

CCORS



Children's Crisis Outreach Response System



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Who We Serve



- Ages 3-17
 - ✦ 18+ if enrolled in HS and not living independently
 - ✦ CORS-YA is available to young adults beyond this CCORS age cutoff
- In King County

Plus at least one of the following clinical requirements:

- 1. Youth is having suicidal thoughts or wanting to hurt themselves.
- 2. Youth is having thoughts of harm to others or physical aggression toward others
- 3. Youth presents with acute distress or dysfunction resulting from a mental health or behavioral health crisis.
- 4. Youth has shown an increase in impulsive/destructive behaviors including changes in emotional and physical status i.e. changes to sleep patterns, eating habits, concerning messages on social media.
- 5. Youth has a recent decrease in functioning or chronic functioning issues resulting in impeded daily living.
- 6. Intensive community or home-based intervention is deemed to be necessary to stabilize the crisis, prevent deterioration of functioning, or provide parents with the skills needed to manage youth's MH/Bx symptoms.
- 7. Caller requested referral to the CCORS TRACE Program.

Who We Are



Team of professionals:

- Parent Partners
- Youth Peers
- Case Managers
- Crisis Intervention Specialists

Additional professionals available:

- Specialized Team for DD (Developmental Disabilities)
- Psychiatrist

Free and voluntary

Program through Y Social Impact Center

- Funded by King County BHRD & DCYF



How We Serve



- **Crisis intervention model**
 - Brief therapeutic intervention (up to 8 weeks depending on youth and family needs)
 - ISS Cases: 90 days
 - Frequent, urgent, and intense
 - Mobile response for:
 - De-escalation
 - Risk assessment
 - Safety planning

How We Serve



- **Short-term community-based support**
 - Focused on serving the whole family
 - Teaming with other professionals to advocate for services
 - Parent support and skill-building
 - Available 24/7
 - Support connection to ongoing services in community



What Can and Can't CCORS Do?



- **CCORS can provide:**
 - + Brief therapeutic interventions that might include working with the young person to increase coping skills and emotion regulation; improving family communication and psychoeducation
 - Peer support and parent coaching; support in safety-proofing home; advising on behavior management strategies
 - Teaming with other professional supports (i.e. IEP meetings, Wraparound meetings)
 - Providing linkage to community and natural supports
 - Helping caregivers advocate for themselves and their child at school

- **CCORS cannot provide:**
 - Long-term individual or family counseling
 - Transportation (i.e. driving youth to hospital or therapy appointment)
 - Mandated services

What Happens if a Youth Doesn't Consent?



- If the young person does not consent to participate, CCORS will work with caregivers to provide:
 - Psychoeducation
 - Skill-building
 - Linkage to supports and resources
- CCORS Parent Partners can assist caregivers with self-advocacy.

Typical Reasons for CCORS Referrals



- Provide Safety/Risk Assessment for young people experiencing a behavioral health crisis (i.e. expressing suicidal ideation or self-harm, aggression or homicidal ideation, severe family conflict, etc.
- Crisis intervention, de-escalation, and safety planning
- Identify need and support linkage to appropriate services

Most calls are related to the safety of the young person

CCORS or 911



- **Call 911 if:**
 - Client is presenting immediate harm to self or others
- **Call CCORS if:**
 - Client doesn't meet criteria for hospitalization but there is ongoing concern for client's mental health needs
 - Ongoing family conflict, housing, food or other necessities insecurity impacting student's daily well being
 - School attendance is suffering
 - Client expresses suicidal or homicidal thoughts and/or gestures, call CCORS

How to Make a Referral



- Tell the family you will make the referral
- Call Crisis Connections **206-461-3222**
- Crisis Connections will ask for detailed info about the crisis
- Put family on phone w/ Crisis Connections (if possible)
- If an appointment is set, ensure the family is informed.

What happens next?



Depending on the situation, Crisis Connections will assign the client to either:

- **Emergent Outreach**

- Emergent: Immediate safety concern; young person needs intervention and safety planning
 - ✦ CCORS team on-site within 2 hours which can include at school

- **Non-Emergent Outreach**

- Non-emergent: Young tperson is able to remain safe until CCORS can make contact with youth and/or family the next day
 - ✦ Scheduled appoinment within CCORS at either 10am or 6pm the following day, or sign up to receive a Call Back



- Questions/Feedback?

- **Presenters Contact Info:**

- ✦ Lois Garrett (she/her), CIS

- Lgarrett@seattlemca.org
- 206-945-4122

- ✦ Hanna Raiford (she/her), CM

- Hraiford@seattlemca.org
- 206-556-7109

Supervisor: Erin Lamon, Elamon@seattlemca.org