Kids' Mental Health 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. The Kids' Mental Health Pierce County Road Map to Youth Behavioral Health Services is an MTSS (Multi-Tiered System of Supports)-aligned navigation tool that assists schools, families, and community partners to identify local resources across prevention, early intervention, and intensive behavioral health support. By organizing services according to the MTSS framework, the guide promotes timely connections to care and a coordinated approach to supporting the mental health and well-being of Pierce County youth. Kids' Mental Health Pierce County is committed to regularly updating this resource guide to reflect available community resources. Despite these efforts, service offerings, contact information, and program availability may change. We encourage users to contact agencies directly to confirm the most current information. If you identify updates or corrections, please notify our team so we can continue improving this resource for the community.

Consent: 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. Families concerned about a youth's mental health or substance use now have access to Family Initiated Treatment (FIT), a pathway that allows parents and caregivers to request a behavioral health evaluation for youth ages 13-17, even when the youth may be reluctant to seek help themselves. For more information about FIT visit: https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/family-initiated-treatment-fit

Pierce County Behavioral Health Navigation Supports

Access Pierce Resource Navigation:	Washington State Mental Health Referral Service for Children and Teens	Kids' Mental Health Pierce County	MTSS Tier 1
Behavioral Health Services • Referrals to mental health providers and counseling services • Assistance with connecting to crisis intervention services or substance abuse support Contact Us – Reach out to our team by calling 1-800-572-HELP (4357) or 253-572-4357, emailing access@uwpc.org.	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. **What can families expect?** 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.	For complex behavioral health needs you can submit a request for behavioral health navigation through the Kids' Mental Health Pierce County Website: www.kidsmentalhealthpiercecounty.org Resources include an overview of local youth mental health providers, insurance overview, caregiver resources, educational materials and more. You can also find more information on our community Multi-Disciplinary Team (MDT) and submit a request for a meeting.	Universal Supports

Intensive Outpatient Program (IOP) & WISe Behavioral Health Services		MTSS Tier 2
WISe (Wraparound with Intensive Services) Wraparound with Intensive Services, or WISe, services are available in home and community settings and are tailored to the individualized need of the child or youth. WISe is a **voluntary** service that takes a team approach to support you and your family in meeting your goals. The WISe Care Team Includes: Mental Health Clinician, Care Coordinator, Family Partner, and Youth Partner. WISe is **available to Medicaid enrolled 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. You can refer your child for a WISe screening at **any time**. You should consider referring for a WISe screening if your child is: • Frequently using crisis lines or emergency rooms due to mental health concerns.	**MultiCare Adolescent Intensive Outpatient Program (IOP)** Located in Lakewood, WA, this program provides a structured, evidence-based **Dialectical Behavior Therapy (DBT) skills-group focused IOP** for adolescents ages 13–18 who are experiencing emotional dysregulation, depression, self-harm behaviors, chronic suicidal thoughts, and other behavioral health challenges. Anyone can make a referral. Most Medicaid and Commercial insurance plans are accepted**.** Phone number: 253-780-3218 Referral Form Link	Individual supports

- 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.
- Displaying an elevated risk of harm to themselves or others.
- In need of a more intensive and individualized approach to treatment.
- 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.
- In special education and/or has a 504 Plan, with multiple school suspensions for mental health and/or behavioral issues.

To make a referral call Catholic Community Services: 253-759-9544

Charlie Health

Charlie Health is a **virtual** Intensive Outpatient Program (IOP) that is built specifically for young people facing significant mental health challenges. Teens are matched with peers they can relate to and clinicians who specialize in what they're going through. The program is 6-12 weeks long and includes 10+ hours of group and individual therapy per week. To make a referral call: 1-986-201-0134 or submit a referral online at: www.charliehealth.com.

Youth Crisis Services

MTSS Tier 3

What is a Crisis?

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.

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.

Youth Mobile Crisis Services

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) 24 hours a day, 7 days a week. Youth Crisis Services responds to your home, school or community and 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 such WISe, Stabilization Services or other community providers.

To access Youth Mobile Crisis Services call: 1-800-576-7764

Involuntary Mental Health Treatment: A Designated Crisis Responder (DCR) is authorized to determine if the person presents an imminent risk of harm to self/others/property, or is gravely disabled and is at imminent risk. The DCR will conduct an evaluation and investigation to determine if the youth meets criteria for involuntary inpatient treatment. Less restrictive options such voluntary inpatient treatment and Family Initiated Treatment (FIT) must be exhausted. To request an assessment by a DCR for Involuntary Treatment, call the Pierce County Crisis Line: 1-800-576-7764

Intensive Supports

NAVIGATING A MENTAL HEALTH CRISIS | A NAMI resource guide for those experiencing a mental health

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.

When calling for a Mental Health Emergency Remember to:
✓ Remain calm
✓ Explain that your loved one is having a mental health crisis and is not a criminal.
✓ Ask for a Crisis Intervention Team (CIT) officer, if available

They will ask:
✓ Your name
✓ The person's name, age, description
✓ The person's current location
✓ Whether the person has access to a weapon

Information you may need to communicate:
✓ Mental health history, diagnosis(es)
✓ Medications, current/discontinued
✓ Suicide attempts, current threats
✓ Prior violence, current threats
✓ Drug use
✓ Contributing factors (i.e. current stressors)
✓ What has helped in the past
✓ Any delusions, hallucinations, loss of touch with reality

Crisis Warm Lines:

988 Suicide & Crisis Lifeline
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.

Ayuda En Español Lifeline
ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda: 1-888-628-9454

Teen Link
Phone and online chat support and resource assistance Every night from 6:00 – 10:00 PM 1.866.TeenLink

Oasis Youth Center Warmline* (All ages)
For a support line staffed by volunteers that can help brainstorm ideas and resources and is available 24/7 call: 1-253-988-2108. For more information visit: www.oasisyouthcenter.org.

Inpatient Psychiatric Treatment

Acute psychiatric inpatient treatment is designed for brief stays of 5 to 8 days with the plan of transferring youth to ongoing outpatient therapy as soon as possible. The goals during hospitalization are immediate safety, preventing symptoms from worsening and reducing the risk of suicide or other potentially lethal behavior, initiating or adjusting medication, creating a safety plan, learning coping skills and connecting to ongoing community resources. An assessment must be completed to determine if the youth meets medical necessity for this level of care, which includes ruling out any less restrictive options such as Intensive Outpatient Treatment or the Youth Mobile Crisis Service. You can go to your closest Emergency Department to be assessed for needing inpatient treatment.