

# Substance Use Disorder Services: King County COVID Impact & Rural Unincorporated Service Access

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**King County**

# Agenda

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- Intro to Behavioral Health & Recovery Division vision & role in the substance use disorder (SUD) system
- Impact to SUD services in King County related to COVID
- Access to SUD services in rural unincorporated King County
- Next Steps: Proviso Response



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# Intro to BHRD

# King County's Vision

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- An integrated approach to whole-person care
- Connection to social determinants of health programs (largely managed at the city- and county-level)
- “No wrong door” to access needed services



# What does BHRD do?

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BHRD is a division within the Department of Community and Human Services (DCHS)

BHRD's primary objectives and activities include:

- **Managing the administration of behavioral health services** and programs for low income King County residents;
- **Contracting with provider agencies** in the community to provide behavioral health services and treatment to low income King County residents;
- On a limited basis, **providing services directly** to King County residents;
- Performing **delegated administrative functions on behalf of all 5 Medicaid managed care plans** in King County.

To carry out the above activities, BHRD receives revenue from a variety of funders, and each funding source includes contractual requirements and/or regulations that govern the use of funds.

# BHRD: Funding Streams

## Medicaid

Funds contracted to BHRD by Medicaid managed care plans, to support behavioral health services for eligible Medicaid clients.

## MIDD

Mental Illness & Drug Dependency Sales Tax

Local-funded initiatives to promote community-based health, decrease emergency system use, and fill critical gaps within and between the Medicaid & State funds.

## State Funds & Other

Non-Medicaid funds contracted to BHRD by the State or the Medicaid managed care plans. This includes state-only funds, legislative provisos and federal grants.

# How many people does BHRD serve annually?

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2019:

**63,425**

unique clients served

2019:

**2.3M**

services rendered

# COVID Impact to SUD Services

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# COVID Survey: Access to Services Remains Strong

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- About 25% of providers have altered service hours due to COVID
  - The majority have expanded hours to meet client needs and maintain social distancing
- Almost all agencies have needed to modify or “pivot” in some form
  - Telehealth
  - Reaching youth in new ways
  - Pop up clinics/additional outreach to vulnerable populations
  - Suspending group meetings or shortening zoom appointments
  - Outdoor services
- 90% of providers are still offering access to in-person services in addition to telehealth services.
- 30/35 outpatient providers are able to offer an appointment within 5 days of request, with all able to offer appointments within the required 14 day window

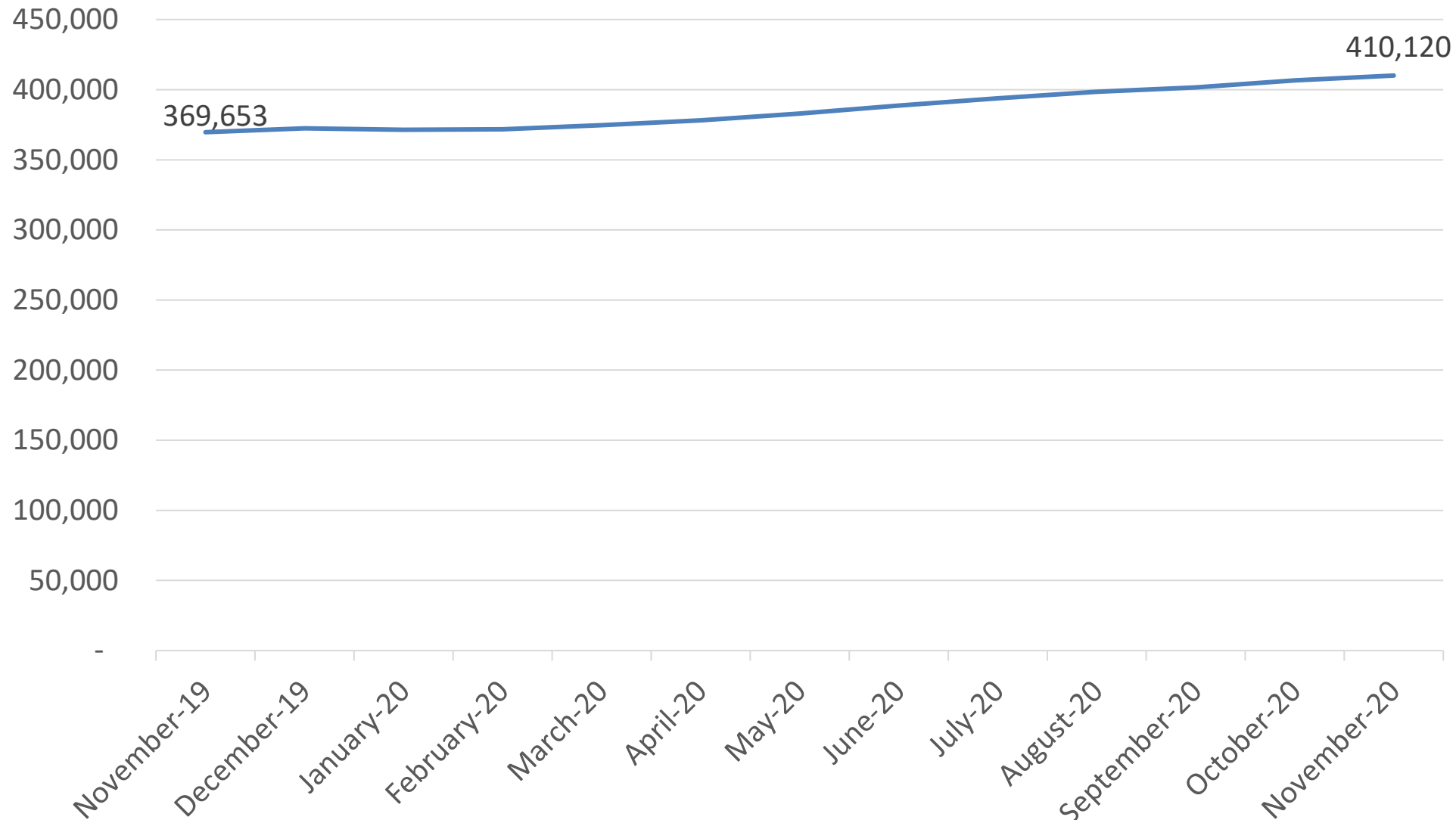
# COVID: Challenges/Opportunities

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- Overdose & Suicide Concerns related to COVID
  - Overall suicide rates in King County were stable as compared to 2017-2019
  - Youth suicide remained high in 2020 as compared to prior years, in keeping with a pre-COVID trend – COVID impact remains unknown
  - Recent spike in overdoses due to Fentanyl; COVID nexus currently unknown
- Telehealth presents significant opportunity but challenges with technology access remain
  - Able to use telemedicine to start clients on MAT such as buprenorphine
  - Technology for clients and providers remains a challenge as well as access to broadband in more rural parts of the County & State
  - Telehealth is being used in new and innovative ways, including use of peers and recovery support services

# Medicaid Enrollment in King County

*November 2019 – November 2020*

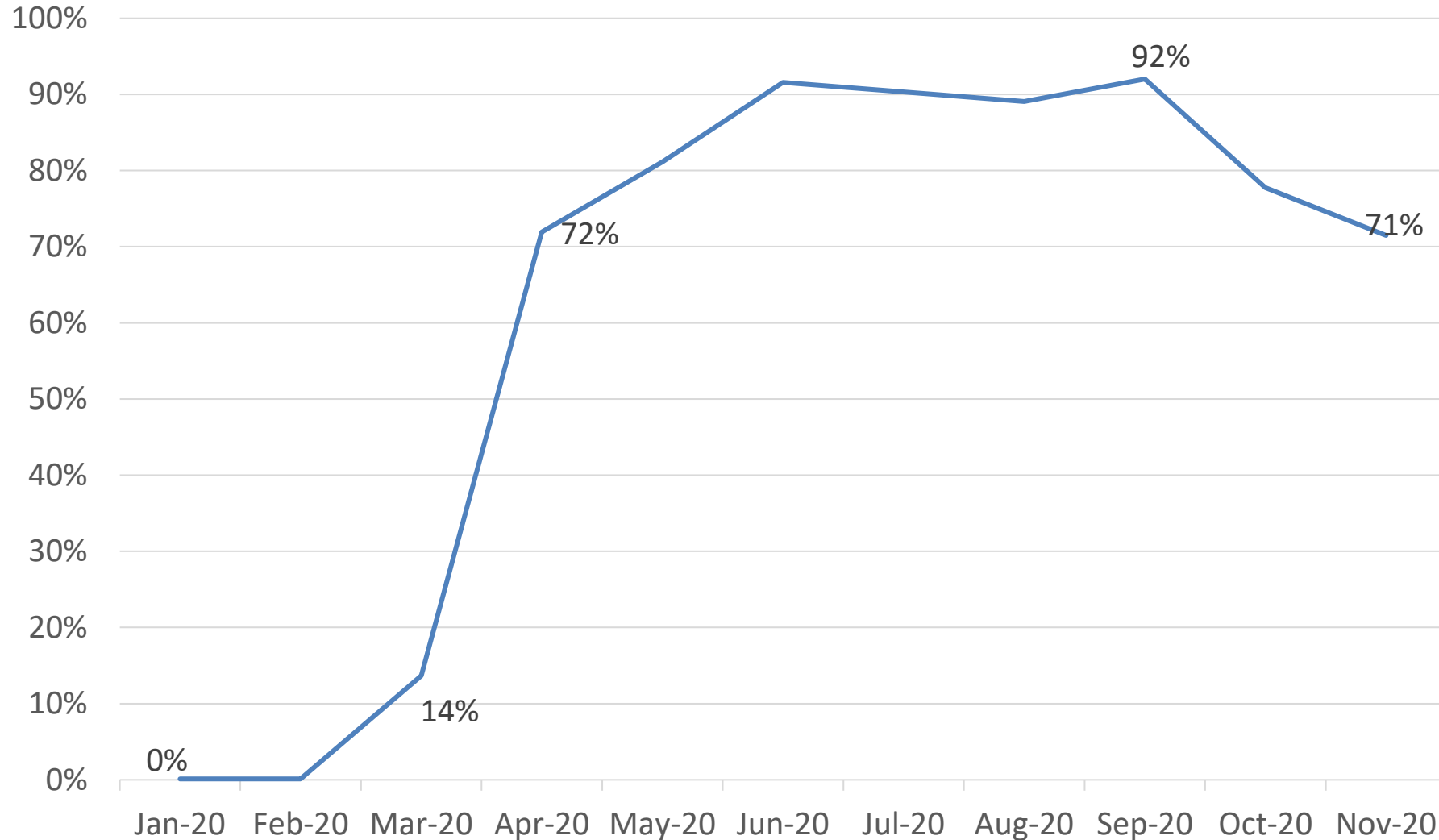


- Number of King County residents enrolled in Medicaid **up 11% year over year**

- COVID-19 has led many to lose jobs, income, and employer-based coverage

# Outpatient Visits Conducted via Telehealth

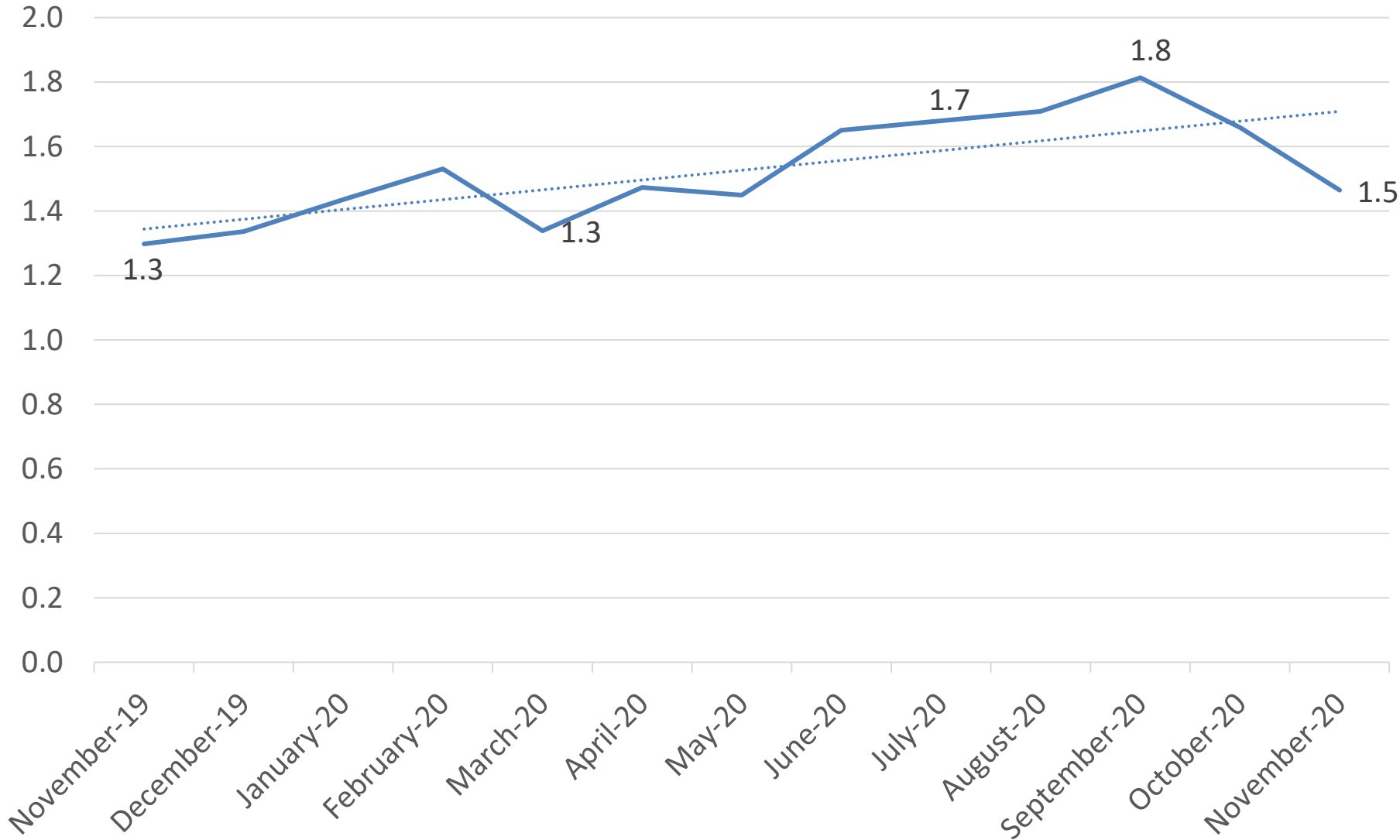
*January 2020 – November 2020*



- KCICN providers quickly pivoted from 0% of outpatient visits provided via telehealth in January 2020 to the majority of visits conducted this way during the pandemic

# Average ENCOUNTERS Per Open Benefit Per Month

*November 2019 – November 2020*

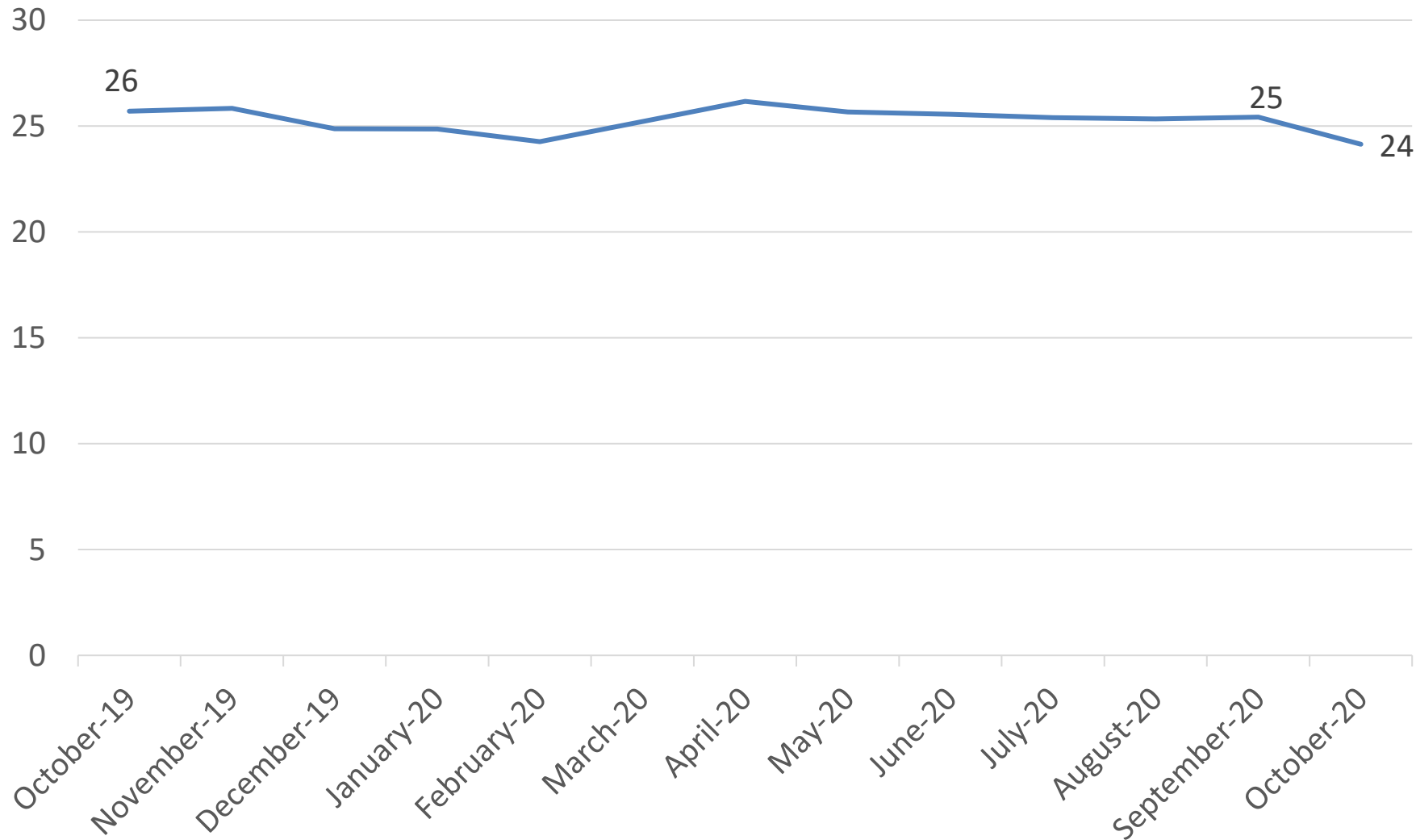


- ***Encounters up 13% year over year***

- Dip observed at start of pandemic after upward trajectory, but soon stabilized again

# MOUD Doses per Open Benefit Per Month

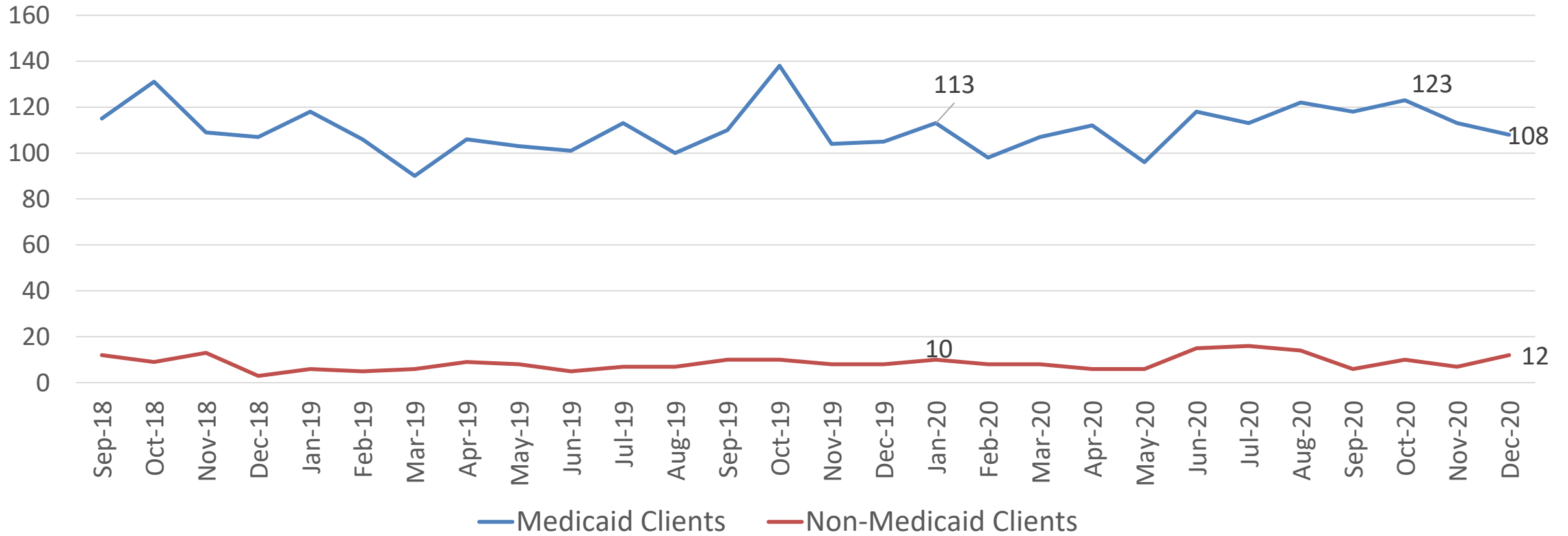
*October 2019 – October 2020*



- ***Dose rate down 6% year over year***, though recent months have also seen lags in MOUD dose encounter submissions
- On a month-to-month basis, the MOUD dose rate has remained relatively stable throughout the pandemic

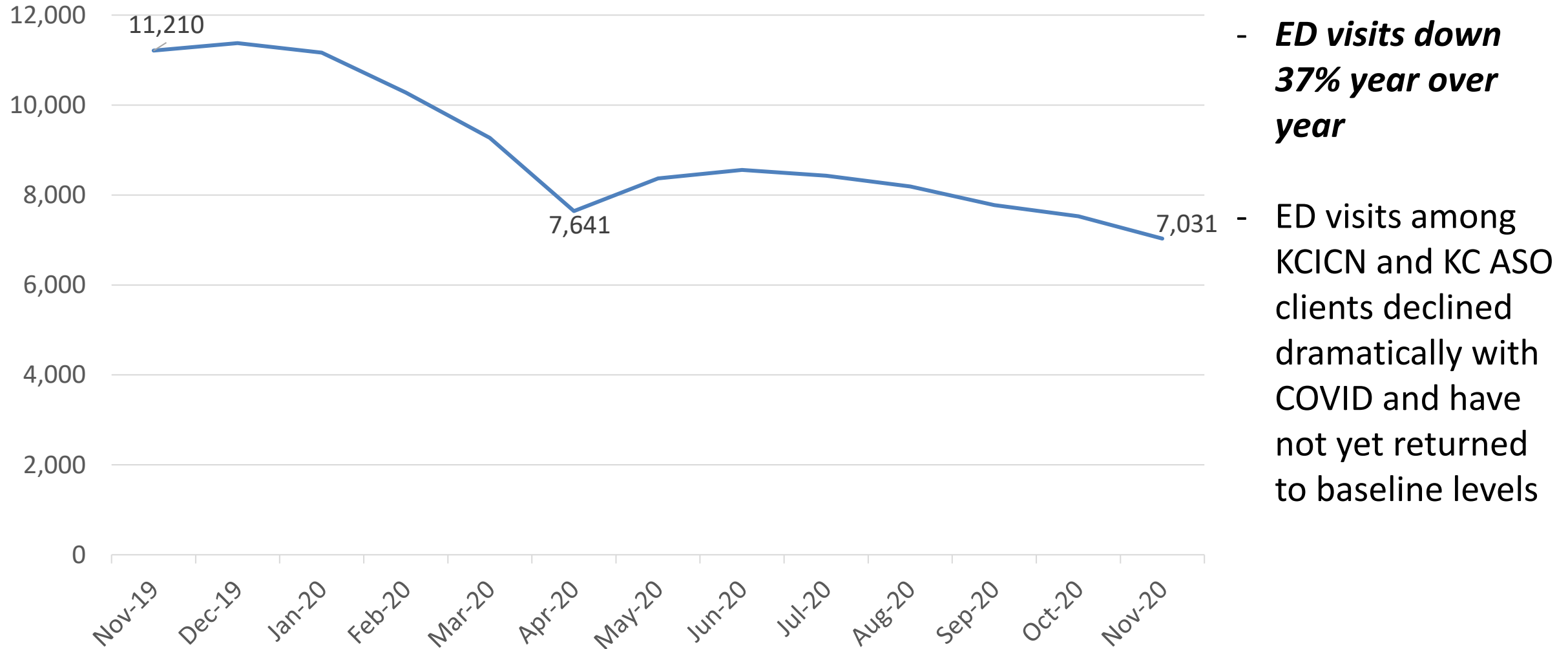
# SUD Residential Admissions by Medicaid Enrollment

- SUD Residential admission volumes have generally remained stable over time.



# Emergency Department Visits by Behavioral Health Clients

*November 2019 – November 2020*



Source: CMT data provided daily for all KCICN and KC BH-ASO clients.



# Substance Use Disorder Service Continuum

## Outpatient SUD

- 1:1
- Group Therapy
- Case Management
- Family Counseling
- Urinalysis
- Transportation

## Medication Assisted Treatment

- Methadone
- Buprenorphine
- Naltrexone
- Treatment of opiate use disorder
- Dosing
- Low Barrier treatment

## Crisis

- Hotline
- Mobile Outreach
- Designated Crisis Responders
- Emergency Services Patrol

## Detox

- Medical care
- Physician supervision to withdrawal from substances
- Lower level: Sobering services
- New: Secure Detox

## Specialty Services

- Peer Support
- Oxford House
- Supported employment & housing
- Specialty Courts
- Re-entry support programs

## Residential SUD

- Intensive Inpatient (youth/adult)
- Co-occurring disorder treatment (youth/adult)
- Long-term Care
- Recovery House (youth/adult)
- Pregnant and Parenting Women

# Services in Unincorporated King County

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Map of Services in Unincorporated King County:

[https://www.google.com/maps/d/viewer?mid=11vWDuFv-e8JURJvKfBIVY\\_o6LacyOQC7&ll=47.71264989430852%2C-122.10800037503371&z=9](https://www.google.com/maps/d/viewer?mid=11vWDuFv-e8JURJvKfBIVY_o6LacyOQC7&ll=47.71264989430852%2C-122.10800037503371&z=9)

## **MOUD**

- As of Jan 30, 2021 there are 150 active MAT programs in King County
  - 32 of which are rapid access programs (access to medication within 24-48 hours)
  - 70 programs that will treat youth ages 13-18
- In unincorporated King County MAT is accessible on Vashon, in the Fairwood area, and in the unincorporated areas near Woodinville, Covington, and Enumclaw.

## **Outpatient**

- 10 integrated MH/SUD agencies located in unincorporated King County; additional in bordering cities
  - Includes culturally appropriate programs
  - Youth and Adults can self-refer into these services
  - Combination of providers that accept Medicaid-Medicare/Private Insurance/Private Pay/Low Cost Sliding Scale
- Residential statewide network; new “no wrong door legislation” allows for self-referral

# Next Steps Proviso: Rural Behavioral Health Services Report

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- The 2021-22 Biennial Budget Ordinance [19210](#) requires DCHS to complete a report on the provision of community-based substance use disorder services and mental health services in the rural unincorporated area of King County
- The proviso requires:
  - Needs Assessment and Gap Analysis
  - Identification of opportunities to leverage current services and innovative models for future application
  - Outreach & Community Engagement
- DCHS is currently exploring opportunities to address these needs with potential federal funds from the American Recovery Plan.

**QUESTIONS?**

