



## **North Sound Behavioral Health Advisory Board**

### **Agenda**

April 1, 2025

1:00 p.m. – 3:00 p.m.

**Call to Order and Introductions**

**Revisions to the Agenda**

**Approval of March Minutes**

**Brief Announcements or Questions from the Public**

**Executive Committee Report**

**Executive Director's Report**

**Executive Committee Action Items Recommendations**

**Old Business**

- Retreat Update
- Washington Behavioral Healthcare Conference

**New Business**

**Report from Advisory Board Members**



## North Sound Behavioral Health Advisory Board

### Minutes

March 4, 2025

1:00 p.m. – 3:00 p.m.

#### Advisory Board (AB) Members Present in-Person

##### AB Members Present via Zoom

- Kara Allen, Advisory Board Chair, Whatcom
- Rose Dennis, Island County
- Mark McDonald, Whatcom County
- Chris Garden, Vice Chair, Island County
- Gay Lynn Beighton, Snohomish
- Mary Uri, San Juan County
- Julie Melville, Island County
- Fred Plappert, Snohomish County
- Pat O'Maley Lanphear, Snohomish County
- Candy Trautman, Island County
- Marie Jubie, Snohomish County
- Mark McDonald, Whatcom County

##### AB Members Excused

- Jeannette Anderson, Skagit County
- Alan Friedlob, Whatcom County
- Cathie Murphey, Whatcom County
- Jana Robison, Snohomish County

##### Guests Present via Zoom

- Lisa Day, Office of Behavioral Health Advocacy

##### MCO Partners Present via Zoom

- Marci Bloomquist, CHPW
- Nikki Jones, UHC

##### North Sound BH-ASO Staff Present in-Person

- Margaret Rojas, NS BH-ASO
- Maria Arreola, NS BH-ASO
- JanRose Ottaway Martin, NS BH-ASO
- James Dixon, NS BH-ASO

## Call to Order and Introductions

- Kara Allen, AB Chair, called the meeting to order and initiated introductions.

## Revisions to the Agenda

- There were no revisions to the agenda.

## Approval of February Minutes

- Motion moved to approve the February minutes as written. All in favor. Motion carried.

## Announcements

- No announcements were made.

## Brief Comments or Questions from the Public

## Recovery Navigator Program (YNP) - James Dixon, North Sound BHASO, YNP Coordinator

- James provided an update on the program.
- James answered questions from Members.

## Executive Committee Report

- Chair Allen reviewed expenditures from last month.

A motion was made to move the budget forward to the Board of Directors, All in favor. Motion carried.

## Director's Report

- JanRose provided the report.

## Executive Committee Action Items

- No action items were brought forth by the Executive Committee.

## Old Business

### Legislative Update

- Rose, Chris, Marie, Fred, and Gay Lynn attended the Advisory Board Legislative Session this year. They met with 16 Representatives and Senators on February 18 and 19.
- Members ask for support for the North Sound Behavioral Health system.
- Members shared the meaningfulness of attending the legislative session this year.

## New Business

- The annual Advisory Board retreat will be on June 3, 2025.
- Chair Allen created a subcommittee to create the retreat agenda. Members interested in serving are Pat, Marie, and Fred.
- Maria will schedule the meetings.
- The committee will provide an update during the April meeting.
- Maria will check the availability of the facilitator.







## Report from Advisory Board Members

No reports given.

## Reminder of Next Meeting

The next meeting is Tuesday, April 1, 2025

**North Sound Behavioral Health Administrative Services Organization  
Advisory Board Budget  
March 2025**

		All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation	Legislative Session	Community Projects
	Total	Project # 1	Project # 2	Project # 3	Project # 4	Project # 5	Project # 6
Budget Expense Under / (Over) Budget	<b>\$ 20,000.00</b>	\$ 5,000.00	\$ 4,500.00	\$ 4,000.00	\$ 800.00	\$ 5,000.00	\$ 700.00
	(3,467.83)			\$ (953.53)		\$ (2,514.30)	
	<b>\$ 16,532.17</b>	\$ 5,000.00	\$ 4,500.00	\$ 3,046.47	\$ 800.00	\$ 2,485.70	\$ 700.00
							
		All expenses to attend Conferences	Advisory Board Retreat/Summit	Costs for Board Members (meals mileage, misc.)	Non- Advisory Board Members, to attend meetings and special events	Shuttle, meals, hotel, travel	

10:48 AM  
03/28/25  
Accrual Basis

**NORTH SOUND BH-ASO**  
**AdBrd Transaction Detail by Account**

February 28 through March 31, 2025

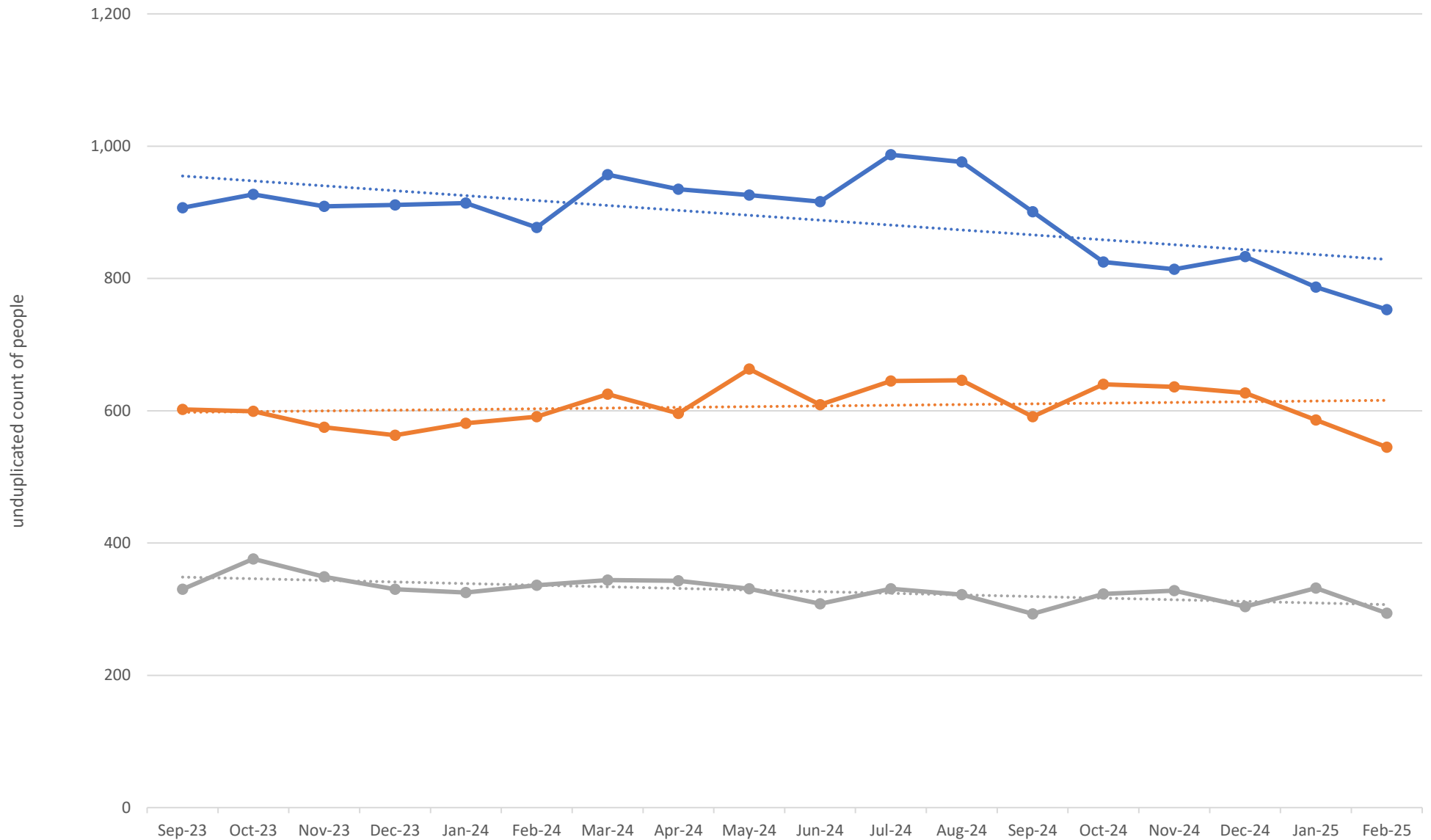
	Type	Date	Num	Name	Memo	Amount	Balance
56433 -							
5643300 - Advisory Board							
5643331 - Supplies							
	Bill	03/19/2025	Feb25-4194	Field of Beans	Batch # 154042	97.11	97.11
	Bill	03/19/2025	Feb25-4194	Indulge Bakery	Batch # 154042	25.00	122.11
Total 5643331 - Supplies						122.11	122.11
5643343 - Travel							
	Bill	03/19/2025	521	AA Dispatch-Yellow Cab	Batch # 154042	232.12	232.12
	Bill	03/19/2025	Mar25	Plappert, Fred	Batch # 154042	12.05	244.17
	Bill	03/19/2025	Feb25-4194	Double Tree Hilton	Batch # 154042	1,993.30	2,237.47
Total 5643343 - Travel						2,237.47	2,237.47
Total 5643300 - Advisory Board						2,359.58	2,359.58
Total 56433 -						2,359.58	2,359.58
TOTAL						2,359.58	2,359.58



## North Sound Crisis System Dashboard

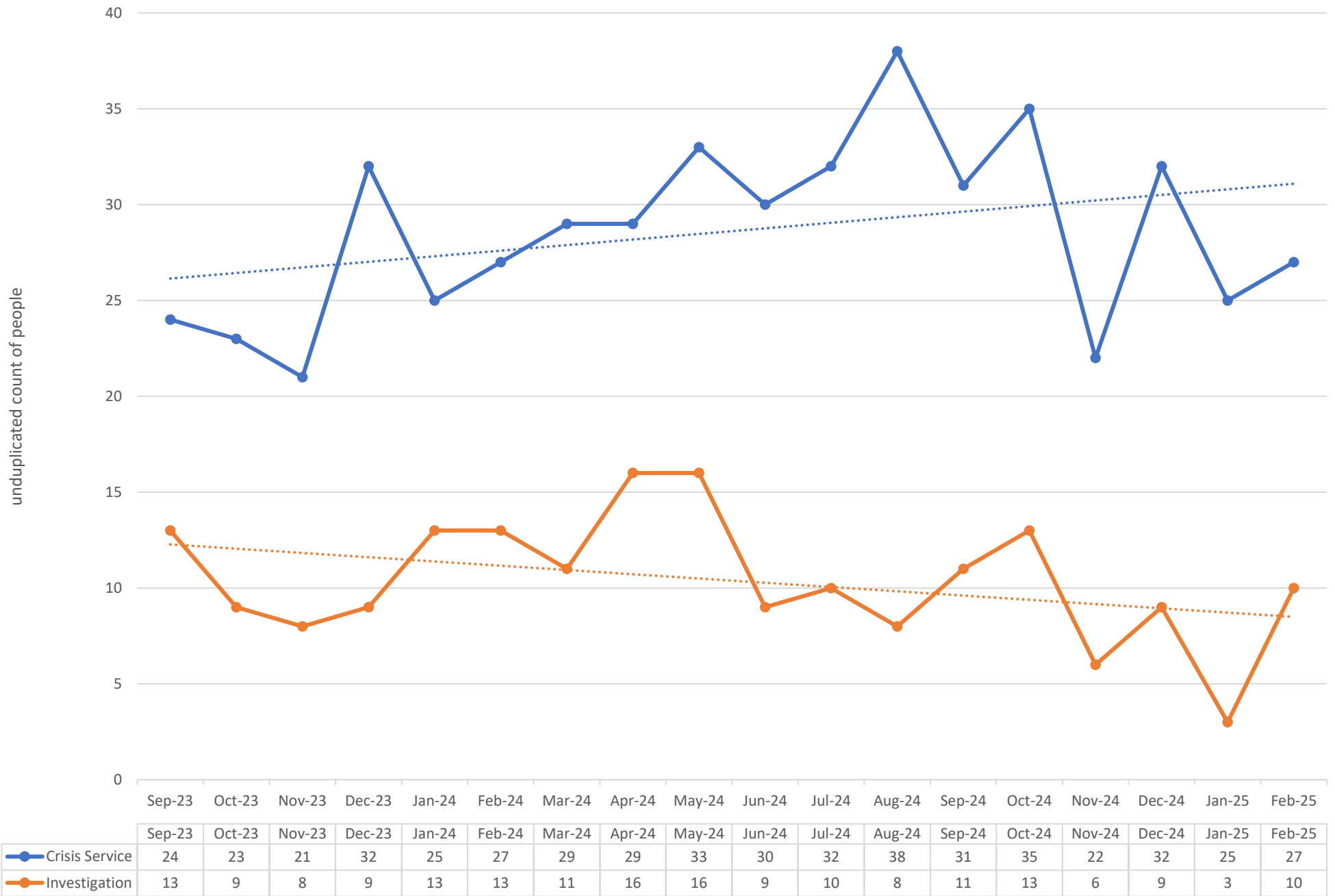
Page 2	Unduplicated People receiving a crisis system service
Page 3	Island - Unduplicated People receiving a crisis system service
Page 4	San Juan - Unduplicated People receiving a crisis system service
Page 5	Skagit - Unduplicated People receiving a crisis system service
Page 6	Snohomish - Unduplicated People receiving a crisis system service
Page 7	Whatcom - Unduplicated People receiving a crisis system service
Page 8	Region Designated Crisis Responder (DCR) Investigations
Page 9	Region DCR Investigation Referral Sources
Page 10	Region DCR Investigation Outcomes

# Unduplicated People receiving a crisis system service



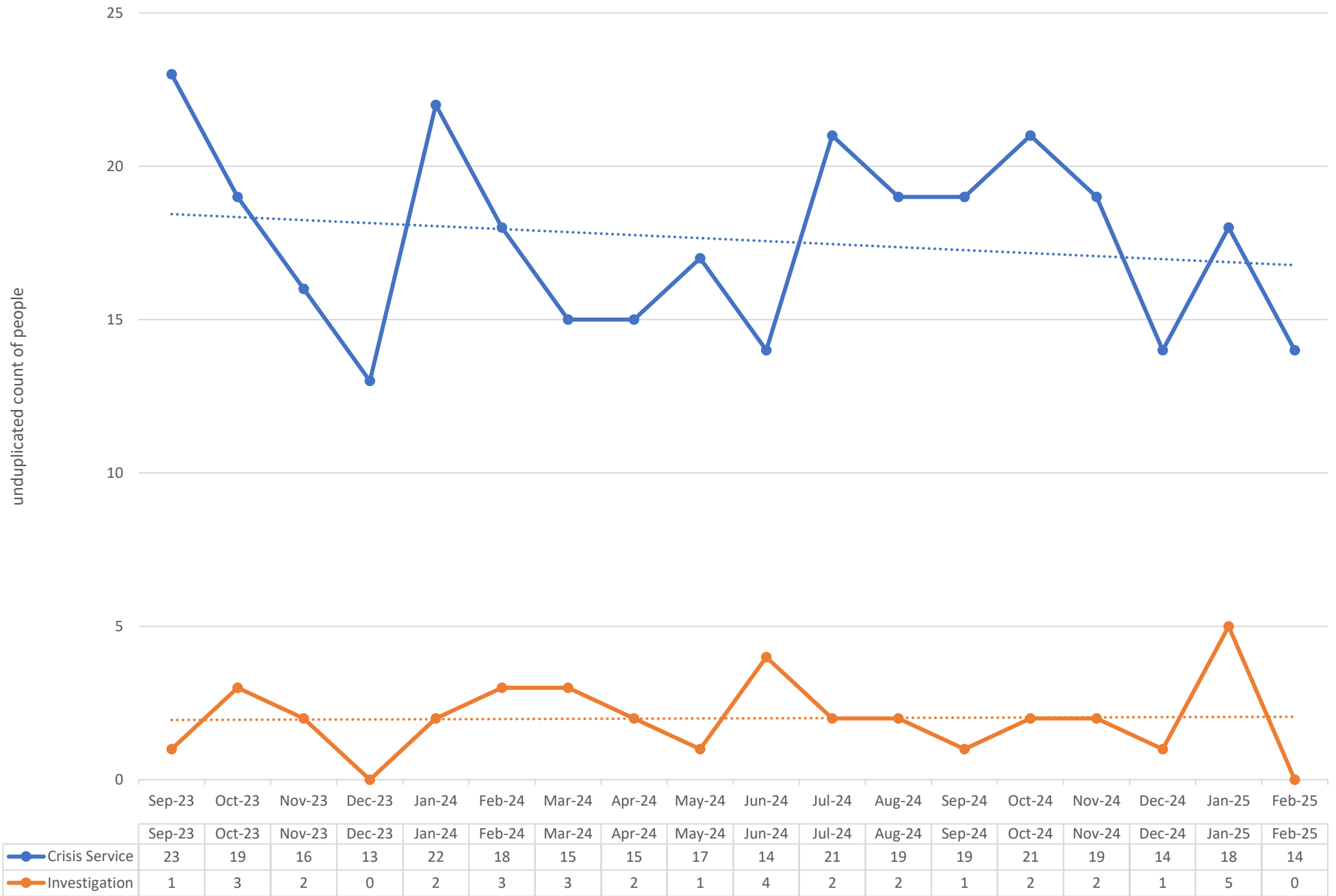
	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25
Crisis Call	907	927	909	911	914	877	957	935	926	916	987	976	901	825	814	833	787	753
Crisis Service	602	599	575	563	581	591	625	596	663	609	645	646	591	640	636	627	586	545
Investigation	330	376	349	330	325	336	344	343	331	308	331	322	293	323	328	304	332	294

Island - Unduplicated People receiving a crisis system service

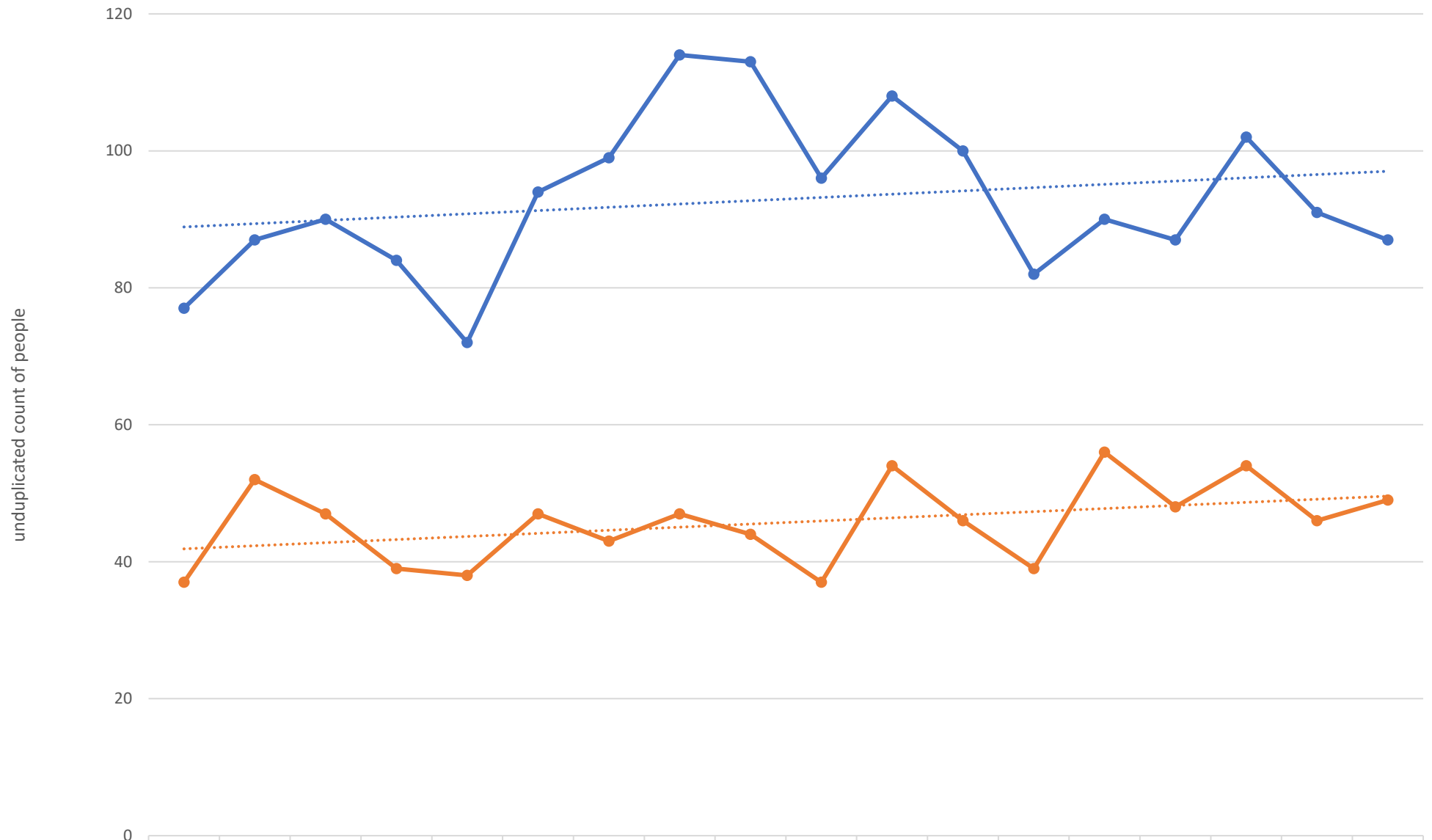




# San Juan - Unduplicated People receiving a crisis system service

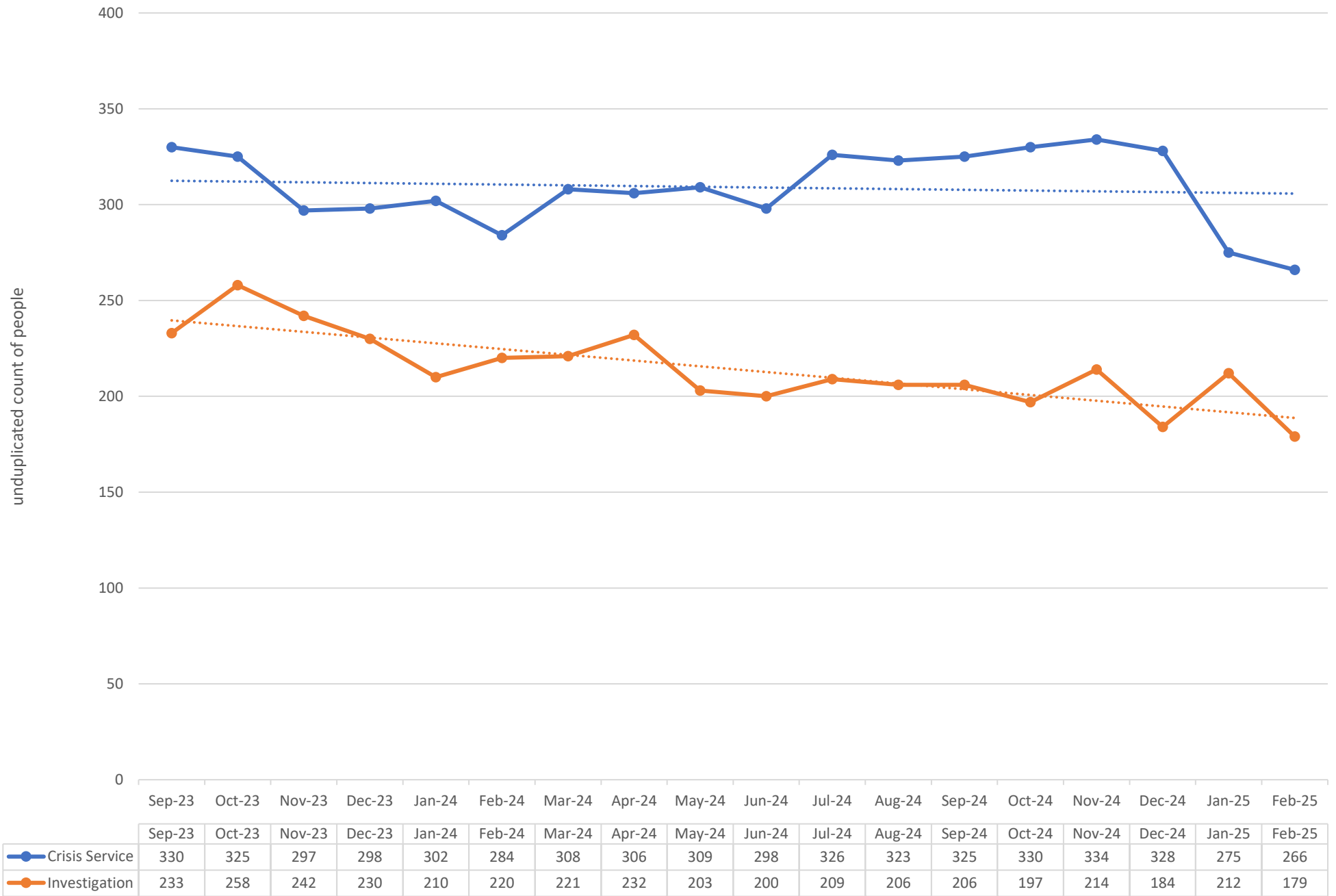


# Skagit - Unduplicated People receiving a crisis system service

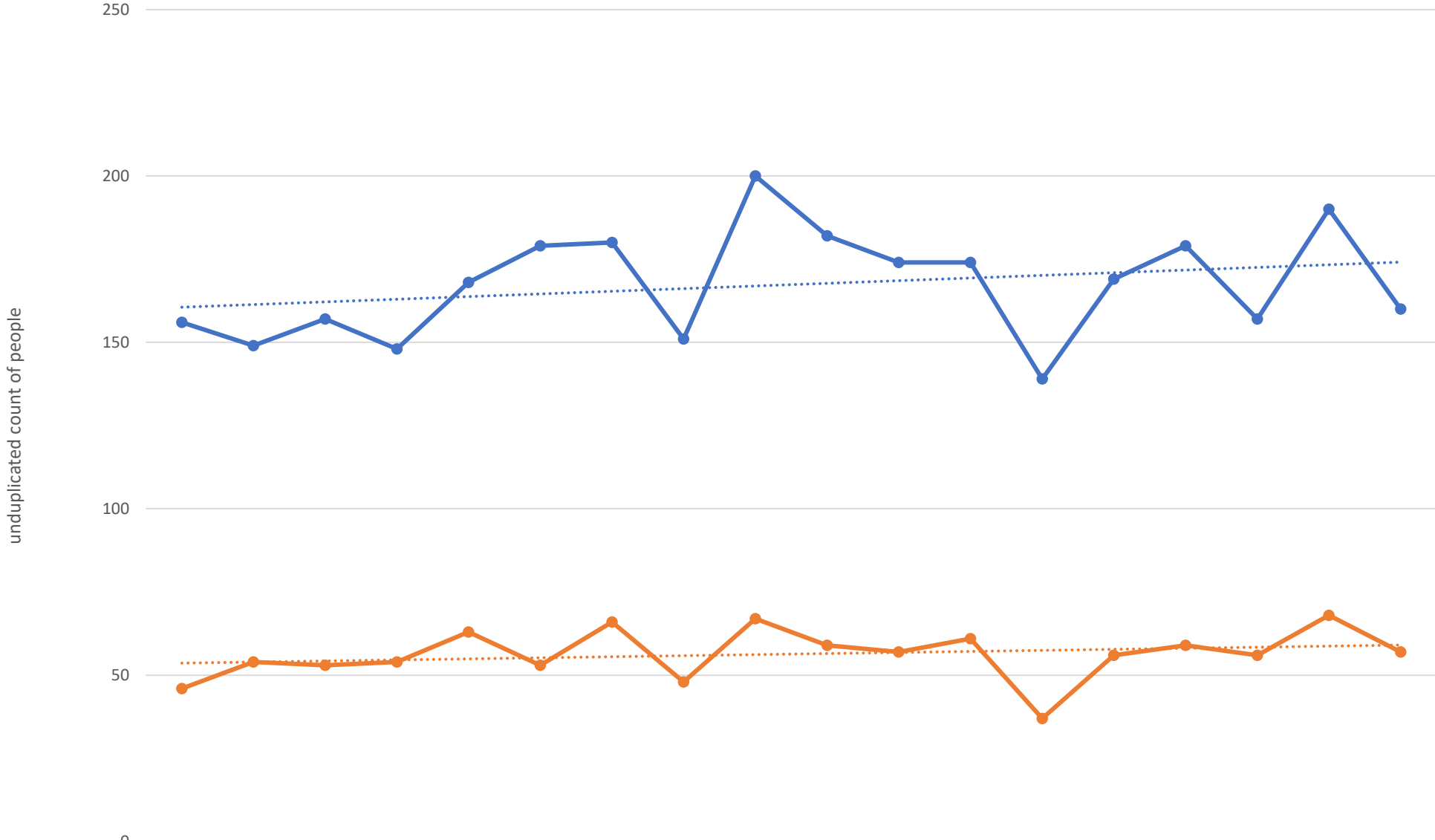


	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25
Crisis Service	77	87	90	84	72	94	99	114	113	96	108	100	82	90	87	102	91	87
Investigation	37	52	47	39	38	47	43	47	44	37	54	46	39	56	48	54	46	49

# Snohomish - Unduplicated People receiving a crisis system service

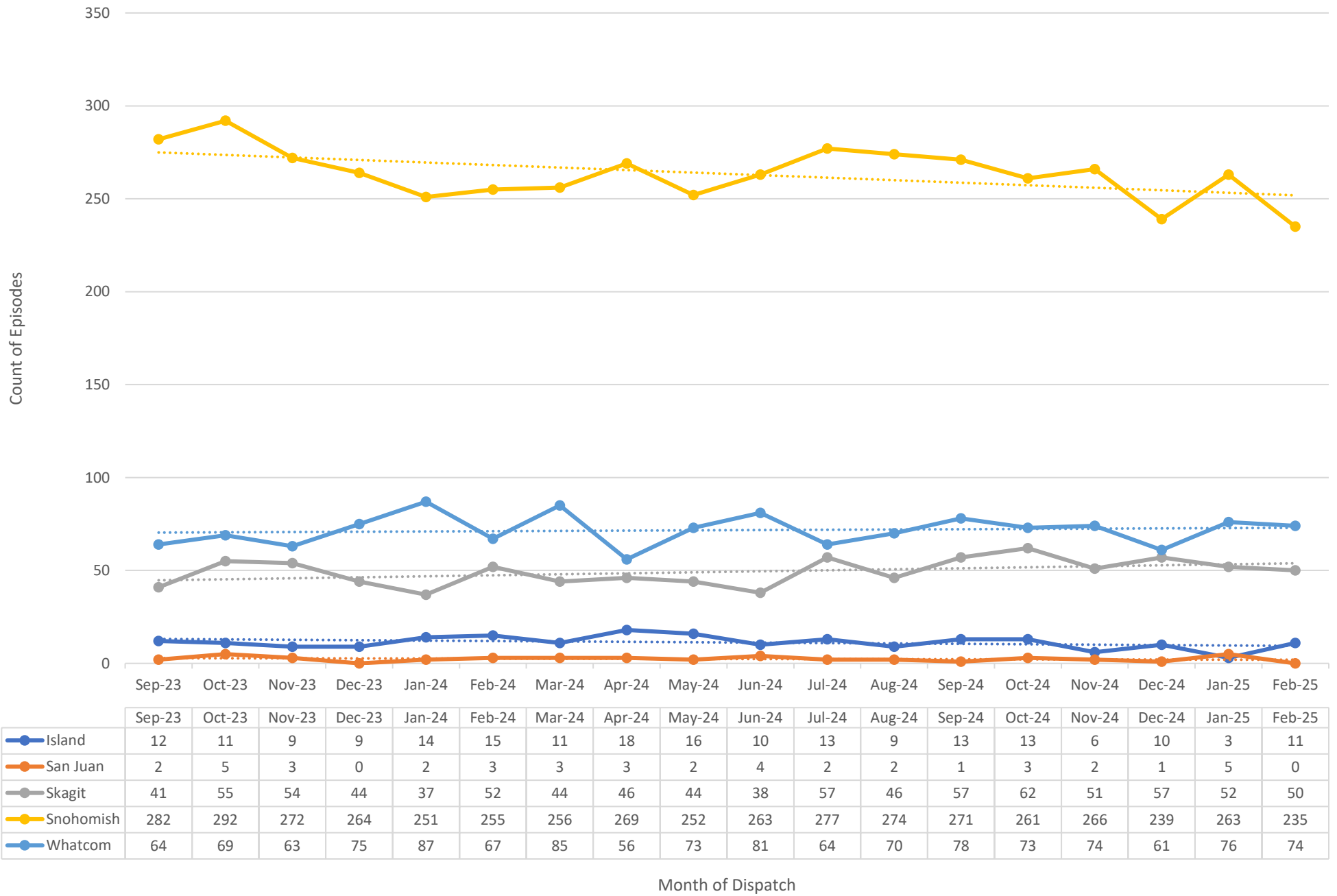


Whatcom - Unduplicated People receiving a crisis system service

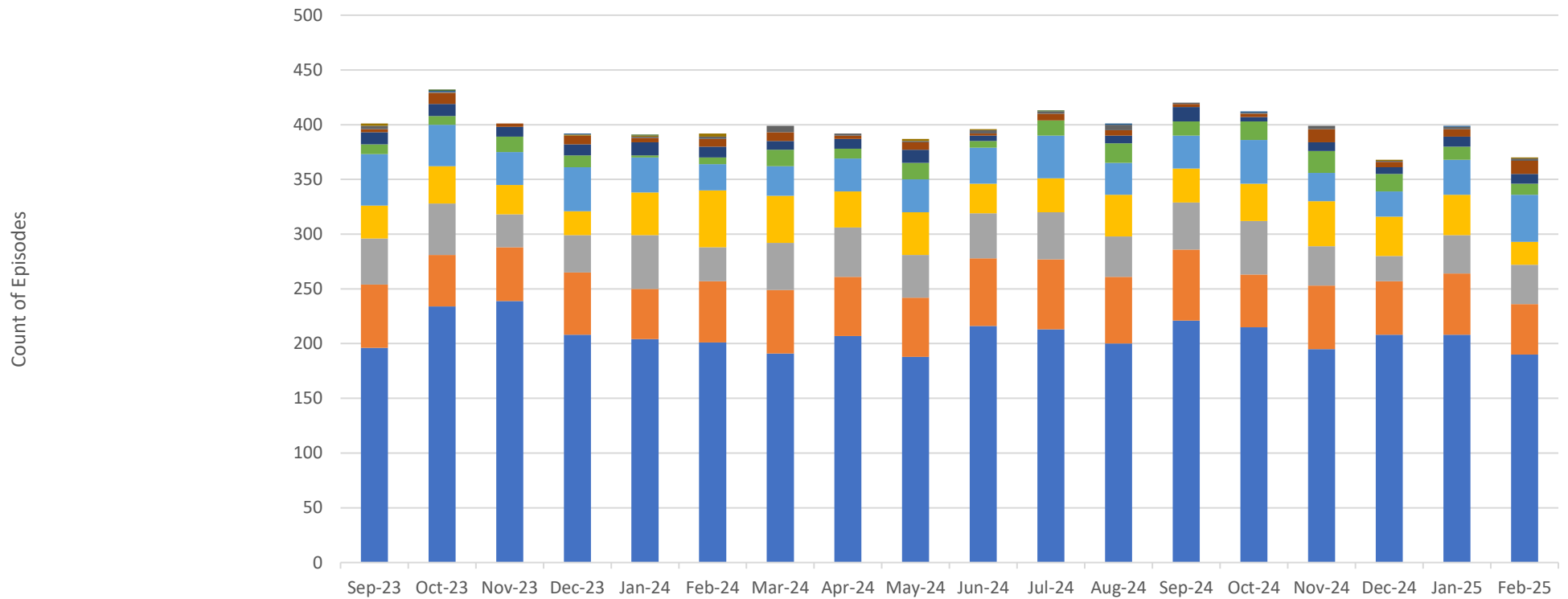


	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25
Crisis Service	156	149	157	148	168	179	180	151	200	182	174	174	139	169	179	157	190	160
Investigation	46	54	53	54	63	53	66	48	67	59	57	61	37	56	59	56	68	57

## Region Designated Crisis Responder (DCR) Investigations



## Region DCR Investigation Referral Sources

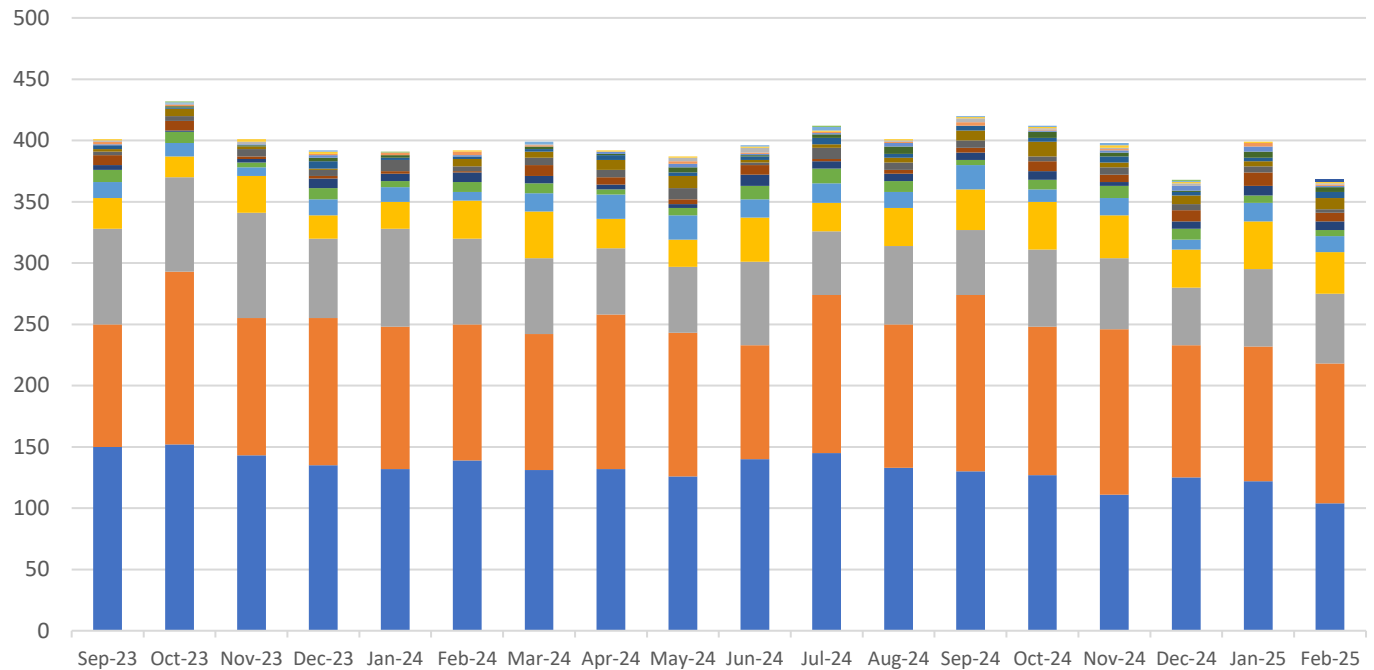


	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25
Referral from MCR to DCR	0	1	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0	0
Impact Team Law Enforcement Referral	0	1	0	1	0	0	0	0	0	0	0	1	0	1	0	0	1	0
School	2	0	0	1	1	3	0	0	2	1	0	0	0	0	0	1	0	1
Community	3	1	0	0	1	2	6	2	1	3	2	5	1	1	3	1	2	2
Care Facility	3	10	3	8	4	7	8	3	7	2	6	5	3	3	12	5	7	12
Social Service Provider	11	11	9	10	12	10	8	9	12	5	0	7	13	4	8	6	9	9
Legal Representative	9	8	14	11	2	6	15	9	15	6	14	18	13	17	20	16	12	10
Professional	47	38	30	40	32	24	27	30	30	33	39	29	30	40	26	23	32	43
Other	30	34	27	22	39	52	43	33	39	27	31	38	31	34	41	36	37	21
Law Enforcement	42	47	30	34	49	31	43	45	39	41	43	37	43	49	36	23	35	36
Family	58	47	49	57	46	56	58	54	54	62	64	61	65	48	58	49	56	46
Hospital	196	234	239	208	204	201	191	207	188	216	213	200	221	215	195	208	208	190

Month of Dispatch

## Region DCR Investigation Outcomes

Count of Episodes



	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25
■ Petition filed for outpatient evaluation	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
■ No detention – Secure Detox provisional acceptance did not occur within statutory timeframes	0	1	0	0	1	0	0	0	0	0	1	0	0	0	0	1	0	0
■ Referred to sub acute detox	0	1	0	1	0	0	2	0	0	1	3	0	1	1	2	1	0	0
■ No detention - E&T provisional acceptance did not occur within statutory timeframes	1	0	2	2	0	1	0	1	1	1	1	1	1	1	2	1	1	1
■ Referred to chemical dependency inpatient program	1	1	2	0	0	0	1	0	3	4	0	1	3	1	1	2	0	1
■ Referred to acute detox	2	1	0	1	2	3	1	0	2	1	1	1	3	1	1	0	3	1
■ Referred to chemical dependency intensive outpatient program	1	0	1	2	0	1	0	2	3	1	1	3	0	1	2	4	4	1
■ Referred to crisis triage	0	1	1	3	2	0	2	1	4	1	3	6	0	5	3	1	5	4
■ No detention - Unresolved medical issues	3	1	0	6	2	2	2	4	3	3	5	3	4	3	5	3	3	5
■ Detention to Secure Detox facility (72 hours as identified under 71.05)	2	6	2	1	0	6	5	8	10	2	3	4	8	12	4	7	4	9
■ Returned to inpatient facility/filed revocation petition.	3	4	6	5	9	4	6	6	9	2	9	6	6	4	6	5	5	3
■ Referred to non-mental health community resources.	8	8	2	2	2	1	9	6	4	8	2	3	4	8	6	9	11	7
■ Filed petition - recommending LRA extension.	4	1	3	8	6	8	6	4	3	9	6	6	6	7	3	6	8	7
■ Non-emergent detention petition filed	10	9	4	9	5	8	8	4	6	11	12	9	4	8	10	9	6	5
■ Did not require MH or CD services	13	11	7	13	12	7	15	20	20	15	16	13	20	10	14	8	15	13
■ Referred to voluntary inpatient mental health services.	25	17	30	19	22	31	38	24	22	36	23	31	33	39	35	31	39	34
■ Other	78	77	86	65	80	70	62	54	54	68	52	64	53	63	58	47	63	57
■ Referred to voluntary outpatient mental health services.	100	141	112	120	116	111	111	126	117	93	129	117	144	121	135	108	110	114
■ Detention (72 hours as identified under the Involuntary Treatment Act, RCW 71.05).	150	152	143	135	132	139	131	132	126	140	145	133	130	127	111	125	122	104

Month of Dispatch

**Weekly Crisis Metrics Report:**

See attached.

**BHASO Reserve Funds**

There has been no update on this issue since last month.

**ARPA/COVID SAMHSA Grants:**

Health Care Authority (HCA) has received notice from the federal government that ARPA/COVID grants are ended as of 3/24/25. These grants were meant to run through September 2025. While much of our grants had been fully utilized, we have approximately \$1.7 million remaining at North Sound BHASO. Of that \$1.7 million, \$732,888 was in contract with \$534,184 not yet billed.

- North Sound BHASO sent letters to all agencies and affected groups on Friday with agency/program-specific notices. Where we could, we utilized other funds to cover expenses.
- HCA is working to identify full impact and whether Washington State will pursue legal action.
- Normally, towards the end of these types of grants, North Sound BHASO would work to utilize remaining funds to cover existing crisis services and spend down the funds. Given that these funds would have run until September, we had just started to substitute unspent funds for other fund sources within our crisis system. We will not be able to do so moving forward.

**HB 1813**

At this point, the language speaking to Medicaid Reprocedurement planning has been removed from HB 1813. It still includes language regarding mandatory delegation of Crisis Relief Centers.

**House and Senate Budgets:**

The majority of the cuts on the House and Senate Budgets have minimal impact to BHASO budgets statewide. The major question mark is Recovery Navigator Program (RNP).

- Governor's Budget: Recommends 50% cut
- House Budget: Recommends 10% cut, includes language that speaks to BHASOs potentially being able to use their reserves to cover the difference, has language that indicates some funding would be protected for Snohomish, Skagit, and Pierce County programs.
- Senate Budget: Recommends 100% cut of RNP



We are presuming there will be cuts to this program but not a 100% cut as the House and Senate work together on their budgets.



# **Island County Human Services**

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Behavioral Health/Law Enforcement  
Co-Responder Services and Jail Transition Services



# Staffing

- Island County Sheriff's Office – Natalie Heater and Sergeant Chris Garden
- Oak Harbor Police Department – Katie Rose and Captain Tony Slowik
- Care Coordination– Courtney Lossiah – all LE agencies





# Co- Responder Overview

## Island County Model

- Large geographical Area
  - Whidbey Island and Camano Island
- Law Enforcement Agencies
  - Island County Sheriff's Office/Coupeville Marshall's Office
  - Oak Harbor Police Department
  - Langley Police Department
- Co – Responders
  - Assignment
  - Location of Office
  - Vehicle
  - Support
- Referrals
  - Source
  - Examples



# **Co-Responders 2024**

**Referrals**

**362**

**Community Members Served**

**600+**

**Services Provided**

**700+**



# Strengths Identified

- Island County Program Collaboration
  - Human Services
  - Public Health
  - Jail
  - Drug Court
  - Probation
  - District Court
- EMT and Fire Department involvement
  - Whidbey Health EMT
  - North Whidbey Fire
- Co – Responder Model
  - Housed in PD
  - Own Vehicle
  - Shared software
- Community Collaboration
  - DCR



# Challenges Identified

- Crisis System Gaps
  - Hospital/bed availability
  - Communication
- Hospital
  - Lack of follow through for LE ITA's to ER
  - Small social work staffing
  - No single bed certifications
  - Less than usual number of beds in ER
  - Coommunication
- Staffing
  - Need more co-responders/EMT/Fire/NP for prescriptions
  - Vehicles



# Jail Transition Overview

- Transition Services available to all individuals
- Length of Service
  - Entire stay in facility
  - 6 months post release
- Types of Services
  - Housing
  - Treatment (mental health/substance use)
  - Medical
  - Employment/education
  - Transportation
  - Clothing, basics, dental/hearing/vision needs/DV Support, financial support, food assistance, homeless support services, insurance needs, legal needs, pet resources, personal safety, phone service, senior services, trauma services, spiritual needs, utilities, veteran issues, youth and family services







# Jail Transition Program 2024

## Staffing

**Leif Haugen – Island County Jail**

## Number of Individuals Served

**95**

## Number of Services Provided

**116**





# Strengths and Challenges Identified

## Strengths:

- Island County Program Collaboration:
  - Jail Behavioral Health Program: Jail Mental Health Counselor, Residential Substance Use Treatment Counselor, Clinical Supervisor, Jail Chief, Jail Staff
  - Human Services: Co-Responders, Recovery Navigator Program, Opioid Outreach Program
  - Drug Court
  - Probation
  - Superior and District Court
- Community Collaboration

## Challenges:

- Lack of service providers in Island County for all services but particularly behavioral health



# Thank You

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Please contact us for more information:

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Program Manager

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360-678-7911