

Trueblood Crisis Enhancements

Trueblood crisis enhancements are interventions designed to divert people away from arrest, unneeded hospitalization and detainment. To help address this need, the Health Care Authority oversees programs created through the Trueblood vs. [DSHS Trueblood Contempt Settlement Agreement](#) to increase bed space and create or improve mobile response services to serve people in crisis. Enhancement programs create a greater chance at successful outcomes for people experiencing a behavioral health crisis. Successful crisis interventions:

- Reflect a continuum of care
- Interrupt non-productive psychosocial behavior patterns
- Prevent total calamity by preventing a crisis from going unchecked



Increased Bed Capacity

Increased capacity is determined through an analysis of services in each region. The first such facility opened in Spokane in the fall of 2021. It offers 16 beds to address both urban and rural needs.

Two more 16-bed facilities are planned in King County. The RFP process is underway, and construction is expected to begin in December 2022.

Mobile Crisis Response

HCA contracts with 10 regional behavioral health administrative service organizations throughout Washington. Because those services were in existence, the Trueblood enhancements were designed to improve mobile crisis response in each of the 10 counties in Phase 1 of Trueblood implementation.

Mobile crisis enhancements had two primary objectives:

- Increase response timeliness
- Support efforts to divert arrest

Mobile crisis response providers used Trueblood funding to increase staffing, expand work coverage hours, boost staff retention and improve overall communication, outreach and education. Work is underway to enhance mobile crisis response services in King County as part of Phase 2 for Trueblood implementation.

Certain universals are needed for an MCR team to have a successful intervention:

- A peer support specialist on the response team
- A ready prescriber as a part of the MCR team is a plus
- Knowledge of local community resources
- De-escalation skills
- Opportunity to intercept crisis events and divert from arrest and from the emergency room
- Partnership with law enforcement
- Alternative housing or respite, if returning home is not an option
- Services provided 24/7



Crisis Triage and Stabilization

Stabilization services can be provided in the person's home, another home-like setting or a certified crisis stabilization unit or a crisis triage facility. Services require short-term, face-to-face assistance with life skills training and understanding of medication effects.

These short-term crisis stabilization facilities are places to assess a person who has experienced a behavioral health crisis. These sites provide an option for law enforcement officers to provide a diversion from arrest or custody by taking a person to a safer environment for stabilization and assessment of needs.

Successful crisis stabilization can be done in a person's home or in an outpatient facility through collaboration and open communication, medication management, peer support and assessment of needs. These options save the inpatient crisis bed for someone unable to safely stabilize in a homelike setting.



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More Information

[Trueblood vs. DSHS](#)

[Interconnected Person-Centered Services](#)

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