



**Mental Illness and Drug Dependency (MIDD)  
Oversight Committee (OC)  
October 22, 2009  
11:45-12:15 networking lunch  
12:15 p.m. – 2:15 p.m.  
King County Chinook Building Room 123  
Meeting Notes**

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**Members:**

Jim Adams, Bill Block, Linda Brown, Kelli Carroll, designee for Councilmember Bob Ferguson, Merril Cousin, Nancy Dow-Witherbee, Patricia Edmond-Quinn, designee for Norman Johnson, Russ Goedde, designee for V. David Hocraffer, Shirley Havenga, Mike Heinisch, Darcy Jaffe, Bruce Knutson, Judge Barbara Linde, Marilyn Littlejohn, Leesa Manion, designee for Dan Satterberg, Terry Mark, designee for Jackie MacLean, Barbara Miner, Alex O'Reilly, designee for Councilmember Mike Creighton, Mario Paredes, Mary Ellen Stone, Dwight Thompson, Kathy Van Olst

**Other Attendees:**

Bryan Baird, John Bruels, Krista Camenzind, Stacey Devenney, Laura Garcia, Lisa Kimmerly, Andrea LaFazia, Sarah Lapp, Cheryl Markham, Alessandra Pollack, Aaron Rubardt, Amnon Shoenfeld, Lois Smith, Cindy Spanton, Laurie Sylla, Mary Taylor

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**1. Welcome and Introductions, Co-Chair Havenga~**

Co-Chair Havenga called the meeting to order, welcoming the committee and introductions were made by each person in attendance.

**2. Approval of the Meeting Notes from the October 1, 2009 Meeting, Co-Chair Havenga~**

Minutes were approved by consensus.

**3. Co-Chairs Report, Co-Chair Havenga~**

Co-Chair Havenga reminded the OC members to complete their work plan calendar surveys which are due by the end of October. Andrea will be sending those surveys out again.

Discussion and Action on 3rd Quarter 2009 Quarterly Report

Approved by consensus.

City of Tukwila Update

A revised copy of the letter from the OC Co-Chairs is being completed and will be sent out this week. The Tukwila City Council public hearing on the Crisis Diversion Facility (CDF) moratorium ordinance is scheduled for 7 p.m. on Monday, November 2, 2009 at City Hall, Council Chambers, 6200 Southcenter Blvd., Tukwila, WA 98188 on at 7pm. OC members were encouraged to attend if possible. The public is invited to speak at the meeting as well. One possible outcome of the meeting is to lift the moratorium.

Amnon Shoenfeld and Andrea LaFazia, Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD) and Ian Goodhew, Prosecuting Attorney's Office met with Brandon Miles, Tukwila Department of Community Development on Wednesday, October 21, 2009. Amnon reported

a good conversation about the importance of the CDF, provided background data received over the last few years important to the plan and that the Tukwila Police Chief was also invited to join the meeting. Amnon said he found it useful to hear what his concerns were such as individuals admitted to the CDF only to be released from the facility, and causing problems for the City of Tukwila. Also if the Tukwila Police Department would be required to respond to such problems as they arise. We were able to present new information about the experience a lot of the other counties in the state who have crisis facilities have had. Pierce County's facility averages 1 or 2 calls a year to police to come respond to the facility.

**Member comments:**

**Mario Paredes:** Did Tukwila express an openness or willingness to move this issue forward?

**Amnon:** Yes they did and we would be happy to work with the city if they wanted to work with us. We would be glad to hear the concerns of the city, write contract terms that would satisfy them. We expressed an openness as well to respond to them.

**4. Pacific Court Housing Update and Possible Action**

*Megan Hyla, King County Housing Authority (KCHA), Director of Policy and Intergovernmental Affairs*

*Kristin Winkel, Senior Director for Homeless Housing Initiatives*

Megan Hyla began by giving some background on the project and how it came to be.

In fall 2008, KCHA became aware of a vacant 32 one & two bedroom unit, newly rehabilitated residential property in Tukwila. Pacific Court offered to put in place high quality supportive housing for up to 50 homeless or formerly homeless individuals struggling with mental illness. KCHA sought out community partners, local government, county executive's office and discussed this opportunity to create new federal public housing at this site. This opportunity would create efficiencies by sharing management since it is adjacent to an existing site.

KCHA took out a short term loan to finance this acquisition to secure ownership of the property. Regarding the financing, this new federal HUD public housing provides ongoing operating and maintenance subsidy on the property indefinitely. Over the life of the contract as it stands now, this would bring in \$11.6 million. Additionally, KCHA secured a \$550,000 grant from federal stimulus funding to expand the on-site offices for Sound Mental Health (SMH) to provide various services. This would give SMH dedicated office space for counseling, expanded community space for therapeutic and social activities on-site and 24-hour front desk staffing. Furthermore, KCHA was able to go to the state Housing Trust Fund and secure another \$2 million. Combining of all these funds, KCHA would be able to leverage \$14.1 million. However, public housing operating subsidies cannot support debt, so in order to leverage federal funds, the property must be debt free. KCHA is looking to the County to retire the outstanding debt on the property of \$2 million.

Kristin Winkel reported that about the time the property was identified, KCHA began speaking with MHCADSD on who could provide services on-site. Some benefits recognized about the property were: its location, the quality of the building and the high priority population targeted for additional supportive housing by the county.

MHCADSD requested a letter of intent, saying that the idea of services to be provided on-site would be targeted to those formerly homeless, with mental illness and/or co-occurring disorders. They were looking for an agency that could provide intensive wraparound community based services ideally for individuals in the Program for Assertive Community Treatment (PACT) Program, the Forensic Assertive Community Treatment (FACT) Program, Standard Supportive Housing and South King County Housing First Pilot Program.

The agency selected was SMH. KCHA began working with SMH to identify what the 7 day a week supportive housing coverage would look like and began the referral process for serving tenants. That process began in February 2009. KCHA has had SMH staff on-site for extended day hours ever since, providing services in a community based setting. There is a small community room that has enabled staff to be on-site during the daytime office space, and also space for community activities. At capacity, they will house 48 individuals. Currently, there are 2 resident managers (who are peers and former participants in some of these programs) providing additional community services. Presently, there are 31 tenants with approximately six moving in within the next week.

In summary, if Pacific Court is not funded the remaining \$2million, the County will lose:

- Federal Public Housing Operating Subsidies, valued over the life of the contract at \$11.6 million.
- 50 affordable homes targeted to high-priority, vulnerable populations.
- Federal stimulus funding of \$550,000 to expand the on-site offices for SMH staff to deliver therapy, education and recreational services.

Bill Block reported that in the MIDD budget plan the OC looked at last month, there was \$2 million for capital. The Executive's proposal used that capital to pay back the KCHA because it is dedicated to a MIDD population. In a Human Services budget panel this morning, however, the council supported paying off this debt using a housing opportunity fund for capital requests. In the current Notice of Funding Availability (NOFA), \$25 million in capital requests have come in and the amount available is \$8 million. The services request is \$43 million, with the available amount at \$12 million; a fund under severe demands. A significant amount is needed to complete the projects currently in the pipeline either with services or remaining capital. Bill asked the OC to recommend to the Council the \$2 million in the budget that was presented to the OC be used for the KCHA payment.

**Member comments and concerns:**

Due to lack of information, some members felt uncomfortable making a recommendation to support funding a project without notice, whereas others didn't see a conflict. If money comes out of MIDD, other things are cut. Members did not have a problem making a statement to urge the Council to support this project, and felt that it would be a huge mistake to give up \$11.6 million if the remaining \$2 million could not be acquired.

In the Executive's proposed budget for 2010, currently being deliberated at the Council, this \$2 million allocation is a part of that budget plan.

Kelli Carroll, spokeswoman for Councilmember Ferguson, reported that the Councilmember is not in agreement with using MIDD dollars for additional capital and if the OC chose to draft a statement, he would not sign it. Nearly \$22 million has been spent on capital costs with MIDD dollars. MIDD is supplanting to prevent General Fund cuts of \$8.7 million to over \$12 million total. If this proposal goes forward as proposed, MIDD strategies are being delayed and reduced by \$8.7 million. By securing other funding, we'd only have to delay or reduce \$6.7 million, so we are cutting more deeply into MIDD strategies to fund this expenditure. The panel members are very clear that it's not free and unallocated. I met with budget leadership team and clarified for them that these funds wouldn't result in \$2 million less in housing capital and services being available for other projects. The conflict for the Councilmember is, we've spent on capital, we're cutting more deeply, and there are other services that may need to move forward. It has been mentioned several times in panel, particularly that Mental Health Court expansion is a priority of the members. There are competing agendas, conflicting requests and very low money. The money for this project is being proposed to be backed by another revenue stream other than MIDD.

Cheryl Markham, King County Housing and Community Development Program Project Manager made a statement regarding Pacific Court. She said that Pacific Court came into the competitive round and her group is looking at all of those projects. There is \$25 million in requests and only \$8 million to allocate. With that additional \$2million, it could be applied toward that. We may not have enough other dollars at work for Pacific Court. MIDD is specifically tailored to that population and we know it works. So if we had that additional money we could use that to fund Pacific Court.

A letter will be drafted from the OC Co-Chairs stating that the OC strongly supports the project and urge the council to fund it.

## **5. Youth Eastside Prevention Presentation**

*Sue Eastgard, Executive Director Youth Suicide Prevention Program*

The United States experiences a suicide every 17 minutes, deaths that are quantified by medical examiners. In Washington state alone, 2 kids are lost each week to suicide.

Sue told the story of a young teenager that took his life in 1992. This boy wasn't in treatment, was not known to the mental health system, nor had anyone suspected he was troubled. His death propelled this issue to the forefront of the legislature. His family decided that instead of counseling, they would march to Olympia, to require mental health issues, specifically depression and suicide prevention be incorporated into the K-12 curriculum. Still, there is no uniformity about what happens in public schools related to suicide. In 1995, we were looking at the 15-24 year old age group. Since then, that age group now includes 10-14 year olds who have engaged in suicidal behavior.

State funds were appropriated to develop a plan that articulated raising public awareness, training and building coalitions. Learning how to talk about this issue, how often it happens, why it happens, and by what means does it happen. Many people aren't aware of these issues because it isn't reported like homicides. So much time has been designated talking to kids, parents, school teachers, administrators, counselors, or anyone to bring more focus to this issue.

Between the years 2003 and 2007, the state of Washington experienced 2 deaths per week on average, culminating to over 500 deaths in that 5 year period. King County had 116 of them as determined by medical examiners. During that time, 986 kids in King County spent the night in hospital beds as a result of suicidal behavior. The state of Washington does not count ER visits.

The Healthy Youth Survey, conducted in schools across the state every 2 years, contains data of the number of kids who report feeling very sad or depressed that they change their normal pattern or behavior.

20% of 8th graders have identified themselves as depressed or sad for more than 7 days in a row sometime in the last 12 months. Many of those won't ask for help, but would seek help for a friend.

What is really important is that we learn three basic things:

- Show that you care / Express concern.
- Must be able to ask directly about suicide.
- If their answer is yes or you think it might be yes, go get help.

Youth Suicide Prevention Program is primarily funded by the Department of Health and is very appreciative of MIDD money.

## **6. MIDD Strategy Update 4d – Youth Suicide Prevention**

*Kathleen Southwick, Crisis Clinic, Executive Director*

*Sue Eastgard, Executive Director Youth Suicide Prevention Program*

Kathleen: In 1996, a staff member of Crisis Clinic experienced the brutal murder of her daughter by an abusive boyfriend. Prior to her death, she didn't feel she had anyone or any resources she could turn to. Kids at that time admitted they will talk to their peers and often times won't turn to parents or counselors for help.

Crisis Clinic then established the TEENLINK program. They found there were good youth serving agencies, however, they weren't oriented toward telephone crisis intervention. The peer helpline continues today 7 days a week, from 6 p.m. to 10 p.m. Two teens are trained with an equivalent to crisis line training. These teens are in the office to take calls on a wide range of subject matter such as suicide, depression, mental health, breakups, bullying, etc.

Kathleen distributed a booklet called, "Where to turn for teens" that is distributed for free throughout the King County school system and youth serving organizations. In addition to suicide prevention, the booklet also contains teen friendly resources in King County for alcohol & drug treatment, birth control, domestic violence, eating disorders, health concerns, sexual assault and many more.

Crisis Clinic conducts suicide prevention in school training. They had received designated funds for these trainings from the County Council in 2000 and continue to receive funds from United Way and Suburban Cities Association. Even with limited MIDD funds, that money has made a huge impact by allowing the agency to designate people to facilitate these trainings. Training takes place in middle schools and high schools, usually in health classes. The curriculum is focused on helping teens identify stress in their lives, and participate in talking about good and bad coping mechanisms and knowing the warning signs of suicide. The program assists kids to know how you show you care, how you ask the question and how do you get help by choosing TEENLINK or using a counselor or parent. This year, Crisis Clinic will speak to and educate about 6,600 teens out of 90,000 high school age teens in King County.

The agency is currently working very hard to get administrators to create a crisis response plan that includes suicidal behavior. Many schools in the county have crisis plans that involve floods, bomb threats, bad people on school grounds, and say nothing about suicide which is more common.

One hard to reach group of individuals includes 18-24 year old people who aren't in school, primarily male, who do not have a high school diploma, are working in blue collar, low wage employment, died by suicide primarily with a firearm. How do we reach those people or form resources for individuals once we cannot reach them through schools.

Kathleen: When suicide on a spectrum seems far fetched. When we ask kids to raise their hands at these functions if they've felt or know someone who might have thoughts of suicide, you'd be astounded at how many kids raise their hands

To find out more information on Crisis Clinic, call 206-461-3210. For TEENLINK, a youth oriented help line, call 1-866-TEENLINK (or 1-866-83365465).

## **7. MIDD OC member check in**

**Jim Adams:** At the last meeting, I indicated we had relationships with Tukwila. They didn't want to talk about the issue because they feel it's resolved. We'll be at the public hearing. I was surprised at how they closed ranks as far as showing any hopes in discussing this thing.

**Kelli Carroll:** Amnon, do you recommend that people go to the public hearing?

**Amnon:** I think it would be useful to have a good turn out at the public meeting to show support at these functions.

## **8. New Business**

King County Drug Court 15th Anniversary Celebration  
King County Courthouse  
516 Third Avenue, Room E942  
Seattle, WA 98104

November 18, 2009 at 10:30 a.m.

Guest speaker: Gil Kerlikowske, Director, Office of National Drug Control Policy.

Invitations will be sent to OC members next week.

## **9. Public Comment**

**John Bruels:** Two issues Tukwila is concerned about is police response to the facility, they don't want to overtax their police force and releasing potentially violent and troublesome individuals out into the community without any supervision.

**Amnon:** Those were the two things that we heard. They also had issues with where is the appropriate zone? In terms of zoning, it wasn't appropriate for a residential area.

**John Bruels:** Addressing those two or three concerns would be the most productive you think?

**Amnon:** That could be. I think the most important thing is to say that there are a lot of stakeholders in the community across King County and that this is an important resource for King County. In that process, we got input from the Kent, Auburn and Kirkland Police Departments and the Sheriff, where does this need to be located? We came up with a general area and a lot of that area happens to be Tukwila, not exclusively. Police wanted it to be easily accessible in the south area of Seattle and that's a key area. Tukwila is saying 'we don't want it here' really limits the ability to have this resource.

**Dwight Thompson:** Will you be submitting a letter to the Council?

**Amnon:** We are sending a letter.

**Dwight Thompson:** Is that going to come out before the hearing?

**Amnon:** Yes.

**Dwight Thompson:** Could you email all of us so we can reference the letter to save time?

**John Bruels:** In my research, there are numerous communities across the country that would benefit from having this facility in their towns. Atlanta, San Antonio, Boston, Phoenix, etc., communities are having great response aren't having any trouble with these facilities in their neighborhoods.

**Co-Chair Havenga:** Thanked everyone for coming.

**ADJOURN 1:45p.m.**

## **Next Meeting**

**November 19, 2009**

**King County Chinook Building**  
401 5<sup>th</sup> Avenue, Seattle, WA 98104

**11:45 a.m.– 12:15 p.m. ~ Networking Lunch**

**12:15 p.m.– 2:15 p.m. ~ Meeting**

**Room 123**