



Kids Mental Health Pierce County

Linking arms to improve child and adolescent mental health in Pierce County



The state of children & youth behavioral health (2021)

- A review of national behavioral health data by the Center for Disease Control and Prevention (CDC) suggested that as many as **1 in 5 children and youth may experience a mental health disorder every year** (Bitsko et al., 2022)
- Nearly **70 percent of youth** in the **juvenile justice system** have a diagnosable behavioral health disorder (Vincent et al., 2008).
- Children and youth of color, LGBTQIA+ children and youth, children living in rural areas, and children and youth with intellectual and/or developmental disabilities may be at **increased risk of mental health concerns due to systemic racism, sexism, homophobia, and other types of oppression and marginalization** (see the U.S. Surgeon General's 2021 Advisory on the Youth Mental Health Crisis)



Access to behavioral health services for children and youth

- On March 26, 2021, Governor Jay Inslee issued an emergency proclamation regarding the Child and Youth Mental Health Crisis in Washington state, and in 2022, Mental Health America ranked Washington 40th in the nation for youth mental health.
- Approximately 1 in 3 children and youth enrolled in Apple Health who needed mental health services did not receive them.
- In 2021, fewer than 1 percent of youth (11-18 years) enrolled in Apple Health received SUD services.
- Even after a visit to the emergency department for mental health needs, 35 percent of these children and youth did not receive follow up care within seven days and 23 percent did not receive care within 30 days.

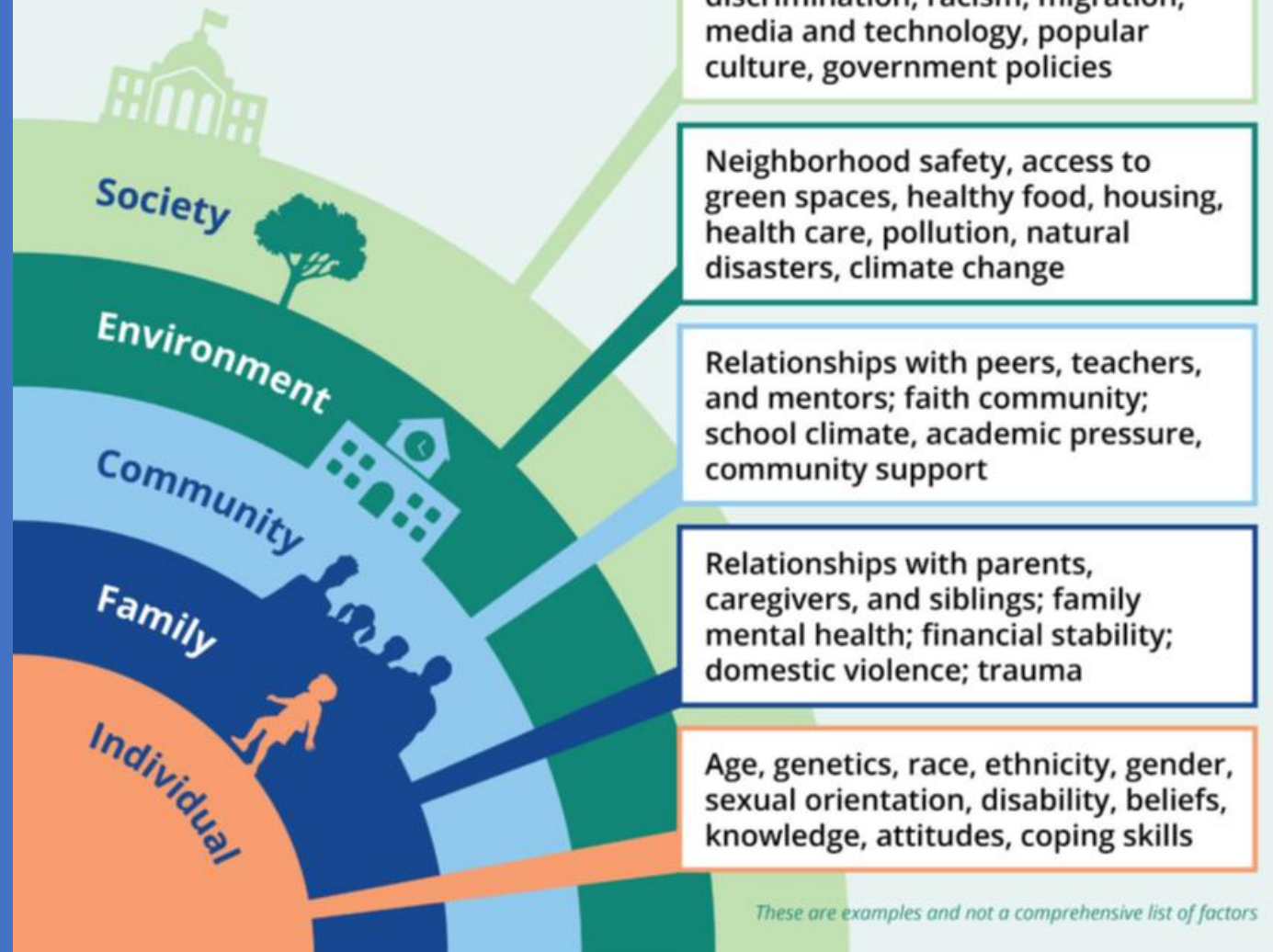
Source: [Access to behavioral health services for children and youth report \(December 1, 2022\)](#)

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)

“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.”



These are examples and not a comprehensive list of factors



It Started with a child...

- Complex Behavioral Health Presentation in 2017
 - Multiple staff injuries
 - No placement option
 - Parents unable to manage in home
 - 12+ weeks at MHS
 - \$250,000 unreimbursed expenses
- Mary Bridge Philanthropy supported our efforts with \$300,000

Developing a Coordinated Response



- Prevention is truly the best treatment for mental health challenges
- 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.
- Current practice engages multiple stakeholders at many levels of leadership and various service lines and results in unclear communication and difficulty establishing a clear clinical/decision-making team. This negatively impacts patient/family experience, length of stay and degrades the ability of the clinical staff to establish an effective team process.

Creating a Coordinated Pediatric Behavioral Health System

A Timeline of Collaboration

Early in the journey of developing Kids' Mental Health Pierce County we learned that collaboration would be the key in developing the safety net needed to develop a coordinated behavioral health system.



Developing a shared understanding of the issue/perspective



Willingness/commitment to participate



Identify clear and *shared* goals



Mutual benefits/buy-in

Who Are We?

Kids' Mental Health—Pierce County (KMHPC) is a coalition of people and agencies in Pierce County that are joining together to address the growing behavioral health crisis among school age children and youth. KMHPC is dedicated to developing a coordinated, responsive behavioral health system that serves the needs of children, youth and families at the right time, in the best place, with the best outcome for every family. KMHPC coordinates with initiatives focused on young children to create a continuum of behavioral health services starting at birth.



Cross-System Collaboration

Autism and Disability Partners
Child Welfare
School Districts
Youth Services



Health Equity Partners
Health Care Systems
Primary Care

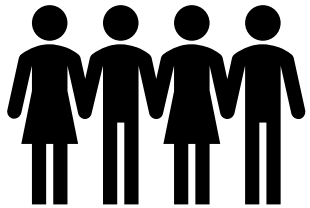


Community Mental Health
Crisis Services
Managed Care Organizations



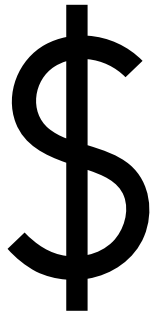
Law Enforcement
Juvenile Justice
EMS

Community Multi-Disciplinary Team Meeting



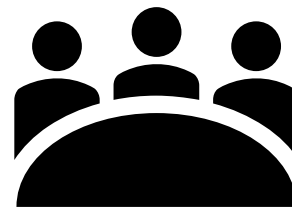
Natural Supports

Family
Peer/Parent Support
Mentors



Payor

Insurance Provider
AS-BHO
HealthCare Authority



System Partners

Juvenile Justice
Child Welfare
School
Developmental Disabilities
Administration (DDA)



Providers

Behavioral Health Providers
Specialist
Substance Use Providers
Consultants

Outcomes



Community Collaboration

Action Team
Provider Meetings
Crisis Collaborative

Impact on the Community

Community MDT's
Resources & Training

Streamlining and Coordinating Behavioral Health Services & Resources

[Website & Training](#)

Innovative Partnerships & Programs

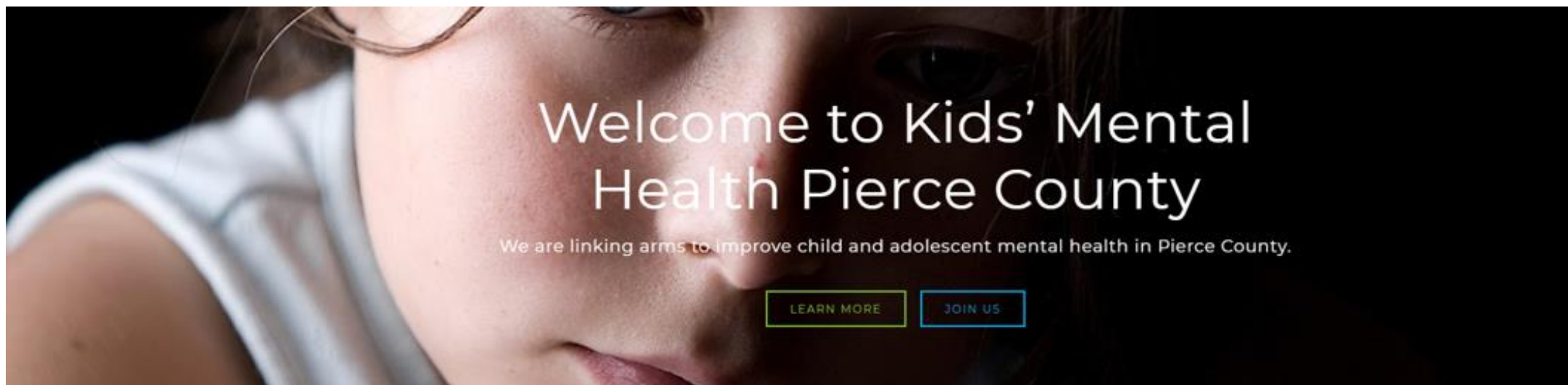
YES Program
Youth Summit

Impact on Patient Care

Behavioral Health Navigation
Complex & High Utilization Supports

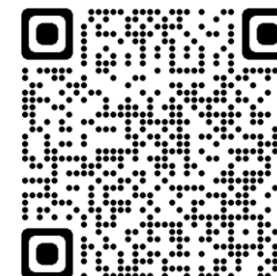
Statewide Partnership & Support

HCA Partnership with Youth Inpatient Navigator Program



Streamlining and Coordinating Behavioral Health Services & Resources

- KMHPC offers a robust website that serves as Pierce County's clearing house for a comprehensive pediatric behavioral health information and resources to school-based behavioral health navigation.
- KMHPC's online presence also includes a robust newsletter and popular webinars on a variety of complex topics.





Youth Behavioral Health Navigator Program

Standing up community wide teams that convene to support the children youth and families in their regions.

Building an access portal for individuals concerned about a child or youth to reach out and request support.

Convene multi system disciplinary team, pulling partners from the regional teams who have potential assets that can support the child and family in accessing what they are seeking, and/or to develop a plan of stability while the resource options get worked out.

Requests for support for young people needing intensive services will be prioritized by the Navigation teams.



Kids Mental Health Washington

Together, we are building an access portal for individuals needing support by:

- Centralizing where and how to access local resources
- Facilitating community solutions and referrals for complex behavioral health needs by convening multi-system teams
- Creating and supporting steering committees, action committees, and community agreements to coordinate events, partners, and assets

Website:

<https://kidsmentalhealthwa.org/>

Contact Information

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