

A. Spokane County Counseling and Recovery Services (CAREs)

The Spokane County Counseling and Recovery Services Division consists of three programs, Therapeutic Services, the Supportive Living Program (SLP), and Housing and Recovery Through Peer Services (HARPS). Therapeutic Services and SLP contract with Managed Care Organizations to provide outpatient behavioral health services to vulnerable members of the community. The HARPS program is a grant funded program that utilizes peer support specialists to assist high risk individuals in obtaining secure housing regardless of insurance or income. During calendar year 2019, CAREs provided 10,038 behavioral health services to 734 individuals.

The Supportive Living Program provides behavioral health services to individuals who are homeless or at risk of becoming homeless. This program seeks to address all barriers to housing utilizing internal resources, community partners and programs, and landlord relationships to support program participants in obtaining appropriate housing. The Supportive Living Program is community based, with housing specialists meeting individuals in the community, and working hands on to help individuals find and maintain housing. During 2019, the Supportive Living Program received 539 referrals from 18 different referral sources in the community. Of those 539 referrals, 315 were determined eligible and received behavioral health services focused on achieving permanent housing. 65% of those individuals were able to achieve permanent housing through the assistance of the Supportive Living Program. SLP works closely with Spokane Housing Authority, and is awarded 5 housing vouchers each month to help program participants achieve permanent, long term housing.

The HARPS program consists of two parts, peer support specialists who work with program participants to find and maintain housing, and a subsidy program that can be utilized by eligible individuals for pertinent housing costs, such as rent, deposits, and moving fees. In 2019 HARPS distributed \$412,480.00 in housing assistance subsidies to individuals in the Spokane RSA to help homeless individuals into shelter or respite placement, transitional living settings, and/or permanent housing. HARPS resources helped 422 individuals avoid homelessness. HARPS prevented 32 individuals from going to a higher level of care, such as psychiatric hospitalization or jail. HARPS peer support specialists work with individuals in the community, offering the unique perspective of individuals who have experienced their own behavioral health struggles, in some cases even homelessness.

Spokane County Supportive Living Program

What is the referral process?

- 1** A case manager needs to fax an SLP Referral Request along with all required forms, marking the *Community Integration Program* option *and SLP Services*.
- 2** Once the referral is assigned, a CIP Specialist will contact the MHCP to set up the initial “Meet and Greet” appointment in order to introduce the Specialist to the Client and MHCP, outline the Community Integration Program, answer any questions, set program expectations and start client goals.
- 3** Client will meet at the SLP office to fill out intake paperwork. This includes a client history and individual treatment plan. The treatment plan consists of goals that are client-specific, allowing benchmarks to be set and obtained.
- 4** A client will begin receiving the monthly calendars, weekly flyers, and may sign up for as many activities as they would like during the month.

Spokane County Supportive Living Program Community Integration Program

**What are some of the skills being learned?
(Look on the back of our calendar for more examples)**

- Lowering social anxiety
- Decreasing anxiety in crowds
- Public speaking
- Concentrating
- Making decisions
- Interpersonal communication
- Speaking to new people
- Positive social interactions
- Following a budget
- Following through on commitments
- Personal space
- Personal hygiene
- Developing relationships
- Networking
- Maintaining healthy boundaries

Spokane County Supportive Living Program Community Integration Program

What are the expectations of the program?

- Attend at least one event per month
- Remain in services with their Primary Provider
- Stay appropriate during groups
- Have active T-19 funding

What are some things we ask of our participants?

- Be patient with trying new activities and making new friends (*this can take a little time, so we strive to accommodate all levels of comfort, as many of our participants are guarded.*)

Spokane County Supportive Living Program Community Integration Program: Frequently Asked Questions

Q: Is there a long waitlist for the Supportive Living Program?

A: *The waitlist for the CIP is separate from the SLP Housing waitlist and currently has a 8-10 week waiting period while the CIP is just processing time.*

Q: What are some important considerations to be discussed before sending a referral?

A: *Whether the individual is willing and able to follow through on attending events regularly and their willingness and ability to stay appropriate during groups.*

Q: My client was recently closed out of CIP for not attending events, how long until they can rejoin?

A: *With a recent CIP client, we ask what has changed to make the client more engaged and successful, otherwise individuals can rejoin again right away or as soon as we get a new completed referral.*

Q: My client just successfully completed SLP Housing services and is interested in CIP. Do I have to send a new referral?

A: *No. If you inform their SLP Specialist before services are closed, your client can be directly transferred to the CIP and continue services. However, a new referral is required if they have been closed.*

THANK YOU

Please reach out to us at the Spokane County Community Services, Housing, and Community Development Department's Supportive Living Program should you have any questions.

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