

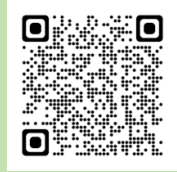
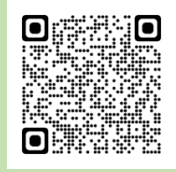



### Pierce County Road Map to Youth Behavioral Health Services

There are many factors that drive access to mental health services. These drivers include age, insurance, location, and treatment type. Below are three resources that can assist you in locating behavioral health services for youth in Pierce County. **If you are a youth over the age of 13**, you can ask for a mental health intake to find out if you are eligible for services. **If you are under 13**, you need permission from your parents or guardian. **If you are a parent or caregiver**, you can refer your child for services at any time but after age 13 a child must consent to services.

Pierce County Behavioral Health Navigation Supports				
South Sound 2-1-1:	Washington State Mental Health Referral Service for Children and Teens	Kids Mental Health Pierce County	Pierce County Behavioral Health Service Locator	MTSS Tier
<p>Sound 2-1-1 can also help you find behavioral health resources. All calls are confidential. To find the resources you need, simply dial 2-1-1. The South Sound 211 call center is open Monday through Friday from 9:00 to 4:00 with 24-hour voice mail. To find the resources you need, simply dial 211. You can also get connected by downloading the WIN 211 mobile app</p> 	<p>How to Use the Mental Health Referral Service Call 833-303-5437 Monday to Friday, 8 a.m. to 5 p.m. Or complete an online request.</p> <p><b>What can families expect?</b> First, you have a telephone call (15–20 minutes) with a Referral Specialist to chat about what type of mental health services your child/teen needs. Next, the Referral Specialist will research mental health providers in your area to find at least 2 providers that meet your family’s needs. After matches are found, a referral specialist will call and email the information to you to coach how to access a provider in real-time.</p> 	<p>For complex behavioral health needs you can submit a request for behavioral health navigation through the Kids Mental Health Pierce County Website: <a href="http://www.kidsmentalhealthpiercecounty.org">www.kidsmentalhealthpiercecounty.org</a></p> <p>Resources include overview of local youth mental health providers, insurance overview, educational materials and more.</p> <p>You can also find more information on our community Multi-Disciplinary Team (MDT) and submit a request for a meeting.</p> 	<p>To find behavioral health providers that meet your specific needs, follow the instructions using the interactive map below.</p> <ol style="list-style-type: none"> <li>To begin, choose one or more filter options based on your needs. Choosing a filter will reduce the number of facilities on the map. (Example: If you have private insurance and are looking for support for your teenager, select "Youth" and "Private Insurance.").</li> <li>You can also find services close to you by clicking near your location on the map and selecting your desired facility.</li> </ol> 	Tier 1 Universal Supports
<b>Wraparound with Intensive Services (WISe)</b>				MTSS Tier
<p>Wraparound with Intensive Services, or WISe, is an approach to helping children, youth, and their families with intensive mental health care. Services are available in home and community settings and offer a system of care based on the individualized need of the child or youth. WISe is a <b>voluntary</b> service that takes a team approach to support you and your family in meeting your goals. WISe Care Team Includes: Mental Health Clinician, Care Coordinator, Family Partner, Youth Partner, Family and Community Support. You can refer your child for a WISe screening at <b>any time</b>. You should consider referring your child for a WISe screening if your child is:</p> <ul style="list-style-type: none"> <li>Experiencing hard to understand behavior (such as running away or frequent arrests that are due to mental health) that are challenging to you, other caregivers, or treatment provider, and traditional services alone are not helping.</li> <li>Displaying an elevated risk of harm to themselves or others.</li> <li>In need of a more intensive and individualized approach to treatment.</li> <li>Involved in multiple systems (like mental health, CPS, Juvenile Justice, developmental disability services, and/or substance use disorder treatment) and the other agencies are struggling to support your child together.</li> <li>In special education and/or has a 504 Plan, with multiple school suspensions for mental health and/or behavioral issues.</li> </ul> <p>WISe is available to youth age 20 or younger with complex behavioral health needs who are eligible for coverage under WAC 182-505-0210 and meet medical necessity criteria for WISe services.</p>				Tier 2 Individual Supports
<b>Medicaid Insurance</b>		<b>Non-Medicaid Insurance</b>		
Catholic Community Services (CCS) Phone: (253) 759-9544 Website: <a href="https://ccsfamilybehavioralhealth.org/wise/">https://ccsfamilybehavioralhealth.org/wise/</a>		Seneca Family of Agencies Pierce County WISe Email: <a href="mailto:PierceWISe@senecacenter.org">PierceWISe@senecacenter.org</a> Phone: (253) 356-8459 Website: <a href="http://www.senecafoa.org">www.senecafoa.org</a>		

Youth Mobile Crisis Services		MTSS Tier
<b>What is a Crisis?</b>	<b>Youth Mobile Crisis Services</b>	<b>Tier 3 Intensive Supports</b>
<p>A behavioral health crisis is any situation in which a person's behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community; AND/OR a crisis is a disruption or breakdown in a person's/family's normal or usual pattern of functioning. A crisis cannot be resolved by a person's customary problem-solving resources/skills and therefore requires intervention at another level.</p> <p>Carelon Behavioral Health manages behavioral health crisis services for all individuals, regardless of insurance status, in Pierce County. A toll-free regional crisis hotline that operates 24/7/365 is the single point of entry into the behavioral health services system. Resources include mobile crisis teams, referral to behavioral health services, and care coordination.</p>	<p>Children and youth in crisis are served by a team of Child and Adolescent Mental Health Specialists through Catholic Community Services, Family Behavioral Health (FBH) and Seneca Family of Agencies 24 hours a day, 7 days a week. Youth Crisis Services offers a full array of services to assist families in resolving crises with their children. Services may range from a one-time crisis contact to referrals to community mental health providers or a more intensive service areas such WISE, FAST or other community providers.</p> <p>To access Youth Crisis Services call: Toll Free: 1-800-576-7764 TDD: 253-798-4349</p> <p><b>Involuntary Mental Health Treatment:</b> A DCR is authorized to determine if the person presents a harm to self/others/property, or is gravely disabled and is at imminent risk, or if there is a nonemergent risk due to a substance use disorder or mental disorder or needs assisted outpatient behavioral health treatment. The DCR will conduct an evaluation and investigation to determine if the youth meet criteria for involuntary treatment. To request an assessment for Involuntary Treatment, call the Pierce County Crisis Line: 1-800-576-7764</p>	
<p><b>NAVIGATING A MENTAL HEALTH CRISIS</b>   A NAMI resource guide for those experiencing a mental health</p> <p>When providing information about a person in a mental health crisis, be very specific about the behaviors you are observing. Describe what's been going on lately and right now, not what happened a year ago. Be brief and to the point.</p> <p><b>When calling for a Mental Health Emergency Remember to:</b></p> <ul style="list-style-type: none"> <li>✓ Remain calm</li> <li>✓ Explain that your loved one is having a mental health crisis and is not a criminal.</li> <li>✓ Ask for a Crisis Intervention Team (CIT) officer, if available</li> </ul> <p><b>They will ask:</b></p> <ul style="list-style-type: none"> <li>✓ Your name</li> <li>✓ The person's name, age, description</li> <li>✓ The person's current location</li> </ul>	<p>✓ Whether the person has access to a weapon</p> <p><b>Information you may need to communicate:</b></p> <ul style="list-style-type: none"> <li>✓ Mental health history, diagnosis(es)</li> <li>✓ Medications, current/discontinued</li> <li>✓ Suicide attempts, current threats</li> <li>✓ Prior violence, current threats</li> <li>✓ Drug use</li> <li>✓ Contributing factors (i.e. current stressors)</li> <li>✓ What has helped in the past</li> <li>✓ Any delusions, hallucinations, loss of touch with reality</li> </ul> 	<p style="text-align: center;"><b>Crisis Warm Lines:</b></p> <p><b>988 Suicide &amp; Crisis Lifeline</b> We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.</p> <p><b>Ayuda En Español Lifeline</b> ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda. 1-888-628-9454</p> <p><b>Teen Link</b> Phone and online chat support and resource assistance Every night from 6:00 – 10:00 PM 1.866.TeenLink</p> <p><b>Oasis Youth Center Warmline* (All ages)</b> www.oasisyouthcenter.org Call: 1-253-988-2108 Available: 24/7 *Not staffed by licensed counselors</p> <p style="text-align: right;">*Can help you brainstorm ideas/resources</p>