



North Sound Behavioral Health Advisory Board Retreat

04 Jun 2024

TIME	LENGTH	TITLE	DESCRIPTION
09:00AM	15m	Welcome and Introductions	<ul style="list-style-type: none"> To articulate BH issues in our communities To understand the purpose of the North Sound BH-ASO The purpose of the Advisory Board
09:15AM	15m	Ice Breaker	<ul style="list-style-type: none"> At your tables: Identify one superpower our work brings to the larger community Tim will record
09:30AM	45m	Skagit PFLAG Presentation	<ul style="list-style-type: none"> Presentation Q&A Tim will record where appropriate
10:15AM	10m	Break	
10:25AM	45m	UW Behavioral Health Institute	<ul style="list-style-type: none"> Presentation Q&A
11:10AM	40m	Purpose and Role of the Advisory Board part 1	<ul style="list-style-type: none"> North Sound ASO Responsibilities vs. Sphere of Impact (Provide PPT printout and role of AB document) Staff and Leadership Perspectives AB perspectives Tim will record Group Harvest of the defined roles and priorities More outreach or other priorities?

11:50AM	40m	Envisioning Support for Behavioral Health in Our Communities	<ul style="list-style-type: none"> • If our success was assured, what bold initiatives would we propose? • World Cafe Process • Harvest Conversations
12:30PM	30m	Lunch	
01:00PM	15m	General Business	<ul style="list-style-type: none"> • Budget, approve previous months minutes • Approval of the Federal Block Grant - Lisa Hudspeth, Contracts Manager
01:15PM	25m	Envisioning Support for Behavioral Health in Our Communities	<ul style="list-style-type: none"> • In the context of community issues, we have identified • What North Sound BH-ASO is asking of us in our role as Advisory Board members
01:40PM	25m	Purpose and Role of the Advisory Board Part 2	<ul style="list-style-type: none"> • Review the morning conversation and adjust
02:05PM	10m	Break	
02:15PM	30m	Priorities	<ul style="list-style-type: none"> • Insight and Feedback • What should be included in the North Sound ASO Strategic Plan • Initial thoughts on legislative priorities
02:45PM	25m	Next Steps and Closing	
03:10PM		Adjourn	

TOTAL LENGTH: 6h 10

Center for Behavioral Health and Learning



Project Update: May 2024

Charity Holmes, Assistant Administrator Behavioral Health Services, UWMC

Dr. Ryan Kimmel, Psychiatry Chief of Service, UWMC

Big Picture: Part of UW Medicine's Behavioral Health Services

When patients need help right away

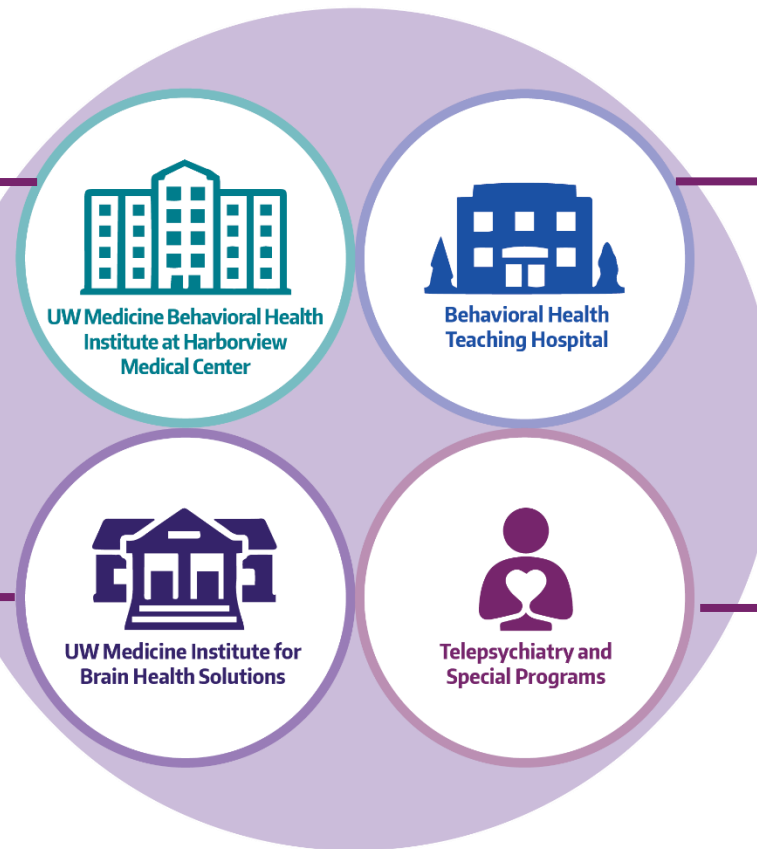
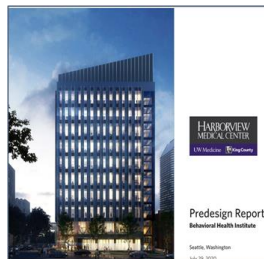
Harborview Medical Center
24/7 Emergency and crisis care for patients experiencing mental health or substance-use crises.

Comprehensive Inpatient and outpatient psychiatric care.

When patients need new solutions

UW Medicine Garvey Institute For Brain Health Solutions. Launched in 2019 with \$ 50 million gift from Mike & Lynn Garvey.

Behavioral Health Institute at Harborview



When patients need a place to get well

150-Bed "Center for Behavioral Health & Learning"

- Inpatient care for adults
- Medical / surgical care
- Neuromodulation treatments
- 24/7 Telepsychiatry consultation
- Training and workforce development



When providers need advice

24/7 state-wide telepsychiatry consultation.
Psychiatry Consultation Line (PCL)
Partnership Access Line (PAL)
PAL for Moms.
UW PACC & other ECHO programs
All Patient Safe training

Western State Hospital c. 1892



Availability of Inpatient Psychiatry Beds In Washington State

Western State Hospital lost its CMS certification in 2018 and hasn't admitted a civilly committed patient since.

Cascading Consequences

- Washington State was already in the bottom quartile in the US in terms of psych beds/capita.
 - Acute psych unit beds are being used for patients who are on 90/180d civil holds since WSH is no longer admitting.
 - Involuntarily detained patients are boarding in Emergency Rooms because there are no acute psych beds.

Center for Behavioral Health and Learning

The Washington State Legislature has partnered with UW Medicine to:

- Increase access to behavioral health care in the state
- Provide behavioral health training & workforce development



WA State allocated \$244 million for a 150-bed facility on the UWMC-NW campus

- 25 inpatient beds for geriatric patients needing psychiatric care. These are not new beds but rather the current geropsych unit will move into the CBHL in June 2024.
- 50 inpatient medical/surgical beds where we will proactively co-locate patients who have behavioral health comorbidities.
- 75 inpatient beds for patients on 90–180-day, involuntary, civil commitments will open in stages beginning in July of 2024.

Focus is long-term, inpatient behavioral health care



- **75 long-term beds** - specifically for patients already in a psychiatry unit, but who need a longer stay. This is similar to how Rehab Medicine functions to accept patient transfers from other med/surg units.
- **Transfers from other psychiatry units** - Some patients may be transferred to CBHL (when on 90/180-day civil holds)
- Moving longer-term patients from other psychiatry units will free up acute psychiatry beds for patients who are boarding in the Emergency Department or on medical/surgical units.
- Care of behavioral health patients at HMC and UWMC-ML will not change
- Patients experiencing acute psychiatric episodes need to go to the emergency room. There are no new acute psych beds at the center or at UWMC-NW.

Building is now home to Garvey Institute Center for Neuromodulation

Will offer inpatient/outpatient nonsurgical procedures that help improve brain function:

- **Transcranial magnetic stimulation (TMS)**
- **Electroconvulsive therapy (ECT)**
- Providers will be able to refer via Epic or website (or patients can self-refer)
- Treatments are suitable for variety of conditions:
 - Major depressive disorder
 - Obsessive-compulsive disorder
 - Bipolar disorder
 - Catatonia
- Treatment availability began in May of 2024



Other services and programs:

- **UW Psychiatry Consultation Line**

- Support for existing 24-hour / 365-day, provider-to-provider, behavioral health consultation program
- Connects community providers to UW faculty psychiatrists.

- **Intensive Outpatient Program (IOP)**

- Provides group and individual therapy multiple times a week
- Include geriatric psychiatry and general adult psychiatry tracks

- **NEW: Partial Hospitalization Program (PHP)**

- Will provide more intensive treatment, Monday through Friday from 8am - 5pm
- Step down treatment unit that will allow more care facilities to accept geriatric patients after discharge

Workforce training and development programs

- Family and Caregiver Training and Support (FACTS)
- Educational programs to prepare future behavioral health caregivers

Building Images



Features that enhance the care at the CBHL

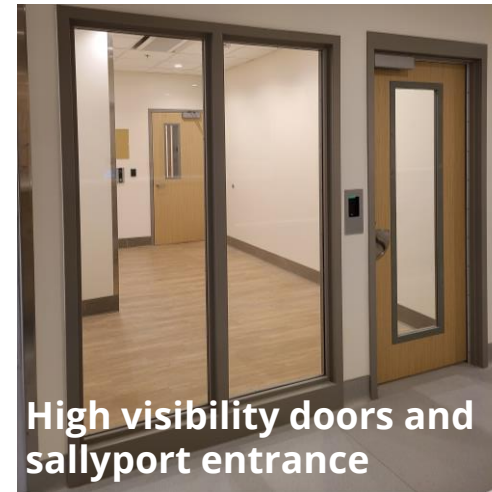
- Access to fresh air and open spaces
- Sensory Rooms
- Single patient rooms with own bathroom and shower
- Therapeutic activity rooms for group therapy
- Calming rooms in observation unit



Safety

Intentionally designed to prioritize safety while supporting healing and recovery

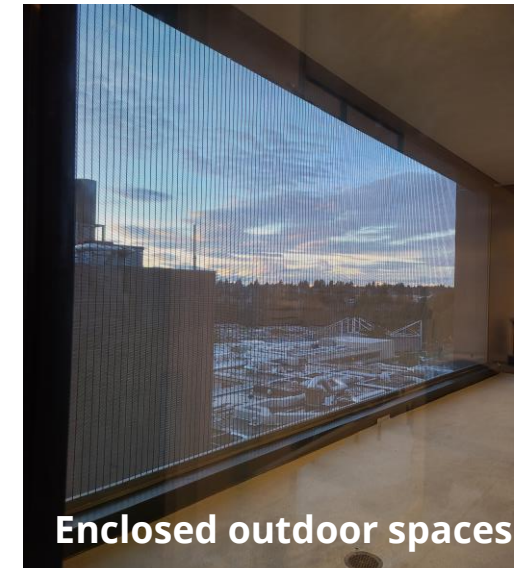
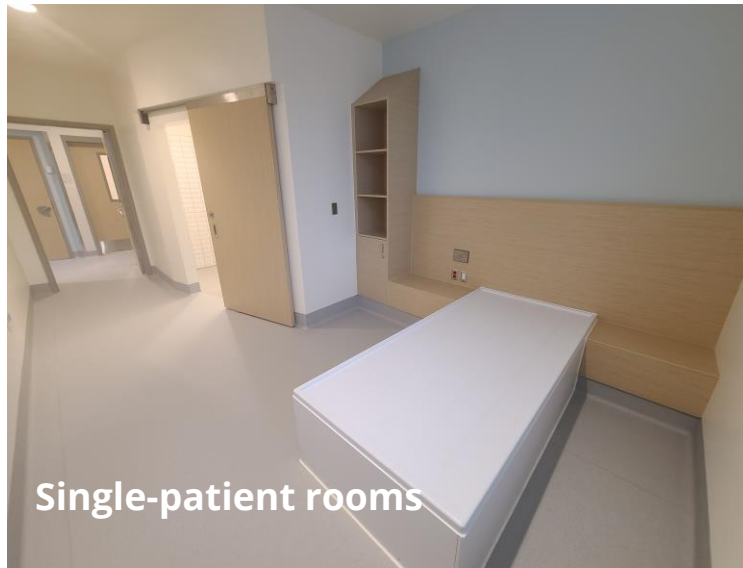
- Sally port
- Clear sight-lines from nursing stations and down hallways
- Large windows to see into group therapy and consult rooms
- Distress alarm and locator badge worn by staff



Badge locator/alarm

Safety

- Single occupancy patient rooms and wide, open common areas so patients have a sense of personal space
- Medical/Surgical beds specifically designed for patients with behavioral health conditions



Safety

- **Rigorous admission criteria** – Will assess patient's behavior in current hospital setting prior to transfer
- **Workplace violence education** – Two-day training for providers and staff in behavioral health units
- **Public safety officers** - Adding more than a dozen officers
- **Security cameras** – All through out the building for visibility
- **Visitor safety** - All visitors will check in and stow all personal belongings in lockers

Bright, spacious café & dining area

Serves all visitors, patients and staff on the UWMC- Northwest campus



Bright Indoor & Outdoor Dining



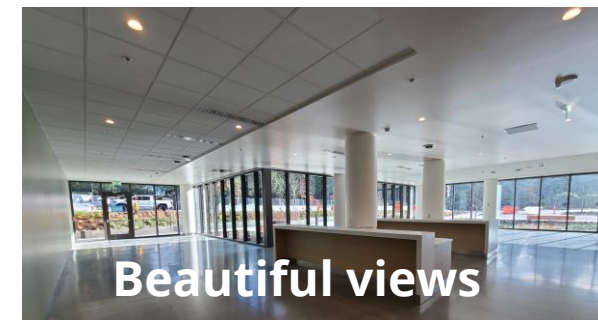
Three Stations for Hot Entrees



Grab & Go Food



Drinks & Desserts



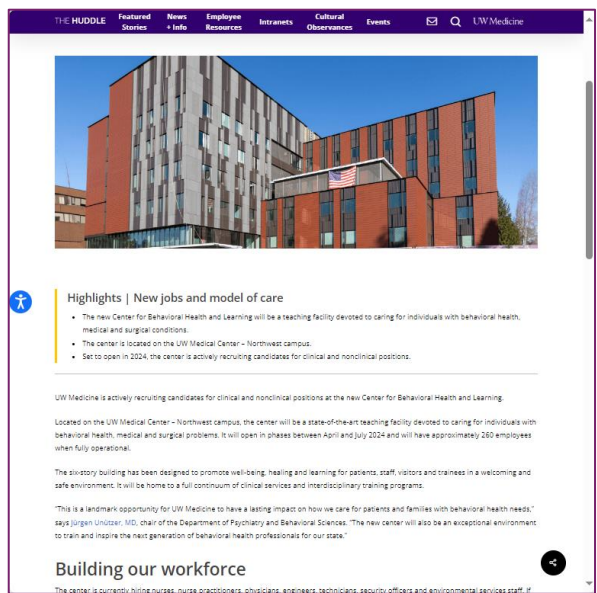
Beautiful views

Patient referrals

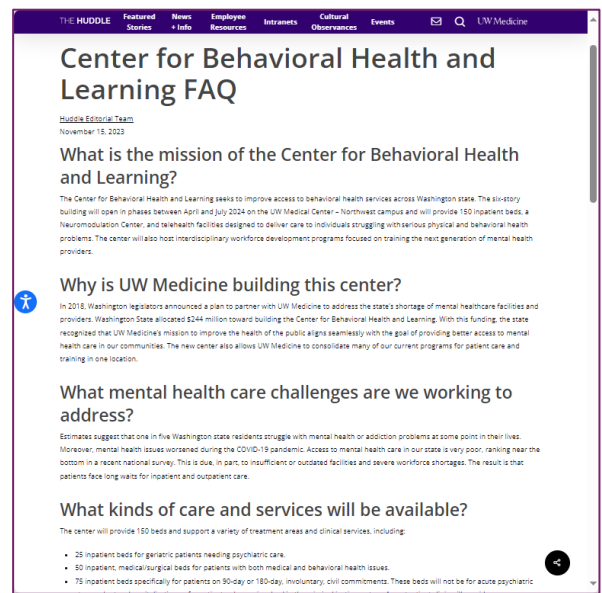
- Neuromodulation is open to internal referrals, external referrals, and patient self-referrals. For example, start by Googling "UWMC ECT."
- The 75-bed, civil commitment unit is not an acute unit and thus not available for ED transfers. However, once the patient is on a 90d hold, referrals can be sent. We will have admission criteria that will include the basic tenet that we feel that the patients could benefit from the care and can keep themselves and others safe. It is not meant to be a permanent destination for patients.
- The Geropsych Unit is an acute psychiatry unit and patient referrals can be made out of EDs or Medicine services, just as they are now.

More information:

[Huddle Article](#)



[Frequently Asked Questions](#)



Job Opportunities

We are actively hiring many clinical and non-clinical roles to care for patients and operate the building.

Positions will be posted on [UW Medicine Careers](#) as well as the [UW Department of Psychiatry & Behavioral Health Sciences website](#).

Share with any friends and family that might be interested in joining UW Medicine!

Admitting and Finance
Anesthesia
Behavioral Health Nursing
Clinical Engineering
Environmental Services
Food and Nutrition Services
Hospitalist
ITA Court Evaluation
Laboratory Services
Management
Medical/Surgical Nursing

Nursing Education
Occupational Therapy
Operations and Maintenance
Pharmacy
Psychiatry and Psychology
Public Safety/Security
Recreational Therapy
Social Work and Care
Coordination
Supply Chain
Utilization Management



QUESTIONS?

