

The Human Services Commission approved these minutes on November 1, 2016

CITY OF BELLEVUE
HUMAN SERVICES COMMISSION
MINUTES

September 20, 2016
6:00 p.m.

Bellevue City Hall
City Council Conference Room 1E-113

COMMISSIONERS PRESENT: Chairperson McEachran, Commissioners Bruels, Kline, Mercer, Oxrieder, Perelman, Villar

COMMISSIONERS ABSENT: None

STAFF PRESENT: Terry Smith, Emily Leslie, Alex O'Reilly,
Department of Parks and Community Services

GUEST SPEAKERS: Marcy Miller, Sheila Capestany, King County Best Starts for Kids; Kelli Carroll, King County Behavioral Health and Recovery Division

RECORDING SECRETARY: Gerry Lindsay

1. CALL TO ORDER

The meeting was called to order at 6:02 p.m. by Chair McEachran who presided.

2. ROLL CALL

Upon the call of the roll, all Commissioners were present.

3. PETITIONS AND COMMUNICATIONS – None

4. STAFF AND COMMISSION REPORTS

Commissioner Oxrieder reported that she attended a recent event at Youth Eastside Services at which a panel addressed the heroin epidemic on the Eastside.

Commissioner Villar said during the summer she facilitated a group in the Snoqualmie Valley that was focused on youth. The goal was to be able to drive other solutions toward how to better serve the youth in the Snoqualmie Valley community. The group comprised of both teens and adults from various non-profits and local governments came up with solutions for moving forward, including training systems and a resource network.

Chair McEachran said he attended the groundbreaking ceremony for Athene, the

14th series of affordable housing units of Imagine Housing in Kirkland. The project will serve seniors and will include 12 units set aside for seniors experiencing homelessness.

Department of Parks & Community Services Assistant Director Terry Smith reported that a representative of the Bellevue Fire Department who serves on the opioid task force was one of the panelists for the YES event. He also serves on the interdepartmental team that focuses on homelessness and panhandling issues.

Mr. Smith commented that 2016 has been an amazing year for the human services staff, though it has required a great deal of work. There are many things happening in the human services arena, including the Mental Illness and Drug Dependency (MIDD), the Best Starts for Kids (BSK), the Veterans and Human Services Levy, and all the focus on homelessness. Work is continuing to site an interim shelter, and it appears an interim winter shelter site for the next three years has been identified.

Human Services Manager Emily Leslie agreed that there are a number of things going on. She said a community conversation is planned for September 29 regarding the proposed Eastgate permanent shelter for men and supportive housing at the Champion Center. She invited the Commissioners to attend. The Neighborhood Outreach team is very involved in the process.

Human Services Planner Alex O'Reilly said the City Council on September 19 commended Helen Leuzzi, who passed away in August. They eloquently spoke about her dedication to starting The Sophia Way homeless shelter.

Ms. O'Reilly called attention to the October 10 Eastside Human Services Forum legislative forum on older adults issues. She also reported that the North Bellevue Community Center has developed a new memory early loss program and support group; some components are for those experiencing memory loss, and some are for their caregivers.

5. DISCUSSION

A. Update on Best Starts for Kids Levy Implementation

Ms. Leslie noted that a number of countywide initiatives are under way. The Best Starts for Kids (BSK) levy and the (MIDD) sales tax, which was recently renewed by the King County Council.

With regard to the BSK levy, Mr. Smith said the implementation plan includes the creation of the Children and Youth Advisory Board. The work was begun toward the end of 2015 as the County went through the process of determining the slots and positions. He said in February he was appointed to serve as a representative for the city on the board. A draft of the implementation plan went before the King County Council on June 1 and it was passed on September 19.

Ms. Sheila Capestany with BSK said the ordinance to put the levy on the ballot was passed by the King County Council in May. That kicked off a lot of work to reach out to the community. She said she was hired by the county in May 2015 specifically to serve as the Children/Youth strategic advisor and to lead the BSK planning process. During the fall months there were many conversations conducted with the community, most in partnership with the MIDD. One of the conversations was held at the Highland Community Center in Bellevue. The levy passed in November 2015 and that started a new round of work. The Children and Youth Advisory Board was set up in February, and the science and research panel was set up to take a look at where the planning and recommended strategies were headed and to provide assurance and the research and the science was being followed.

Ms. Capestany said the Children and Youth Advisory Board has a dual purpose. It serves as the Oversight Advisory Board for BSK as well as the Oversight and Advisory Board for the Youth Action Plan. In the future, the Board will not sunset at the end of the levy, rather it will continue to provide advice on policy around children and youth.

In March the Youth and Family Homelessness Prevention Plan was presented, and in May it was approved by the King County Council. Between the months of January and May a number of individual stakeholders were asked to provide input with regard to the plan. After the plan was mostly drafted, a second round of community conversations, including one at Highland Community Center, were conducted to ask if the draft accurately reflected what the first round of community conversations had highlighted. There were ten community conversations held and revisions to the plan were effected after each conversation.

Input regarding the plan was provided by a number of persons from Bellevue and throughout the Eastside. At both of the community conversations in Bellevue, the need to take a multigenerational approach to the ideas of parenting was voiced. Nationally, there is a trend toward a two-generation approach that focuses on parents and very small children and the fact that serving small children cannot be accomplished without involving the parental context. The need for a multigenerational approach was made very clear on the Eastside. The view of the plan was expanded to include that perspective. The Eastside input also highlighted the gap in available services for people who have early delays; the services are really good from zero to three, but it is easy to fall through the cracks after that. There is also a gap in being able to pay for services and thus the children do not receive the services they need.

People on the Eastside also voiced concerns about the mental health of young people. They pointed out that they have been seeing increasing rates of anxiety and depression among young people. Additionally, it was voiced very loudly that multicultural approaches need to be embedded into all that is done.

Ms. Capestany said Eastside Pathways has been a planning partner and worked on

the community conversations. The evaluation team has worked with the organization on what might be the indicators for BSK, and members of the organization are serving the Children and Youth Advisory Board. Groups that work closely with Issaquah and the Sno Valley Network have also been involved.

The Children and Youth Advisory Board has 40 positions and currently has about 34 members. Most of the seats are at-large positions. Only six of the seats are reserved for specific places, including Seattle, Bellevue, Sound City Alliance, and youth members.

Ms. Capestany said an intensive evaluation of all the strategies will be undertaken in line with the need to be grounded in research and science. The key performance indicators are the bold-type elements which are expected to result in change for the better. The secondary indicators are specific items that will show whether or not things are on the right path toward moving the headline indicators. There are also performance measures identified that will be tracked over time.

The flourishing and resilient indicator is the new composite indicator that is based on a couple of different sources. It is known that there is very little information regarding children from about six months up to age 12. One of the first strategies BSK addressed was the development of a child health survey. The survey, which was released within the last week, was developed with the help of the Children and Youth Advisory Board as well as folks from the Science and Research Panel, the county's epidemiology department and public health program and evaluation division. All parents are being encouraged to fill out the survey, and oversampling is being done in communities of color and immigrant communities. The survey is available online, in writing, and in person, and is available in language-specific formats. The plan is to conduct the survey every two years to track changes. The survey is specific to six months to 12 years and is intended to help create a baseline.

Mr. Smith noted that some of the indicators parallel nicely with Eastside Pathways. Everyone is trying to work toward the same goals and will be focusing on those areas that will have the greatest impact.

Commissioner Villar observed that resiliency is something that has come up relatively recently in the research. She asked how BSK will react to any new research studies that seem to point in a new direction. Ms. Capestany said when she began her social work career 30 years ago much of the work was based on resilience. For some reason, that element went away over time and has recently come back as understanding of toxic stress and trauma increased. The research shows the answer to those issues is resilience. New research is constantly being tracked for new trends and ideas. BSK has the opportunity to lead in new directions but also to make sure the recommended directions are well grounded. None of the indicators are new or unique to BSK; they are all being used by other initiatives in the state or at the national level, and all are well researched indicators.

Ms. Capestany explained that 50 percent of the BSK investments will go for children aged birth to five and for pregnant women; 35 percent will go for what is being called sustain the game, which addresses ages five to 24; ten percent will be used to wrap community around young people and families, particularly in communities of opportunity; and five percent will go toward supporting evaluation, data collection and analysis, and dollars lost to prorating of parks districts as they apply to children and youth. The funding picture also includes a one-time collection of \$19 million that went toward the Youth and Family Homelessness Prevention Plan. The plan went out in three separate RFPs, one of the services involved, one for technical assistance to help small community based organizations apply for the dollars, and one to address awareness about LGBTQ issues.

Ms. Capestany said one of the exciting things about the plan is that it pretty much is intact from its initial transmittal to the Council. The changes that were made did in fact improve the plan. In the prenatal to five category, there is opportunity for innovation within communities. An innovation fund of \$1.5 million on average has been set aside to respond to community identified and driven needs. Some restrictions were placed on the fund by the Council in the form of needing to specifically ask for appropriations. About \$9 million is earmarked for home-based services, which includes a variety of strategies around home visiting programs as well as innovative services that could be one-off type programs. The strategy around community based parenting support and peer support is focused on a variety of different programs, including play and learn groups, programs in specific communities, and the notion of having community based providers offering education and teaching on the importance of vision, hearing and environmental health issues.

The strategy around prenatal to five is centered on system building and direct services. BSK is committed to looking at developmental screening for all very young children. Increasing the amount of developmental screening done will undoubtedly uncover more need for early intervention services. The category also includes system building around infant mental health.

Ms. Capestany said in putting together the strategies each workgroup identified workforce development. Accordingly, workforce development was pulled out as a separate strategy, recognizing the need to support all places and providers where children are taken care of. By ordinance, at least 11 percent of the levy funds must be invested in public health community based programs. A national model called Help Me Grow is being reviewed; the model creates a framework for holding all of the pieces together. Under the vision of families at the center, care must be taken to make sure they are connected to the services they need via a referral line and navigators who can make direct connections.

Commissioner Oxrieder asked if there are plans to let the world know about the successes reached in connecting all the networks along the way. Ms. Capestany said from the beginning there have been talks focused on how to go about information

sharing with the community. Dashboards are being created that will be about outcomes for programs as well as processes that worked well.

Ms. Capestany explained that the investments in the five to 24 category will be all about promotion, prevention and early intervention. The research bears out that there are things that protect young people and promote resilience so that when challenges occur, they are able to bounce back and move on. Those are the things to invest in, along with actions that will reduce risk factors young people might be experiencing. Accordingly, the first strategy includes creating trauma-informed schools and organizations, working on restorative practices, healthy relationships and domestic violence prevention for youth, and youth leadership and engagement opportunities. There will also be a focus on making sure young people stay connected to their families and communities as a protective factor, which will require investing in both mentoring and family engagement and support programs. Investments will be made in positive identity development, school-based health centers, creating healthy and safe environments, and screening and early intervention for mental health and substance abuse.

It is recognized that there are many young people who have already experienced a lot of trauma in their lives. Two investments will be made in young people whose lives have gone sideways, and the focus will be on seeing them as having a whole long and healthy life in front of them. Within the category are young people who have been in foster care or who have interacted with the foster care system; those who have experienced substance abuse; and young people who have been trafficked. The investments will be made in programs that will help them stay in school, and that will help them reengage. A big commitment will be made to stopping the school to prison pipeline. Outreach will be done very differently by going to where the kids are. The Theft 3 and Mall Safety pilot program that will be working out of the South Center Mall as a partnership between the Tukwila police, the mall security, community-based organizations, and the public defender. In 2015, 250 kids were arrested for shoplifting and charged with Theft 3, and it is known that a charge of that sort offers a clear path to continued involvement with the juvenile justice system. The pilot program is a diversion program that steers the kids into working with community-based organizations. The Mall Safety element will involve having staff at the mall at the hot times for young people and after the mall closes to direct young people in a different direction.

The Council added a program called SCOPE, which stands for Students Creating Optimal Performance Education, will also fit into the school to prison pipeline. The program is for young people who have been expelled and it focuses on getting them their GED, case management, peer support and mentoring. The Council amendments to the plan included strengthening the commitment to equity and social justice. Examples of programs that could be funded were also added to the plan documents, but without any promise to fund the programs. A requirement was also added to have at least one percent of the 50 percent going to prenatal to age 5 category and the 35 percent going for age 5 to 24 be invested in outreach, technical

assistance and capacity building in the form of hiring one or more organization to provide support to community based organizations.

Ms. Capestany said BSK is working very closely with the risk assessment group and the procurement organization to figure out how much of what is to be done is mandated and how much will be just practice. The list of issues includes insurance requirements for community organizations; contracting practices involving up-front funding; and data collection.

Ms. Capestany said the only other dollar add to the plan was \$400,000 annually to go toward vaccination awareness for teenagers. The impact overall to the plan will not be significant.

Commissioner Oxrieder asked what successes have been achieved to date in carrying out some of the activities in schools. Ms. Capestany said the screen, brief intervention and referral to treatment program for middle schoolers will be school based and provided through community based partners. Additionally, some schools may have after-school programs BSK may want to invest in. In rural areas, schools and churches are where human services are being provided, so partnerships will be important. The process of reaching out to school superintendents has just begun, but the department already has relationships with some school districts and with some school buildings that will be built on. Some schools may in fact apply for funding for after-school programs.

Mr. Smith commented that the people serving on the BSK Board are amazing with a great deal of expertise, insight, knowledge and experience. They have pushed the county to do things differently and how funds are allocated so that smaller organizations, which are often closer to those who really need the help, can obtain some of the resources.

With regard to the comments made regarding the school to prison pipeline, Commissioner Villar pointed out that some youth turned 18 before the levy went into effect. She encouraged looking at those in the age 18 to 24 category who are no longer in the juvenile justice system but who would not otherwise benefit from the program. Ms. Capestany agreed that there is much work to be done at the county level with regard to that age group. Legal adulthood occurs at age 18, but there is brain research that says youths are not through developing until age 24. The justice system puts those 18 and over into adult prisons. Much of the work regarding the school to prison pipeline will in fact focus on the age 18 to 24 category. For those who are already involved with the justice system, a way will need to be found to reach them with services; how to do that has not yet been determined.

6. DISCUSSION

A. Renewal of MIDD Sales Tax

Kelli Carroll, Strategic Advisor for the King County Behavioral Health and Recovery Division, explained that the MIDD is a countywide one-tenth of one percent sales tax enabled by state statute. The projection is that the MIDD will bring in more than \$134 million in the 2017-2018 biennium. The revenues generated are to be used for certain behavioral health programs in therapeutic court. The MIDD was first passed in 2007 on a 6-3 vote, and in August 2016 the Council voted unanimously to extend it. King County is one of 23 counties in the state that have authorized the revenue source.

Ms. Carroll said two significant reports were filed with the Council as required by legislation. The first was a comprehensive retrospective report on MIDD 1 that included an extensive analysis and examination of the strategies, programs and services, as well as the evaluations that have occurred annually. The finding was that MIDD 1 was found to be successful and effective in meeting the established policy goals. The second report was the service improvement plan which serves as the blueprint for moving forward with MIDD 2.

The MIDD and BSK staff partnered to conduct five large community meetings in Bellevue, Shoreline, Seattle and Tukwila, and 14 specific focus groups on the topic of behavioral health. Effort was put into conducting the work transparently with broad stakeholder input. Monthly meetings were held with the oversight committee over the last 18 months to keep them advised and to allow for making course corrections where necessary. There were also regular check-ins with provider groups to keep them up to date, and an electronic survey was conducted which enjoyed a big response.

The Oversight Committee has established values and guiding principles for MIDD 2. One of the primary guiding principles is that the work is to be influenced by equity and social justice.

The Service Improvement Plan that was transmitted to the Council on August 25 was also shared with the Regional Policy Committee on September 14. A second briefing for that committee is slated for October 12 at which time the hope is the committee will take final action. The Council will then consider the plan concurrent with the biennial budget for 2017-2018, because included in the Service Improvement Plan is the spending plan.

Ms. Carroll said staff are developing an Implementation and Evaluation Plan. One of the recommendations in the Service Improvement Plan is to submit by August 2017 an Implementation and Evaluation Plan. One of the recommendations from the retrospective report was that the implementation and evaluation plans were not developed concurrently and did not inform each other; that issue will be addressed going forward.

Specific work with stakeholders will be done on specific initiatives. For example, there is an alternative to secure detention initiative that has \$1 million annually attached to it. There is a clear need to work with all partners both at the regional and local levels on siting issues. Another recommendation in the MIDD is to build or acquire another crisis solution center in south King County. MIDD 2 builds on the successes of MIDD 1 and includes 21 new projects.

Commissioner Perelman said it would be her preference to see funding added to the programs that proved to be successful rather than adding new programs with the increased funding levels. Commissioner Bruels pointed out that through the implementation of MIDD 1 some glaring needs were identified, of which the south county crisis center is a perfect example. The central Seattle crisis center was immediately overrun upon its opening, and it was recognized right away that the system needed to be expanded.

Ms. Carroll pointed out that much has changed both locally and nationally in regard to behavioral health. That has triggered the need to take different approaches and to include things at different points. Four of the 21 new programs are geared to youth and young adults. The young adult crisis facility is in response to a particularly disturbing trend locally where young adults who were homeless and who had behavioral health issues and/or events took their own lives. Some of the provider partners in the youth and young adult homelessness world simply do not have the behavioral health knowledge and the skills needed to address those needs. MIDD 2 will seek to fill that gap through partnerships with community based organizations. King County is growing and the prevalence of mental illness and substance abuse disorders is skyrocketing.

Ms. Carroll said the Consumer and Community ad hoc workgroup will be formed in response to feedback from the community conversations and the Oversight Committee. The Oversight Committee has 30 slots with good representation from providers and the criminal justice system. What has been lacking is the voices of consumers and voices of the youth. The ad hoc workgroup, whose members will not be members of the Oversight Committee, will be consumers of behavioral health services and representatives of marginalized communities who utilize behavioral health services but who often do not have a voice at the table. The members will be paid for their participation. Community organizations will be tasked with helping to do outreach to make sure the ad hoc committee will have the right make-up of members.

Ms. Carroll also shared that consideration is being given to changing the name of the MIDD Oversight Committee to something that is less stigmatizing. Language matters and stigmatizing language does not help people enter into recovery or honor their recover and resilience processes. Additionally, plans are being made to embark on a robust training and improvement for the advisory committee; the training will be centered on race, justice and equity.

MIDD 2 prioritizes funding and services for programs that keep people out of or returning to jail and the criminal justice system, including upstream diversion and prevention activities. The Law Enforcement Assisted Development (LEAD) program will receive a large chunk of money, and there will be an ongoing housing capital and rental assistance component. In addition to crisis diversion and mobile crisis services expanding into south King County, investment will be made in a treatment on demand system to begin delivering treatment to people where and how they need it to either avoid or shorten crises.

Ms. Carroll said there are large MIDD strategy areas. The first MIDD was a conglomeration of population and service domains, and in working with the Oversight Committee a much more streamlined approach has been identified that is aligned with the behavior health continuum of care that includes prevention, early intervention, crisis diversion, recovery and reentry, system improvements, and therapeutic courts. The therapeutic courts costs are almost fully funded by MIDD 2, whereas they were only enhanced by the MIDD 1.

Ms. Carroll said MIDD operates under the policy framework that people living with or who are at risk of behavioral health conditions will be healthy, will have satisfying social relationships, and will avoid involvement with the criminal justice system. The applications of MIDD dollars is entirely focused on those outcomes.

Commissioner Oxrieder asked what the therapeutic courts are and Ms. Carroll explained that they are courts designed to interrupt a cycle of justice system involvement. For example, family treatment court is a court for families in which the adults have lost or may lose custody of their kids as a result of drugs, mental illness or other issues. The courts put the family at the center and seeks to reunite them when safely possible while the parents continue through their justice involvement. Adult drug court is for folks who have continually come back through the justice system either as a result of buying or using drugs; they get treatment and housing, and they are afforded the opportunity to fulfill their justice requirements while being put on a path to recovery. There are also regional mental health courts, veteran's courts, and juvenile drug courts, all of which operate with similar approaches.

Commissioner Bruels asked what the outcomes are for the therapeutic courts. Ms. Carroll said their outcomes are justice outcomes, while the MIDD outcomes are focused on behavioral health. Steps are being taken to determine the common elements. The hope is that the treatment system will continue to be enlarged as additional investments are made in housing.

Ms. O'Reilly pointed out that in the key policy section it is noted that \$2.2 million for the biennium is identified for an opioid response. The dollars will be used to implement some of the recommendations of the reports.

Ms. O'Reilly also noted that the strategies and initiatives were created through a transparent process that included inviting people to provide concept papers that

proposed strategies. Ms. Carroll said 141 submissions were received that turned into 90 briefing papers written by county staff that were then vetted by a public panel made of up Oversight Committee, community members and county staff. The papers were sorted and prioritized and were used to form the basis of the list of recommendations.

Commissioner Mercer suggested a similar approach might be helpful to undertake in updating the city's Needs Update. Ms. Carroll said staff took the submissions from the public, drafted the briefing papers, then they reviewed them collaboratively with the submitters before handing them over to be vetted by the public panel.

Ms. O'Reilly added that after the Service Improvement Plan is approved by the King County Council, requests for proposals will be sought for the majority of the initiatives. Any agency that provides services that fit the plan will be able to apply for funding. Human service agencies will be encouraged to get involved.

Answering a question asked by Commissioner Villar, Ms. Carroll explained that many of the programs have other funding sources, though some of them are fully funded by the MIDD. In the case of supportive employment there are some state dollars included. The hope is that a statewide Medicaid waiver will be allowed to facilitate serving a few more people under the initiative.

Chair McEachran said he was grateful to receive a presentation that gives a sense of a vision for sustainability.

7. OLD BUSINESS

Ms. Leslie reviewed the agenda items for upcoming Commission meetings.

Ms. Leslie reported that the internal budget process is continuing to move forward. She said the hope is that more will be known about the budget add-on for homelessness in early October.

Ms. Leslie informed the Commissioners that two churches stepped forward willing to support the women's winter shelter, one in Bellevue and one in Kirkland. Staff are in the process of getting confirmation.

8. NEW BUSINESS

With regard to the preschool Head Start restoration issue, Ms. O'Reilly said she recently heard from Debra Duitch that the Bellevue Schools Foundation fundraising campaign raised over \$80,000. The Bellevue School District Board had approved the use of \$370,000 for the four year old students who were previously enrolled in Head Start. Childcare Resources provided funding for six preschool students to attend half-day preschool. The Commission also recommended an increase in funding for

childcare scholarships in an amount to support two preschool children attending half-day preschool.

Chair McEachran proposed inviting representatives from the police and fire departments to provide a panel discussion around their request for a homeless resource person and the Bellevue Fire Cares program.

9. PETITIONS AND COMMUNICATIONS - None

10. ADJOURNMENT

A motion to adjourn was made by Commissioner Villar. The motion was seconded by Commissioner Bruels and the motion carried unanimously.

Chair McEachran adjourned the meeting at 8:04 p.m.

Secretary to the Human Services Commission

Date

Chairperson of the Human Services Commission

Date