



# VOICES & CHOICES

For and by people concerned with mental illness and recovery in  
Lewis, Pacific, and Wahkiakum Counties.

September 2009

*The Criminal Justice/Mental Health Consensus Project, coordinated by the Council of State Governments Justice Center, is an unprecedented, national effort to help local, state, and federal policymakers and criminal justice and mental health professionals improve the response to people with mental illnesses who come into contact with the criminal justice system. The following is reprinted from the Project's web site:<http://consensusproject.org>. To view the original fact sheet, complete with full citations, select <http://consensusproject.org/resources/fact-sheets/factsheet>*

## About the Problem

### **Overrepresentation of People with Mental Illness in the Criminal Justice System**

- Today there are approximately two million people incarcerated in US prisons or jails; approximately ten million people are booked into US jails over the course of the year.
- Approximately five percent of the US population has a serious mental illness. The US Department of Justice reports, however, that about 16 percent of the population in prison or jail has a mental illness.
- A study conducted in New York state found that men involved in the public mental health system over a five-year period were four times as likely to be incarcerated as men in the general population; for women the ratio was six to one.
- The Los Angeles County Jail, the Cook County Jail (Chicago) and Riker's Island (NY city) each hold more people with mental illness on any given day than any hospital in the United States.
- Nearly three-quarters of inmates with mental illness have a co-occurring substance abuse problem.
- Inmates with mental illness in state prison were 2.5 times as likely to have been homeless in the year preceding their arrest than inmates without a mental illness.
- Nearly half the inmates in prison with a mental illness were incarcerated for committing a non-violent crime.

### **Length of State Once Incarcerated**

- On average, inmates with mental illness serve a longer portion of their sentence than inmates without mental illness.
- On Riker's Island (New York City's largest jail), the average length of stay for an inmate is 42 days; it is 215 days for an inmate with a serious mental illness.
- In 2000 in Pennsylvania, 16 percent of all releasees served their maximum sentence. If an inmate had a mental illness, he/she was twice as likely to serve his/her maximum sentence than other inmates; having a serious mental illness meant the inmate was three times as likely to serve his/her maximum sentence.

**Statewide Commissioners/Task Forces Regarding Mental Illness and Criminal Justice System**

- Within the last four years, almost half of the states have established special commissions or task forces to look into some aspect of the mental health system. Legislation calling for the establishment of such bodies has been introduced in an additional five states.
- Almost half of these commissions are explicitly charged with investigating the criminalization of mental illness.
- Officials in King County, Washington, identified 20 people who had been repeatedly hospitalized, jailed or admitted to detoxification centers; in the course of one year, providing these emergency services to these 20 individuals cost the county at least \$1.1 million.

**Innovative Programs' Impact on Costs and Public Safety**

- Staff from the Thresholds Jail Program, which provides case management for people with mental illness released from jail in Cook County Illinois, calculated the number of days that 30 people who had been through the program were incarcerated and/or hospitalized in the year after their participation in the program. In total, the 30 individuals spent approximately 2,200 days less in jail (at \$70/day) than they had during the year preceding their participation in Thresholds. These same 30 people also spent about 2,100 fewer days (at \$500/day) in hospitals.

**Using Law Enforcement Resources More Efficiently**

- In Memphis, Tennessee, before the implementation of their Crisis Intervention Team (CIT) model, officers spent 4-6 hours at the medical center for mental health admissions, which now average about 15 minutes. Shortly after the Memphis CIT was implemented, injuries suffered by individuals with mental illnesses caused by police decreased by nearly 40 percent.
- In 1999, the Albuquerque Police Department, which also employs a CIT model, reported that officers arrested, transported to jail, or otherwise took into protective custody fewer than 10 percent of those people with mental illnesses they contacted. Injuries were also reduced to just more than 1 percent of calls after their CIT model was implemented. The decrease in use of SWAT was reported at 58 percent.

**Violence, Mental Illness, and Victimization**

- The results of several, large-scale research projects conclude that only a weak statistical association between mental disorder and violence exists. Serious violence by people with major mental disorders appears concentrated in a small fraction of the total number, and especially among those who use alcohol and other drugs.
- When a person with mental illness commits a violent crime, more than half the time, the victim is a family member, a friend, or an acquaintance.
- One study in North Carolina found that people with mental illness are almost three times as likely to be victims of violent crime than people without mental illness.

**Not Guilty-by-Reason-of-Insanity**

- The public and the media often associate mental illness and the criminal justice system with pleas of not guilty by reason of insanity (or under new state laws, a conviction of guilty but insane). A small fraction of defendants with mental illness make such pleas. A 1996 study of the Baltimore Circuit Court estimated that of 60,342 indictments filed during one year, only eight defendants (.013 percent) ultimately pleaded not criminally responsible. All eight pleas were uncontested by the state.

## Quality Review Team Report

July 2009—August 14, 2009 Meeting Date

*Heather Maxwell, QRT Coordinator*

*The Quality Review Team is responsible for fairly and independently reviewing the performance of the RSN and its contracted service providers to evaluate for systemic issues as outlined in WAC 388-865-0282 and provide to the TRSN Governing Board recommendations for improvements to the RSN system of care.*

The Volunteer Team met once in July for their regular meeting. Theresa Mahar, the TRSN ombuds attended. She shared surveys she 'borrowed' from the TRSN QRT to use as a model. She and the Grays Harbor RSN's QRT have revamped both the Client Satisfaction Survey and the Allied System Survey to use in their own region. QRT appreciated the feedback and it was interesting to see what they had developed.

Highlights of the meetings also included:

QRT revamped some of the survey they developed for site visits to adult family homes and boarding homes with insights from Jan Kaschmitter and are planning to schedule site visits in the coming month facility permitting.

The visibility issue with the Morton (Cascade Mental Health Care) Comment Box was again on topic, the sign is still missing and the box is nowhere near the agency's door.

QRT members discussed possible recommendations regarding the frequency of RSN meetings.

The Allied Provider Survey: this writer continues to follow up on this and emailed surveys to several agencies in Wahkiakum County and Pacific County and is still in the process of researching email addresses. The QRT data base only includes mailing addresses (no phone numbers, emails, etc). A smaller workgroup was formed to research email addresses, but with the heat wave it was cancelled.

Work continued regarding the planning of the upcoming Speakouts. Dates in September for Pacific County and in October for Wahkiakum County are being scheduled. In Wahkiakum County, the Johnson House will be hosting the QRT speakout. A host or site for Pacific County is still unknown, so ideas from stakeholders would be great. The Speakout for Lewis County will be held August 4<sup>th</sup> in Chehalis.

QRT visited the day support in Lewis and in Pacific Counties and both programs seem to be in full swing.

QRT continued to test Protocall (in follow-up to a request at the April TRSN Board meetings) and the feedback continues to be positive and members report that it seems services have improved!

*Continued next page*

This writer submitted the QRT report to the Voices and Choices newsletter. QRT members were again encouraged to write up articles of their experiences at the Behavioral Health Care Conference for the Voices and Choices newsletter.

This writer also prepared the QRT semi-annual report which is attached.

QRT Coordinator may be reached toll free at 1-877-736-3162 or at [QRT@localaccess.com](mailto:QRT@localaccess.com) or by postal service at PO Box 1435 Centralia, WA 98531 Please feel free to contact with questions, concerns, or comments, or if you are interested in volunteering (from Pacific or Wahkiakum Counties, or Shoalwater Bay Indian Nation).

## ATTENTION!!!

### DID YOU KNOW?

Did you know that there is a team of people who are interested in the quality of public mental health client services, known as the Q.R.T.?

### WHAT IS Q.R.T.?

Q.R.T. otherwise known as Quality Review Team, is a group of clients, family members and community volunteers coordinated by a Timberlands Regional Support Network employee. This team functions independently of the TRSN.

### WHAT IS THE FUNCTION OF Q.R.T.?

The function of the Q.R.T. is to survey clients and family members of public mental health services via speakouts, community forums, surveys and other forms of outreach throughout the year bearing several goals in mind all filed under one purpose, IMPROVING CLIENT SERVICES IN MENTAL HEALTH.

### HOW CAN I VOLUNTEER?

Volunteering for the Q.R.T. is simple. Call the number below.

### CONTACT INFORMATION:

Quality Review Team serving Lewis, Pacific, and Wahkiakum counties.

Timberlands Q.R.T.

Heather Maxwell, Coordinator

Phone: 1-877-736-3162 (Toll Free)

Email: [qrt@localaccess.com](mailto:qrt@localaccess.com)

PO Box 1435

Centralia, WA 98531

## Mental Health Coalition

The next meeting will be September 3<sup>rd</sup> at the Old Credit Union Building, 156 NW Chehalis Ave, Chehalis, 8-10 am. For more information, please contact:

Carolyn Price, MSW

Mental Health Liaison

Lewis County Public Health and Social Services

360-740-1430

## NAMI Pacific County

Tuesday, September 8th will be our next regular NAMI meeting, from 3:00-4:30. We will meet at the Peninsula Church Center, 5000 N Place (Washington Ave.) in Seaview.

Lynn Bisson, from Willapa Behavioral Health will be our guest speaker. Her topics will include services available at Willapa, budget cuts, and any questions you may have.

Anyone is welcome to NAMI meetings and there is no charge. For more information, please call Kat 665-6305, or Rosi 665-5372

Following the meeting, at 4:45, the Quality Review Team will hold a speakout, pizza included. Look for more information in the QRT column.

*Please feel free to pass along copies of Voices & Choices to other interested persons.*

*I am resending this e-mail out to everyone because I wanted to reiterate this opportunity for agencies to provide feedback that will ultimately inform our legislature about how budget cuts impact services at the local level. We are not often asked for this information. Please consider responding to Kate Baber's request below. Thank you.*

*Carolyn Price, MSW  
Mental Health Liaison  
Lewis County Public Health and Social Services  
360-740-1430*

My name is Kate Baber, and I am from the Washington State Budget & Policy Center. As you may know, the Budget & Policy Center is launching an effort to compile data on how health and human services have been affected by recent budget cuts in order to fully understand the aggregate effect of these cuts.

We are surveying providers, organizations, and advocacy groups across Washington to collect information on how different programs have been affected by the recent budget cuts at the state, county, and city levels. We are interested in documenting changes in: program waiting lists, caseload changes, staffing changes, fee increases, changes in demand for uncompensated care or financial assistance to cover health care costs, and changes in the demand for services.

We will use the data we collect to compile an aggregate report of Washington's health care and human service infrastructure's ability to meet the needs of its residents in lieu of the recent budget cuts. This information will be distributed to health care advocacy organizations and stakeholders and will be used to build a case for increasing and preserving funding from the state during the 2010 legislative session. It will also be used to illustrate the negative impact Initiative-1033 would have on vital public systems.

I've listed several questions below that capture the type of data we're trying to collect. If any of the questions are applicable to any organization that you are knowledgeable of, please answer them with as much detail as possible (any quantitative data would be great). If you have any questions, don't hesitate to contact me by phone at (206) 919-5908 or via email at [kateb@budgetandpolicy.org](mailto:kateb@budgetandpolicy.org).

Thanks,

Kate

- 1) Has your organization had to cut any of its programs, make reductions in the scope of services provided, close any of its offices, or limit its operating hours in recent months?
- 2) Has your organization had to layoff any employees, introduce a hiring freeze, or implement furloughs in recent months?
- 3) Has your organization experienced any caseload changes, changes in the demand for specific services, or increases in waiting lists in recent months?
- 4) Has your organization had to increase its fees or sliding fee scale in recent months to compensate for a loss of revenue from the state, county, or city?
- 5) Has your organization experienced any changes in the demand for uncompensated care or financial assistance from patients or clients in recent months?
- 6) Has your organization or the clients you serve experienced any other impacts due to budget cuts at the state, county, or city that were not addressed above?

Kate Baber

Washington State Budget & Policy Center  
[www.budgetandpolicy.org](http://www.budgetandpolicy.org) | 206.262.0973  
[schmudget.blogspot.com](http://schmudget.blogspot.com)

## Nearby People, Places, Groups

Clatsop County (Oregon) NAMI has monthly general meetings, support group sessions 1<sup>st</sup> and 3<sup>rd</sup> Sunday afternoons, and education programs. President: Richard Elfering in Astoria, 1-503-325-7430. Education coordinator: Alice Kero Wood, 1-503-717-1835, [woodavon@msn.com](mailto:woodavon@msn.com)

Cowlitz County NAMI has regular meetings and speakers. Contact person: Don Roy, [dgr55566@msn.com](mailto:dgr55566@msn.com), (360) 577-6581.2007 president: Paula Grant, [pgrant@kalama.net](mailto:pgrant@kalama.net)

CHADD is a national organization working with ADD and ADHD issues. It stands for Children and Adults with Attention Deficit/Hyperactivity Disorder, [www.chadd.org](http://www.chadd.org), 1-800-233-4050.

DBSA, Depression and Bipolar Support Alliance is a national organization. [www.DBSAAlliance.org](http://www.DBSAAlliance.org), 1-800-826-3632 information. Crisis Line 1-800-442-4673 (HOPE).

Nationwide Suicide Prevention Crisis Line, 24-7, 1-800-442-4673

National Mental Health Consumers' Self-Help Clearinghouse. Based in Philadelphia PA, Source of information, scholarships, nationwide connections. 1-800-553-4539, [www.mhselfhelp.org](http://www.mhselfhelp.org)

Mental Health America (was National Mental Health Association) - offers weekly online news reports, education, etc. [mentalhealthamerica.net](http://mentalhealthamerica.net)

National Suicide Prevention Lifeline  
1-800-273-TALK

If you want to be REMOVED from the *Voices & Choices* mailing list please call 1 800 392-6298 or email [everman@trsn.org](mailto:everman@trsn.org). If you are no longer receiving mental health services as a consumer at Cascade MHC, Willapa BH or Wahkiakum CMHS but want to continue getting *Voices & Choices* by US mail, call 1 800 392-6298 or email [everman@trsn.org](mailto:everman@trsn.org). Thank you.

## Wahkiakum Human Services Advisory Board

Meets  
First Thursday of each month  
3:30-5PM

@

River Street Meeting Room  
25 River Street  
(Rear Lower Level)  
Cathlamet, Washington

Public Welcome!  
Check with Reception  
360-795-8630

or

1-800-635-5989

If you have further questions

### *Please note -*

If you have recently changed your address or phone number, please let your local Mental Health agency know, as this will help tremendously in trying to contact you in the event of staff illness, schedule changes, or to cut down mail returned as undeliverable.

The Editorial Board of *Voices & Choices* invites you to

### **Share Your Story**

We believe everyone has a story to share and ideas to contribute. We invite you to submit a personal story, a tip on staying well, a book or movie review, upcoming MH recovery events, or information on national and regional mental health issues. Submissions may or may not be used in a forthcoming issue, and may be edited for length. The newsletter's basic goal is to inform, encourage, and inspire.

Please send articles to Cereice Cook  
Email: [ccook@oz.net](mailto:ccook@oz.net) or mail to: Cereice Cook, PO Box 486,  
Port Orchard, WA 98366-0486 more information:  
360-876-1122

**LEWIS COUNTY**

Useful Numbers &amp; Web Sites

**NAMI LEWIS**

**The Educational Support Meeting** (open to everybody) is the *first* Tuesday of each month, 6:00 at **NEW** Timberlands-Chehalis Library  
400 N. Market Blvd., Chehalis

**Next meeting: September 1, 2009, 6:00 pm**

**The Family Support Group** (open to family members only) is on the *third* Tuesday of each month. Contact numbers are Sherry Palmer 748-4024, Valerie Voght 748-0229, and Judy Baskett  
[baskettcase@myway.com](mailto:baskettcase@myway.com)

**Next meeting: September 15, 5:30 pm**

For more information contact:  
Richard Ponder 360 736-5847

**CASCADE MENTAL HEALTH CARE**

135 West Main, Chehalis, WA 98532 /  
2428 Reynolds Street, Centralia, WA 98531  
748-6696 Main Street Location /  
330-9044 Reynolds Street Location.

**Toll Free:** 800 559-6696

Email: [killillays@casca demental health.org](mailto:killillays@casca demental health.org)  
WEB Site: [www.cascademh.org](http://www.cascademh.org)

**PACIFIC COUNTY**

Useful Numbers

**Willapa Behavioral Health**

2204 Pacific Ave North, Long Beach, WA. 642-3787  
Mail: PO Box 863, Long Beach, WA 98631

300 Ocean Avenue, Raymond 942-2303  
Mail: P O Box 65, South Bend, WA 98586

**Toll Free** (both locations): 800 884-2298

Email: [cumminse@willapabh.org](mailto:cumminse@willapabh.org)

**NAMI PACIFIC**

35504 "J" Place, Ocean Park, WA 98640

**Kat Erskine**, Pres. 665-6305, [kathrynersk@yahoo.com](mailto:kathrynersk@yahoo.com)

**Carol Wright**, Vice-Pres., [baywriter@hotmail.com](mailto:baywriter@hotmail.com)

**Mary Bowers**, Secretary, [mf@centurytel.net](mailto:mf@centurytel.net)

**Rosi Sartwell**, Treas./Mem. Coordinator, 665-5372  
[rsartwell@yahoo.com](mailto:rsartwell@yahoo.com); and

**Charlotte Paliani**, Board Member

Contact one of those listed above for more information. Meetings are the second Tuesday at 3:00 to 4:30 pm or 6:30 to 8:00 pm at the Peninsula Church Center 5000 N. Place (Washington Ave.) in Seaview.

**WAHKIAKUM COUNTY**

Useful Numbers &amp; Web Sites

**NAMI WAHKIAKUM**

PO Box 366, Cathlamet, WA 98612

There are no scheduled meetings at this time for NAMI Wahkiakum.

Interested individuals desiring to participate and set-up a meeting, or anyone interested in more information about NAMI may contact Colleen Bennett, 360-795-8630, or Chris Holmes, 1800-635-5989.

**WAHKIAKUM COUNTY  
MENTAL HEALTH SERVICES**

42 Elochoman Valley Road,  
Cathlamet, WA 98612

Including: Mental Health, Chemical Dependency,  
Community Outreach, Developmental Disabilities  
and Employment Center  
360 795-8630

**Toll Free:** 800 635-5989

Email: [brightj@co.wahkiakum.wa.us](mailto:brightj@co.wahkiakum.wa.us)

**Other Useful Numbers  
and Web Sites****Ombuds Services**

Theresa Mahar

New toll free number 866 439-3064

Email: [maharthe@yahoo.com](mailto:maharthe@yahoo.com)

*For after hours emergencies...*

**Cascade Mental Health Care:**

748-6696/ 800-559-6696

**Willapa Behavioral Health:**

Long Beach: 642-3787

Raymond: 875-9426

Toll Free: 800-884-2298

**NAMI WASHINGTON**

President: Barbara Bate

Email: [bgofish@wallapabay.org](mailto:bgofish@wallapabay.org)

**NAMI**

National Office, Arlington VA

1-800-950-6264

[www.nami.org](http://www.nami.org)