



Washington State  
Department of Social  
& Health Services

Transforming lives

March 2024

# Kids' Mental Health Washington Youth Regional Behavioral Health Navigator Program

## Overview

The DSHS' Developmental Disabilities Administration Kids' Mental Health Washington Youth Regional Behavioral Health Navigator Program connects youth who have complex mental and behavioral health needs with supports that help them live and thrive in their communities.

YRBHN is a partnership between DSHS' Developmental Disabilities Administration, the Washington State Health Care Authority and Kids' Mental Health Pierce County. The program is available statewide. Each region will design their program to meet the needs of their region.

[Kids' Mental Health Washington](#) covers all local Youth Regional Behavioral Health Navigator Programs across Washington.

## Additional resources

The Youth Regional Behavioral Health Navigator Program connects youth who have complex mental and behavioral health needs with supports that help them live and thrive in their communities.

[Kids' Mental Health Washington](#)

[HCA Regional Youth Behavioral Health Navigator Fact Sheet](#)

[Behavioral Health Administrative Service Organization Fact Sheet](#)



Each YRBHN program will have:

- A steering committee to coordinate local resources and collaborate on community initiatives.
- A website with up-to-date local and community-based resources for youth and their families.
- A referral process for any member of the public to submit a request for a youth in need of support.
- Multi-disciplinary team meetings.
  - MDTs collaborate with local resource partners to develop an action plan tailored to the needs of the youth.
- Ongoing support for connecting to the recommended resources.

DDA headquarters and regional staff participate as active members of each local YBHN team.



Contacts: Meghan Hopkins, MA, LMHC • DDA Youth Behavioral Health Navigator Program Manager • [Meghan.Hopkins@dshs.wa.gov](mailto:Meghan.Hopkins@dshs.wa.gov)  
Shelley Bogart • Respite and Short-Term Services Unit Manager • [Shelley.Bogart@dshs.wa.gov](mailto:Shelley.Bogart@dshs.wa.gov)

Washington State Department of Social and Health Services

DSHS 22-1986 (4/24)