



SERVING THE SALISH REGION

KITSAP, JEFFERSON, AND CLALLAM COUNTIES

The Future of Behavioral Health Care in the Salish Region

Salish Behavioral Health Organization (BHO) meetings over the last few months have focused on the state-sanctioned transition to full-body healthcare for Medicaid recipients. Beginning January first of 2020, a single entity will oversee both behavioral and physical health care of the region. The question being asked at the executive and advisory board meetings is what will that single entity be? The members of these BHO boards are concerned that allowing an outside entity, Beacon Health, to oversee the behavioral health of the area will decrease the level of care in Kitsap, Jefferson, and Clallam counties.

A solution currently being investigated by the Salish BHO is transforming itself into a Behavioral Health Administrative Service Organization (BH-ASO). Proponents say that the transformation of the existing BHO into a BH-ASO would preserve the current, positive provider relationships and keep the community's interests at heart. There are fears that Beacon Health, which heretofore has had no presence in the area, may not be able to deal with the circumstances specific to the region, and that they may cut services. Problems have arisen to funding the transformation of the BHO into a BH-ASO, which may cause the BHO not to pursue that course of action. A decision on the matter will most likely come in May. So far, only the BHOs in the Greater Columbia and Spokane Regions were able to transform into BH-ASOs.

Whichever entity takes over the management (either Beacon or the new Salish BH-ASO) would have to comply to the same financial regulations. Eighty-five percent of Medicaid funds received would go to patient care, with ten percent for administrative costs, and five percent for direct support services. Community member who wish to voice their concerns or ask questions are invited to attend either the Advisory Board or Executive Board meetings.

**Salish FYSPRT
Meetings for
2019**

3-5pm, last Monday
of the month

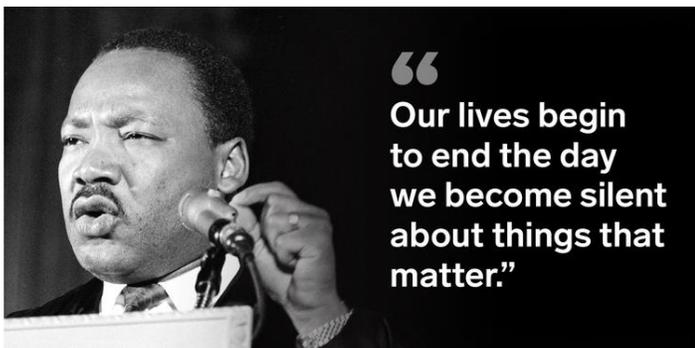
January 28
February 25
March 25
April 29
May 28
June 24
July 29
August 26
September 30
October 28
November 25

The State of Children's Health in Clallam County

Dr. Allison Berry Unthank presented "The State of our Children, Youth, and their Families in Clallam County" at the Prevention Works! Annual Meeting on January 15th, held at the Olympic Medical Center in Port Angeles. She brought to light three areas of concern for children's healthcare in Clallam County. The first, and possibly most disturbing, is that Clallam County has the highest rate of infant mortality in the state – 8.1 (per 1000) vs. the state average of 4.7. Dr. Unthank attributed this to several issues, foremost being that Clallam has the highest rate of mothers who smoke in the state. Other causes include unsafe sleep habits and a lack of prenatal care.

The second major health care issue for Clallam county children is substance abuse. Luckily, the county has a fairly low rate

of children using illicit substances, but the same cannot necessarily be said for their parents or caregivers. Rates of opioid abuse are falling in the county, but methamphetamine abuse is in the rise. A byproduct of the high rate of material drug use is Clallam's rate of neonatal abstinence syndrome, which is the highest in the state (53 per 1000 vs state average of 11). These babies are born suffering from withdrawal symptoms, and there are no facilities that are able to treat this condition in Clallam or Jefferson counties.



The last children's health problem that Dr. Unthank presented was that of mental health and ACEs. Adverse Childhood Events (ACEs) have a direct correlation as to an individual's prospect for mental and physical health over the lifespan. While one in ten people have three or more ACEs nationwide, one in three has three or more ACEs in Clallam County. These traumas are in large part responsible for the high rate of mental health disorders and suicide attempts in the county. While preventing all ACEs may be impossible, Unthank reiterated that "children with ACEs, properly cared for, become resilient." She herself admitted to having three ACEs.

While many of the statistics given at the meeting were discouraging, there are many pathways to improving the current situation. A Suicide Prevention Task Force has just been created, involving many of the major local stakeholders. Groups like PreventionWorks! and First Steps continue to help expectant and new parents learn about the health and safety of their children. Clallam County residents showed up in force to this meeting and showed real enthusiasm about tackling the many problems that face the county's youth. With the wisdom, compassion, and drive shown by the community, things are bound to improve for the youth and families in Clallam County.

The Good Place: Television show gives insight into ACEs and Resiliency

"The Good Place," the NBC comedy currently in its third season, is a well-liked, surreal comedy about four people who die and end up the "good place." It is also an exploration of the effects of ACEs and how strong bonds form resiliency. The show revolves around Eleanor Shellstrop, a recently deceased Arizona woman who knows that she doesn't belong in the "good place," so she tries to learn how to be a better person and deserve her current residence. Eleanor is self-centered, defensive, and rude, albeit in a hilarious way. Over the seasons, her personal history is shown, relating that these negative personality traits can almost always be traced back to her upbringing and the fact that she had five (possibly six) Adverse Childhood Experiences, which made her react to most situations in such a hostile way.

Eleanor is not alone in struggling to feel at-home in the afterlife. The Floridian Jason Mendoza, who has three ACEs also doesn't feel like he fits it. Even the glamorous and wealthy Tahani Al-Jamil is weighed down by the two ACEs she acquired from her unfeeling parents. They are joined by a professor of Ethics, Chidi Anagonye, who challenges the group, and himself, to be better, even though their time on Earth has ended. While they do not see eye-to-eye, the four help one another, creating a natural support system that they did not have in life. The change in the characters over the seasons is remarkable, as they all become better, happier people with the help of their friends. While the show creators may not have set out to educate the public on the NEAR sciences, they have done much to inform viewers as to the ill-effects of ACEs on an individual, and how natural supports can aid in healing.

Upcoming Events

More events and details at salishfysprt.org/calendar

Salish FYSPRT Monthly Meeting at Port Angeles Library, 3-5pm – January 28th

IEP and Discipline Workshop at ESD 114 in Bremerton – January 30th

Salish BHO Advisory Board Meeting at Sequim Transit Center, 10am-12pm, February 1st

Resilience Family Night at Roosevelt Elementary in Port Angeles, 5:30-8pm – February 1st

Statewide FYSPRT in Lacey, 9:30am-3pm – February 5th

Developmental Disabilities Resource Fair at Ridgetop Jr. High in Silverdale, 10am-12pm, February 9th

Salish BHO Executive Board Meeting at Jamestown S'Klallam Community Center, 9-11am, February 15th

IEP & 504 Transition Workshop and Clinic at The Lincoln Center, Port Angeles, 11am-4pm, February 16th

Salish FYSPRT Monthly Meeting at Port Orchard Library, 3-5pm – February 25th