



King County

Mental Health, Chemical Abuse and Dependency Services Division

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KING COUNTY'S MENTAL HEALTH RECOVERY ROUNDUP













July 2009

Volume II, Issue III

The publicly funded mental health system in King County is changing 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! The Recovery tool box includes powerful tools such as Supported Employment, Peer Support Services, first person narratives (personal recovery stories,) Wellness Recovery Action Plans, and Clubhouse. Please read on to learn more.

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](#)
-  [Employment](#)
-  [Recovery Celebrations](#)
-  [Recovery Poster Contest](#)
-  [Peer Support Services](#)
-  [Wellness Recovery Action Plans](#)
-  [Voices of Recovery](#)
-  [Recovery Advisory Committee](#)
-  [Recovery Incentives Plan](#)
-  [Recovery Training – Workforce](#)
-  [Clubhouse](#)
-  [Program for Assertive Community Treatment](#)
-  [Mental Illness and Drug Dependency \(MIDD\) Action Plan](#)
-  [King County Mental Health Recovery Web Page](#)

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)

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, the members of the Recovery Executive Committee 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, and a principal legislative analyst of the King County Council. The REC is staffed by the Assistant Division Director of MHCADSD. The REC met in early April 2009 to review progress to date and the work plan for Recovery. The REC was interested in discussing the value of peer support services. They made a point to recommend that pay scales for peer support specialists be commensurate with the value of their services.



Employment

Employment is proven by research to be good for mental health. Work offers a way to contribute to society, acquire more income, have more social contacts, and a reason to get up in the morning. In fact, there has never been a study that proves that working is destabilizing for people with mental illness. Good News!

And it is possible to work, have more money in your pocket, and keep your benefits. Every mental health agency is required to provide benefits counseling – just ask. For more information about working and mental health, check out:

<http://www.kingcounty.gov/healthServices/MentalHealth/Services/Employment.aspx>

The Washington State Division of Vocational Rehabilitation (DVR) reports they have stimulus funding to help even more people get back to work. Ask about DVR at your mental health agency or check it out yourself with this link to DVR: <http://www1.dshs.wa.gov/dvr/>

There are also WorkSource centers throughout Washington State, including 11 WorkSource Seattle-King County sites throughout the county that have lots of resources to help people find jobs. You can find everything from help with creating a resume, to interviewing skills, and get financial assistance for some kinds of training. Click on this link for more information about WorkSource:

<https://fortress.wa.gov/esd/worksource/>

Virtually anyone who has a mental illness can work with the right support. The best indicator for success is the desire to work. **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. Eight of the mental health agencies in King County provide specialty Supported Employment services. They coordinate with DVR 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.

For more information, contact Bill Wilson at BillR.Wilson@kingcounty.gov



Recovery Celebrations

There were five free events in March 2009 that brought the good news of mental health recovery to the community of people who participate in services. Nearly 200 people attended. King County is pleased to

announce there will be a Recovery Celebration offered in Spanish in September. More information will follow as arrangements are finalized.



Recovery Poster Contest

In April, King County hosted a contest for the best poster celebrating the 10+1 Fundamentals of Mental Health Recovery. Current and former clients of the King County Mental Health Plan were eligible to enter. There were 42 entries from 21 artists. The winning artwork is striking and communicates the essential nature of recovery beautifully. A press release will announce the winner and the artist will be recognized at a future King County Council meeting. The winning artwork has been incorporated into a poster that will receive wide distribution across King County and beyond. The winner is receiving a \$150 gift certificate at the store of her or his choice. To learn more about the 10+1 Fundamentals, please check out: <http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/10FundCompRecovery.aspx> We hope to make this an annual event.



Peer Support Services

“Trained peers are powerful change agents and good fiscal investments for transformation to a strength-based recovery system” (Larry Fricks, Appalachian Consulting Group). Peer Support Specialists embody hope, they provide proof that recovery is possible, both for participants in services and for mental health workers. Sharing their stories and their strengths, Peer Support Specialists excel at engaging people, and helping them to identify their strengths and goals.

King County is at work drafting a Strategic Plan to Increase Peer Support Services. Included in the plan will be encouraging peer supports in all outpatient programs, psychiatric inpatient facilities, crisis services, criminal justice programs, employment services and residential services, as well as peer partners for families and peers for youth. More details to come!

The Washington State Certified Peer Counseling Program in King County graduated 24 more trained peers in June 2009. They will be participating in a Test Prep session offered by King County on July 14 and will take their state exam on July 28. If the budget allows, another class series will take place in the fall of 2009. If you are interested in learning more about Peer Support Services, check out: <http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/HavingAvoice/PeerSupport.aspx>

MHCADSD has developed a mailing list of all of the people who have graduated from the King County 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. The information will be sent to that list and will be posted to the King County Mental Health Recovery page. If you are looking for a job as a peer support specialist (including peer counselors), check out the Peer Support Opportunities page on the King County Mental Health Recovery page: <http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/HavingAvoice/PeerSupport/PeerSupportOpportunities.aspx>



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.

King County is working on a *Strategic Plan to Increase the Availability of WRAP*. The goal is to make WRAP available to every person who participates in mental health services in King County. A survey has been completed that will inform King County about how best to meet this goal. Check out WRAP on the Recovery Web page at: <http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/Wellness/WellnessRecovery.aspx>



Voices of Recovery (VOR)

One of the principles of Mental Health Recovery is self-direction and voice. On a system level, this means including the voices of the people who participate in services. Voices of Recovery (VOR) is a consumer advisory committee that meets for two hours twice a month. Three VOR members attended the Washington State Behavioral Health Conference last month in Vancouver, Washington.

Recently, VOR decided to open up their meetings on a quarterly basis to invite representatives of the consumer/client councils and advisory committees from the mental health agencies. Three agencies were represented at the VOR meeting on July 8, 2009. They brought ideas, perspectives and information to share. The next quarterly meeting open to consumer representatives from agencies is October 14. VOR meets from 12:45 pm to 2:30 pm in the Chinook Building on the southwest corner of 5th Avenue and Jefferson Street in room 116.

VOR has openings for new members who are parents of children who receive mental health services in King County. If you are interested, please contact Terry Crain, Mental Health Recovery Specialist, and she will forward your contact information to the chair of the VOR.



Recovery Advisory Committee (RAC)

This stakeholder committee has responsibility to review system transformation efforts and advise MHCADSD on those efforts. Stakeholder representation on this committee is broad: providers, the King County Mental Health Advisory Board, the Alcoholism and Substance Abuse Administrative Board, the local National Alliance on Mental Illness (NAMI) affiliates, consumers, and MHCADSD staff members. The RAC is currently assisting MHCADSD in establishing the curriculum for workforce training in recovery.



Recovery Incentives Plan

In 2007, MHCADSD began paying incentives to mental health agencies to develop structures and processes to support the recovery outcomes identified by stakeholder groups. In 2009, the agencies could earn incentives for the following, including the percentage of agencies that earned the incentive (if the incentive applied.):

| | |
|--|------|
| Developmental assessments for children | 100% |
| Supported Employment | 100% |
| Face to face service within 7 days of release from hospital or jail for adults | 58% |

For all agencies, their progress toward their goals on the Agency Recovery Plan: 93%

An ad hoc workgroup was formed to identify system barriers to providing “face to face” services within seven days of release from hospital or jail and to make recommendations that will improve performance. This has resulted in a recommendation that agencies identify staff who will specialize in working with the criminal justice system. King County has developed an intensive training to help these staff be successful in engaging people before and after release from jail.

Incentive payments for recovery in 2010 will be based on 2009 performance on each of the following measures:

| <u>Children</u> | <u>Adults</u> | <u>Older Adults</u> |
|---------------------------|---|---------------------------------------|
| Developmental assessments | Supported employment | Goals to increase meaningful activity |
| Collaborative contacts | Peer support | Care Plans include client voice |
| Parent peer supports | Face to face mental health services w/in 7 days of hospital or jail release | and client choice |

Within the next couple of years, incentives will shift from focusing on building the infrastructure to support the measure, to actual outcomes. As this shift occurs, for example, rather than a measure on the Supported Employment, the outcome would be people getting jobs. An Incentive Implementation Workgroup has been developing recommendations to King County about how to ensure successful, meaningful outcomes on each of the measures.



Workforce Training in Recovery Principles

King County is contracting with Essential Learning (EL), a premier provider of online training. During the month of July, King County will be developing the online training plan. In August, members of the mental health workforce will be registered as users of the online system. The mental health agencies will receive training in how to use the system. Courses are being identified that will provide recovery competencies for learners. EL 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.



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. The clubhouses shared information about their programs at the Recovery Celebrations.

Certified 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. 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 Web site 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!

Hero House
14230 NE 21st
Bellevue, WA 98007
425-614-1282
ehorn@herohouse.org

Wallingford House
4120 Stone Way North
Seattle, WA 98103
206-545-8642
wallingfordhouse@hotmail.com



Program of Assertive Community Treatment (PACT)

In July 2007, PACT in King County enrolled its first participants at South-East PACT and the Downtown Emergency Service Center (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, and long-term residential treatment facilities. DESC PACT and South-East PACT have currently enrolled a total 134 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.



Mental Illness and Drug Dependency Action Plan

The Mental Illness and Drug Dependency (MIDD) Plan and the funding from a 0.01 percent sales tax (authorized by the Washington Legislature and approved by the King County Council) will provide programming that explicitly and implicitly supports the goals of the recovery initiatives. The King County Council accepted the MIDD Plan via [Motion 12598](#) in October 2008. The 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.

The economy and decreasing tax revenues have resulted in the Legislature temporarily allowing some of the MIDD funds to be used to cover reductions in payments for other programs (called “supplantation”). Whether or not this happens, such changes have to be considered by the King County Council. For updates and for more information, check out this link to the MIDD Web site: <http://www.kingcounty.gov/healthservices/MHSA/MIDDPlan.aspx>



Mental Health Recovery Web

The King County Mental Health Recovery Web page is available! Check out: <http://www.kingcounty.gov/healthservices/MentalHealth/Recovery.aspx>

The Mental Health Recovery Web pages include:

- ✚ Inspirational recovery stories 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
- ✚ Information about other issues of concern to anyone who has the experience of living with a mental illness
- ✚ Information about peer support services, including peer counseling

The Web pages are updated regularly to include the newest news and announcements. If you have ideas for the Web or feedback, please send an e-mail to: kcrecoverypage@kingcounty.gov

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 that 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 – now Statewide!

There is an online support group for everyone who lives in Washington State 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 for King County. The phone number for the Warm Line is 206-933-7001. If that number is long distance for you, please dial 1.877.500.WARM (9276) toll free. The Warm Line began services in March and operates from 5 p.m. to 10 p.m. on Fridays, Saturdays and Sundays. The Warm Line needs many volunteers to step forward. If you are interested, send an e-mail to WarmLine@Navos.org or call 206-439-2625.

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

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