



## BEHAVIOR REHABILITATION SERVICES SEMI-ANNUAL UPDATE



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

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## Executive Summary

SB 5950, section 227(11), requires the Washington State Department of Children, Youth, and Families (DCYF) to provide semi-annual reports to the Governor and appropriate legislative committees that include the number of in-state behavior rehabilitation services providers and licensed beds, emergent placement beds as well as the number of out-of-state behavior rehabilitation services placements.

## Introduction

Behavior Rehabilitation Services (BRS) is a short-term intensive support and treatment program that can include placement in a Qualified Residential Treatment Program (QRTP) or Therapeutic Foster (TFC) home, as well as services provided in a caregiver's home. These placements and services are intended to support and safely stabilize youth with high-level service needs and support transition to a less intensive service to assist in achieving a permanent plan.

The BRS contract renewal period concluded Sept. 30, 2023, and only one provider providing in-home BRS services chose not to renew their contract due to internal restructuring of their services. This did not impact DCYF placement options for youth or services as other providers continue to be available in the area to serve youth and families. Many BRS providers shared positive feedback regarding stakeholder engagement in the contract renewal process, communication throughout and following the renewal period, and DCYF's responsiveness to requested follow-up. The revised contract sets new standards for Child and Family Team Meetings (CFTM) and Monthly Progress Reports.

The Placement Continuum Unit (PCU) in the Division of Partnership, Prevention, and Services continues to support the field in securing intensive services for the youth who need that level of care and support. An additional supervisor and six additional Intensive Resources Program Consultants were added to the team through funding provided by the legislature. This has allowed for lower case distribution and the ability for the program consultants to be active team members for youth receiving BRS services. Beginning in January 2024, the program consultants complete QRTP (Qualified Residential Treatment Program) assessments every 90 days as required under the D.S. Lawsuit and Settlement Agreement.

Since July 2023, DCYF has continued to develop the Intensive Resources Provider Support Program Specialist role. This position provides ongoing direct support to BRS providers via phone, zoom, and in-person contacts to those who request or require it. DCYF is in the process of developing an onboarding plan for new providers and a retention plan for new and experienced agencies, with expected completion by January 2024. The Intensive Resources Program Specialist began program observations and reviews in January 2024, focusing on Child and Family Team Meetings and Treatment Plans. These observations will include virtual and in-person visits to all contracted BRS agencies. The Program Specialist follow-up with each provider will include highlighting strengths and developing support or technical assistance plans if needed.

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## Measuring Capacity and Need

As required by the budget proviso, DCYF continues to report licensed BRS provider capacity.

In State BRS Provider Count			
Dates	Type	Count of Providers	Licensed Number of BRS Beds
Average Jan. – Apr. 2021	QRTP	24	338
	Treatment Foster Care	16	N/A*
May – Sept.31, 2021	QRTP	18	252
	Treatment Foster Care	12	N/A*
As of Oct. 31, 2021	QRTP	19	257
	Treatment Foster Care	11	N/A*
As of Jan. 31, 2023	QRTP	22	256
	Treatment Foster Care	14	N/A*
As of Jun. 30, 2023	QRTP	18	245
	Treatment Foster Care	14	N/A*
As of Dec. 31, 2023	QRTP	16	233
	Treatment Foster Care	14	N/A*
Number of Youth Placed Out of State			
April 2021		9	
As of Nov. 24, 2021		8	
As of Jan. 31, 2023		5	
As of Jun. 30, 2023		7	
As of Dec 31, 2023		7	

While the number of BRS QRTP resources has decreased over the last six months, statewide bed availability remains for the youth who need it, and ongoing recruitment continues to fill service gaps in regions where it is lacking. DCYF has onboarded a new QRTP program in Region 5 in July 2023, serving males age 13 to 17 years old, and an existing provider from Region 5

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expanded into Region 3 in November 2023 with a new QRTP program serving five youth age 6 to 18 years old. These programs support youth to remain and receive services in their home regions. The opening of new programs in historically underserved regions has caused concern for some veteran providers, specifically in Region 1, where 66% of the QRTP beds are located. While the needs displayed by the youth requiring QRTP have increased, the willingness or ability to serve these youth has decreased, causing lower utilization in programs that previously were often at capacity.

In attempts to support QRTP providers in continuing to serve DCYF youth, DCYF continues to communicate and explore opportunities for providers to serve different populations than they have historically served. As a result, some providers have expanded their age range and gender capacity and even began to serve one or two higher-needs youth in a highly supported environment with increased staffing. The PCU continues to work with BRS providers, discussing different ways to support and develop needed resources to meet the needs of youth in care.

## **Conclusion**

DCYF continues to partner with our providers and stakeholders to create a BRS continuum that will ensure children, youth, and their families are provided access to placements and supports that are least restrictive. DCYF will also continue to incorporate youth and family voices in decision-making to ensure well-being, recognizing the uniqueness of individual and family needs and understanding that community connections are paramount to success.