

Clark County Mental Health Sales Tax Funding Advisory Board

Report on Activities Funded

— CALENDAR YEAR 2019 —



Table of Contents

Purpose, Scope & Point of Contact	3
2019 Funded Programs	5
<i>Internal Funded Programs</i>	
JUVENILE COURT Connections Program Detention Alternatives Program	7
DISTRICT COURT Mental Health Court	9
SUPERIOR COURT Training and continuing education in Therapeutic Specialty Courts Law Enforcement Support for Therapeutic Specialty Courts	10 11
PUBLIC HEALTH Nurse Family Partnership	11
<i>External Funded Programs</i>	
COLUMBIA RIVER MENTAL HEALTH SERVICES Substance Abuse Disorder Counselors for Schools	15
CONSUMER VOICES ARE BORN REACH Too Program	16
LIFELINE CONNECTIONS Connections Café & Catering Recovery Resource Center Camp Mariposa	16 16 17 18
LUTHERAN COMMUNITY SERVICES NW Culturally-specific support groups	20
MULLEN-POLK FOUNDATION Youth Empowerment Solutions (YES) Program	22

cover image: Camp Mariposa

Purpose, Scope & Point of Contact

This report outlines the activities and programs funded by Clark County during calendar year 2019 using revenue from the Mental Health Sales Tax.

The report, compiled by Michael Torres, Program Manager II, Clark County Community Services; utilized demographic and program data compiled by each funded activity during the calendar year and was made possible by the invaluable work and assistance of the Mental Health Sales Tax Report Subcommittee, composed of:

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ADDITIONAL INFORMATION on this report, the Mental Health Sales Tax, the Mental Health Sales Tax Funding Advisory Board, and activities funded.
clark.wa.gov/councilors/mental-health-sales-tax-funding-advisory-board

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MENTAL HEALTH SALES TAX BACKGROUND

E2SSB-5763 became law in the state of Washington in 2005 to address the increasing number of individuals with mental health disorders, substance abuse and co-occurring mental health and substance abuse disorders. The legislature subsequently enacted a one-tenth of 1% treatment sales tax to provide services and support to this population. In 2007 Clark County passed a countywide one-tenth of 1% treatment sales tax, the proceeds of which are spent after appropriation by the Clark County Council, in accordance with the following criteria established in RCW 84.14.460:

- Funds must serve residents of Clark County
- The funded service must be a connection to behavioral health (mental health and substance use)
- Eligible program areas for funding are intervention, treatment, aftercare, outreach, support services such as housing, transportation, case management, and prevention (as of 2013)
- Funds may be used for service and operation delivery for therapeutic courts
- Funding is meant to be flexible
- As of 2016, funds must support new or expanded programs

ADVISORY BOARD

In 2017 a task force was created to recommend guiding principles and criteria to the council to help in decision-making for new funding requests. The task force recommended a continuing Mental Health Sales Tax Funding Advisory Board for the dual purposes of:

1. Creating a formal process for collecting and evaluating new funding requests; and
2. Providing advisory input to the county manager's recommended budget to the county council.

The council concurred with this recommendation and created a funding advisory board with representation from the County Council, Superior Court, District Court, Juvenile Court, Public Health, and Community Services.

GUIDELINES FOR MENTAL HEALTH SALES TAX FUNDING

The Mental Health Sales Tax Advisory board developed and suggested the following criteria for approval of new funding requests on January 31, 2018:

- Align with Clark County Council priorities for use of funding
- Payer of last resort no other funding available
- No supplanting of expenses per state law
- Data available to support need
- Best practice/research based preferred
- No duplication of services
- Performance outcomes identified
- Serve low-income, at-risk populations
- Should align with the county's values identified in the *Strategic Plan*
- Ability to leverage other funding
- Program/service should be accessible to all county residents



2019 Funded Programs

The Mental Health Sales Tax Advisory Board (MHSTAB) made recommendations on internal ongoing funding packages for the 2019 budget to the Clark County Council on July 18, 2018.

A Request For Proposals (RFP) for 2019 MH Sales Tax Funding Awards was released September 5, 2018, to solicit proposals from external community partners in order to enhance the use and efficiency of Mental Health Sales Tax Funding within the county. The MHSTAB received proposals for funding on October 17, 2018, and forwarded its recommendations to the Clark County Council. The council adopted funding requests for 2019 on December 10, 2018.



Internal Funded Programs

JUVENILE COURT Connections Program

Detention Alternatives Program

DISTRICT COURT Mental Health Court

SUPERIOR COURT Training and continuing education in Therapeutic Specialty Courts

Law Enforcement Support for
Therapeutic Specialty Courts

PUBLIC HEALTH Nurse Family Partnership

Internal Funded Programs

JUVENILE COURT Connections Program

1033 Allocated
Funding \$106,952

Connections is a community-based program designed to address the needs of up to approximately 100 juvenile offenders with behavioral disorders who are at high risk to re-offend. Often these youth and their families struggle with frequent crisis, disconnections from their educational and support systems, and have utilized services at the highest level offered within our community. The Connections program employs a strength-based wraparound approach to holistically link youth and their families to local resources and better meet their individual needs. Balanced and restorative justice principles and values are incorporated in plans to increase youth's skills, provide services to victims and increase public safety.

The program is staffed with four teams capable of sustaining a caseload of 20-25 youth. Each team includes:

Care Coordinator

Facilitates wraparound team meetings with youth, family, and team members to identify strengths, determine needs, locate services or create supports.

Family Assistance Specialist / Peer Support Specialist

Provides emotional and practical support for parents/guardians.

Juvenile Probation Counselor

Ensures that services promote community safety. They are also responsible for ongoing supervision of court orders.

120 youth were served by the Connections Program in 2019, with 82 actively involved at the year's end.

Juvenile Services Associate

Works closely with youth focusing on skill building to assist them in completing goals related to the treatment plan.

The \$106,952 of 2019 Mental Health Sales Tax funding allocated to the Connections Program supports one of the four full-time Care Coordinators. The average wrap-around meetings per month grew to 59, an increase of 31% in 2019.

Detention Alternatives Program

1033 Allocated
Funding \$340,950

Detention Alternatives reduces the likelihood of exposure to the negative and unintended effects of detention that can exacerbate problems while increasing public safety and improving behavioral health and substance use outcomes. The program supports up to 25 youth per week who are struggling with mental health and/or substance abuse issue with Community Support, Extended and Weekend Reporting and Restorative Community Service. Each of these programs within Detention Alternatives utilizes curriculum and evidenced-based skill building, pro-social activities and case management and is staffed by 4.5 full-time staff and one

*Internal data kept by Clark County Juvenile Court shows that in 2019 of the 439 youth referred, 342 (78%) successfully completed the program.**

program supervisor. Program hours are seven days a week including evenings and weekends. Temporary staff and volunteer mentors are used as needed for Extended and Weekend Reporting programs and for the Restorative Community Service Program.

Weekend Reporting and Extended Weekend Reporting serve as a court ordered alternative to detention for up to eight youth. It is held every Friday through Monday in the community at various locations including the Clark County Food Bank, Boys and Girls Clubs of Southwest Washington, 4-H Community Heritage Farms, Journey Theater, One Life Food Pantry and ReFuel Washougal. Program youth participate in skill building activities and service work. The focus is prosocial engagement, increasing competency and service to the community.

Community Support Program (CSP) serves as a court ordered alternative to detention for up to 12 youth. CSP operates seven days a week, 10 hours a day, to offer support to youth and families while their case is moving through the court process. Staff meets with each youth once or twice a day at homes, schools and treatment agencies throughout the county to offer support, ensure court compliance, and offer resources to assist families in addressing their concerns and issues.

Restorative Community Service Projects provide youth with a one-day project in lieu of detention. Youth work alongside community volunteers to give service of value. This program is aimed at connecting court involved youth with members of the community that value giving service to others. Youth are able to give back to

their community in meaningful ways while making amends for the harm they have caused. Research shows that positive adult relationships are essential to any system response for at risk youth. (text call out?) The Juvenile Court collaborates with more than 350 community service organizations in Clark County to support this work. Youth are assigned one to two Saturdays in lieu of detention for low level violations or offenses.

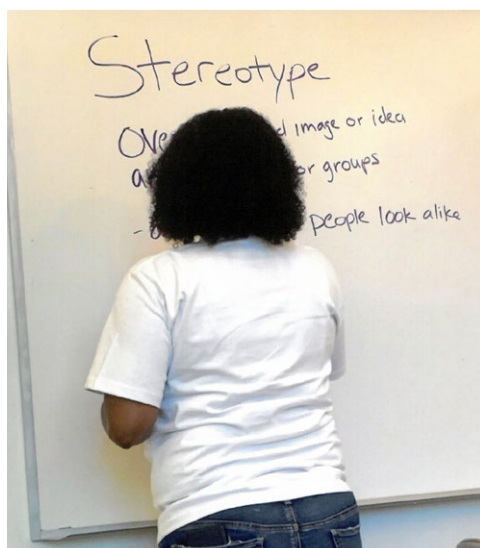
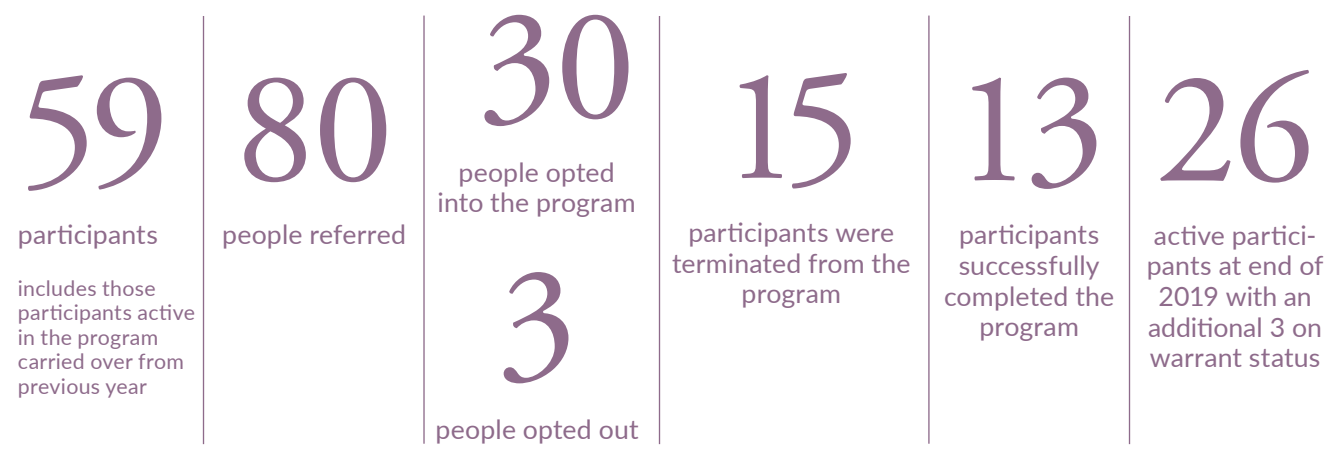
State evaluations find that the jurisdictions including the use of detention alternatives have reduced their reliance on detention by 57% and only 8.2% of the youth who experienced detention alternatives reoffended with a felony as compared to 21.4% of youth who experienced detention only.

*Detention Alternative programs are analyzed and evaluated each year through the support of a Juvenile Detention Alternatives Grant provided by the state. The 2019 evaluation results are not complete as of this writing.

DISTRICT COURT Mental Health Court
1033 Allocated
Funding \$397,239

Mental Health Court provides a specialized court docket with a problem-solving approach to court processing in lieu of traditional court procedures for defendants with mental illness. This allows participants get re-established in the community; improve skills and self-sufficiency; reduce cycle of addiction and crime; and help restore and reunite families. Up to 50 participants at a time are identified, screened, accepted into the court, and then linked to appropriate levels of mental health treatment, plus substance use disorder treatment if appropriate. In addition, most clients enter the court with low protective factors, so the team provides guidance and linkage to other systems – housing, employment, education, and community resources. Mental Health Court requires a minimum of one year to complete.

MENTAL HEALTH COURT BY THE NUMBERS



Internal Funded Programs



SUPERIOR COURT Training and Continuing Education in Therapeutic Specialty Courts

1033 Allocated Funding \$15,000

www.clark.wa.gov/therapeutic-courts

This allocation funds specialized training for professional team members of any of the four Therapeutic Specialty Court programs (Adult Drug Court, Residential DOSA Drug Court, Family Treatment Court, and Juvenile Recovery Court) that serve approximately 260 participants per year.

Teams are generally comprised of a judicial officer, court coordinator, indigent defense/ parent attorney, prosecutor/attorney

general, law enforcement/probation, treatment professionals, peer mentors/recovery support specialists and other social service professionals. There are up to 48 unduplicated professionals serving in the four treatment court teams and training ensures operations fit the fidelity of the Specialty Court model and adhere to evidenced-based principles in the field of substance use disorders and mental health. Specific areas include developing a working understanding of trauma-informed care, the disease of addiction, supervision techniques of justice-involved populations with chronic mental illness, evidenced-based treatment approaches, behavior modification techniques, child welfare and dependency timelines and safety factors, community supervision standards, medication-assisted treatment and drug testing.

Regular training for treatment court teams is associated with higher graduation rates and greater cost savings due to lower recidivism.

Internal Funded Programs

Law Enforcement Support for Therapeutic Specialty Courts

1033 Allocated Funding \$51,146

www.clark.wa.gov/therapeutic-courts

Funding to enable the Sheriff's office to provide a dedicated deputy supporting therapeutic courts (Drug Court, Substance Abuse Court, DUI Court, Juvenile Recovery Court, Veterans Court) for daytime work in the courts and overtime hours for home checks in the evening to meet this best practice standard in all of the programs. As noted previously, these courts serve approximately 260 participants per year. A deputy primarily conducts home/curfew checks and reports important information back to the team such as suspicious behaviors or program violations. Field and home contacts with program participants is important to ensure they are living in environments that are supportive of long-term recovery.

PUBLIC HEALTH Nurse Family Partnership

1033 Allocated Funding \$729,750

Nurse Family Partnership (NFP) is an extensively researched, evidence-based program that pairs specially trained Registered Nurses (RNs) with up to 165 low-income pregnant teens and women to:

- Improve pregnancy outcomes by helping women engage in good preventive health practices: prenatal

care; healthy diet; reduction in use of tobacco, alcohol and drugs

- Improve child physical/mental health and development by supporting parent-child early attachment and building client knowledge of recommended infant/toddler care practices
- Improve economic self-sufficiency by helping parents develop a vision for their future in areas that include: pregnancy planning, education and employment.

NFP is a home-visiting model, but allows for flexibility in where the RN and client meet. During the COVID-19 pandemic, visits have been virtual. The RN and NFP client start visits early during pregnancy, continuing until the child turns two. The NFP nurse forms a trusting relationship with the parent, instilling confidence and empowering them to achieve a better life for their children and themselves. Nurses welcome and encourage involvement of the co-parent/partner whenever possible. Clients are referred to resources such



Internal Funded Programs

as: life-skills development, high school teen-parent programs, substance use evaluation, mental health services, and domestic violence support. Clients are also connected to housing resources, parenting support, early learning programs, transportation assistance, financial support, and early intervention services.

NFP participants are screened for anxiety and depression, current or past substance use, and intimate partner violence (IPV). Clients who screen positive are referred to supportive services such as mental health counseling, drug and alcohol evaluation, peer mentor support, and domestic violence advocacy services. All clients receive education on building and maintaining healthy relationships, supported by the extensive IPV and mental health trainings the NFP nurses receive through the National Service Office.

In 2019, 77% of participants screened positive for depression/anxiety, 49% screened positive for current or history of substance abuse, 38% screened positive for IPV/unsafe family and friends, and 33% screened positive for homelessness or unstable housing/high risk for homelessness. In 2020, a 1/3 matching grant awarded by the Nurse-Family Partnership National Service Office in the amount of \$596,172 funded an increase in staffing from 4.6 to 6.6 RN FTE (7 RNs). This increased our capacity to serve an additional 50 clients. The grant also funded a full-time Nurse Supervisor (Program Coordinator II), allowing the Program Manager to focus on other home visiting programs (a separately funded NFP program in Cowlitz County and the Children and Youth with Special Health Care Needs program).



External Funded Programs

total contractual allocation \$742,518

COLUMBIA RIVER MENTAL HEALTH SERVICES
Substance Abuse Disorder Counselors for Schools

CONSUMER VOICES ARE BORN
REACH Too Program

LIFELINE CONNECTIONS
Connections Café & Catering
Recovery Resource Center
Camp Mariposa

LUTHERAN COMMUNITY SERVICES NW
Culturally-specific support groups

MULLEN-POLK FOUNDATION
Youth Empowerment Solutions (YES) Program



COLUMBIA RIVER MENTAL HEALTH SERVICES (CRMHS) Substance Abuse Disorder Counselors for Schools

2019 Award: \$182,456
Expenditures: \$90,186*

www.crmhs.org

CRMHS placed substance use disorder counselors in various schools across Clark County to provide substance use prevention and treatment services in school-based settings. In schools where the formal treatment needs of youth were great enough to support an ongoing caseload, CRMHS placed substance use disorder counselors on a full-time basis. Having counselors available within schools for young people improves access and connection to community resources and services. (*Expenditures were less than anticipated due to barriers associated with hiring staff with licenses in both mental health and substance use disorders.)

COLUMBIA RIVER MENTAL HEALTH SERVICES BY THE NUMBERS

270

target number of youth to be served

195

number of youth served

150

youth received preventions services

26

youth participated in targeted education* intervention services

19

youth met the clinical criteria for treatment services

16

of these youth engaged in treatment



External Funded Programs

CONSUMER VOICES ARE BORN (CVAB)

REACH Too Program

2019 Award: \$55,699

Expenditures: \$55,699

www.cvabonline.org

REACH Too is a program within the CVAB organization providing peer support services to people seeking recovery from substance use. REACH Too works to expand CVAB's reach to participants involved with the criminal justice system which includes the Clark County Therapeutic Courts (Drug Court, Family Treatment Court, Substance Abuse Court and DOSA) and the Clark County Jail Re-entry Program. Individuals who are active in these programs are seeking recovery through life skills development and positive social activities and connections.

CVAB sought three months of funding to maintain REACH Too services through 2019. The first nine months of programming in 2019 were funded through a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

280

target number of individuals to be served

284

actual number of nonduplicated individuals served from Oct to Dec

LIFELINE CONNECTIONS

Connections Café & Catering Recovery Resource Center Camp Mariposa

2019 Award: \$327,146

Expenditures: \$317,364

www.lifelineconnections.org

Lifeline Connections was awarded funding for three distinct programs.

Connections Café & Catering

The Connections Café and Catering (CC&C) is a small business venture started by Lifeline Connections to provide on-the-job training and part-time work opportunities to individuals completing behavioral health treatment. The program is geared towards individuals with gaps in employment who need to gain marketable job skills and establish a positive habit of working. Access to immediate income can help them pay for supportive or recovery housing, transportation, or simply help with their daily needs. Part-time hours work well around busy outpatient treatment schedules and help to build participants' physical stamina for competitive employment. At an initial assessment for treatment, participants are



External Funded Programs

CONNECTIONS CAFE & CATERING BY THE NUMBERS

10

target number of individuals to be served

12

individuals served

3

individuals transitioned into gainful employment

screened for employment barriers, enabling staff to identify potential participants early in the treatment process and incorporate engagement in the CC&C program into participants' individualized treatment plans as soon as they are admitted for services.

Satisfaction survey results indicates 100% of participants had a high degree of confidence that they would obtain long-term employment. The length of time in the program varied on a case-by-case basis with the average length of involvement being 6 months.

Recovery Resource Center (RRC)

The Recovery Resource Center is a free, drop-in center that offers aftercare support which can significantly improve recovery for people who live with chronic substance use disorders. Program participants are youth and adults age 18 and older who are completing residential or outpatient treatment and need help reintegrating into the community. The RRC is open to anyone looking to learn about substance use disorders or take the first steps in their recovery journey. A core objective is to improve long-term recovery by building employment capacity. Recovery services at the RRC also include an employment specialist who works directly with participants who have particularly challenging barriers to employment. Additional services include the following:

- Self-help group meetings to support various approaches to recovery
- Case management for housing, employment, benefits, etc.
- Social opportunities to build substance-free relationships and encourage drug-free activities
- Computer labs for education, job searching and resumes
- Recovery library and resources

RECOVERY RESOURCE CENTER BY THE NUMBERS

250

target number of individuals to be served

50

unique participants per month

600

unique participants per year

External Funded Programs



“Camp Mariposa has helped me by becoming close with people so I can trust them enough to talk to them about something personal.” – Mariposa camper

CAMP MARIPOSA BY THE NUMBERS

40

minimum number of children to be served

40

children attended

95%

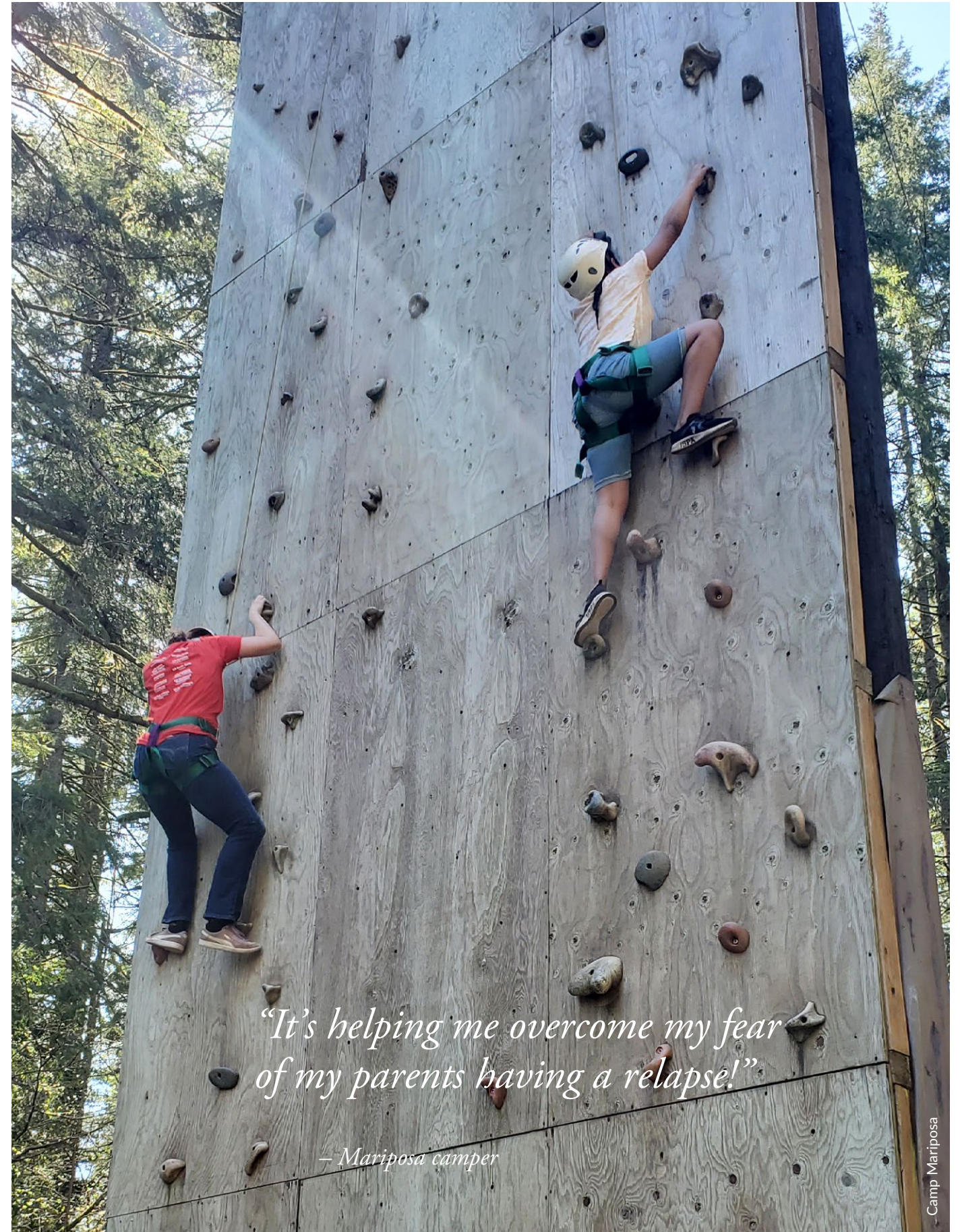
retention rate of campers from first to last session

Camp Mariposa

The impact of substance use disorders often extends beyond the individual receiving treatment by having negative impacts on children and families. Based on the need to support children, Lifeline Connections replicated a national addiction prevention and mentoring program called Camp Mariposa which is a free weekend camp for 9-12 year olds who are living with addiction in their families. The primary goal of Camp Mariposa was to give children, with a family history of substance abuse, the knowledge, tools and coping skills to prevent them from developing an addiction of their own and to help break the intergenerational cycle of addiction. Camp Mariposa was specifically designed to address the following needs:

- Reduce feelings of isolation, fear, guilt and loneliness
- Provide a safe place for kids to get away from difficult circumstances at home and to bond with their peers
- Educate campers about the disease of addiction and its impact on the family
- Teach positive life skills to help manage feelings and practice self-care
- Provide information about resources that kids can turn to for help

Once the location was secured and the staff and mentors trained, the model was to host a camping weekend every quarter with the months in-between offering established activities for campers to participate in.



“It’s helping me overcome my fear of my parents having a relapse!”

– Mariposa camper

External Funded Programs

**LUTHERAN
COMMUNITY
SERVICES NW
(LCSNW)
Culturally-specific
support groups**

2019 Award: \$54,800
Expenditures: \$21,943*

www.lcsnw.org

LCSNW provided Adjustment Support Groups to the Clark County community using curriculum from the Pathways to Wellness model which is a nationally recognized emerging best practice to engage culturally specific communities in mental health services by engaging them in support around emotional wellness and successful integration and resettlement. The initial program focus was to support the elder Russian-speaking population in Clark County. The Pathways to Wellness curriculum was designed to:

- provide opportunities for connection and support that celebrates a sense of identity;
- create avenues for discussion around emotions and experiences that are often common to resettling refugees, both to normalize individual experiences and to allow participants to receive advice and support from community members;
- help participants develop an action plan for wellness that utilized traditional healing methods, their support system, and other community or individual resources;

- help refugees understand how the U.S. views and talks about mental health so that stigma and shame can be reduced;
- recognize when extra support might be necessary and how to refer for needed services;
- help empower communities to advocate for themselves and support their own wellness.

There were 17 persons between the ages of 45-72 who participated in culturally specific groups in 2019. Each individual completed a pre/post test survey that measured their knowledge and comfort with mental health as well as how adjusted they were to their life in the United States. Pre-test results placed individuals in the “not at all/somewhat” adjusted range while post-test results placed those same individuals in the “very well” adjusted range specific to living in the United States. Overall, the pre/post tests revealed that an adjustment support group helped to decrease stress, build relationships and improve the mental health condition of the persons in the group.

**The organization encountered recruitment and hiring barriers which resulted in staff starting in June 2019. The total award was not expended due to this barrier.*



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External Funded Programs



MULLEN-POLK FOUNDATION Youth Empowerment Solutions (YES) program

2019 Award: \$120,416
Expenditures: \$107,692

www.mullen-polk-foundation.org

The Mullen-Polk Foundation implemented the YES (Youth Empowerment Solutions) program which is an active learning curriculum designed to help youth gain confidence in themselves, think critically about their community and form positive relationships with adults. Clark County

youth were provided with opportunities for meaningful involvement in preventing youth violence and creating positive community change. Through this process, young people developed leadership skills, community pride, program planning skills, and an understanding of resource mobilization. Participating in empowering activities can help youth avoid risky behaviors and develop positive psychological well-being which lowers rates of depression and anxiety and increases rates of optimism and positive sense of self.

The population to be served were Clark County youth between the ages of 12-18 who reported having mental health conditions that impacted their daily lives. Several youth also came from backgrounds that were impacted by gang violence, addiction and abuse. The number of young people to be served

External Funded Programs

ranged from a minimum of 15 to an ideal number of 20. The actual number of youth registered and served in the program was 23. A comparison of pre/post test data in the areas of conflict avoidance, conflict resolution and leadership skills showed that at the exit of the program –

89% of youth were above average on conflict avoidance skills where they learned that every action did not need a reaction and that ignoring certain situations could keep them out of a negative situation.

89% of youth were above average on conflict resolution skills where they learned that talking things out, talking with friends or other peers, seeking parental advice, seeking the instructor's advice, or considering other points of view were more effective than having a physical confrontation.

85% of youth were above average on leadership skills which involved taking initiative in activities without being prompted, making responsible decisions, having a willingness to assist others and having less aggressive conversations during group activities.





www.clark.wa.gov

For other formats

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