

Mental Health Treatment Services

Therapy and Medicine Offer New Lives



Mission Statement

The mission of the Department of Corrections is to improve public safety.

What We Do

The Department of Corrections is responsible for administering adult corrections programs operated by the State of Washington. This includes state correctional institutions and programs for offenders supervised in the community.

“Facing the Future: the State of Human Services in Washington”

“Greater awareness of mental illness has led to more widespread acknowledgement that many of the people in our juvenile detention facilities, jails and prisons are mentally ill. This has probably always been true, and it has probably always been one of the reasons for the high rate of prison recidivism. Now there is at least some promise that public safety can be improved - and prison populations reduced - if offenders with mental illness get the treatment they need.”

-- From’ *“Facing the Future: The State of Human Services in Washington State”*



Treating Mentally Ill Offenders in Washington

Mental illness is widespread in the United States and in Washington, and the state's corrections system reflects the national problem.

The National Institute of Mental Health estimates about one in four Americans has a mental illness in any given year.

Furthermore, approximately one in seventeen Americans suffer from a serious mental illness.

Among the major conditions:

- Mood disorders, including bipolar disorder: affects approximately 30 million Americans
- Major Depressive Disorder: affects approximately 15 million Americans
- Post-traumatic Stress Disorder: affects approximately 8 million Americans

Other serious mental health disorders include schizophrenia, anxiety and panic disorders and eating disorders such as anorexia and bulimia.

In Washington State, people with serious mental illness can seek publicly funded treatment through county-based Regional Support Networks (RSNs).

RSNs provide crisis services, assessment for involuntary treatment and provide community mental health supports including counseling, case-management and other medically necessary outpatient and inpatient services. In 2007, approximately 120,000 Washington residents received these services.

Working age adults with serious or chronic mental illnesses often cannot work due to mental illness. Because of this, these individuals may qualify to receive federal or state assistance. These individuals make up a significant portion of the criminal justice system. For example, 32 percent of the 98,595 medically disabled clients in fiscal year 2006 had been arrested at least once between fiscal 1997 and 2006. Almost 20 percent of these individuals were arrested on alcohol or drug related crimes, 16 percent were arrested for theft, burglary, robbery, forgery or fraud, and another 13.8 percent were arrested for assault or harassment.

Unfortunately, many mentally ill unemployable citizens end up in the custody of the Department of Corrections (DOC). Whether residing in the community or in prison, the criminal justice system manages more mentally ill offenders today than in past years and the number of people with mental illnesses is increasing.

DOC works closely with the Department of Social and Health Services (DSHS) to provide services for offenders with mental illnesses leaving prisons including those who qualify for the Dangerous Mentally Ill Offenders Program. DOC and DSHS are also working together with the Department of Community Trade and Economic Development to find needed treatment, jobs and housing for people with serious mental illness.

Treatment for Serious Mental Illness within DOC

DOC provides treatment to offenders who are mentally ill. Currently more than 3,000 offenders in Washington prisons receive treatment for serious mental illness.

Offenders are initially assessed when incarceration begins, and if needed, treatment is maintained throughout the offender's prison term. DOC helps link the offender to community providers in an effort to maintain treatment upon the offender's release.

DOC staff, made up of mental health professionals, including psychiatrists, psychiatric nurses, psychologists, psychiatric social workers and other experts provide an array of necessary inpatient and outpatient mental health treatment. These services include:

- Mental Health screening at intake
- Psychological evaluation
- Medication evaluation and management
- Psychological assessment
- Suicide prevention and intervention
- Crisis intervention
- Individual and group treatment
- Cognitive behavioral treatment

Washington Population Receiving Publicly Funded Mental Health Services by Year

Calendar Year	Number receiving MH services	Percent receiving MH services
2000	117,298	2.00%
2001	123,763	2.10%
2002	126,923	2.10%
2003	129,073	2.10%
2004	130,089	2.10%
2005	121,620	1.90%
2006	120,413	1.90%



Treatment Setting Overview:

DOC attempts to provide services in the most appropriate setting and must take into account the custody and confinement levels of offenders. These settings include:

Acute Inpatient Psychiatric Treatment:

Offenders who are acutely mentally ill receive inpatient short-term care including, observation and assessment, crisis intervention and medication management. These services are provided in specialized housing units to ensure their safety and that of the institution.

Inpatient Residential Mental Health Treatment:

Mentally ill and other vulnerable inmates that are unable to function in general population settings receive long-term residential inpatient care. The goal of inpatient residential care is to stabilize the offender and once stable, transition him or her to a less restrictive environment.

Intensive Outpatient:

Intensive outpatient services are for inmates in transition from inpatient services to less restrictive settings as well as for those inmates needing mental health treatment in order to remain housed in general population.

Outpatient Treatment:

Offenders in general population who have completed intensive outpatient care receive continuing care as needed.

Returning to the Community:

Proper diagnosis and treatment of serious mental illness is critical to the Department of Corrections Reentry Initiative. Individuals entering prison are initially evaluated for serious mental illness and receive appropriate treatment during incarceration. When an individual with serious mental illness begins to transition out of prison, trained staff works with the offender to begin the application process for federal or state assistance. Recently, legislation was passed that allows this eligibility process to be accelerated so that the offender can receive needed services upon release. For individuals who do not qualify for state or federal assistance, and who do not have a job with healthcare benefits, finding adequate mental health services is extremely difficult. These individuals may receive crisis mental health services including evaluation for involuntary inpatient treatment.

Mental Health Treatment by Facility

Airway Heights Corrections Center

- Outpatient

Clallam Bay Corrections Center

- Outpatient

McNeil Island Corrections Center

- Inpatient: 22 acute care beds and 76 residential beds.
- Outpatient

Monroe Correctional Complex

- Inpatient: 14 Acute treatment beds; 72 close custody beds; 256 medium or minimum custody beds; 49 maximum security beds.

Pine Lodge Corrections Center for Women

- Outpatient

Stafford Creek Corrections Center

- Outpatient

Washington Corrections Center

- Inpatient: 5 acute care beds.
- Outpatient

Washington Corrections Center for Women

- Inpatient: 5 acute care beds, 51 residential beds
- Outpatient

Washington State Penitentiary

- Inpatient: 15 acute care beds, 96 residential beds.
- Outpatient

For more information:
Mike Walls, Director of Mental Health
Health Services Administration
Telephone: 360-725-8700