

***Mental Illness and Drug Dependency (MIDD)
Community Conversations & Focus Group Themes***

County staff have conducted a robust outreach and engagement process around MIDD renewal. From September through December 2016, King County invited communities to participate in five regional Community Conversations on MIDD¹. Between October 2015 and February 2016, county staff held 13 focus groups involving specific communities, populations, or sub-regional areas. The purpose of these engagement efforts was to hear ideas about services and programs for people living with mental illness and substance use disorders. The conversations were intentionally designed so that community members could have a role in informing the County’s decisions around its investments for children and youth and investments for mental health and substance use disorder services and programs. For the Community Conversations, participants engaged in small discussions based on birth to young adult age groups and MIDD Strategy Areas. A summary of their thoughts on MIDD Strategy Areas are below. Conversations were flexible and welcome to all ideas to allow participants to fully engage.

Community Conversations September – December 2016		
MIDD Strategy Area Table	What’s working?	What’s not working or needed?
Prevention & Early Intervention	<ul style="list-style-type: none"> • Wraparound • Peer Mentors/Counselors • School-based Services • Trauma Informed Care • Suicide Prevention 	<ul style="list-style-type: none"> • Family/In-home Support • Youth-Young Adult Support • Culturally Diverse Resources • Crisis Line Texting • Provider Trainings
Crisis Diversion	<ul style="list-style-type: none"> • Mental Health First Aid Training • Police De-escalation Training • Crisis Clinic • Crisis Solution Services • Children’s Crisis Outreach Response System/Geriatric Regional Assessment Team 	<ul style="list-style-type: none"> • Waiting for Services • Mental Health Aftercare for Young Adults • Mobile Van for Mental Health • Respite Housing/ Crisis beds • Culturally Sensitive Services
Recovery & Reentry	<ul style="list-style-type: none"> • Non-Medicaid services • Wraparound • Recovery Café • Peer/Mentoring Support • Clubhouses 	<ul style="list-style-type: none"> • Non-Medicaid Services, more needed • Restorative Justice • Recovery House/Oxford House • Treatment on Demand • Recovery High Schools
System Improvement	<ul style="list-style-type: none"> • Harm Reduction Programs • Specialty Population Behavioral Health Services • MIDD Mental Health/Substance Use Disorder funds • Staff Trainings • Behavioral Health/Physical Health Integration 	<ul style="list-style-type: none"> • High Staff Turnover and Burnout • Caregiver/Parent Resources are lacking • Lack of services in south and rural county areas • Culturally Competent Services • Facility-based Mental Health/Substance Use Disorder services limit access

¹ Community Conversations were held in partnership with King County staff planning for what became Best Starts for Kids.

Focus Groups: Groups ranged in size from as few as four to over 100. Groups included:

- Domestic Violence and Sexual Assault Service Providers
- Behavioral Health Organizations
- Real Change Vendors (consumers)
- Southeast King County/Maple Valley
- Asian/Asian Pacific Islander Communities
- Hispanic Communities
- Recovery Café (consumers)
- Refugee Forum
- African American Communities
- Northeast King County/Snoqualmie Valley
- Native American Communities
- Trans* Individuals
- Somali Community

A summary of themes from the focus groups on MIDD and behavioral health services are below.

- 1. Culturally specific organizations and groups need to be a central part of development and delivery of programs and services.**
- 2. Stigma is a barrier to seeking services.**
- 3. Outreach and engagement services are needed. Outreach is needed to educate people about available resources. Engagement is important to develop trust to increase commitment and active involvement in services.**
- 4. More affordable housing/housing programs are needed.**
- 5. Non-Medicaid services are necessary to fill a significant gap in the service system since many people still do not qualify for Medicaid.**

**Primary Needs and Gaps Identified by Respondents to the
Mental Illness and Drug Dependency (MIDD) Review and Renewal Survey
September 2015 – February 2016**

As part of the Mental Illness and Drug Dependency (MIDD) renewal work by King County, an electronic survey was made available between September 2015 and February 2016. The purpose of the survey was to gather feedback on a number of aspects of MIDD. The County received 362 responses.

One question specifically asked respondents to describe in narrative the specific mental health or substance abuse service gaps in their communities where new or expanded mental health, substance abuse, or therapeutic court services could make a difference.

Narrative responses to this question from 262 survey participants identified the following as the top 12 areas of need. Please note that not all survey respondents elected to answer this question.

MIDD SURVEY: TOP AREAS OF NEED OR SERVICE GAPS

- 1. Outpatient mental health and substance abuse treatment access, including funding for people who do not have Medicaid**

- 2. Housing, including housing supports and improved services for homeless individuals**
- 3. Services for youth, especially in schools, including prevention**
- 4. Culturally and linguistically competent services**
- 5. Support for families**
- 6. Inpatient substance use disorders treatment capacity/access**
- 7. Crisis services and diversion, including mobile crisis teams**
- 8. Support for people with behavioral health needs whose private insurance is insufficient or too expensive**
- 9. Improved coordination and continuity of care**
- 10. Inpatient mental health treatment capacity/access**
- 11. Workforce challenges including high caseloads and turnover and low salaries**
- 12. Hospital re-entry services including stepdown options**

Additional information from the survey will be made available as it is reviewed.