



FACT SHEET

navos.org

MISSION

Our mission is to transform the quality of life for people vulnerable to mental illness and substance use disorders by providing a broad continuum of care. We believe that diversity, inclusion and equity are vital to living our values and achieving our mission.

VISION

A healthy community in which people thrive while managing symptoms of mental illness and substance use disorders.

BACKGROUND

Founded in 1966, Navos is a private, non-profit organization dedicated to helping children, youth and adults of all ages with significant mental and emotional health issues so they may realize their greatest potential for recovery and self-sufficiency.

- Adults of all ages with severe and persistent mental illness and often substance abuse
- Youth experiencing a mental or emotional illness

In 2010 and 2012 respectively, Navos joined with legacy organizations Ruth Dykeman Children's Center (RDCC) and Seattle Children's Home (SCH) to increase and improve our child and family services and to provide a continuum of care for at risk children and youth in our community. In Spring 2017, Navos became an affiliate of MultiCare Health System, creating a stronger system of behavioral health services focused on healing and treating the whole person to meet their physical behavioral needs.

Over 90% of the people we serve live at or near poverty level. Roughly half of the people served by Navos are people of color.

SERVICES

One of the largest community mental health and substance use disorder treatment providers

Washington State, Navos offers a full spectrum of mental health, substance use disorder and physical care programs and services to more than 12,000 children, youth and adults each year.

We are proud to be a leader in using a trauma informed care (TIC) approach to treatment. TIC an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma.

Children, Youth & Family Services

Our dedicated staff works with children, teens and their families to overcome situations that harm or disrupt emotional growth. A range of therapies is offered including play therapy for younger children, individual and group therapy for older children/teens and family therapy, both at Navos and in over 40 schools across King County.

Infant and Early Childhood Mental Health

Program: "Infant mental health" refers to how well a child develops socially and emotionally from birth to five years old. Understanding infant mental health is the key to preventing and treating the mental health problems of very young children and their families. Our team works with the entire family to prevent the occurrence or escalation of mental health problems and to minimize children's social emotional developmental risk.

Adolescent Drug and Alcohol Treatment: We work with youth 13 to 18 to identify and achieve successful and attainable treatment goals. Partnering with schools, hospitals, law enforcement and other social service agencies we provide relevant and accessible youth drug and alcohol treatment.

Children's Long term Inpatient (CLIP): As one of five CLIP programs in Washington State, Navos provides intensive 24-hour residential and psychiatric care for children and adolescents between the ages of 13 and 18 in a secure and

highly structured setting designed to assess, treat and stabilize youth diagnosed psychiatric and behavioral disorders. CLIP is individualized treatment provided through the use of evidenced based practices designed to increase the youth's skills and adaptive functioning with a focus on reintegration back into a community setting, as quickly as possible

POW (Proud, Out and Wonderful): Navos' free leadership group for LGBTQ Youth 13-21. Provides a safe space for youth to build community and promote social justice through empowerment, leadership and advocacy in South King County.

Adult Outpatient Services

Our goal for adults in treatment is to help each individual to achieve their desired goals for recovery and self-sufficiency.

- ***Primary Care:*** Because research shows that adults suffering from serious mental illness have significant physical health disparities. Navos partnered with Public Health Seattle-King County to imbed a primary health clinic within our behavioral health care center in Burien.
- ***Employment services:*** Our employment services program provides quality, comprehensive, recovery-oriented vocational supports and services to individuals with mental health issues. We provide opportunities for the individual to be successful in both acquiring and maintaining employment.
- ***Older Adults (OASIS):*** Individuals 60 and older are helped to live lives that are satisfying and as independent as possible, despite the challenges mental illness poses. We work with older adults in their individual homes as well as nursing homes, supported housing and residential treatment programs.
- ***Substance Use Disorders:*** Individuals with substance use conditions often have a mental health condition at the same time and vice versa. Our specialized program

uses evidence based best practices to treat those individuals. Navos staff members have specialized training and qualifications in Dual Diagnosis treatment. Subsequently, they are uniquely qualified to treat clients with co-occurring disorders facing particular challenges because of their mental illness.

Adult Residential Treatment

Navos supportive housing combines housing and other services to help low income people with mental illness and other complex challenges live more stable, productive lives.

Expanding Community Services Navos provides housing and treatment supports for individuals with severe and persistent mental illnesses coming out of longer term placements at Western State Hospital. We provide the homes and necessary staff and services daily to assure clients' success living in the community.

Program for Assertive Community Treatment

(PACT): PACT is a national best practice designed to help very difficult to serve clients who may take years to engage and improve. A multi-disciplinary team of psychiatrists, nurses, counselors, case managers, vocational rehabilitation and chemical dependency professionals work with clients in their homes and communities tailoring services to the particular needs and capacities of the clients.

Older Adult residential programs: Supporting older adults with mental illness by providing a community setting with multidisciplinary staff available seven days a week to assist the residents to achieve or maintain their highest level of independence.

Inpatient Hospital Facility

We care for adults experiencing a psychiatric crisis who need secure and stabilizing treatment in order to reintegrate into the community. Our patients are primarily individuals who are involuntarily committed because they are deemed to be in

imminent danger of harm to self or others. In a new program showing great success, Peer Bridger's (former clients who have specialized training) help current patients to successfully discharge from and continue their treatment so they may prevent future crisis and hospitalization.

Behavioral Health Consortium (Formerly Navos Consortium)

Navos leads a consortium consisting of over 20 subcontractors to allow this variety of agencies to offer Medicaid funded mental health services to vulnerable children, adults and families throughout King County. Today, this consortium serves over half the children seen in the King County mental health system, as well as many adults.

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