



King County

Mental Health, Chemical Abuse and Dependency Services Division

Department of
Community and Human Services

CNK-HS-0400
Chinook Building
401 Fifth Avenue, Suite 0400
Seattle, WA 98104

206 263-9000

206-296-0583 Fax

206-205-1634 Fax – Clinical Svcs.

711 TTY/TDD



KING COUNTY'S MENTAL HEALTH RECOVERY ROUNDUP

October 2009

Volume II, Issue IV

“Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”

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
- ✚ Rights of Passage – a recovery group for people living in residential facilities
- ✚ 2009 Recovery Celebrations
- ✚ 2009 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**
- ✚ **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 former chair of the Mental Health Advisory Board, and a legislative analyst of the King County Council. The REC is staffed by the Assistant Division Director of MHCADSD. The REC met in October 2009. The agenda included an excellent presentation by a trained facilitator about Wellness Recovery Action Plans and a focus on Peer Support Services. Members in attendance expressed an interest in the possibility of peer support services expanded to the therapeutic courts.



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.

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) provides assistance to people who have disabilities to find employment. 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 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 Employment services at one of the specialty agencies. Staff from the agencies providing Supported Employment services have been receiving technical assistance from experts in employment services for people with mental illnesses.

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



Rights of Passage (ROP)

This is a focus and discussion group process piloted by MHCADSD to support recovery from mental illness for people who live in licensed residential facilities. To date, the ROP has been provided at four different facilities. Together, the group explores the idea that they can get well using the current structure and regimen at their residential facility. There can be many uncertainties in a person's life living in a residential facility. Some people may initially be unable to see a future, or think about life in terms of recovery. The intention of the ROP is to bring the hope of recovery to everyone. As they continue to improve over time, they may one day find themselves living more independently. The group also helps to provide participants with the perspectives they may need as they move toward a more independent life. The ROP groups consist of four consecutive classes that meet weekly for 50 minutes. Feedback about this pilot program is welcome and is solicited at the end of each round of classes.



Recovery Celebrations

The first Recovery Celebrations 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 will offer a similar Recovery Celebration in Spanish early in 2010. Other events will be provided for consumers later in 2010 to highlight aspects of recovery, including education and information about resources. More details to come...



Recovery Poster Contest

The winning artist of the first King County mental health recovery poster art contest was Renee Klaus Pond. Her accomplishment was announced and the winning poster unveiled at a King County Council meeting on October 19, 2009 and at the Exemplary Service Awards ceremony.

King County hosted the first contest for poster art celebrating the 10+1 Fundamentals of Mental Health Recovery in April 2009. To learn more about the 10+1 Fundamentals, please check out:

<http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/10FundCompRecovery.aspx>

Check back in the Recovery Roundup in the second quarter of 2010 for information about the 2010 poster art contest.



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.

MHCADSD is visiting all of the mental health agencies in the King County provider network this fall to learn more about their implementation of peer support services.

The Washington State Certified Peer Counseling Program in King County graduated 22 more trained peers in October 2009. They will be participating in a Test Prep session offered by King County and will take their state exam in late November.

<http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/HavingAvoice/PeerSupport.aspx>

MHCADSD has developed an email 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>

MHCADSD congratulates the Peer Services program at Harborview Outpatient Mental Health Services for winning the Service Integration award at the 2009 Exemplary Service Awards on October 8, 2009.



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 of mental health agencies in King County suggest that more education and information is needed. The workforce training plan will include a course created by the Copeland Center that will result in each mental health worker knowing how to help someone create a WRAP for themselves. King County is also exploring ways to assist groups of consumers to create a WRAP. For more information about WRAP and a link to the Copeland Center, 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. Members review reports and provide perspective on planned activities. This fall, members are participating in reviews of agency progress toward recovery goals. In addition, they are working on creating their own WRAP plans so they can support others to do so.

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. Four agencies were represented at the VOR meeting in October 2009. They brought ideas, perspectives and information to share. The next quarterly meeting open to consumer representatives from agencies is January 13, 2009. 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 assists MHCADSD in deepening and expanding our work for system transformation. The focus over the last quarter has been on peer support services, employment, and WRAP.



Recovery Incentives Plan

Researching successful system transformation efforts across the country and consultations with experts led MHCADSD to develop an incentive plan for the outcomes sought by consumers and family members.

Incentive payments began in 2007 to mental health agencies to develop the structures and processes that will lead to those outcomes.

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

Children

Developmental assessments
Collaborative contacts
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 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 Supported Employment, the outcome measure 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. An ad hoc workgroup identified system barriers to providing “face to face” services within seven days of release from hospital or jail and made recommendations that will improve performance. Based on the recommendations, agencies have identified staff are designated to work with the criminal justice system. King County provided an intensive training to help these staff be successful in engaging people before and after release from jail.

MHCADSD staff and members of the Voices of Recovery advisory group are visiting all of the agencies this fall to determine progress on the implementation of a peer support services program. Clinical reviews are also included in these visits to determine whether the older adult measures are met.



Workforce Training in Recovery Principles

King County is contracting with Essential Learning (EL), a premier provider of online training. Members of the mental health workforce are now registered as users of the online system and are receiving training in how to use the system. The recovery curriculum has been finalized for 2010 and includes an orientation to recovery, motivational interviewing, and a two-part course titled, “Self-Direction, Person Centered Planning and Shared Decision Making to Facilitate Recovery”. EL allows for individualized training plans for agencies and staff and recognizes 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@heroohouse.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 160 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 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! A new story was added this quarter. Check it out!
- ✚ 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

Washington State Peer Support Specialist Network (Consumer Run) on Facebook

This new Facebook page was started by a peer working in King County. The group and the page is for those working in, or seeking to work as a Peer Support Specialist in the State of Washington. This is a consumer run network to enable Peer Specialists from within the State of Washington to network, offer support, inspiration and hope and exchange ideas on how they might facilitate change. To access the Facebook page, one must join Facebook and then search for: Washington State Peer Support Specialist Network (Consumer Run).



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!

This online support group is 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://groups.yahoo.com/group/Mental-Illness-Recovery-forPeople-Who-Live-In-WA-State>



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. The Warm Line in King County was created by consumers for consumers. 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 goal of the Warm Line is to be available 24 hours a day every day of the week. The second group of volunteers will be completing their training very soon. 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!!

Terry Crain, MA, LMHC
Recovery Specialist
King County Mental Health, Chemical Abuse and Dependency Services Division
401 Fifth Ave., Suite 400
Seattle, WA 98104
206-263-8980
For more information, you can contact Terry at: Terry.Crain@kingcounty.gov

