

Fort Steilacoom Competency Restoration Program

The Trueblood v. DSHS lawsuit challenged unconstitutional delays in competency evaluation and restoration services for people detained in city and county jails. The Trueblood Contempt Settlement Agreement establishes a plan for providing services to those involved in the criminal court system and for providing treatment to people when needed so they are less likely to become involved in the criminal court system. The Trueblood Settlement Agreement includes a plan for phasing in programs and services.

About FSCR. The Fort Steilacoom Competency Restoration Program provides treatment to inpatients in a 30-bed residential treatment facility in Lakewood. The program is one of four programs offering inpatient competency restoration services in the Behavioral Health Administration, to include Maple Lane Competency Restoration Program, Eastern State Hospital and Western State Hospital.

Our patients. Patients enter into treatment if they are in a court proceeding, and a judge determines they do not understand their charges, the court process, and/or that they lack the ability to assist in their defense because of a mental health condition. Patients typically receive orders for 29 to 90 days of treatment (depending on the type of charge), which can be extended if approved by the court. If patients' competency is restored, then they return to jail to continue with their court proceedings. If their competency cannot be restored, Fort Steilacoom works with the patients to transition them to a state hospital for civil commitment.

Our program. The Fort Steilacoom team uses the Breaking Barriers Competency Restoration curriculum to help patients to become competent. These classes address areas such as courtroom knowledge and understanding, symptom management, coping skills, and effective communication with attorneys.

There are two types of interventions typically associated with competency restoration: psychotropic medication and individual monitoring of their barriers to competency. Patients who are enrolled in competency restoration are evaluated by a credentialed provider who determines whether psychotropic medications may be beneficial and, if so, can prescribe and monitor medication. For individual sessions, patients meet with clinicians, social workers and a peer support specialist to



address individual barriers to competency, transition planning, and wellness recovery action plans.

Competency restoration services respect the various facets of people's lives and account for each patient's experiences and needs. The patient is involved in planning their services, and the program strives to provide an atmosphere of hope that they can achieve mental wellness.

For more information

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- Visit the [Trueblood website](#)