



King County

Mental Health, Chemical Abuse and Dependency Services Division

Department of
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KING COUNTY'S MENTAL HEALTH RECOVERY ROUNDUP October 2008 Fourth Quarter Report

The publicly funded mental health system in King County is engaged in exciting system changes to better support the recovery journeys of the people who participate in mental health services. The King County Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD) is providing leadership in these efforts.

We're on our own journey for recovery and we're making progress!

This is the Recovery Roundup, with updates on the many initiatives underway, including [Recovery news from the consumer community](#). Please see the following list to see what is included in this Roundup.

- ✚ Recovery Executive Committee
- ✚ Peer Support Services
- ✚ The Incentives Plan
- ✚ Agency Recovery Plans
- ✚ Voices of Recovery
- ✚ Recovery Advisory Committee
- ✚ Recovery Training – workforce
- ✚ Recovery Fairs – community
- ✚ Supported Employment
- ✚ Clubhouse
- ✚ Program for Assertive Community Treatment
- ✚ Recovery Webpage
- ✚ Mental Illness and Drug Dependency Action Plan (MIDD)
- ✚ Metabolic Screening Project

And

✚ **News from the community of people who participate in mental health services!!**

- **Peer Support Specialist support group**
- **Online Support Group for Mental Health Recovery**
- **The Warm Line for people who live in King County**



Recovery Executive Committee (REC)

This committee was mandated by the King County Council to have executive oversight for the transformation efforts adopted via the Recovery Ordinance and the King County Mental Health Recovery Plan. Members include the Director of the Department of Community and Human Services (chair), a Superior Court judge, the King County District Mental Health Court judge, the Director of the Department of Adult and Juvenile Detention, the chair of the Mental Health Advisory Board, a principal legislative analyst of the King County Council, and the Assistant Division Director of the King County Mental Health, Chemical Abuse and Dependency Services Division. The REC met on October 6, 2008 to review progress on the King County Recovery Plan.



Peer Support Services

Peer support services are a recognized promising practice. “Trained peers are powerful change agents and good fiscal investments for transformation to a strength-based recovery system” (Larry Fricks, Appalachian Consulting Group). The third Washington State Certified Peer Counseling Program in King County is scheduled for January 2009. The class filled immediately just from the waitlist from the training in June 2008.

As reported in the last Roundup, King County offered the first ever “**Test Prep**” session after the June training to provide tips on test preparation and coping with test anxiety. The test scores and the percentage of people who passed the June exam were among the two highest ever state-wide.

There will be another Peer Counselor Training class series in the spring of 2009, to be located somewhere in central King County. Another Test Prep session will be provided then as well.

MHCADSD has developed a mailing list of all of the people who have graduated from the KC Peer Counselor Trainings so far. Mental health agencies interested in hiring peer support specialists can send their “Help Wanted” ads to the Recovery Specialist, Terry.Crain@kingcounty.gov, and the information will be forwarded to that list.



The Incentives Plan

MHCADSD is paying incentives to providers to establish structures and processes that will lead to recovery outcomes identified by stakeholder groups. The initial structures and processes for which agencies can earn incentives include:

Children

Developmental assessments
Collaboration w/supports
Parent peer supports

Adults

Supported Employment
Peer Support
Face to Face Mental Health services w/in 7 days of hospital or jail release

Older Adults

Goals to increase meaningful activity
Care Plans include client voice

Each of these will be measured. Targets have been individualized to each agency based on past performance. Changes to the Data Dictionary have been made in order to collect the data we need to assess performance. A large part of earning the incentives for 2009 is based on progress toward goals on the Agency Recovery Plans.



Agency Recovery Plans – Progress to date – Fall Site Visits

MHCADSD began visiting the mental health agencies on October 1, 2008 to review their progress toward their goals on their Agency Recovery Plan. By mid-November, all 16 agencies will have had their site visits. All of the publicly funded mental health agencies in King County created and submitted an “Agency Recovery Plan” in 2007 with the input of staff and consumers. These plans include how agencies include consumers in planning, implementation, and evaluation of their services, and a plan for increasing the amount of peer supports and employment support available, among other recovery elements.

MHCADSD encouraged agencies to invite the participation of the people who participate in their mental health services and peer providers in the process. The members of the consumer advisory group, Voices of Recovery, and the two King County Quality Review Team members are meeting with these people to learn about their perspectives and what progress they believe the agency is making toward a recovery orientation of service delivery. This is an opportunity for the system to become more and more consumer-driven. These perspectives will be included in the findings for the site visit.

Strengths as well as any concerns or challenges are noted. The Agency Recovery Plans are intended to cover 2007-2011. While progress is non-linear and recovery evolves, planning for recovery is essential. Plans are to have goals with defined short-term steps that are specific, measurable, achievable, reasonable, and timely (SMART). Healthy progress is expected.



Voices of Recovery (VOR)

This King County consumer advisory committee on recovery is a critical and valued part of system transformation. Members meet for two hours twice a month. The VOR will have a retreat on November 9 for team building and some focused training on how to be an effective presenter. This will begin a leadership training program that will evolve into training that can be opened up to consumers in the community who are interested in leadership within their agencies.



Recovery Advisory Committee (RAC)

This stakeholder committee has responsibility to review and advise MHCADSD regarding the system transformation efforts. The representation on this committee is broad, including 4 providers (with 2 alternates), membership from the King County Mental Health Advisory Board, the Alcoholism and Substance Abuse Administrative Board, the local National Alliance on Mental Illness (NAMI) affiliates, four consumers, and three MHCADSD staff members. The RAC is inviting subject matter experts to present on housing and supported employment. The RAC is also interested in identifying ways to reduce the regulatory burden on the mental health providers in order to free up more energy for recovery transformation efforts and to ensure that the regulations that remain support recovery principles.



Workforce Training in Recovery Principles

Recommendations for workforce training in Recovery principles were made by a stakeholder group. Types of training planned include on-line training and in-person training on a train-the-trainer model. Announcements are expected soon about how and when training will begin. The plan allows for individualized training plans for agencies and staff and recognizes already existing strengths. Incorporating recovery principles in our planning and provision of training creates a strong system that has integrity.



Recovery Fairs – Kick-off events for people who participate in mental health services

An event is planned for early 2009 to bring the good news of mental health recovery to the community of people who participate in services. (The same event will be offered in six locations across the county.) The Fairs will include a presentation by peers about recovery and resiliency, an introduction to the King County Mental Health Recovery webpage, and orientations to supported employment, clubhouses, and peer support services. The local National Alliance on Mental Illness (NAMI) organizations will also be invited to present their programs.

Opportunities will be made for people to present information about their own recovery efforts and ways people can work together to create new models of support. Healthy fun foods, music, and colorful decorations will make for a celebration of recovery! The Recovery Fairs were recommended by the VOR and RAC. As they said, “let both the consumer and the professional learn about recovery so they are in partnership, rather than making the professional an expert in recovery and leaving education for consumers last.”



Supported Employment

Employment is proven to be good for mental health. Virtually anyone who has a mental illness can work with the right support. The best indicator for success is the desire to work. In fact, there has never been a study that proves that working is destabilizing. Supported Employment is an evidence-based practice that provides the supports people need to move into the job market quickly, to “choose, get, and keep” a job. In mid-2008, eight of the mental health agencies received contracts to provide specialty Supported Employment services. The agencies all coordinate with the Washington State Division of Vocational Rehabilitation to help consumers find competitive, integrated jobs. Consumers of other agencies will be able to access these Supported Employment services at one of the specialty agencies. High fidelity Supported Employment is available to consumers receiving services in the King County mental health system. Many people hesitate to seek employment as they are concerned they would lose their benefits. However, it is possible to have a job and keep your benefits and have more money each month. The Supported Employment providers have Benefits Counselors that can help people understand how to do so and can inform people about the many work incentives available.

The Washington State Mental Health Division selected King County to receive technical assistance training in Supported Employment services, one of only two areas selected. The training will be provided by John Rio and his group, Advocates for Human Potential, and Joe Marrone--all experts on Supported Employment and champions for employment for people who have a mental illness. As Joe often says, unemployment, poverty and social isolation are bad for mental health. This technical assistance will be a wonderful asset in developing county-wide, high-fidelity Supported Employment projects. For more information, contact Bill Wilson at BillR.Wilson@kingcounty.gov



Clubhouse

People who have mental health challenges and live in King County are very lucky to have two Clubhouses that are certified by the International Center for Clubhouse Development (ICCD). [Hero House Clubhouse](#) is located on the eastside of King County and is a free-standing clubhouse. In Seattle, [Wallingford House](#) is associated with Community Psychiatric Clinic (though clients of any agency are welcome!). Both clubhouses welcome visits from people who are interested in learning more.

ICCD Clubhouses are proven to help their members move forward in their recovery journeys by providing a built-in peer support network, a place to belong and contribute while developing self-respect and responsibility. The focus is on member strengths and goals, not their mental illness. The ICCD Clubhouses are run jointly by members and staff. Life in the clubhouse revolves around the “work-ordered day” in which members choose whether to work in the commercial kitchens to provide meals, the business office, the library or to reach out to members who haven’t come in for awhile, among many other tasks. Among other benefits, these tasks function as pre-vocational training for people who are considering employment. Clubhouse is also designed to include employment programming, including short-term Transitional Employment placements and Supported Employment programs. As the Hero House website states, “every facet of the clubhouse employment program is designed to assist members in assuming increasing levels of independence and self-sufficiency.” A clubhouse is a recovery community that creates opportunities for learning, sharing, and celebrating success!

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Program of Assertive Community Treatment (PACT)

In July 2007, PACT in King County enrolled its first participants at South-East PACT and DESC PACT. PACT, an evidence based program, has been researched in 25 studies and is proven to reduce hospital stays and improve housing stability while being more satisfactory to consumers than standard care. PACT is intended to help those who are most disabled by their mental illness and are hospitalized for long periods of time or have been hospitalized many times in the previous year. The majority of referral sources are from Western State Hospital, community hospitals, outpatient programs, long-term residential treatment facilities, and The Defender's Office. Out of 291 referrals reviewed, as of September of 2008, DESC PACT and South-East PACT enrolled a total 113 participants. PACT will accept four to six new participants per month until it reaches full capacity, a total of 180 participants. For more information about PACT, or if you want to make a referral, please contact Bill R. Wilson, PACT Project Manager, at 206-263-8949, or Sarah Lamont at 206-263-8950.



Wellness Recovery Action Plans (WRAP)

A WRAP is a document anyone can create as a guide to wellness. WRAP was developed by Mary Ellen Copeland as part of her own recovery journey. A WRAP is very practical, helping people identify what helps them be well, how to recognize early warning signs of illness, and steps to take to return to wellness. WRAP is all about hope, personal responsibility, self-reliance along with help from others, and education that helps people move toward wellness, happiness and lives of satisfaction. MHCADSD sponsored a WRAP Facilitator training at Navos in early 2008. Contact Steve Collins, King County Quality Review Team member, at 206-263-8966 if you are interested.



Mental Health Recovery Webpage

We've been saying for awhile now that the King County Mental Health Recovery Webpage is coming. The contents of the webpage *are* in the final stages of review. We expect an announcement that it has "gone live" and is available on the world wide web will be made soon!

The Mental Health Recovery webpage will contain:

- ✦ Inspirational recovery stories to be submitted by consumers – becoming the heroes of their own stories!
- ✦ Information about recovery, resiliency, and wellness in general
- ✦ Summaries and updates about the recovery initiatives in King County
- ✦ Links to other recovery resources and
- ✦ Information about other issues of concern to anyone who has the experience of living with a mental illness.



Mental Illness and Drug Dependency Action Plan (MIDD)

The Mental Illness and Drug Dependency Action Plan (MIDD) and the funding from a 0.1 percent sales tax (approved by the King County Council and authorized by the state legislature) will provide programming that explicitly and implicitly supports the goals of the recovery initiatives. The King County Council accepted the MIDD Action Plan via [Motion 12598](#) (pdf) in October 2008. The Action Plan includes, among other things: expanded access to services to persons who do not have Medicaid, supported employment, housing supports, peer supports/parent partners, expanded wrap-around services for children, and possibly peer supports in mental health courts. Check out this link for the website for the MIDD:

<http://www.metrokc.gov/dchs/mhd/ActionPlanWorkGroup.htm>



Metabolic Screening

In May 2006 King County providers began screening individuals who have a diagnosis of schizophrenia and are prescribed an atypical anti-psychotic medication. Research has shown that the combination can

contribute to metabolic syndrome, a risk factor for diabetes and other serious health conditions. Prescribers provided blood tests, checked weight and blood pressure, and screened for cigarette smoking. The vast majority of people were found to be overweight and/or having high blood pressure, high lipids and triglycerides, and/or high serum glucose indicative of diabetes. Prescribers made referrals to and/or coordinated with primary care doctors, did healthy lifestyle counseling, and considered medication changes to medicines less likely to cause these problems. The protocol becomes part of routine practice guidelines in January 2009 for the treatment of people diagnosed with schizophrenia. Mental health agencies report that the Metabolic Screening project has raised overall awareness of wellness among staff and the people who participate in services.

King County Mental Health Consumer News

Peer Support Specialist support group

Peer Support Specialist Helen Nilon facilitates a monthly support group for peer support specialists. They talk about a myriad of things which peers are faced with when returning to work: co-workers, stress of working; sleep, current job opportunities etc. The support group is open to any mental health peer support specialist in King County. So far, it is a small group – generally 4 to 10 people. They meet on the 4th Monday of each month, at the Burien Campus of Navos, 1010 S 146th Street. For more information, contact Helen at thenilongroup@comcast.net



Online Support Group for Mental Health Recovery

Peer Support Specialist Sue Ray has started an online support group for anyone who lives in King County and self-identifies as a person with a mental illness who is interested in mental health recovery. This fully consumer-driven resource offers support, community, and information about resources that might be helpful. If you'd like to check it out, go to:

<http://health.groups.yahoo.com/group/Mental-Illness-Recovery-forPeople-Who-Live-In-King-County-WA>



The Warm Line for people who live in King County

A Warm Line is a phone line a person living with mental health challenges can call when needing someone to talk to, when feeling lonely, sad or stressed --before they are in crisis-- to speak with another peer/consumer. A group of people who have experienced mental health challenges got together nearly two years ago to develop just such a Warm Line in King County.

The Warm Line intends to begin services from 5 p.m. to 10 p.m., seven days a week. The Warm Line needs many volunteers to step forward. Upcoming meetings of the Warm Line Committee will be on the following Fridays: November 7th & 14th and December 5th & 12th. Meetings will be from 11 a.m. to 12:30 p.m. at Navos' Burien campus, 1010 South 146th Street. They will be in the Johnson Room, adjacent to the Third Runway Café. If you would like to help, in any way, please contact Helen Nilon at WarmLine@Navos.org or via phone at 206-439-2625.

If you have recovery news to share, please contact Terry Crain, Mental Health Recovery Specialist. Please forward this email to anyone you believe might be interested. Thank you!!

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