

Youth Residential Crisis Stabilization Program

In the state of Washington, the Youth Residential Crisis Stabilization Program (YRCSP) will offer a new way to receive voluntary care for those suffering from a behavioral health crisis. The program model offers children and youth ages 5-17 age-appropriate services, including crisis stabilization, behavioral interventions, and emotional support in a safe and therapeutic environment. In addition, the YRCSP behavioral health personnel will have the expertise to serve a wide range of youth including those on the Autism spectrum, or experiencing substance use challenges.

YRCSP services are based on short-term stays of up to 90 days in a structured residential environment. During this time, behavioral health personnel use trauma-informed and evidence-based treatment practices, with the first 3-7 days being focused on stabilizing the presenting issue. Youth-specific multidisciplinary teams are then convened to begin planning for services that will eventually be needed after discharge.

The primary objective of the program is to provide young people with a safe and non-threatening place to stabilize from a behavioral health crisis in order to receive a thorough assessment. YRCSP is designed to offer the support necessary to stabilize and restore their level of functioning sufficiently enough to return home or be referred to the appropriate level of care, reducing the use of emergency departments and unnecessary involvement with law enforcement.

Eligibility requirements

YRCSP is open to all Washington residents between the ages of 5 and 17 who are experiencing an active behavioral health crisis and need immediate assistance. The program is meant for individuals who don't meet acute inpatient or free-standing psychiatric hospitalization criteria, but who need a thorough assessment to determine what forms of care, emotional support, and supplementary services.

Referrals are accepted from state agencies, community providers, youth and families, and 82-0479 (10/24)

other community partners. After-hour referrals will be conducted in close coordination with community partners to minimize neighborhood impacts.

Services that will be offered

- **Treatment planning** that includes a list of goals is created within seven calendar days of starting the program. The young person, their family, and key service providers all participate in developing the plan, which in turn facilitates client readiness for discharge and identifies supplemental services in community-based settings. Those services may include, but are not limited to housing, school, mental health, Autism, brain trauma, substance use, applied behavioral analysis, family care, basic needs, etc.
- **Safety and crisis planning** is also conducted to highlight key strengths, address areas of risk, identify helpful interventions, and redirect patterns of behavior that originally lead to the young person's escalated state.
- **Crisis Stabilization** focuses on de-escalating the severity of a person's level of distress and/or need for behavioral intervention associated with a wide variety of non-institutional mental health disorders.
- **Case management** consists of proactively working with treatment teams, facilitating clinical meetings, timely discharge planning, and coordinating with partner agencies who may be involved with the child's on-going care.
- **Milieu-based treatment**, such as individual therapy, group and family therapy, and skilled behavior management are also available. A daily routine of well-supervised therapeutic interventions consistent with trauma-informed care is customized for each youth. Evidence-based practices are used to promote health and safety, as well as to help develop emotional regulation and daily living skills.
- **Temporary 1:1 support** as necessary to stabilize and prevent future crises.
- **Academic support** is available to help youth complete school assignments and homework. Program staff work with the school to address

individual educational needs including the goals and objectives identified in the youth's Independent Education Plan (if applicable).

- **Recreational activities** provide an opportunity to engage with peers and developing positive social and interpersonal skills.

Service provider and facility

Facilities are required to have a minimum of three separate areas, (spaces, floors, cottages, etc.) to address the various behavioral health needs of youth in the program.

There is currently one provider (Evergreen Haven) in Kent that has been selected to receive a capital grant from the Department of Commerce to construct a new YRCSP facility. Construction for this new facility is projected to conclude and operations are anticipated to begin by December 2025.

In order to meet legislative mandates of establishing two facilities, HCA will host a competitive procurement in 2025 to select a second provider in Eastern Washington.

Funding history

- FY23 Capital Funding for two sites was allocated at \$5,820,000 per site. This allocation has now been forfeited due to multiple unsuccessful RFP attempts.
- FY24: A Behavioral Health Facilities grant in the amount of \$6 million was awarded by the Department of Commerce to Evergreen Haven to cover the construction cost of a new YRCSP facility. Construction of the facility is expected to conclude in December 2025.
- Operational funds to cover contracting costs will be allocated in SFY25.

Budget rates

- Estimated daily rate (startup): \$1,806.96

- Estimated daily rate (ongoing): \$1,606.14
- Estimated Yearly Cost (startup) \$10,552,644.78
- Estimated Yearly Cost (ongoing): \$9,379,876.29

Key partners

- Department of Social Health Services (DSHS)
- Department of Child Youth and Families (DCYF)
- Regional Youth behavioral Health Navigators
- Evergreen Haven Behavioral Health

Oversight

- YRCSP will be licensed by the Department of Health (DOH) under licensing requirements for Residential Treatment Facilities (RTF) Licensing, RCW 71.12.455 WAC 246-337
- HCA's Division of Behavioral Health and Recovery (DBHR) administers contracted services for YRCSP.

More information

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