Inside This Issue:

A Word from Our CEO

New Competency Restoration Program is a Winner!

WISe Program

Comprehensive Latches on to CLIP - Children’s Long Term Inpatient Program

2016 Client and Revenue Facts

Comprehensive Board of Directors

Dale Loveland  
Ronda Ide  
Grace Danielson  
Chair
Ann Allen  
Lorenzo Alvarado  
Bret Bohoskey  
Steve Burdick  
Vice Chair
Mathew Morgan  
Jim Gibbons  
Tom Kloster  
Howard Moore  
Secretary/Treasurer
Donna Sorensen  
Jeanette Stromme  
Kit Park

Pathways
Okay, so I confess I might be biased. I think Comprehensive Healthcare does some pretty cool things. One of the philosophies I’ve always had is that our job at Comprehensive Healthcare is to say yes. We can’t always achieve that but I think we do pretty well. When there is some innovation in our field, we are often at the front of it. When there is a community need, we seek to meet it even if the how isn’t clear at first. When patients or payers like the state come to us with needs, we have tried to find ways to meet the challenge.

This approach has been to the advantage of our local communities. Being able to meet those needs is why many of us come to work each day.

This issue of Pathways tells the story of the growth in service delivery that results from our approach. The programs we share in this edition are cutting edge and simply aren’t available in many communities. I’m really glad to be a part of a large team effort – staff, community, funders and patients – that let’s us bring these programs to our home towns. The staff of Comprehensive and I are proud to be able to be a part of the effort to deliver these services. I hope you will find the work interesting as well.

As always we are happy to hear from you if you have questions.
It is not always easy for police officers, attorneys or judges to know if someone who has been accused of a crime is competent to stand trial. What normally happens, if there is a question of competency, is the person is sent to a state institution for evaluation and assistance in getting treatment to restore competency.

Unfortunately, that person could end up sitting in jail, for long periods of time, waiting to be evaluated.

Today, thanks to Comprehensive Healthcare, the time a person spends in jail, waiting for evaluation has been reduced significantly. A new Competency Restoration program, in a newly remodeled facility in Yakima, was developed by Comprehensive a year ago, and by all accounts it has been an overwhelming success.

There has always been Competency Restorations programs in Washington, but all are in State hospitals. For a variety of reasons a person who was arrested and possibly not competent to stand trial, might not be able to get into the hospital for evaluation and/or treatment for weeks, sometimes even months.

The State of Washington was facing some serious legal issues after being told by Federal authorities they needed to speed up the path to competency restoration. In fact, a Federal court order requires a person be placed into a treatment program within seven days of being evaluated, and that was rarely happening.

**CREATING THE PROGRAM**
Seeking a solution to the problem, the State reached out to Comprehensive who stepped up big time, and within a matter of three months, created a program that has been working very well.

“We were contracted by the State in December of 2015,” said Comprehensive President and CEO Rick Weaver. “We began working with Yakima County and within three months remodeled part of the former jail facility near the fairgrounds.”

On March 1, 2016, Comprehensive opened the first non-state hospital competency restoration program, utilizing non-state employees and started accepting patients. There are currently 24 beds in what is called a “pod” at the Yakima facility and although the residents are unable to leave the facility, the Competency Restoration pod is different than a jail. It is more therapeutic, comfortable and welcoming than a typical jail facility.

The program, which is licensed by the Department of Health, has been very effective. Instead of people spending lengthy time in jail, the patients are sent to the Competency Restoration facility in Yakima and are treated. Once they
are determined competent to stand trial, they are returned to their original county for the next step in their legal proceedings.

“We have been very successful in turning people around much quicker,” said Weaver. “We have a good track record in getting people competent.”

Weaver said that since the program began they have had very few problems with the residents, most of whom are accused, but not convicted of minor misdemeanors or felonies.

The program has been so successful in fact, the State wants Comprehensive to open a second 24-bed pod in Yakima to take on more patients.

“We have presented a proposal to open a second pod in the same facility at the request of the State,” Weaver explained. “With approval, the second pod should open around July 1.”

Another indicator of the success of the program is the State is going to be putting a person here in Yakima who can evaluate whether someone needs treatment, which will speed up the process even more.

**EVERYONE’S A WINNER**

According to Weaver, Comprehensive’s Competency Restoration program has been a win for everyone involved.

It is a win for the State, as they now have access to a program that is meeting the federal requirements for getting people treated in a timely manner.

Counties and municipalities around the state win as the Comprehensive program reduces the populations in their local jails, which in turn reduces costs.

Taxpayers in Yakima County are benefiting as the County now has a tenant that is helping to pay off the bonds on a facility that has been vacant off and on since it was constructed over a decade ago.

Most importantly, the people who need help in becoming competent to stand trial are being treated efficiently and effectively, allowing them to get on with their lives instead of sitting in a jail someplace.

Weaver is understandably proud of the success of the new program offered by Comprehensive Healthcare. Working together with Federal, State and County officials, Comprehensive created a solution to a problem that is definitely working.

“We have a great team involved in this program,” Weaver said in conclusion. “Everyone should feel very good about making it happen, assisting the people who need our help.”
Wrapping Services
Around Families in Need

“We have grown, grown, grown,” says Mistee Magalei, Program Manager of Wraparound with Intensive Services at Comprehensive Healthcare. Known colloquially as WISe (pronounced “wise”), this individualized wraparound treatment approach for youth clients was adopted many years ago by Comprehensive. A 2009 lawsuit brought against the State of Washington by foster youth demanded that the state fill in gaps in mental health care; as early adopters, Comprehensive was in an ideal position to seamlessly transition to offering WISe treatment.

Now mandated by the state, WISe provides intensive behavioral health services and support to youth (and their families) up to the age of 21 who qualify for Medicaid. WISe allows clients to stay in their homes and thrive in their communities, promoting youth development and maximizing potential to grow into healthy and independent adults. Not only does this approach reduce costly and disruptive out-of-home placements, but more importantly it keeps youth safe, increases resiliency, and fosters recovery.

At Comprehensive Healthcare, Mistee Magalei directs a staff of 24 who offer individualized treatment to nearly 90 clients in five counties. These staff members provide customized services, including 24/7 on-call care in their roles as Care Coordinators, Peer Support/Youth Partners, Family Partners, Therapists and Community Outreach Specialists. Using a trauma-informed approach, Mistee’s team treats youth with mental health diagnoses in a flexible multisystem format, building a care team that can include parents, grandparents, teachers, school administrators, probation officers, caregivers and more.

The ideal WISe candidates are youth who have tried all other mental/behavioral health resources but are not able to function in multiple life arenas. For example, these clients often face challenges in school, the juvenile court system, and Child Protective Services. WISe staff model strengths-based, solutions-focused treatment for clients and families, encouraging a belief that recovery and hopeful futures are possible. By truly working as partners, WISe builds relationships of trust with everyone in the client’s life to create a system of wraparound support and to build long-term life skills. WISe staff are often serving directly in the community – in client’s homes, schools, and wherever and whenever is most convenient for families.
Describing the powerful recovery that happens with successful clients, Mistee Magalei stated emphatically, “One of the key pieces in this work is that I never promise we can fix kids - because I don’t believe they’re broken.” Mistee described one case of a client who came back to WISe after being expelled and handcuffed at school; among other interventions, the team (including school staff) had the client work as a Teacher’s Assistant in a lower level reading class. Teaching another student to read built the client’s own reading skills, greatly increasing scores and aptitude.

Our WISe team has grown from 7 to 24 in the past 18 months to meet demand as youth are referred from Comprehensive providers, courts and hospitals. As growth and demand increase, Comprehensive COO Ron Gengler says it’s critical to think about the longevity of WISe. Because of its uniqueness in the treatment spectrum, Gengler emphasizes that “there’s no wrong-door approach – it’s a planned and purposeful intervention. We start with evidence-based practices, and those are adapted to the needs of the family.” As referrals rise, the WISe staff will continue to meet the unique needs of each client and family in personalized, innovative ways.

By 2019, the state will require all counties in Washington to offer WISe services, and Comprehensive is well ahead of the curve.

Watch this short video about the WISe program.. right now!

**WISE** holds a graduation ceremony for all successful clients, celebrated in the way that feels most comfortable for each client and family. Past celebrations have included chicken nuggets and a root beer tasting.

As wraparound services become the national standard, some states like Alaska have been able to bring home all youth from out-of-home placements.
The Children’s Long-Term Inpatient Program (CLIP) has been around a while. Overseen by Washington State’s Department of Behavioral Health & Recovery (DBHR), this relatively small but important program serves adolescents aged 11 to 17 who have longer term treatment needs for psychiatric and behavioral health issues. CLIP is a medically based treatment approach providing 24 hour psychiatric care staffed by clinical experts in a secure and highly structured inpatient setting. Typically, CLIP kids are involuntarily ordered to treatment under the State of Washington Involuntary Treatment Act. Most come from foster care or adoptive environments with an all-to-frequent history of physical or sexual abuse in the family leading to aggressive behaviors and running away.

Over the last five years, the state has seen a 24% increase in admissions to CLIP with no new facilities to accommodate the population increase. That led DBHR to approach Comprehensive Healthcare for help.

Jack Maris, Vice President and Tim Shields, Director of Evaluation and Treatment Facilities, coordinated the implementation details of CLIP at Two Rivers Landing, Comprehensive’s Youth Evaluation & Treatment Center in Yakima. Two Rivers began receiving CLIP kids in December of 2016. Maris explains why Comprehensive got involved. “Until recently, the only facilities for these kids were in the Seattle and Spokane areas. A central Washington location was sorely needed. Frankly, the excellent reputation of our Two Rivers Landing program and facility is what lead the state to us. Plus, we have some extra capacity at Two Rivers, so it is a good fit.”

Comprehensive Healthcare has agreed to provide four CLIP beds to start, three of which are already filled.

**TREATMENT MODEL FITS COMPREHENSIVE PHILOSOPHY**

“Community based treatment trumps institutional care every time,” says Comprehensive CEO, Rick Weaver. So how does that philosophy mesh with the CLIP program? Tim Shields, Comprehensive Director of Two Rivers Landing explained, “Keeping clients in their homes and communities as much as possible might appear counter to the CLIP program. However, the way we are approaching this is supportive of the community based model. We work with the family..."
and the community from the beginning – almost as often as we are working with the youth. The youth happens to be unable to live at home for the time being, but even six to eight months is very temporary. It’s necessary to take the youth out of his home environment for several reasons, but the treatment remains focused on getting the youth functioning with his family and community.”

Family involvement is a crucial piece of Comprehensive’s treatment approach. “We will do whatever we can to get families here, on site, and participating as a necessary part of treatment,” says Shields. “That’s why our location is crucial. It is already making it easier for parents to participate.”

**CLIP Includes Special Programming**

By definition, CLIP is longer term care. CLIP kids stay anywhere from six to 18 months – with the average stay around eight months. Stabilizing adolescent’s symptoms and repairing relationships with parents requires extra time.

The longer stay also creates a need for schooling. Comprehensive has partnered with the Yakima School District to provide a distant learning component and at least one day per week instruction on campus.

Another unique aspect of CLIP requirements is recreational therapy. Shields explained, “We added a Recreational Therapist position, which is new for us. That person will develop recreational goals that support the overall treatment of CLIP clients. This includes taking clients out of the building to get more active. They engage in pro-social activities and navigate the many interpersonal experiences that go into these activities. The addition of a Recreational Therapist allows us to provide real life situations for clients to participate in pro-social activities and experience success.”

**Treatment Goals**

CLIP clients have a history of difficulty regulating and managing emotions which leads to behaviors that are hard to respond to in the community. The main treatment goal at Comprehensive is to stabilize youth to a point that they can manage back in their own homes. Helping families grow in their ability to respond to and live with these adolescents is the other crucial goal. “Keeping the youth and family together for long enough periods of time to complete outpatient work is a major accomplishment and the main goal we are working toward,” says Shields.

**The Future of CLIP at Comprehensive**

Although the need for CLIP beds has fluctuated over the lifetime of the program, it has steadily increased during the last five years in Washington State. There is a shortage of treatment options for high-need adolescents. Adding a central Washington facility to the CLIP system will help fill an unmet need – the definition of Comprehensive Healthcare’s mission.

From Jack Maris’ perspective, “There’s a good chance that Comprehensive’s role with CLIP will increase over time. The state has a need and we are the only program outside the Seattle or Spokane areas that is prepared to meet that need. Perhaps more important, we can provide care for more youth from this part of the state who are in need.”

**Did You Know?**

- **CLIP** is a mental health treatment course – not a place for adolescents to live indefinitely
- **CLIP** is a treatment opportunity for parents to learn new skills to understand & manage their child’s illness
- **Before CLIP**, in the 1970’s, children with severe psychiatric disturbances were frequently placed in residential settings that were unprepared or they were sent to facilities out of state
- **CLIP** is the most intensive psychiatric treatment available to Washington State adolescents

Pathways | Page 9
2016 Client Facts & Revenue

STAFF & CLIENT BREAKDOWN
BY COUNTY

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>STAFF</th>
<th>CLIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kittitas County</td>
<td>44</td>
<td>1,644</td>
</tr>
<tr>
<td>Yakima County</td>
<td>481</td>
<td>9,308</td>
</tr>
<tr>
<td>Benton/Franklin Counties</td>
<td>27</td>
<td>468</td>
</tr>
<tr>
<td>Walla Walla County</td>
<td>72</td>
<td>2,691</td>
</tr>
<tr>
<td>Kickitat County</td>
<td>25</td>
<td>1,066</td>
</tr>
<tr>
<td>Other Counties</td>
<td>3</td>
<td>482</td>
</tr>
</tbody>
</table>

CLIENTS SERVED
BY AGE

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Age 0-14</th>
<th>Age 15-18</th>
<th>Age 19-24</th>
<th>Age 25-59</th>
<th>Age 60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CLIENTS SERVED
BY YEAR

<table>
<thead>
<tr>
<th>YEAR</th>
<th>14,000-15,000</th>
<th>16,000-17,000</th>
<th>18,000-19,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

REVENUE BREAKDOWN

- 69% STATE & MEDICAID
- 10% GRANTS
- 20% FEES
- 1% MISC.

Page 10 | Pathways
Improved access to early intervention and treatment services in our service areas has reduced the overall demand for crisis services.
Yakima Center  
402 S. 4th Avenue  
P.O. Box 959  
Yakima, WA 98907  
(509) 575-4084  

Ellensburg Center  
220 W. 4th Avenue - 98926  
(509) 925-9861  

Cle Elum Center  
402 1st Street - 98922  
(509) 674-2340  

Sunnyside Center  
1319 Saul Road - 98944  
(509) 837-2089  

Pasco Center  
2715 Saint Andrews Loop, Suite C - 99301  
(509) 412-1051  

Goldendale Center  
112 W. Main Street - 98620  
(509) 773-5801  

Walla Walla Center  
1520 Kelly Place, Suite 234 - 99362  
(509) 522-4000  

White Salmon Center  
432 NE Tohomish Street - 98672  
(509) 493-3400  

Pathways © 2017, is published by Comprehensive Healthcare  
Rick Weaver, President/Chief Executive Officer  
Call (509) 575-4084 with comments or suggestions, or visit our website at  
www.comphc.org to learn more about the services offered by Comprehensive.