



# Kids Mental Health Washington

Youth Regional Behavioral Health Navigators

## Learning Objectives

- 1) Increase knowledge of KMHWA model components
- 2) Identify the multi-systemic influences of serving youth and families
- 3) Create action plan of how to connect to KMHWA.





KID'S

HEALTH

Welcome

&

Land Acknowledgement

# Activity

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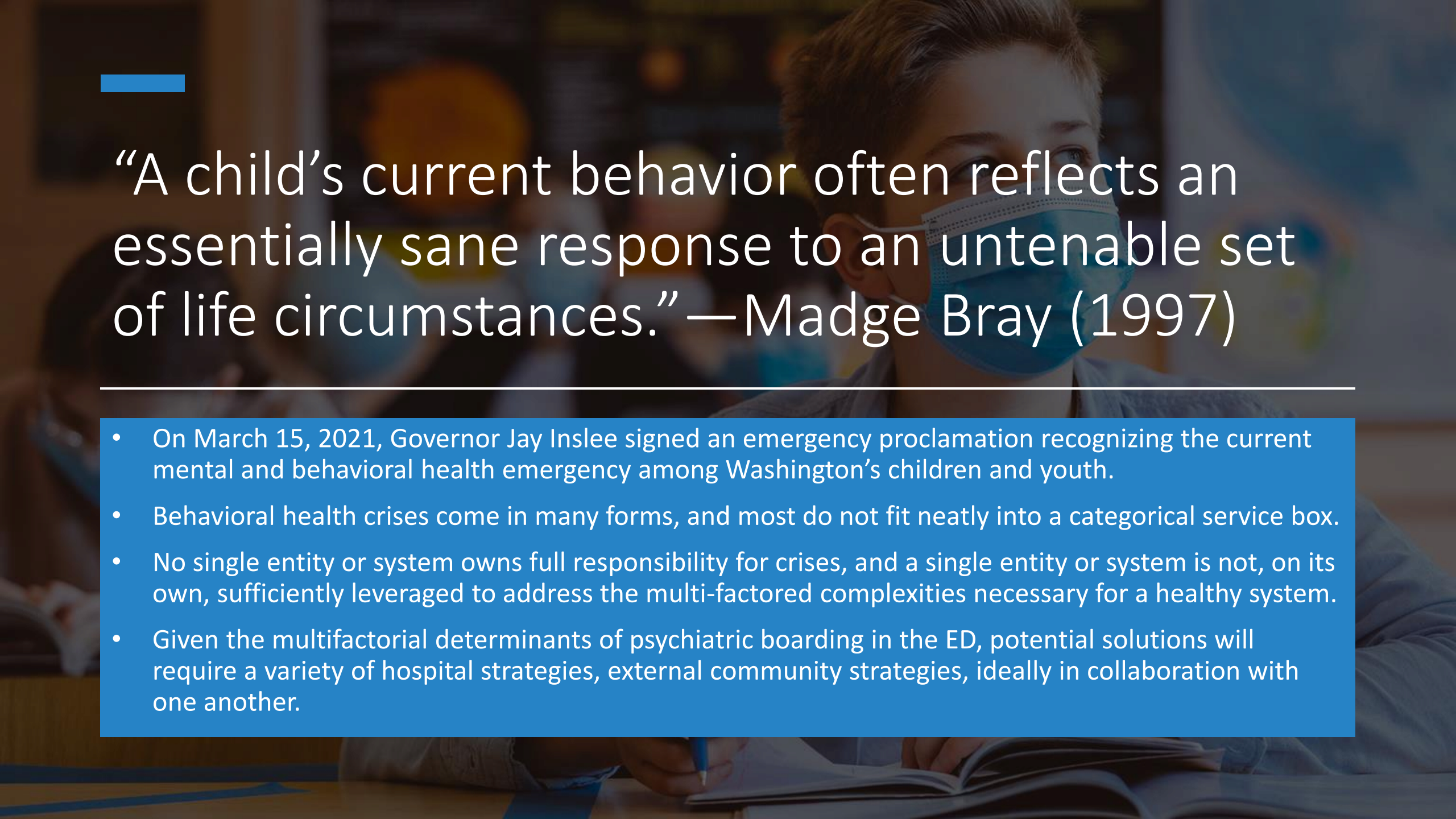
What county/ state  
are you coming  
from?

2

What system/ space  
are you  
representing?

3

What are the  
biggest barriers you  
are seeing in  
addressing care?



“A child’s current behavior often reflects an essentially sane response to an untenable set of life circumstances.” —Madge Bray (1997)

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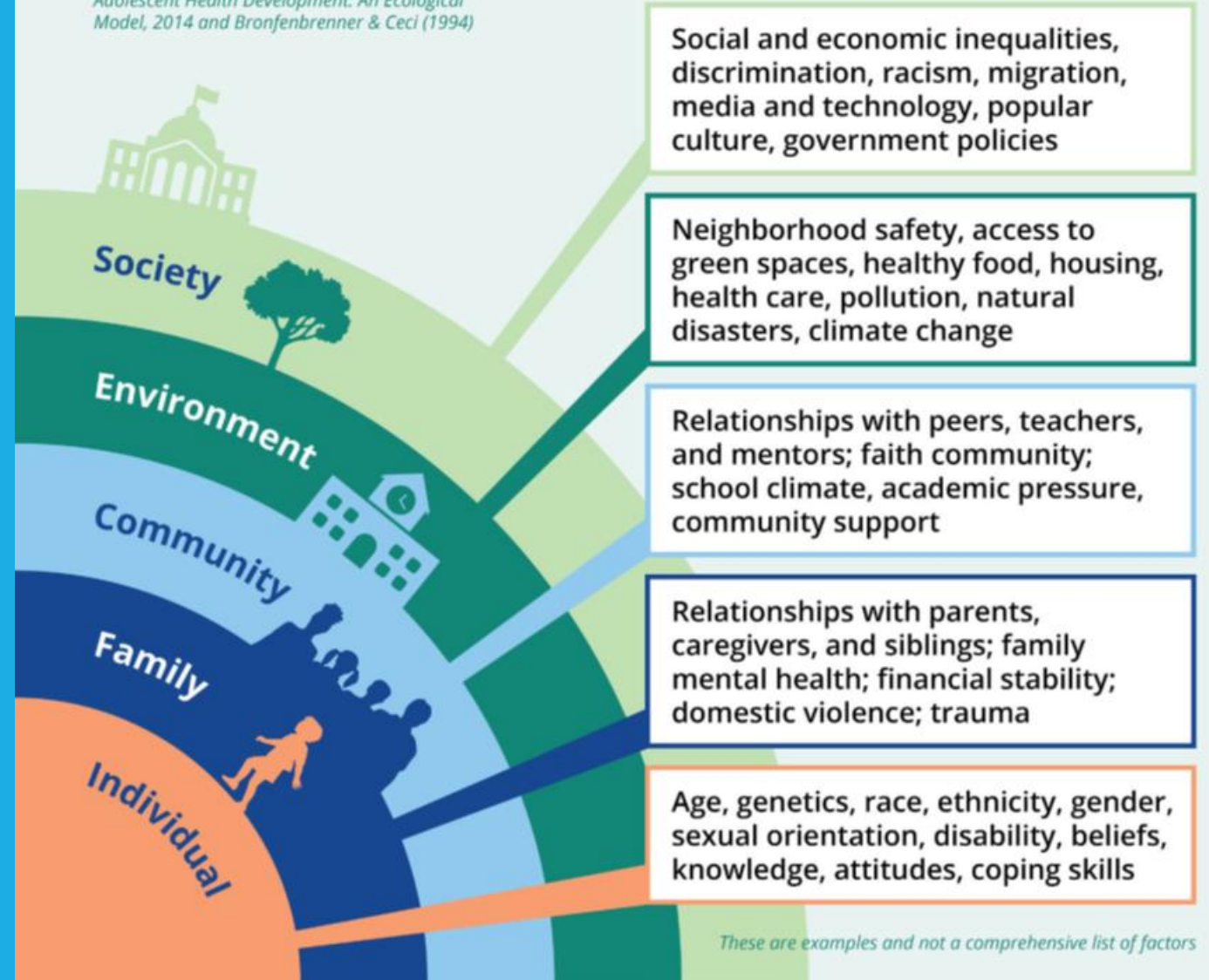
- On March 15, 2021, Governor Jay Inslee signed an emergency proclamation recognizing the current mental and behavioral health emergency among Washington’s children and youth.
- Behavioral health crises come in many forms, and most do not fit neatly into a categorical service box.
- No single entity or system owns full responsibility for crises, and a single entity or system is not, on its own, sufficiently leveraged to address the multi-factored complexities necessary for a healthy system.
- Given the multifactorial determinants of psychiatric boarding in the ED, potential solutions will require a variety of hospital strategies, external community strategies, ideally in collaboration with one another.

“Supporting the mental health of children and youth will require a whole-of-society effort to address longstanding challenges, strengthen the resilience of young people, support their families and communities, and mitigate the pandemic's mental health impacts.”

# FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE



Source: Adapted from WHO's *Determinants of Adolescent Health Development: An Ecological Model*, 2014 and Bronfenbrenner & Ceci (1994)




*These are examples and not a comprehensive list of factors*


# Cross-System Collaboration



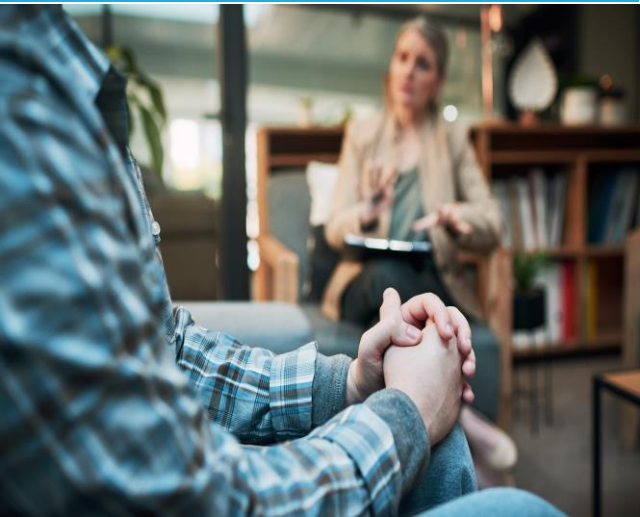
Autism and Disability Partners  
Child Welfare  
School Districts  
Youth Services



Health Equity Partners  
Health Care Systems  
Primary Care



Community Mental Health  
Crisis Services  
Managed Care Organizations

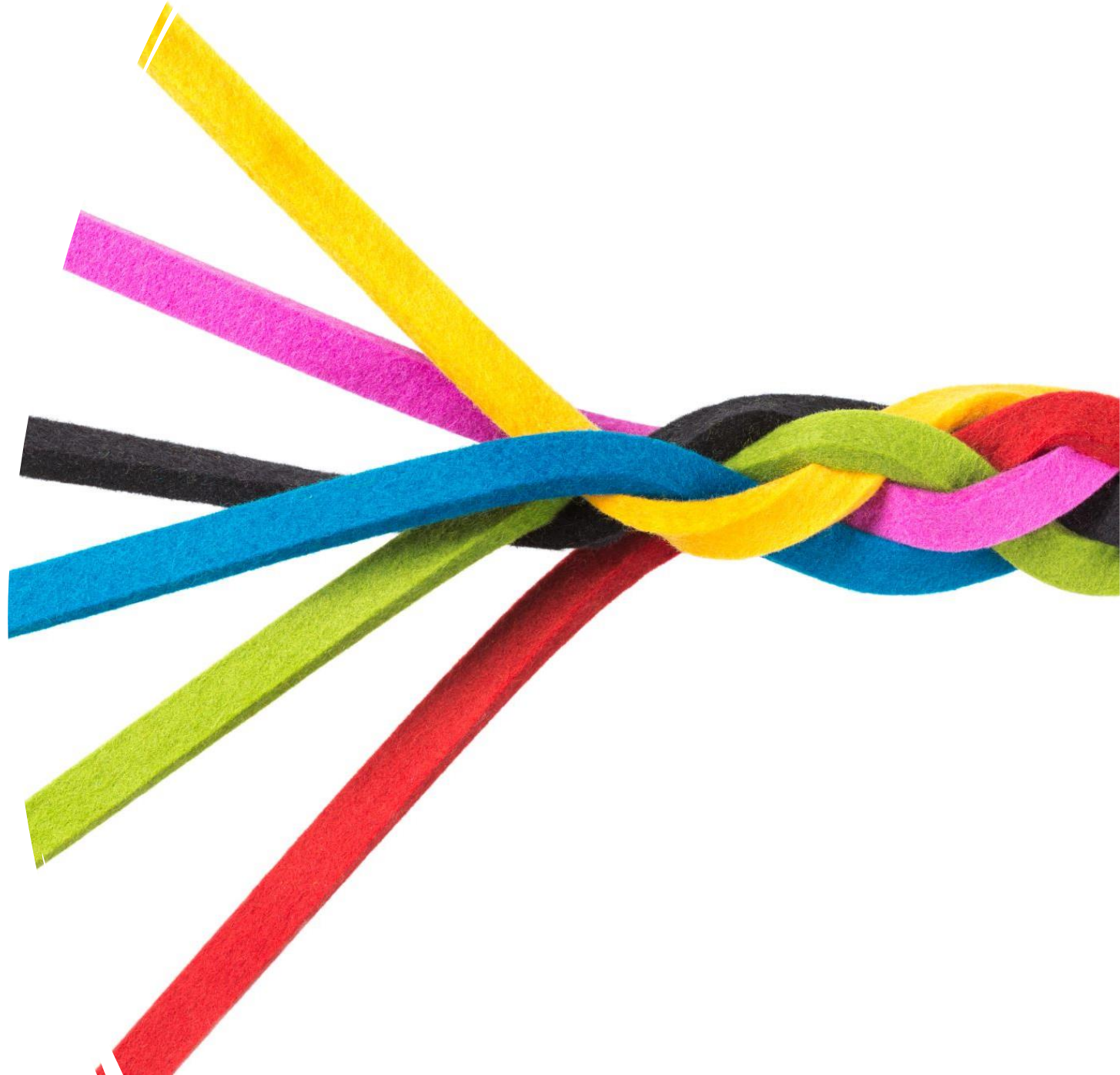


Law Enforcement  
Juvenile Justice  
EMS

# Model Components

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- A referral process for anyone to submit a request for a youth in need of support.
- Steering/Action Committees to coordinate local resources and collaborate on community initiatives.
- Multi-disciplinary team meetings (MDTs). Youth-centered wrap-around collaboration with local resource partners to develop an action plan tailored to the needs of the youth.
- A website with up-to-date local and community-based resources for youth and their families.
- KMHWA Teams: Behavioral Health Navigation, Care Coordination, and community consults.







## Kids Mental Health Washington Program

The Health Care Authority (HCA) is partnering with Kid's Mental Health Pierce County and Developmental Disabilities Administration (DDA) to stand up teams in three regions per year for the next three years.

Technical assistance and support, collaborative learning teams and pathways for real time input on regional strengths and needs are being developed as teams begin standing up across the state.

Regional teams are building community in support of children, youth, and families through the development of Multi-Disciplinary Teams (MDT). Key partners including community members, providers, and cross-systems team members are gathering to connect our youth and families to the care and resources they need.

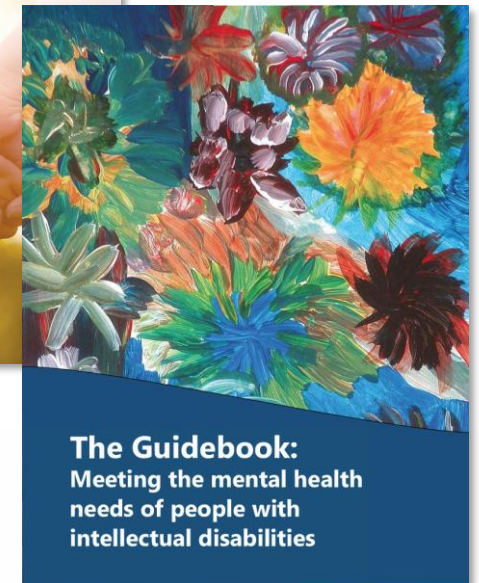
# Developmental Disabilities Administration

DDA has several positions supporting the Kids Mental Health Washington

- Community Systems Integration Unit Manager (Shelley Bogart).
- Youth Mental and Behavioral Health Program Manager/Kids' Mental Health WA Program Lead (Meghan Hopkins).
- Youth Behavioral Health Specialist/Kids' Mental Health WA Liaison
  - One Specialist for each of the three DDA regions.

DDA's role includes

- Partnering to support youth with developmental disabilities and their families in navigating service systems.
  - [DDA Eligibility and Services Guide](#)
- Improving cross-systems communication for more efficient collaboration.
- Addressing barriers to services including developing and disseminating resources to increase provider confidence in serving youth with developmental disabilities.
  - [The Guidebook: Meeting the mental health needs of people with intellectual disabilities \(wa.gov\)](#)
  - [Mental Health and Developmental Disabilities National Training Center Resources](#)

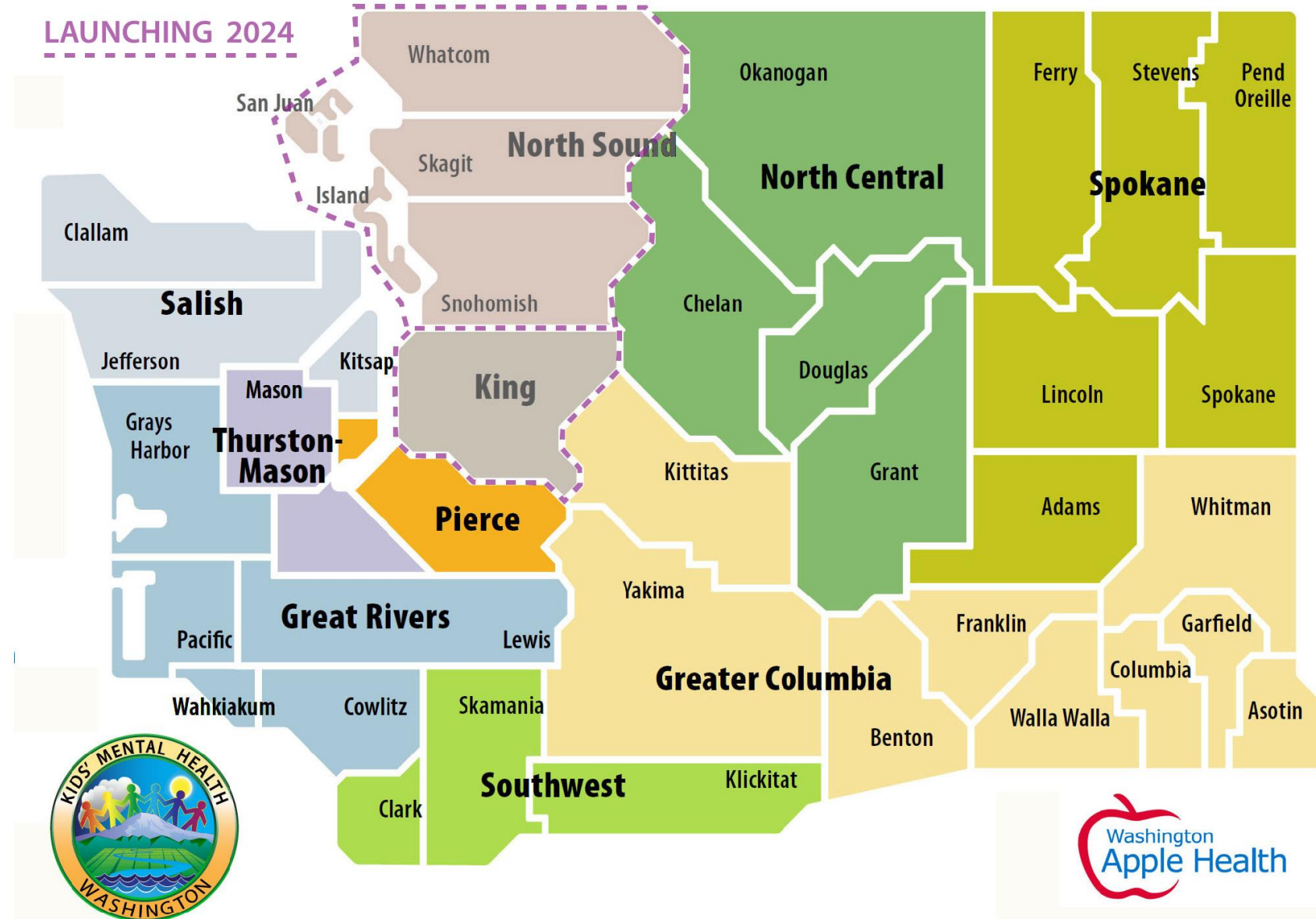


# Kids' Mental Health Washington Rollout Timeline

- **Year 1 2022**
  - Pierce
  - Salish
  - Southwest
  - Greater Columbia
- **Year 2 2023**
  - North Central
  - Spokane
  - Great Rivers
  - \*Thurston Mason
- **Year 3 2024**
  - King
  - North Sound

\*Start year 2 instead of year 3 with ARPA (American Rescue Plan Act) funding, then will move to state funding

## Behavioral Health: Administrative Services Organizations (BH-ASO)



Regional and  
Program  
Wins

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# Data


Qualitative and quantitative.



Developed by and used by regions.



Includes age, insurance, date of contact, system involvement, area they live in, how many partners are engaged, disposition.



Behavioral Health Navigation examples



## Centering Youth/ Family Voice

- KMHWA MDT caregiver attendance rate: 100%
- “I believe this is a great approach. From a parents prospective this is 100% needed in our community” - Parent on KMHWA Steering Committee
- “Thank you to everyone for being here when my daughter and I needed you! I don’t have words to express how much weight has been lifted from both of us. Having this resource to help point us in the right direction and come up ideas to get my daughter on the right track has been invaluable!!” -Parent who attended MDT

+  
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- Impact  
and  
What's  
Next

- **Statewide Outcomes:**
  - Influenced use of behavioral health tax dollars.
  - Increased evidence-based preventative programming in schools.
  - Increased paid engagement amongst youth in regional steering committees.
  - Facilitating telehealth hubs to increase capacity of behavioral health service access for rural areas.
  - County-wide crisis response protocols to reduce youth admission to emergency departments.
  - Each regional online resource hub had 760 to 1800 monthly visits.
  - Hosted 15 webinars in 2023 with 987 attendees.
  - Will present at the 2024 National Systems of Care Conference and the Washington Behavioral Health Conference.
  - Next steps: Full implementation and data.



## FAQs

- Will youth with OR without Lived Experiences (LE) be part of this initiative - planning, development, launch, implementation?
- How do you support parental involvement in service provision?
- How is this different from CLIP, WISe, MRSS, FYSPRT?
- What are the new opportunities being navigated to?



# Group Discussion

Each group will be provided a case scenario in which they will practice applying a community-based approach to manage complex needs.

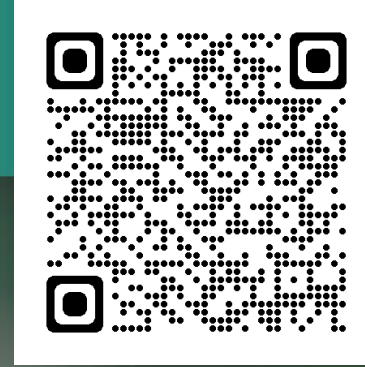
- Small group discussion
  - Read your case scenario as a group. Discuss following questions and have a group member take notes to share.
  - What are our initial impressions around utility of an MDT for this case? How may an MDT be helpful? What are some barriers that may impact effectiveness of an MDT?
  - Who would we want to invite to an MDT in this case? Who are the important players? Who isn't involved who needs to be?
  - What are some potential recommendations that may come out of an MDT in this case? What types of resources or services may be able to fill the gaps? Are follow up MDTs indicated?

# Regional Websites

Each region is developing a regional resource hub for comprehensive pediatric behavioral health information.

Available Resources can include:

- Crisis Services
- Intellectual and Developmental Disabilities Resources
- Parent Support
- Inpatient and Outpatient Mental Health Services for Youth and Families
- Substance Use Disorder
- Black, Indigenous & People of Color Mental Health Resources
- Find A Provider
- Community Multi-Disciplinary Team (MDT)
- Insurance



## Kids' Mental Health Washington

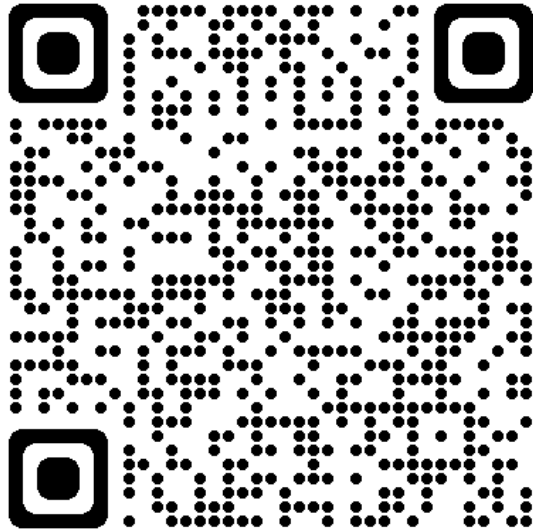
Supporting the behavioral health needs  
of Washington kids, youth and families.

[LEARN MORE](#)

[JOIN US](#)



# Contacts



The Health Care Authority (HCA)	Technical Assistance and Support	Developmental Disabilities Administration (DSHS DDA)
<p><b>Diana Cockrell, MA, LMHCA, SUDP</b> Section Manager, Prenatal to 25 Lifespan Behavioral Health &amp; Substance Use <a href="mailto:Diana.Cockrell@hca.wa.gov">Diana.Cockrell@hca.wa.gov</a></p> <p><b>Ruth Leonard, MA, SUDP</b> Section Manager, Strategic Design &amp; Program Oversight <a href="mailto:Ruth.Leonard@hca.wa.gov">Ruth.Leonard@hca.wa.gov</a></p> <p><b>Edward Michael, MS</b> Statewide Youth Behavioral Health Access Administrator <a href="mailto:Edward.Michael@hca.wa.gov">Edward.Michael@hca.wa.gov</a></p>	<p><b>Ashley Mangum, MSW, LICSW</b> Director, KMHPC <a href="mailto:Ashley.Mangum@multicare.org">Ashley.Mangum@multicare.org</a></p> <p><b>Vanessa Adams, MSW, LICSW</b> Program Coordinator—KMHPC <a href="mailto:Vanessa.Adams@multicare.org">Vanessa.Adams@multicare.org</a></p> <p><b>Gina Cabiddu, MSW</b> Program Coordinator <a href="mailto:Gina.Cabiddu@multicare.org">Gina.Cabiddu@multicare.org</a></p> <p><a href="http://www.kidsmentalhealthpiercecounty.org">www.kidsmentalhealthpiercecounty.org</a></p>	<p><b>Shelley Bogart</b> Community Systems Integration Unit Manager <a href="mailto:Shelley.Bogart@dshs.wa.gov">Shelley.Bogart@dshs.wa.gov</a></p> <p><b>Meghan Hopkins, MA, LMHC</b> DDA Youth Mental and Behavioral Health Program Manager <a href="mailto:Meghan.Hopkins@dshs.wa.gov">Meghan.Hopkins@dshs.wa.gov</a></p>