

Introduction

Washington State provides Combined Federal Block Grant service through BH-ASOs. Contracts with BH-ASOs support flexibility to meet the needs of populations based on local planning efforts and goals as identified in this Project Plan. The goal of the MHBG Project Plan is to ensure effective services are provided across populations with measurable outcomes.

This Plan is for July 1, 2025– June 30, 2026. Unless otherwise obligated, funds allocated under this Contract that are not expended by the end of the applicable state fiscal year may be used or carried forward to the subsequent state fiscal year, with prior authorization from HCA. Unspent allocations shall be reported to HCA at the end of the applicable state fiscal year, as specified in Contract. In order to expend these funds the Contractor shall submit a plan to HCA for approval.

Please complete all three sections (Section 1- Proposed Plan Narratives and Section 2 – Proposed Project Summaries and Expenditures Section 3-MHBG Co-reponder) in this document and submit electronically to HCA for approval prior to submitting your first A-19 invoice.

Contact the person identified below if there are any questions:

Danny Highley, Behavioral Health Program Manager
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MHBG Final Reports are due by August 1.

DO NOT MODIFY OR DELETE ANY PARTS OF THIS TEMPLATE.

Instructions:

- Provide a detailed description for each anticipated range of services. There is no word limit. Each cell will automatically expand.
- Only complete Categories/Subcategories that align with local plans. There is no requirement to provide services in each Category.
- Insert Planned Expenditure Amounts for each category under the column heading “Proposed Total Expenditure Amount.” The Grand Total at bottom of that column must equal total MHBG Allocation.
- Insert the number of Adults with SMI** and Children with SED** projected to be served.
- “Outcomes and Performance Indicators” – Provide planned outcomes that are measurable and define what indicators will be used to support progress towards outcomes.

****SMI/SED Definitions** - For MHBG planning and reporting, SAMHSA has clarified the definitions of SED and SMI: Children with SED refers to persons from birth to age 18 and adults with SMI refers to persons age 18 and over: (1) who currently meets or at any time during the past year has met criteria for a mental disorder – including within developmental and cultural contexts – as specified within a recognized diagnostic classification system (e.g. most recent editions of DSM, ICD, etc.), and (2) who displays functional impairment, as determined by a standardized measure, which impedes progress towards recovery and substantially interferes with or limits the person’s role or functioning in family, school, employment, relationships, or community activities.

BH ASO:	Carelon Southwest Region
RSA Counties:	Clark, Klickitat, Skamania
Current Date:	15-Jul-25
Total MHBG Allocation:	\$530,672.00
Contact Person:	Kacey Bellamy
Phone Number:	(509) 864-7994
Email:	Kacey.Bellamy@carelon.com

Section 1 Proposed Plan Narratives	
Needs Assessment	Describe what strengths, needs, and gaps were identified through a need's assessment of the geographic area of the region. To the extent available, include age, race/ethnicity, gender, and language barriers. Begin writing here : Southwest Washington (SWWA) is comprised of three counties Clark, Skamania, and Klickitat. These counties range widely in population and demographics from rural to urban covering 4,243 square miles of land (6). SWWA is primarily white, non-Hispanic population across all three counties (5). As of 2024, the population of Clark County was 527,269, making it the 5th most populated county in Washington. The median age was 38.9 years in 2023 (5). 11.7% of the population is of a minority ethnic group (Black, African American, American Indian, Alaska Native, Asian, Native Hawaiian, or Other Pacific Islander) and 7.5% are living below the Federal Poverty Level (5). Skamania County is the 7th smallest county in Washington with a population of 12,660 and a median age of 48.6 (5). 5% of the population is of a minority ethnic group (Black, African American, American Indian, Alaska Native, Asian, Native Hawaiian, or Other Pacific Islander) and 11% % are living below the Federal Poverty Level (5). Klickitat County is the 10th smallest county in Washington with a population of 24,124 and a median age of 47.5 (5). 4.9% of the population is of a minority ethnic group (Black, African American, American Indian, Alaska Native, Asian, Native Hawaiian, or Other Pacific Islander) and 11.9% are living below the Federal Poverty Level (5). Clark County's mental health provider to population ratio is 355:1, which is lower than the national ratio at 330:1 (3). Skamania and Klickitat counties mental health providers to population ratio, are well below the state and national averages with Klickitat County being 530:1 and Skamania 620:1. (4). Both counties have a shortage of Mental Health providers. 1 in 4 residents say mental health and substance use treatment is not accessible, and 14% did not get services they needed in 2022. (4) The 2022 Columbia Gorge Regional Community Health Assessment listed the top three barriers to accessing services including the following: transportation, a lack of technology or access to broadband and hesitancy to seek mental health care and a culture of relying on oneself to cope with challenges may prevent people from reaching out for mental health supports. (2) In the 2024 Clark County Needs Assessment, survey respondents with a behavioral health need expressed a desire for accessible mental health services (74%). Other needs included access to counseling (56%) and paying for services (40%). Barriers to accessing behavioral health services included not knowing where to go for services (62%), difficulty in accessing services (37%), and challenges in qualifying for services (26%). (3) In 2024, Carelon Behavioral Health held a Southwest Washington Crisis System Townhall. The purpose of this townhall was to ascertain actionable opportunities for growth through the experiences of those utilizing the crisis system of care. The feedback gathered during the Townhall highlighted praise for the strong partnerships among organizations and emphasized the importance of continued collaboration. Attendees voiced concerns about negative experiences with emergency personnel (EMS, LE, Fire), pointing out inconsistencies in care and protocols. There was a call for enhanced trauma-informed approaches in emergency services and a need to address the stigma surrounding behavioral health. Public education and ensuring respectful treatment for those in crisis was also deemed essential. Additionally, attendees mentioned the lack of resources for youth, uninsured individuals, and specific populations such as those with intellectual and developmental disabilities. Through these regional findings, we were able to identify a few actionable opportunities for growth including ongoing collaboration, resource expansion and increased education. The Behavioral Health Advisory Board utilized community data and input to determine community priorities. These priorities are used to inform the Block Grant Request for Responses that Carelon administers every three years. The current BHAB identified priorities are: •Same or next-day assessment services •Transportation to services and community-based services (services provided in community) •Recovery housing in rural areas •Basic needs and outreach supplies used to engage homeless individuals in behavioral health services •Certified Peer Counselor or Recovery Coach services and training opportunities •Behavioral health services for homeless seniors and seniors at risk of homelessness •Expanded services in rural areas 1. Healthy Columbia Willamette Collaborative (HCWC) 2022 Community Health Needs Assessment. Retrieved from https://clark.wa.gov/sites/default/files/media/document/2022-09/HCWC%20CHNA%202022%208.2.22-%20significantly%20compressed.pdf 2. 2022 Columbia Gorge Regional Community Health Assessment. Retrieved from https://doh.wa.gov/sites/default/files/2024-02/CHNA-008-2022.pdf 3. Clark County Needs Assessment 2024Retrieved from https://clark.wa.gov/sites/default/files/media/document/2024-08/cna2024_web_pages_0.pdf 4. Washington Gorge Action Programs Community Needs Assessment 2024. Retrieved from https://static1.squarespace.com/static/62e45b84c746003029b5ca0c/t/68224c30cc3b7725dfaf0212/1747078196153/WAGAP+2024+CNA+report.pd 5. United States Census Bureau - 2024 Census Retrieved from https://www.census.gov/quickfacts/
Cultural Competence *	Provide a narrative summarizing how cultural competence overall, is incorporated within proposed projects. Identify what anticipated efforts will be taken to measure progress. Begin writing here : Carelon requires that all of the providers included in this plan participate in ongoing cultural competency trainings. Providers have noted the increased need for cultural competence in the region and delivered culturally responsive services to diverse individuals which take into account more than language and communication needs. Providers are responsive to cultural norms and expectations within cultures, as well as the role that cultural norms have before, during, and after treatment. Efforts to establish cultural competency within organizational attitudes, policies, and behaviors will be monitored on an ongoing basis and surveyed at cultural competency trainings that occur within agencies that have contracts with the SWWA Region under this plan.

Children's Services	Describe how integrated system of care will be provided for children with SED with multiple needs, including: social services, educational services, juvenile services, and substance use disorder services. Begin writing here : In Southwest Washington, an integrated multi-system of care supports children with SED in several ways. Primarily, youth who need this level of care are either enrolled in WISE services or by level 3 Community Support Teams (CST) at various agencies, which provide a complement of office-based and community-based treatment. Moreover, the four regional health plans, as part of Fully Integrated Managed Care (FIMC), provide access to the full benefit continuum of physical health, mental health and substance use disorder services through a managed care organization (MCO) of the individual's choice. Through Allied Health System Coordination Plans, the MCOs coordinate services between social service organizations, the criminal justice system, and the juvenile justice system to ensure smooth care coordination for enrollees. Carlon's Youth Navigator program began accepting referrals in 2023 and have received over 400 referrals since launching the program in Southwest Washington The Youth Navigator program is a behavioral health care model in which multidisciplinary team meetings are set up to connect youth with resources they need.
Public Comment/Local/ BH Advisory Board Involvement	Describe how integrated system of care will be provided for children with SED with multiple needs, including: social services, educational services, juvenile services, and substance use disorder services. Begin writing here : In Southwest Washington, Carlon holds the responsibility of supporting, convening and maintaining the Behavioral Health Advisory Board (BHAB). Membership of the BHAB is structured so that a minimum of 51% identify has having lived experience. The diverse perspectives of the Board members enrich and guide discussions, efforts, and decisions of the Board. Composition of the BHAB must meet the following requirements: •Be a representative of the geographic and demographic mix of service population •Have at least 51% of the membership be persons with lived experience, parents, or legal guardians of persons with lived experience and/or self-identified as a person in recovery from a behavioral health disorder •Law Enforcement representation •County representation •No more than four elected officials The Southwest Washington BHAB was involved in selecting and defining Community Priorities that were used in our RFR process for Federal Block Grants. The Community Priorities were identified at a regularly scheduled monthly meeting. The Community Priorities were used to help score the provider application submissions that Carlon received. BHAB also provided three volunteer members to sit on the Southwest Washington RFR scoring committee to assist in scoring all applications received and recommend which providers should be funded. After the RFR process was completed and funds were allocated, BHAB was presented with the project plan for their approval.
Outreach Services	Provide a description of how outreach services will target individuals who are homeless and how community-based services will be provided to individuals residing in rural areas. Begin writing here : The outreach services that are offered through our providers are comprised of short-term therapy, peer counseling, and case management. Services may also include outreach to and case management for individuals needing support to access any type of community service or resources, including Medicaid and other government benefit enrollment, primary care, substance abuse treatment, housing, and employment. In Klickitat County and Skamania County these services will be provided through County Community Health. In Clark County outreach services are provided by Columbia River Mental Health Services.
Staff Training	Describe the plan to ensure training is available for mental health providers and to providers of emergency mental health services and how this plan will be implemented. Begin writing here : Each agency is accountable for identifying their employee education needs and accessing ongoing training related to continued certification and/or licensure. Community providers play a significant role in promoting and offering training to staff that support continuing education and development. Providers also play a role in shaping overall services in the community by offering trainings consistent with evidenced based practices as well as services prioritized through programs such as those identified in the state and local Mental Health and Substance Abuse Block Grant plans.
Program Compliance	Provide a description of the strategies that will be used for monitoring program compliance with all MHBG requirements. Begin writing here : Providers contracted under this Project Plan are either required to submit one or more of the following: a Monthly Service Report with outcome and performance data or a claims submission. The Monthly Service Reports are monitored by the Community Engagement Coordinator to ensure that providers are meeting contractual obligations and complying with the terms of this Project Plan. When claims submission is required, the providers do so through a robust electronic system that is configured to accept only claims that have been agreed upon in contract in accordance with the block grant allowable services utilizing standard CPT codes. Providers contracted under this Project Plan are required to submit an Annual Report detailing progress, barriers encountered, solutions, and lessons learning per the Block Grant contractual requirements. Lastly, all providers contracted under this Project Plan are required to participate in an Annual Block Grant Fiscal Review.
Cost Sharing (optional)	Provide a description of the policies and procedures established for cost-sharing, to include how individuals will be identified as eligible, how cost-sharing will be calculated, and how funding for cost-sharing will managed and monitored. Begin writing here : There are no Cost Sharing options in this plan.

Section 2 Proposed Project Summaries and Expenditures				
Category/Subcategory	Provide a plan of action for each supported activity	Proposed #Children with SED	Proposed #Adults with SMI	Proposed Total Expenditure Amount
Engagement Services – Activities associated with providing evaluations, assessments, and outreach to assist persons diagnosed with SMI or SED, including their families, to engage in mental health services:				\$78,067.00
Assessment	<i>Begin writing here:</i> Columbia River Mental Health Services offers outpatient services through their NorthStar Clinic specialized in assisting those struggling with opioid use. Providing comprehensive treatment program including MAT, intensive outpatient, case management, individual counseling and group classes. Their services extend to peer support, employment services and housing referrals. ESD112 provides services to students throughout the school day utilizing Positive Behavioral Intervention and Supports along with a Multi-Tiered System of Supports to promote social, emotional and behavioral support for students. Lifeline provides outpatient and intensive outpatient treatment for individuals with substance use disorder, utilizing various therapeutic approaches including extensive services, flexible treatment options, alternative sentencing treatments, peer support, individual therapy, group therapy, family therapy.	17	152	Enter budget allocation for these proposed activities. \$68,500.00
Specialized Evaluations (Psychological and Neurological)	<i>Begin writing here:</i>	0	0	\$0.00
Service Planning (including crisis planning)	<i>Begin writing here:</i> ESD112 provides services to students throughout the school day utilizing Positive Behavioral Intervention and Supports along with a Multi-Tiered System of Supports to promote social, emotional and behavioral support for students.	24	8	\$2,567.00
Educational Programs	<i>Begin writing here:</i>	0	0	\$0.00
Outreach	<i>Begin writing here:</i> Columbia River Mental Health Services offers outpatient services through their NorthStar Clinic specialized in assisting those struggling with opioid use. Providing comprehensive treatment program including MAT, intensive outpatient, case management, individual counseling and group classes. Their services extend to peer support, employment services and housing referrals. Lifeline provides outpatient and intensive outpatient treatment for individuals with substance use disorder, utilizing various therapeutic approaches including extensive services, flexible treatment options, alternative sentencing treatments, peer support, individual therapy, group therapy, family therapy.	7	62	\$7,000.00
Brief Motivational Interviews	<i>Begin writing here:</i>	0	0	\$0.00
Facilitated Referrals	<i>Begin writing here:</i>	0	0	\$0.00
Warm Line: Please note that ALL costs that directly serve persons with SMI/SED and their families must be tracked.	<i>Begin writing here:</i>	0	0	\$0.00

Outcomes and Performance Indicators:*All providers will report on the following metrics monthly:*

- Current Month # of Unduplicated People/Youth Served
- Current Month # of Services Provided
- YTD # of Unduplicated People/Youth Served

Outpatient Services – Outpatient therapy services for persons diagnosed with SMI or SED, including services to help their families to appropriately support them.**\$248,000.00**

Individual Evidenced-Based Therapies	<i>Begin writing here:</i> <i>Columbia River Mental Health Services offers outpatient services through their NorthStar Clinic specialized in assisting those struggling with opioid use. Providing comprehensive treatment program including MAT, intensive outpatient, case management, individual counseling and group classes. Their services extend to peer support, employment services and housing referrals.</i> <i>ESD112 provides services to students throughout the school day utilizing Positive Behavioral Intervention and Supports along with a Multi-Tiered System of Supports to promote social, emotional and behavioral support for students.</i> <i>Lifeline provides outpatient and intensive outpatient treatment for individuals with substance use disorder, utilizing various therapeutic approaches including extensive services, flexible treatment options, alternative sentencing treatments, peer support, individual therapy, group therapy, family therapy.</i> <i>SeaMar offers outpatient in office and community-based treatment for youth and adults, including services to youth in a school-based setting overcomes the barrier of transportation to a central clinic for services.</i> <i>XChange provides outpatient services and peer recovery supports.</i>	47	1274	Enter budget allocation for these proposed activities. \$247,000.00
Group Therapy	<i>Begin writing here:</i> <i>XChange provides outpatient services and peer recovery supports.</i>	6	38	\$1,000.00
Family Therapy	<i>Begin writing here:</i>	0	0	\$0.00
Multi-Family Counseling Therapy	<i>Begin writing here:</i>	0	0	\$0.00
Consultation to Caregivers	<i>Begin writing here:</i>	0	0	\$0.00

Outcomes and Performance Indicators:*All providers will report on the following metrics monthly:*

- Current Month # of Unduplicated People/Youth Served
- Current Month # of Services Provided
- YTD # of Unduplicated People/Youth Served

Medication Services – Necessary healthcare medications, and related laboratory services, not covered by insurance or Medicaid for persons diagnosed with SMI or SED to increase their ability to remain stable in the community.				\$37,000.00
Medication Management	<i>Begin writing here:</i> Columbia River Mental Health Services offers outpatient services through their NorthStar Clinic specialized in assisting those struggling with opioid use. Providing comprehensive treatment program including MAT, intensive outpatient, case management, individual counseling and group classes. Their services extend to peer support, employment services and housing referrals. <i>Lifeline provides outpatient and intensive outpatient treatment for individuals with substance use disorder, utilizing various therapeutic approaches including extensive services, flexible treatment options, alternative sentencing treatments, peer support, individual therapy, group therapy, family therapy.</i>	0	98	Enter budget allocation for these proposed activities. \$37,000.00
Pharmacotherapy	<i>Begin writing here:</i>	0	0	\$0.00
Laboratory Services	<i>Begin writing here:</i>	0	0	\$0.00
Outcomes and Performance Indicators: All providers will report on the following metrics monthly: • Current Month # of Unduplicated People/Youth Served • Current Month # of Services Provided • YTD # of Unduplicated People/Youth Served				
Community Support (Rehabilitative) – Community-based programs that enhance independent functioning for persons diagnosed with SMI or SED, including services to assist their families to care for them.				\$43,000.00
Parent/Caregiver Support	<i>Begin writing here:</i>	0	0	Enter budget allocation for these proposed activities. \$0.00
Skill Building (social, daily living, cognitive)	<i>Begin writing here:</i>	0	0	\$0.00
Case Management	<i>Begin writing here:</i> Columbia River Mental Health Services offers outpatient services through their NorthStar Clinic specialized in assisting those struggling with opioid use. Providing comprehensive treatment program including MAT, intensive outpatient, case management, individual counseling and group classes. Their services extend to peer support, employment services and housing referrals. <i>Couve Collective offers the Room for Change program providing case management services for individuals.</i>	0	121	\$43,000.00
Continuing Care	<i>Begin writing here:</i>	0	0	\$0.00
Behavior Management	<i>Begin writing here:</i>	0	0	\$0.00

Supported Employment	Begin writing here:	0	0	\$0.00
Permanent Supported Housing	Begin writing here:	0	0	\$0.00
Recovery Housing	Begin writing here:	0	0	\$0.00
Therapeutic Mentoring	Begin writing here:	0	0	\$0.00
Traditional Healing Services	Begin writing here:	0	0	\$0.00
Parent Training	Begin writing here:	0	0	\$0.00
Outcomes and Performance Indicators: All providers will report on the following metrics monthly: • Current Month # of Unduplicated People/Youth Served • Current Month # of Services Provided • YTD # of Unduplicated People/Youth Served				
Recovery Support Services – Support services that focus on improving the ability of persons diagnosed with SMI or SED to live a self-direct life, and strive to reach their full potential.				\$6,500.00
Peer Support	Begin writing here: Columbia River Mental Health Services offers outpatient services through their NorthStar Clinic specialized in assisting those struggling with opioid use. Providing comprehensive treatment program including MAT, intensive outpatient, case management, individual counseling and group classes. Their services extend to peer support, employment services and housing referrals. XChange provides outpatient services and peer recovery supports.	0	36	Enter budget allocation for these proposed activities. \$6,500.00
Recovery Support Coaching	Begin writing here:	0	0	\$0.00
Recovery Support Center Services	Begin writing here:	0	0	\$0.00
Supports for Self-Directed Care	Begin writing here:	0	0	\$0.00

Relapse Prevention/ Wellness Recovery Support	Begin writing here:	0	0	\$0.00
Outcomes and Performance Indicators: <i>All providers will report on the following metrics monthly:</i> • Current Month # of Unduplicated People/Youth Served • Current Month # of Services Provided • YTD # of Unduplicated People/Youth Served				
Other Supports (Habilitative) – Unique direct services for persons diagnosed with SMI or SED, including services to assist their families to continue caring for them.				\$0.00
Personal Care	Begin writing here:	0	0	Enter budget allocation for these proposed activities. \$0.00
Respite	Begin writing here:	0	0	\$0.00
Support Education	Begin writing here:	0	0	\$0.00
Transportation	Begin writing here:	0	0	\$0.00
Assisted Living Services	Begin writing here:	0	0	\$0.00
Trained Behavioral Health Interpreters	Begin writing here:	0	0	\$0.00
Interactive communication Technology Devices	Begin writing here:	0	0	\$0.00
Outcomes and Performance Indicators: <i>All providers will report on the following metrics monthly:</i> • Current Month # of Unduplicated People/Youth Served • Current Month # of Services Provided • YTD # of Unduplicated People/Youth Served				
Intensive Support Services – Intensive therapeutic coordinated and structured support services to help stabilize and support persons diagnosed with SMI or SED.				\$0.00
Assertive Community Treatment	Begin writing here:	0	0	Enter budget allocation for these proposed activities. \$0.00

Intensive Home-Based Services	Begin writing here:	0	0	\$0.00
Multi-Systemic Therapy	Begin writing here:	0	0	\$0.00
Intensive Case Management	Begin writing here:	0	0	\$0.00
Outcomes and Performance Indicators: All providers will report on the following metrics monthly: • Current Month # of Unduplicated People/Youth Served • Current Month # of Services Provided • YTD # of Unduplicated People/Youth Served				
Out of Home Residential Services – Out of home stabilization and/or residential services in a safe and stable environment for persons diagnosed with SMI or SED.				\$0.00
Crisis Residential/Stabilization	Begin writing here:	0	0	Enter budget allocation for these proposed activities. \$0.00
Adult Mental Health Residential	Begin writing here:	0	0	\$0.00
Children's Residential Mental Health Services	Begin writing here:	0	0	\$0.00
Therapeutic Foster Care	Begin writing here:	0	0	\$0.00
Outcomes and Performance Indicators: All providers will report on the following metrics monthly: • Current Month # of Unduplicated People/Youth Served • Current Month # of Services Provided • YTD # of Unduplicated People/Youth Served				
Acute Intensive Services – Acute intensive services requiring immediate intervention for persons diagnosed with SMI or SED.				\$0.00
Mobile Crisis	Begin writing here:	0	0	Enter budget allocation for these proposed activities. \$0.00
Peer-Based Crisis Services	Begin writing here:	0	0	\$0.00

Urgent Care	Begin writing here:	0	0	\$0.00
23 Hour Observation Bed	Begin writing here:	0	0	\$0.00
24/7 Crisis Hotline Services	Begin writing here:	0	0	\$0.00
Outcomes and Performance Indicators: <i>All providers will report on the following metrics monthly:</i> • Current Month # of Unduplicated People/Youth Served • Current Month # of Services Provided • YTD # of Unduplicated People/Youth Served				
Non-Direct Activities – any activity necessary to plan, carry out, and evaluate this MHBG plan, including Staff/provider training, travel and per diem for peer reviewers, logistics cost for conferences regarding MHBG services and requirements, and conducting needs assessments.				\$43,105.00
Workforce Development/Conferences	Begin writing here: <i>Administrative funding to plan, carry out, and evaluate the Mental Health Block Grant project plan and oversee the implementation of these programs.</i>	0	0	Enter budget allocation for these proposed activities. \$43,105.00
Grand Total				\$455,672.00

Category/Subcategory	Provide a plan of action for each supported activity	Proposed #Children with SED	Proposed #Adults with SMI	Proposed Total Expenditure Amount
Co-responder funds to support grants to law enforcement and other first responders to include a mental health professional on the team of personnel responding to emergencies within regions				\$75,000
MHBG Co-responder	<i>Begin writing here: Supports law enforcement and other first responders to include a mental health professional on the team of personnel responding to emergencies.</i>	1	1	Enter budget allocation to this
				\$75,000.00