those they serve need access to resources like senior services or others that might not typically be at the table with youth and family’s programming.

This program continued planning with individual partners which includes the following additions, based on added funding in January and then July 2024.

Table 1: Additional funding, January 1, 2024, to December 1, 2025

Agency	Reason	Planned Budget	Total
Pediatric Associates of Whidbey Island (PAWI)	Space Training	\$120,000 \$100,000	\$44,226.89
Big Brothers Big Sisters of Island County	CHW	\$120,000	\$71,699.38
YMCA	Youth camp scholarships	\$15,000	\$8,313
Public Health	Staff support and HIYI scholarships	\$16,000	\$2585.73
Stanwood-Camano Arts Advocacy Commission	Art education	\$11,000	\$6,000
CRC of Stanwood Camano	Teen programming	\$40,000	\$20,000
Total		\$422,000	

Next steps

The Island County pilot program is currently funded with a one-time grant through December 31, 2025. The following ongoing efforts will continue as part of our programming through the end of 2025:

- **Pediatric Associates of Whidbey Island** will continue to provide Community Health Worker support and training for those serving youth, with a particular focus on educating families about internet safety.
- **Big Brothers Big Sisters of Island County** will maintain its Community Health Worker support and the Dabbling in New Opportunities youth extracurricular activities program.
- **YMCA of Stanwood Camano** will offer scholarships for summer camp.
- **Stanwood Camano CRC** will continue its At-Risk Youth programming.
- **Stanwood Camano Art Advocacy Commission** will provide art programming, including both school-based and summer school initiatives.
- **Coupeville School District** will offer art and music extracurricular programming.
- **Island County Public Health** will support funding for low-income youth participation in extracurricular activities.
- **Boys and Girls Club of Oak Harbor and Coupeville** will offer try-it programs to encourage youth participation in extracurricular activities

With the one-time grant funding ending on December 31, 2025, Island County Human Services and HCA plan to evaluate the sustainability of the program to determine next steps based on available resources. This may involve scaling back or adjusting initiatives to ensure a continued impact while exploring alternative funding options or strategies to maintain key services.