

## Intensive residential teams (IRT)

Intensive residential teams (IRT) are designed to work with those individuals being discharged or diverted from a long-term civil commitment or state hospital who have struggled to remain in their community settings such as adult family homes (AFH) or assisted living facilities. These teams provide intensive mental health care to the individual in their facility to help them transition to a lower level of care.

### Overview

The need for this IRT service was identified as part of a systematic review of the state hospital discharge process. An informal gap analysis was conducted with state agencies and partners.

A gap in services was identified for people in the hospital slated for discharge to Department of Social and Health Services (DSHS)/Aging and Long-Term Support Administration (ALTSA) facilities. Some of these individuals require intensive support so that they can adjust to their new setting and minimize the risk of returning to an inpatient level of care or even to a state hospital.

### The teams

IRT teams provide services five days a week over multiple shifts covering at least 12 hours a day.

Services are delivered in the ALTSA facility and other appropriate community settings. Teams consist of:

- A half time dedicated prescriber
- A Registered Nurses (RN)
- Mental Health Professionals (MHP)
- Certified peer counselors

The teams provide recovery-focused treatment to promote stability, safety, and help the individual transition to a lower level of care. The teams provide medication management to the clients and primary mental health services based on the individual's need. IRT teams use cognitive

behavioral therapy for psychosis (CBT-p) as part of their approach.

### Startup

There are currently four teams throughout the state of Washington. Each team has the capacity to serve 50 individuals and are located in:

- Two teams serving Pierce County
- Spokane County
- Lewis County

There is a fifth team in the beginning stages of development that will be serving individuals in Thurston County.

Lastly, a sixth team is serving individuals with intellectual and/or developmental disabilities (I/DD) in King County.

### Eligibility requirements

IRT teams work with individuals with a serious mental illness who live in AFHs or assisted living facilities after discharge or diversion from a state hospital.

### Budget for SFY 25

GFS: FY25 \$1,423,000

GFF: FY25 \$2,954,000

### Partners

Teams work closely with facilities, expanded community services providers (ECS), and regional ALTSA staff to both educate and help them on how to best work with the individual and their needs.

Teams work closely with local crisis services and first responders to ensure individual needs are met outside of their normal hours. This includes making their crisis plan available to crisis responders to help them work with the individual if needed.

### For more information

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