

Raeann Rowe

raeann.rowe@rodshouse.org

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Employee Name **Raeann Rowe**

Email raeann.rowe@rodshouse.org

Phone Number **(509) 438-0700**

Position Title **Director of Behavioral Health**

Quarter Report **Quarter 1 (January to March '25 - DUE by April 14th, 2025)**

Select Contract Submitting Report for: **Mental Health Sales Tax (MHST)**

Contract Number: **RH-BHS-MHST-2024**

Confirming that none of the information you share includes client-identifying details. Names, dates of birth, and Social Security numbers are all protected information and should not be submitted to this portal.

Yes, I confirm.

Total Number of Clients (both duplicated/unduplicated number): **209 Youth and Young adults were provided with Individual therapy services.**
43 groups were

Narrative Summary Detailing Program Success: **We have had the opportunity to have a BHS at the Hope Center who has been able to meet with the Youth and Young Adults in order to provide both individual therapy which consisted of completing an intake assessment, treatment plan, safety plans, and discharge planning. The BHS is available each day in order to meet the needs of the clients here. By having the BHS available, she has been able to provide clinical care along with emotional support. She has been able to build rapport and trust with each individual by providing individual therapy to work through trauma, emotional dysregulation, grief, and low self-esteem. She has used evidenced-based approaches like CBT (Cognitive behavioral Therapy), DBT (Dialectical Behavior therapy), and trauma-informed care. She has been able to facilitate group sessions to foster peer support, teach coping skills, and reduce feelings of isolation. Some group topics have been able to include managing anger, building trust, settings goals, setting boundaries. BHS has been able to act as a stable, non-judgmental adult figure (which**

many youth and young adults lack), help them form healthier attachments and interpersonal skills. Provided immediate support during emotional or behavioral crisis's and be available to help de-escalate and process what triggered the event.

BHS has been able to collaborate with case managers and other social workers in the community to address any co-occurring needs such as housing, education, substance use treatment and legal issues. She is also able to help youth prepare for life after discharge by setting up outpatient therapy, identify safe housing options and linking them to community resources.

Encountered Barriers:

It has been challenging to recruit master level Behavioral Health Specialists due to the shortage of master level applicants across the state. Wages are a barrier due to the nature of requirements for these roles. We are currently recruiting and interviewing applicants to fill the vacant Behavioral Health Specialist roles. Once a specific program's Behavioral Health Specialist is hired, we will immediately begin recruiting and onboarding Behavioral Health Interns.

-Barriers that are specific to the youth and young adult are lack of housing options and available jobs. It is a continues struggle to find these in a short amount of time.

Significant Changes to the Program:

We have been able to hire a BHS for the Resource center who has been able to meet with Youth and young adults on a daily basis. She has had several youth and young adults come back to meet for therapy and group. She has been able to incorporate several new BH groups. The BHS has been a great asset to have at the Resource Center and our Hope Center.

Submission of current staffing model (Including vacant positions)

We currently have a Director of Behavioral Health that oversees the BHS staff.

We have a BHS at the Hope Center that meets with Youth and Young Adults, she is able to provide individual and group therapy.

We have a BHS at the Resource Center who is able to provide Individual and group therapy along with crisis situations.

We currently have an open position at the YAEH for a BHS.

Anything Else?

As stated above this added Behavioral Health Program has been a huge benefit to the Youth and Young Adults