

**OKANOGAN COUNTY COMMISSIONERS'**

**RESOLUTION 146 - 2021**

*A resolution adopting the Chemical Dependency Treatment and Prevention Plan*

**WHEREAS**, Resolution 12-2003 formed the County Level CJTA Group as required by the Criminal Justice Treatment Account through the Healthcare Authority of Washington; and

**WHEREAS**, Okanogan County subcontracts with Okanogan Behavioral HealthCare (OBHC) various services; and

**WHEREAS**, the Okanogan County court system also provides allowable services through the CJTA grant funding; and

**WHEREAS**, OBHC has again applied for and been approved for the Criminal Justice Treatment Account (CJTA) grant funding; and

**WHEREAS**, one requirement of the CJTA grant is to adopt a Chemical Dependency Treatment and Prevention Plan to show treatments and services provided to community members for sentencing reform; and

**WHEREAS**, the CJTA Group is recommending the Plan of services and has been submitted to the Board of County Commissioners.

**NOW THERE BE IT RESOLVED**, by the Board of Okanogan County Commissioners that the attached Chemical Dependency Treatment and Prevention Plan that has been approved by the CJTA Panel is hereby adopted.

**DATED** at Okanogan, Washington this 16<sup>th</sup> day of November, 2021.

**ATTEST:**

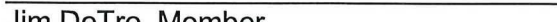
  
Laleña Johns, Clerk of the Board



**BOARD OF COUNTY COMMISSIONERS  
OKANOGAN, WASHINGTON**

  
Chris Branch, Chairman

  
Andy Hover, Member

  
Jim DeTro, Member

# Okanogan County Criminal Justice Treatment Account Plan

December 2021

*This plan has been prepared in response to Health Care Authority, Division of Behavioral Health and Recovery (DBHR) and the current County Program Agreement for CJTA Services guidelines for submittal of Criminal Justice Treatment Account (CJTA) plans and services. Additionally, the Statewide Criminal Justice Treatment Account Panel has some oversight of the plans and sets the funding formula for counties.*

*Okanogan County's CJTA plan has been developed by the local CJTA panel consisting of representatives from the Okanogan County Prosecutor, Sheriff, and Superior Court offices, Drug Court, and the appointed substance abuse treatment provider, Okanogan Behavioral HealthCare. This plan has been reviewed and approved by the Okanogan County Commissioners as the county legislative authority.*

## **Criminal Justice Treatment Account (CJTA) Funds – Local Strategies**

Okanogan County provides Substance Use Disorder services through multiple funding opportunities including Apple Health Medicaid, Federal Block Grant funds, commercial insurance plans, local Sales Tax dollars and other funding sources. CJTA is an additional funding source that provides greater opportunity for our therapeutic court participants and offenders to access treatment and recovery services.

As stated in the County Program Agreement, there will be a dollar-for-dollar account match for services provided to individuals who are participating in Okanogan County's Drug Court programs and whose services are supervised by a Drug Court Team.

CJTA funds will be utilized to provide Substance Use Disorder programs, treatment, and recovery support services to low-income, non-Medicaid offenders in recovery. The funds will be used to help provide services to offenders that are participating in a Drug Court program and/or transitioning from residential treatment or incarceration back into the community and help them to sustain recovery.

The following programs and services will be available to Okanogan County's non-Medicaid eligible, criminal justice population:

1. Drug Court services\*
2. Substance Use Disorder Outpatient and Intensive Outpatient services\*
3. Peer Support services
4. Parenting Classes
5. Recovery Support Services

*\*Indicates best practice/innovative service incorporation.*

### **1. Drug Court Services\***

#### **A. Background & Program Description**

Okanogan County is located in North Central Washington, bordered on the north by British Columbia, Canada, the Columbia River to the south, the Cascade Mountains to the west, and Ferry County to the east. The County covers 5,281 square miles, making it the largest county in Washington. According to the United States Census Bureau, as of July 1, 2018, the county's population is 42,132. Only 30% of the land within the county is in private ownership due to the amount of state and federal land. The Colville Indian Reservation, located in the southeast corner of the county, occupies approximately 700,000 acres of Okanogan County and is an integral part of the heritage of the county.

Okanogan County's Drug Court program has been in operation since 2005 and has established an effective process that ensures that the accountability and treatment structure provide best practice to the highest standards. To ensure ongoing alignment with national best practices and innovation, the team regularly participates in training and continuous improvement activities including the National Association of Drug Court Professionals Conference, the Washington State Association of Drug Court Professionals Conference, and regular review of the 10 key components of Drug Courts.

The Drug Court Program is a comprehensive court-supervised, treatment program for non-violent adult felony and repeat offenders whose crime(s) is related to or caused by Substance Use Disorder (SUD). The program is voluntary and participation is 24 months in length and integrates Substance Use Disorder treatment with structured accountability to the Court. That accountability includes weekly court reviews before the Drug Court Judge and Drug Court team, meeting legal financial obligations and working to complete the program requirements that are in addition to the prescribed treatment.

One of the primary goals of Drug Court is abstinence from substance misuse. This goal is achieved through an ongoing and consistent basis, random home searches, communication with Substance Use Disorder Professionals (SUDP) related to progress and observed random urinalysis during the entirety of a participant's time in the program.

Successful completion and graduation from the Drug Court not only yields a participant's recovery, but also results in having the felony charge(s) dismissed, with prejudice for Drug Court participants.

Drug Court participants move through the following phases:

1. Phase I – Recovery and Responsibility to Self (minimum 3 to 6 mos.) – During this phase, attendance every week; at least 3 random urine tests per week; at least three Intensive Outpatient (IOP) sessions per week until program is completed and/or intensive in-patient treatment or both; at least five self-help meetings per week.
2. Phase II – Maintenance of Recovery and Responsibility to Others (minimum 6 mos.) – During this phase, attendance every week or as determined by Drug Court Team; minimum of two random urine tests; at least 1 relapse prevention group session per week; individual counseling sessions as determine by SUDP and at least three self-help meetings per week; complete any community service hours as required.
3. Phase III – Maintenance of Recovery and Responsibility to Self and Others (minimum 6 to 9 mos.)– During this phase, attendance every week unless enrolled in school or working on that day, then every other week as determined by the Drug Court Team; at least two random urine tests per week; at least one group session or one individual session per month (or as recommended by SUDP); at least two self-help meetings per week.



4. Phase IV – Maintenance of a Clean, Sober and Legal Lifestyle (Transition Phase) (minimum 6 mos.)- During this phase, attendance one time per month; at least one random urine tests per month, at least two documented self-help meetings per week.

A portion of this project (Moral Recognition Therapy) is considered a best practice/ innovative service.

## **B. Use of CJTA Funds**

Services funded through CJTA may include:

Therapeutic Court Coordinator:

- Provides oversight of the process ensuring that quality service delivery and access to care standards are met
- Ensure that the Program manager submits all data timely and accurately in Connexis for Drug Court, Washington State HealthCare Authority, Association of Washington Superior Court Administrators and Okanogan Behavioral HealthCare
- Assists with monthly home searches as needed
- Provides overall leadership to the Drug Court Team and reports directly to the Drug Court Judge

Program Manager:

- Coordinates with dispatch and law enforcement monthly home searches
- Entering and tracking of data into Drug Court System (Connexis)
- Entering and tracking of data and submission to the Washington State HealthCare Authority
- Updating of information for the Association of Washington Superior Court Administrators
- Coordination of services between Drug Court and Okanogan Behavioral HealthCare to ensure timely access to quality services and access to care standards are met
- Home visits with Drug Court participants for continuity of care and supporting recovery and access to resources

These services will enhance treatment services for individuals in the criminal justice system by ensuring that eligible individuals are able to participate in all aspects of Drug Court, which has been demonstrated to have highly successful program outcomes, lower recidivism rates, cost savings including individuals who are productive, live a clean and sober lifestyle, remain out of the legal system and give back to their communities.

## **C. Additional Requirements for CJTA Funds Supporting a Therapeutic Court**

*Match:* Match requirements for Drug Court under CJTA will be met through investment of local sales tax dollars.

*Medication Assisted Treatment for Opioid Use Disorder (MAT):* Okanogan County's Drug Court has allowed the use of Medication Assisted Treatment for the treatment of opioid use disorder since early 2017.

## **2. Substance Use Disorder Treatment Services\***

### **A. Background and Program Description**

Okanogan Behavioral HealthCare (OBHC) has a Behavioral Health Service Agreement with Okanogan County for the purpose of providing comprehensive community-based Mental Health and Substance Use Disorder treatment, Early Support for Infants and Toddlers (ESIT), Adult Development Disabilities coordination, Therapeutic Court Treatment Coordination services, Special Needs/Therapeutic Housing services, County Behavioral Health and Primary Medicine Integration service coordination and interface between Okanogan County and state/federal agencies providing/coordinating similar activities.

Okanogan Behavioral HealthCare was established in July of 2002 and is governed by a seven to thirteen-member Board of Directors with diverse representation that includes schools, social agencies, stakeholders, and a broad spectrum of community members. In the Spring of 2006, the agency built a new, integrated building in Omak, WA and is staffed with more than 80 professional, full time employees. OBHC's mission is to provide holistic behavioral health services that promote wellness and sustain recovery in Okanogan County.

OBHC offers Mental Health Outpatient, Substance Use Disorder Outpatient and Intensive Outpatient services, 24-hour Crisis Response services, Developmental Disabilities, Jail Transitional services, and Therapeutic Housing. Of the services OBHC offers, it also provides many specialized programs such as a peer-run Clubhouse, Wraparound Intensive Services (WiSe), School-Based MH services, Medication Management, Alcohol/Drug Information School, Telemedicine, and State Opioid Response services (SOR). Okanogan Behavioral HealthCare has created a strategic plan to include same day access to outpatient services and provide evidenced based, high quality, team-based and person-centered care. The plan is intended to improve and increase the quality and availability of holistic care and services to all residents of Okanogan County, particularly underserved populations.

Okanogan Behavioral Care acts as an outpatient treatment provider to Okanogan County Drug Court participants and maintains a close working relationship with the county justice system to include the prosecutor's office, local law enforcement, Superior Court judges, and program coordinators. OBHC provides consistent communication and reports of compliance to the Drug Court team to ensure that all participants sustain recovery and achieve successful completion of the program to promote a healthier and stronger community.

## **B. Use of CJTA Funds**

Services funded through CJTA may include:

- Substance Use Disorder Assessments/Evaluations
- Outpatient services, to include Individual and Group Therapy\*
- Intensive Outpatient services, to include Individual and Group Therapy\*
- Case Management
- Education and Outreach
- Urinalysis
- Interim Services

These services will be provided to CJTA-eligible, justice-involved offenders.

\*Some or all of these treatment modalities include best practice/innovative services.

### 3. Peer Support Services

#### A. Background and Program Description

As part of the allowable services and activities under CJTA, Okanogan County intends to incorporate Peer Support Services into the treatment of Substance Use Disorder individuals, to include Drug Court participants. These community-based, peer-to-peer social supports can be extremely beneficial for recovering people, helping them to become and stay engaged in the recovery process and reduce potential relapse as the services are designed and delivered by peers who have been successful in the recovery process.

Per the Substance Abuse and Mental Health Services Administration (SAMHSA) publication titled, “What are Peer Recovery Support Services?” the Recovery Community Services Program (RCSP) has identified four types of social support: emotional, informational, instrumental, and affiliational supports.<sup>1</sup> The publication refers to a table in which each type of support is described: <sup>1</sup>

Type of Support	Description	Peer Support Service Examples
Emotional	Demonstrate empathy, caring, or concern to bolster person’s self-esteem and confidence.	<ul style="list-style-type: none"><li>- Peer Mentoring</li><li>- Peer-Led Support Groups</li></ul>
Informational	Share knowledge and information and/or provide life or vocational skills training.	<ul style="list-style-type: none"><li>- Parenting Class</li><li>- Job Readiness Training</li><li>- Wellness Seminar</li></ul>
Instrumental	Provide concrete assistance to help others accomplish tasks.	<ul style="list-style-type: none"><li>- Child Care</li><li>- Transportation</li><li>- Help accessing the community health and social services</li></ul>
Affiliational	Facilitate contacts with other people to promote learning of social and recreational skills, create community, and acquire a sense of belonging.	<ul style="list-style-type: none"><li>- Recovery Centers</li><li>- Sports League Participation</li><li>- Alcohol- and Drug-free socialization opportunities</li></ul>

#### B. Use of CJTA Funds

Services funded through CJTA to include:

- Substance Use Disorder Peer Support Services provided to CJTA-eligible individuals provided by certified Peer Counselors

Peer Counselors will identify individualized goals tailored to the justice involved consumer and attempt to utilize community and natural supports under the consultation, facilitation, and/or supervision of a Substance Use Disorder Provider (SUDP). Services will promote socialization, recovery, self-advocacy, development of natural supports, and

<sup>1</sup> Center for Substance Abuse Treatment, What are Peer Recovery Support Services? HHS Publication No. (SMA) 09-4454. Rockville, MD: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, 2009.



maintenance of community living skills. Justice involved consumer will actively participate in decision-making and the operation of programmatic supports.

Okanogan County intends to use 30% of the CJTA allocation for this service, which meets contractual requirements to use at least 30% of CJTA funds on innovative services. Implementation of Peer Support services for Substance Use Disorder clients is still developing, estimated to begin over the course of 2020. Projected number of individuals served is dependent on program implementation and utilization.

#### **4. Parenting Classes**

##### **A. Background and Program Description**

Parenting classes can provide parents with strategies and tools to help raise their children and feel involved while focusing on nurturing long-term relationships. Justice-involved individuals can significantly benefit from education and participation in parenting classes. Okanogan County will provide parenting classes to all residents, to include justice/court involved and Substance Use Disorder individuals through a parenting class series called Parenting the Love and Logic Way™.

Love and Logic is a research-driven, whole-child philosophy founded in 1977 by Jim Fray and Foster W. Cline, M.D. The Love and Logic Institute provides practical tools and techniques that help adults achieve respectful, healthy relationships with their children. All of their work is based on a psychologically sound parenting and teaching philosophy called Love and Logic® which emphasizes respect and dignity for both children and adults and provides real limits in a loving way.<sup>2</sup>

##### **B. Use of CJTA Funds**

Services funded through CJTA may include:

- Parenting Classes provided to CJTA-eligible, Substance Use Disorder individuals including Drug Court participants.

#### **5. Recovery Support Services**

##### **A. Background and Program Description**

Recovery Support Services are intended to promote an individual's socialization, recovery, self-advocacy, development of natural support, and maintenance of community living skills. Okanogan County will provide Recovery Support Services to its Therapeutic Court participants in a way that is conducive to the individual's recovery in a Substance Use Disorder Program. Okanogan County is able to expand the services provided to its already existing therapeutic court with the supplemental appropriation for SFY 2021 per ESSB 6168.

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<sup>2</sup> Fray, Jim, Cline, M.D, Foster W. (2020) Love and Logic. Retrieved from <https://www.loveandlogic.com/a/info/about>

## **B. Use of supplemental ESSB 6168 Funds**

Services funded through the supplemental ESSB 6168 funds may include:

- Recovery Support Services provided to CJTA-eligible, Substance Use Disorder individuals including Drug Court participants, to include:
  - Self-Help and spiritual, religious support groups;
  - Housing support services (rent and/or deposits);
  - Education Training;
  - Peer-to-Peer services, mentoring and coaching;
  - Other related Recovery Support Services.
- Incentive programs designed to promote recovery and retention within Drug/DUI Court