

# Healthcare in Juvenile Rehabilitation (JR)

Due to the levels of chronic stress before entering JR, the health care needs of our young people are numerous and complex. In JR, young people have access to health services that they may not receive in their communities.



## Young People in JR have higher rates of many chronic health problems.

In JR, many young people have conditions including seizures/other neurological disorders, arthritis/other autoimmune conditions, asthma, allergies, high blood pressure, diabetes, bone and joint disorders, injuries from trauma, and many others.



## Young people in JR have very high rates of drug and alcohol disorders.

- At least 70% of JR young people have used substances in a way that increases their chances of developing an adult substance use disorder.
- 20-30% of young people in JR have opioid use disorder.
- Young people using or have used substances have an increased risk of overdose.



## Mental health disorders are extremely common among our young people.

- 40% have symptoms of post-traumatic stress (PTSD).
- 41% have depression.
- 48% have anxiety.
- 61% of young people have at least one of these conditions.

### Medicaid Services Received in the 3 Months After Release

Only 32% of young people with mental health disorders receive services after release.

Only 14% of young people who have a substance use disorder received services.



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

In JR, we are filling the gap left by community services. In spite of the complex needs of our youth, the health care provided in DCYF JR is higher quality than many youth have access to outside of our system.

## Healthcare throughout Juvenile Rehabilitation.

### First Day

Within 4 hours of arrival, young people are screened for serious and chronic physical health problems, mental health problems, dental problems, and substance problems.

### First Week

During the first week:

- A qualified healthcare provider does an initial medical history and physical.
- A young person is screened for mental health, substance use, and sexually transmitted infections (STI).
- A young person will have their first dental visit.

### During Their Time at a Facility

When in residence at a facility, a young person will receive:

- Evidence-based chronic disease and specialty care.
- Yearly medical and wellness checks.
- Ongoing substance and mental health care.
- Medication for opioid use disorders.

### Transfer to Community Facility

Prior to transferring to a community facility, young people in JR are comprehensively screened for ongoing physical, mental, dental, and substance problems that could impact their care in the facility. If appropriate, referrals are made to community providers.

### During their time at a community facility

Community Facilities do many things to ensure that youth in their care are healthy. This includes:

- Partnering with community medical, mental health, substance, and dental providers.
- Receiving quarterly visits from a nurse administrator team that provides training to youth and staff on CPR and other health topics.
- The nurse administrator team also performs medical drills designed to prevent overdose and prepare for other medical emergencies.

### When Leaving JR

- Young people work with a medical liaison to receive referrals for medication and opioid use disorder prescriptions.
- Young people are given condoms and naloxone (overdose medication) upon release.
- Young people are invited to participate in the POST program, a voluntary program that provides transition support to increase prosocial relationships and activities to prevent substance use after release. Over 80% of youth participate, and most stay for the full length of this program.



*DCYF does not discriminate and provides equal access to its programs and services for all persons without regard to race, color, gender, religion, creed, marital status, national origin, citizenship or immigration status, age, sexual orientation or gender identity, veteran or military status, status as a breastfeeding mother, and the presence of any physical, sensory, or mental disability or use of a dog guide or service animal. If you would like free copies of this publication in an alternative format or language, please contact DCYF Constituent Relations at 1-800-723-4831 or email [communications@dcyf.wa.gov](mailto:communications@dcyf.wa.gov).*