

Island County pilot program

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

Engrossed Substitute Senate Bill 5092; Section 215(68)(b)(i); Chapter 334; Laws of 2021

December 1, 2022

Island County
Human Services
105 NW First St., PO Box 5000
Coupeville, WA 98239
www.islandcountywa.gov

Health Care Authority
Division of Behavioral Health and Recovery
PO Box 45503
Olympia, WA 98504-5503
www.hca.wa.gov

Table of contents

Executive summary..... 3

Island county annual report..... 4

Executive summary

In 2021 Engrossed Substitute Senate Bill 5092 granted Island County a one-time grant intended to improve behavioral health (mental health and substance use disorder) outcomes for young people in rural communities.

(68)(a) \$375,000 of the general fund—state appropriation for fiscal year 2021 and \$375,000 of the general fund—state appropriation for fiscal year 2022 are provided solely for a one-time grant to Island county to fund a pilot program to improve behavioral health 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.

Island County chose to dedicate most of these funds towards hiring Community Healthcare Workers (CHW), who can help improve behavioral health outcomes in young people by connecting their families with resources. Additional expenditures have been related to supporting scholarships for youth to attend the Stanwood YMCA summer camp.

- Pediatric Associates of Whidbey Island (PAWI) received \$11,538 in funding to hire a community health worker and the position was filled in July of 2022.
- Big Brothers/Big Sisters also received funding to hire a community health worker but they have not yet filled the position.
- Many of the community health worker positions have not yet been filled.

HCA is submitting the following legislative report on behalf of Island County, as required by Engrossed Substitute Senate Bill 5092; Section 215(68)(b)(i); Chapter 334; Laws of 2021. This is the first of two reports, with the final report due December 1, 2023.

Island county annual report



Island County Human Services

P.O. Box 5000, Coupeville, WA 98239

Island County Annual Report

Implementation on programing includes the following programs:

Pediatric Associates of Whidbey Island Community Healthcare Worker

Funds received: \$11,538.45.

The Community Healthcare Worker (CHW) position was filled in July by an internal applicant. Heather Kern completed the CHW training and started her position in September of 2022.

Heather is part of the care team, Social Outreach, Adventure and Resilience (SOAR) and integrated behavioral health tasks and goals. Throughout the month, Heather was supported by constant feedback and collaboration with supervisor Elizabeth Cortez, provider champion Dr Garrett, care stream team members, and the extended polyclinic team. Heather receives referrals from primary care providers for direct patient care navigation and coordination via BHCM. She provides brief care management and navigation when needed either in person by phone or through the portal. She charts all encounters in the electronic health record (EHR) for primary care providers (PCP).

Outside of direct patient care, Heather attends various zoom calls with Island County Seattle Children's Care Network (SCCN), Island County Youth SOAR, and community treatment teams to discuss goals, progress and collaborations. She has continued ongoing education with trainings from pave including behavior plans and assessments and

early childhood committee presentation/ authentic family engagements: how parents and pediatric providers can collaborate to create equitable systems of care organized by WC ASAP.

Beyond training and patient support Heather started a countrywide youth mental health and engagement resource guide that will be formatted electronically to create an ease of access listing over 200 resources for the community youth population. She has contributed to finalizing and submitting healthcare authority CHW grant application with written input as well as attending the community health worker application webinar hosted by Sarah Rafton at the Washington Chapter of the American Academy of Pediatrics (WCAAP).

Pediatric Associates of Island County training

While no expenditures have been accumulated for monies allocated towards trainings, there are pending plans for trauma informed training for Coupeville school district staff, CAMS training for school district staff, and behavioral health professionals in Island County. There are plans to provide eye movement desensitization and reprocessing (EMDR) training for 5 providers serving youth in Island County. We were able to identify individuals to train, register, and complete the training in 2022.

Big Brother Big Sisters of Island County- CHW

Big Brothers Big Sisters of Island County has been working to hire CHW to support increasing the number of mentorship matches across Whidbey Island, recruit new mentors, and run the Dino program. And they have been working hard to find the right person for this role, but at this time have not filled this position. In the interim, existing staff are working double duty in their existing roles as well as working to establish the Dino program.

Big Brother Big Sisters of Island County-DINO (Dabbling in New Opportunities)

Funds received: \$9,753.56.

Big Brothers Big Sisters of Island County started providing services for the Dino program. This program offers low barrier, no cost activities for youth in Island County. This includes recruitment activities that are open to any youth. These efforts supported 21 youth to attend camp Arnold, 8 youth to participate in "pilot for a day", and a Back-to-school BBQ event serving 10 youth.

Official Dino activities require enrollment in Big Brothers Big Sisters programs. These activities have included yoga (3 attendees) and equine therapy (18 attendees). Upcoming events include a trip to the zoo (11 attendees), a trip to King Arthur baking school, a trip to a Seahawks game, a ticket to a wolves' game, and horseback riding.

An additional arm of the Dino program is the Coupeville based activities. This has been a collaboration with Coupeville school district Big Brothers Big Sisters of Island County and Boys and Girls Club of Coupeville. There has been a large turnout in these events. The first event at the elementary level hosted 100 students. These events have included dance/ tumbling, art classes, career presentations in aviation. There is a current plan to host a rotation of participants including boys and Girls Club, kindergarten through second graders and 3rd through 5th graders. Every week will offer opportunities to Junior/Senior High School students. Elementary level serves approximately 40/week, the jr/sr high school level serves 20 students per week.

Stanwood Camano YMCA

Funds received: \$14,596

Stanwood Camano YMCA supported youth in their teen center and through providing a summer camp. Expenditures have been related to supporting scholarships for youth to attend the Stanwood Camano YMCA summer camp. A total of 17 youth has attended the camp under this scholarship opportunity ranging from 1 week to 8 weeks. Doug Standish, who runs the Stanwood Camano YMCA youth program, has shared how much this program has meant to the youth he serves. He has told us about youth who are socially isolated and have found an environment in which they feel successful and cared for. He has

shared about youth who are not supported by their own families based on LGBTQIA status but are able to find acceptance within these programs.

While the camp has wrapped for the year, Doug is continuing to build programs to support Camino youth. He is working to start a maker’s camp group that meets weekly at Arrowhead ranch to learn woodworking skills. He is also exploring opportunity for youth theater. All this in addition to his regular work as leadership in the YMCA teen center.

Island County Human Services

Table 1: Pilot project grant money allocation

Data note: Administrative costs through September 2022 = \$28,125

Agency	Reason	Planned budget	Total spent
PAWI	CHW (1) \$60,000 per year for 20 months	\$112,500	\$11,538.45
	CHW (2) \$60,000 per year for 20 months	\$112,500	Reallocating
	Training	\$80,000	
Big Brothers/Big Sisters	CHW \$60,000 per year for 2 years	\$120,000	
	DINO	\$200,000	\$9,753.56
YMCA	Camp scholarships	\$35,000	\$14,596.3
	Supporting existing programs	\$15,000	
Island County Human Services	Administration	\$75,000	\$19,786.68
Total		\$750,000	

Conclusion

Island County is grateful for the resources that fund pilot programs to improve behavioral health outcomes for young people in rural communities. The addition of a community health worker at Pediatric Associates of Whidbey Island has proven to be an asset as we continue to work on increasing the number of community health workers for Big Brothers/Big Sisters and Stanwood Camano YMCA. Island County looks forward continuing to support this innovative work and provide opportunities for young people.