



The LBTCF uses adaptive evidenced-based treatment modalities and techniques to teach skills and improve the youth's quality of life focused on physical health, mental health and social well-being.



Lake Burien Transitional Care Facility

An innovative model delivering integrated whole person care for youth with ID/D and Co-occurring Disorders.



Transforming lives

DSHS 22-2022 (6/24)

Lake Burien Transitional Care Facility

LBTCF is a new therapeutic facility developed to support youth, ages 13-17, with intellectual and developmental disabilities, autism spectrum disorder, behavioral health needs, and other co-occurring disorders such as substance use disorder and mental illness. The facility is being operationalized by the Department of Social and Health Services with support from Department of Children, Youth and Families and Health Care Authority.

DSHS is leasing the staff-secure facility at the former Navos Youth Residential Treatment Center at 1043 SW 152nd St., Burien. The property, which is owned by MultiCare, was designed with children and youth in mind featuring accessible space for on-site educational services, sensory gym, music room, as well as outdoor recreational areas.

Treatment at the Lake Burien Transitional Care Facility uses a holistic approach to improve a youth's physical and behavioral health, social functioning, educational progress and relationship with their family and community.

The treatment team uses a person-centered approach that supports a youth's individualized needs and incorporates coaching and teaching strategies that emphasize the youth's strengths and abilities.

Evidence-based behavioral health care, adapted for youth with ID/D and Co-occurring Disorders:

- Adapted individual therapy.
- Adapted dialectical behavioral therapy.
- Adapted group therapy.
- Family therapy.
- Recreational therapy.
- Medication management.
- Applied behavioral analysis.

Habilitative interventions for youth with ID/D and Co-occurring Disorders:

- Personal care.
- Support with activities of daily living.
- Positive behavior support.
- Speech therapy.
- Occupational therapy.

Family relationship support:

- Active family participation while a youth receives treatment.
- Continuous communication.
- Family-driven discharge planning and smooth transitional care.
- Caregiver training and skill acquisition in preparation for discharge.

Community support:

- Engagement in preferred community activities while a youth receives treatment.
- Experiential learning opportunities in the community to achieve treatment goals.
- Transition care with community providers.

Educational services:

- Coordinate with the local district to ensure timely access to Free Appropriate Public Education in the least restrictive environment.
- Participation as a member of the IEP team.

