



**Kids' Mental Health
Southwest Washington**



What is the Southwest Washington (SW WA) Youth Navigator Program?

The SW WA navigator program (also referred to as Kids Mental Health of Southwest Washington) is a community collaborative in Clark, Skamania and Klickitat counties that is joining together to achieve our community-wide goal of improving children's behavioral health services. This program is funded by the Washington State Health Care Authority and provided by Carelon Behavioral Health.

The program's mission is to develop a coordinated, responsive behavioral health system that serves the needs of children, youth, and families at the right time, in the best place, with the best outcome for every family. The long-term goal is to reduce the instances of youth spending unnecessary time in emergency rooms without behavioral health services.

What is Carelon Behavioral Health?

As the only national organization to serve as a Behavioral Health Administrative Services Organization (BHASO) in Washington State, Carelon Behavioral Health oversees a safety net that provides crisis services, mental health and substance use disorder services (MH/SUD), and housing subsidies to qualified residents.

Serving more than 1.6 million residents across 8 counties, Carelon Behavioral Health delivers high-quality, culturally competent, cost-effective and community-based care regardless of insurance status or income level. Our services take a person-centered approach to care and include assessment, intervention, and stabilization efforts that promote resiliency, rehabilitation, and recovery.

What is the SW WA multidisciplinary team?

The SW WA multidisciplinary team is a community-based, family-focused multidisciplinary team of community stakeholders, providers, and advocates who aim to assist providers and families with complex behavioral health presentations, care coordination and case planning. The MDT (Multi-Disciplinary Meeting Team) can assist with tasks such as: outpatient service recommendations, care coordination needs, behavioral management strategies, safety planning strategies, transitional planning, discharge planning and family engagement strategies for youth and families who reside in Clark, Skamania, and Klickitat County.

This program is part of a state-wide roll out of the Kids Mental Health Pierce County team in place since 2018. SW WA is one of three regions (SW, Salish, and Greater Columbia) in the state of Washington to adopt the use of the community MDT program. In 2023-24 the final three regions will begin participating in this program and will finish the state-wide rollout.

There are two MDT Pathways: Crisis Pathway vs Community MDT. The Crisis Pathway is for emergent meeting needs that need to occur within 24-72 business hours. This meeting will convene via a virtual format (Teams, phone etc.). The Community MDT will be held monthly on a set schedule or as requested for consultation regarding complex cases and behavioral health high utilizers.

Who Participates in the SW WA MDT?

The SW WA MDT is composed of volunteer community stakeholders from local community organizations including but not limited to: Managed Care Organizations (MCO), Catholic Community Services, Family Solutions, Culture Seed, Klickitat Valley Health, Klickitat County Juvenile Court, Developmental Disabilities Administration (DDA), Dad's Move, Teen Talk, Boys and Girls Club, Local School Districts, ESD-112, Law Enforcement, WAGAP, Department of Child, Youth and Families (DCYF), Carelon Behavioral Health (formerly Beacon Health Options) and Clark County Juvenile Court. There is an additional network of specialty providers to include: special education advocates, Substance Use Disorder Professionals, behavior analyst, and faith-based organizations that can be requested to attend as needed. When an MDT is requested to include the family, the family will be able to identify other supports they would like to attend the meeting.

Who is eligible for a SW WA MDT?

Complex Cases defined as school aged (K-12) youth with high-risk behaviors or risk factors, youth involved in two or more systems (juvenile justice, mental health, substance use disorder, foster care, etc.).

High Utilizers viewed as youth with multiple Emergency Department (ED) presentations, multiple inpatient hospitalizations etc. We will not turn away any referrals but will triage youth and family's dependent on need. After talking with the referent, youth, and family we will determine if a meeting is needed. If no meeting is scheduled the team is still able to provide resources and support.

Any other complex psychosocial presentation that would benefit from multidisciplinary team review. The youth and family must reside in one of the three SW counties Clark, Skamania, or Klickitat.

How can I access the SW WA MDT?

The referent may complete a SW WA MDT referral through the SW Kids Mental Health Website: <https://kidsmentalhealthsw.org> and must have a complete release of information prior to the meeting. If you are unable to complete the online referral the written referral can be submitted to Brook Vejo via email at Brook.Vejo@Carelon.com.

What can I expect when attending a SW WA MDT?

Meetings are scheduled for one hour via Microsoft Teams and we are able to provide a call in options if participants prefer to join by phone. The team will provide in depth introductions to the youth and family prior to the meeting. We require the youth (over age 12) or family sign a release of information prior to the meeting so information can be shared amongst team members. During the meeting referent and/or family will provide history for the MDT in the first part of the meeting. Upon history and need identification the team will be able to ask

clarifying questions. The team will share recommendations related to the request of the team (discharge planning, safety planning, etc.).

Additional recommendations may be made by the team if there are appropriate resources in the community that may be available to the family that support the identified needs and support the family's strengths. We make an attempt to have to youth at the meeting if they are able and want to join. We feel the youth and family are at the heart of what we do and we are able to do better work with their participation and feedback.

What happens following a SW WA MDT?

The facilitator will document the team's recommendation and provide it to the referent and/or family via email and follow up via phone call to ensure that the recommendations are understood. The MDT cannot make referrals on the youth's behalf or ensure acceptance into a service based on the team's recommendation.

The SW WA MDT team Care Outreach Specialists, Charity Joy and Taylor Peterson, will follow up as needed with the youth, family and community partners and walk alongside them as resources are put into place. The amount of time spent following up with youth and families and frequency of follow up will depend on need. Our goal is to ensure that youth, families and our community partners feel supported in the process of connecting to the resources they need.

If you have questions or need additional assistance, please email Brook Vejo at Brook.Vejo@Carelon.com or call 564-888-3086.

Disclaimer: The Southwest Washington Multidisciplinary Team (MDT) is a collaboration of community volunteers with the shared purpose of being a community resource for youth and families. The recommendations of team members do not necessarily reflect their associated agency or organization. The recommendations of the MDT do not guarantee acceptance into services or provider acceptance.