

*What Parents can do with
the rules as they are*
and what King County might do to help

**Charley Huffine, MD - Medical Director for
Child and Adolescent Mental Health Programs**

King County

For the Parents Symposium

January 6, 2010

Access to Quality Services

for families with difficult children to raise

- **Private Practice, availability and limitations**
 - Many experienced therapists avoid difficult youth
 - Way too few Child/Adol MH professionals
- **Public System barriers and red tape**
 - Intake process a barrier for some, slow to get meds
 - States ban on certain diagnoses; autism, Tourettes
 - Huge case loads
- **Hospitals and Residential Programs**
 - Variable quality in hospitals, poor coordination with O.P.
 - Worries about poor care in out of state residential care
 - Hard to get into CLIP

Solutions:

What to do about Access

- **Private Practice**
 - Demand true health insurance reform (don't hold your breath)
- **Public System**
 - Lobby for More \$\$\$ dollars in the system \$\$\$
 - Demand a program for Autism Spectrum D/O
 - Press for more Wraparound and other EBP's
- **Hospitals and Residential Programs**
 - Get kids home faster = more beds available
 - Be VERY cautious about out of state residential care - if you must try, talk to Cathy Clem who knows how to sniff out abusive programs

*Is the current Age of Consent law
getting in the way of care?*

*Are Parent/Caregiver Initiated Treatment
laws working?*

- Many parents complain of AoC. **blaming these for access problems and inadequate resources?**
- Refocus on adverse social conditions for raising kids, **not freak out with what youth do.**
- Need to rattle the doors of hospitals, **negotiate**
- Need to re-think desperately ill, disruptive and intellectually impaired youth - **consider laws supporting competency evaluations and their softening effects of Aoc laws**

Things King Co. is considering on for managing age of consent laws

- **Informing families/youth of Age of Consent laws**
 - Paper only information at intake?, not discussed by screeners/admin staff
 - Deal with youth when/if it comes up
- **Confidentiality**
 - No ROI's for parents but yes for all else
 - Explain need to talk with parents, get them to coach you on how and what they'll say
 - Deal directly with confidentiality rules and exceptions
- **Skilled counseling**
 - If kid doesn't want therapy, have getting his parents lay off of that issue the reason to engage therapist
 - Youth figure after a few visits that a txist is useful

Feedback to King County

- Any comments on what we are considering?
- Any other suggestions in what we might do?
- How can we ally best with families on the larger issues?

*Thank you for listening and
for helpful suggestions*

Charley Huffine

Charley.huffine@kingcounty.gov

Write us with any more ideas