

Behavioral Health Services in Juvenile Rehabilitation



Juvenile Rehabilitation (JR) is using new state-level service investments to implement treatment specialist positions and develop expanded community partnerships to improve health status and lower economic and societal costs of substance use, mental illness, and trauma impacts on youth, families, and communities.

Treatment Needs of Young People in JR

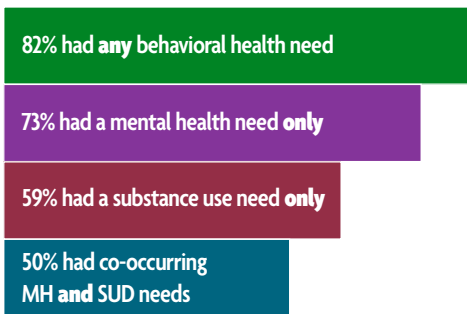
Access to comprehensive, effective, and culturally relevant services are essential to support the well-being and community success of young people in JR care. Most of these young people have behavioral health needs. Fifty percent have co-occurring mental health and substance use needs. Additionally, most of these young people and their families struggle with poverty and disparities in access to behavioral health services in the community. Table 1 references

individuals who release from JR facilities with Medicaid coverage who have behavioral health needs. It highlights the need for robust partnership with community providers to engage people in meaningful and helpful services. In particular, it emphasizes the need for culturally relevant services, given the disparities in access for people of color compared to those who are white.

Table 1: Behavioral health needs and services for young people releasing from JR in 2019 with Medicaid coverage.

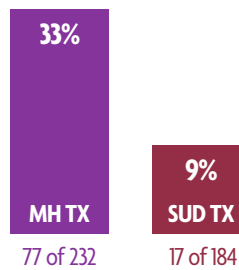
NEEDS

Behavioral health needs of youth released with Medicaid (344, 86% of all releases).



SERVICES

Youth with Medicaid and need receiving service three months post release.



DISPARITIES

Rate of service access for BIPOC relative to white, non-Hispanic.

Demographic	MH	SUD
Black	-22%	-15%
Asian American/ Pacific Islander	-20%	-17%
American Indian/ Alaska Native	-11%	-12%
Hispanic	-8%	-5%

Division of Research and Data Analysis, March 2021



Washington State Department of
CHILDREN, YOUTH & FAMILIES

Comprehensive Treatment in Secure Facilities

JR is establishing multiple program specialist positions at each of its three secure residential facilities to address identified service gaps and provide comprehensive substance use, mental health, and co-occurring disorder assessment and treatment to individuals with an identified need as early as possible in their stay at the facility. Psychology associates and psychiatrists provide additional specialized mental health treatment when needed. Specialists and residential case managers support continuity of care when individuals transition to JR community facilities (CF) and release to their home communities.

Community Partnerships for Step-down and Aftercare

JR is establishing partnerships with behavioral health providers in the community to leverage state resources and federal Medicaid funding to enhance access to services for individuals and families in JR community programs. These partnerships are being pursued with organizations that demonstrate a commitment to flexible and creative services for adolescents and young adults that are trauma-informed and culturally/racially responsive. Community partners will provide dedicated JR treatment liaisons who have a heart for these young people and a high level of skill in engagement and behavioral support. Liaisons will work closely with CF and regional teams to coordinate aftercare and service navigation and provide clinical consultation to JR personnel.

Peer-powered Treatment and Reentry Support

Professionals with lived experience who work as certified peer counselors are having a dramatic impact on services, supports, and community-building. Young people and their families, especially in communities of color, are asking for support from people who have overcome similar challenges. Peers influence connection with resources and inspire hope as models for achievement and giving back to the community. JR is in the beginning stages of expanding peer supports in collaboration with community partners and other state agencies. This includes:

- Establishing a peer support program specialist to oversee these efforts.
- A pilot for two certified peer counselors who connect with young people in facilities to support reentry.
- Changes in the Multi-Systemic Therapy (MST) contract with Comprehensive Health in Region 2. This adds a peer who connects with young people before release and supports them and their family with the MST team after they go home.