

# Building A Stronger Behavioral Healthcare System in Washington

Health encompasses more than just the physical—it includes the emotions and behaviors that are essential for long-term well-being.



Following the pandemic, more people than ever before reached the point of behavioral health crisis, needing more complex and costly services. By expanding provider networks, designing preventative interventions, and investing in impactful partnerships, Coordinated Care can focus on ensuring that every member has access to quality behavioral healthcare. That's because we know investing in behavioral health leads to healthier, stronger communities.



## **Strengthening Provider Expertise**

Coordinated Care offers free trainings to providers — we've trained and certified 200+ community-based providers for Trauma-Focused Cognitive Behavioral Therapy in all 10 Apple Health Regions.



## **Funding the Talent Pipeline**

Directly supported nearly 1,000 first-generation, BIPOC and underrepresented students pursuing healthcare careers through our Community Scholarship program and the Washington State Opportunity Scholarship.



## **Expanding Care Capacity**

Provided over \$1.1 million in grants to providers to recruit, train, and expand the behavioral health workforce — including funding the first Certified Community Behavioral Health Clinic in Pierce County.



## **Bolstering Telehealth Access**

Coordinated Care is investing to increase the number of specialized behavioral health telehealth providers — supplementing our broad network to make care more accessible.

## Programs Tailored to Serve Our Members

Coordinated Care is investing in a comprehensive, holistic approach to care that bridges the gap between physical and behavioral health—offering a host of specialized programs designed to serve Washington's diverse and complex populations.

### **Choose Tomorrow™**

This Zero Suicide prevention program uses evidence-based practices—like safety planning, crisis lines, connecting individuals to behavioral health providers and regular follow-ups—to identify and support at-risk members.

» Supported 1,000+ individuals with this approach in 2024.

### **Zero Overdose**

Our Zero Overdose program proactively identifies members at heightened risk of overdose and facilitates safety planning, access to medication to address symptoms and provides resources and intervention.

» Connect 700+ individuals to these services annually.



**Scan here to  
learn more.**

## Improving Children's Mental Health

Caring for every child's mental health is critical to establishing a strong foundation for success. Yet nearly 1 in 5 children in the United States living below the federal poverty level experience a mental health disorder<sup>1</sup>. **As the only plan serving children, youth and young adults in foster care**, Coordinated Care is leveraging our behavioral health expertise and community partnerships across the state to champion mental health programs for Washington's youth.



## Youth Mental Health First Aid Training

Since 2022, Coordinated Care has provided Youth Mental Health First Aid training to assist adolescents aged 12-18 in crisis. The program is designed to teach family members, caregivers, teachers, neighbors and other caring citizens how to help youth experiencing a mental health crisis or addiction challenge.



**Certified 122 people in Youth Mental Health First Aid trainings since 2022.**

## Coordinated Care + American Foundation for Suicide Prevention

We are proud to partner with the American Foundation for Suicide Prevention to bring resources to those affected by suicide with funding that provides education, training, and resources to individuals, children, and families across Washington, such as:



A youth-focused suicide prevention program that discusses the general scope of suicide, the research on prevention and what we can do to save lives.



A program that teaches teens, parents, and educators how to recognize signs of depression and initiate conversations.

## Dialed into Our Communities: Collaboration with Local Partners



American  
Foundation  
for Suicide  
Prevention



CHILDREN'S HOME SOCIETY  
of Washington

## What's Ahead

Providing behavioral health services across the state is key to cultivating a healthier, more resilient Washington. Meeting the whole-health needs of our members remains a priority as we continue our work to transform the health of the community, one person at a time.

<sup>1</sup>Center for Disease Control: <https://www.cdc.gov/childrensmentalhealth/data.html>