

Washington System of Care Statewide FYSPRT

Date: Tuesday February 6, 2018

Time: 9:30am – 3:00pm

Location: Lacey, WA 98503

52 Attendees representing the following: Attorney General’s Office, Beacon Health Options of Washington, Children’s Administration, Coordinated Care, Developmental Disabilities Administration, Division of Behavioral Health and Recovery, Family Alliance Washington, Great Rivers Behavioral Health Organization, Great Rivers Regional FYSPRT, Greater Columbia Behavioral Health Organization, HI-FYVE (Pierce Optum Regional FYSPRT), North Central WA Regional FYSPRT, Northeast Regional FYSPRT, North Sound Family and Youth Coalition, Office of Superintendent of Public Instruction, Optum Pierce Behavioral Health Organization, Passages Family Support, Praed Foundation, Rehabilitation Administration – Juvenile Rehabilitation, Salish Regional FYSPRT, Skagit County Public Health, South East WA Regional FYSPRT, Southwest Regional FYSPRT, System of Care Partnership (Thurston Mason Regional FYSPRT), Washington PAVE, Washington State Community Connectors, Washington State Department of Commerce, Washington State University, and YouthSound

Facilitators – Michelle Karnath and Nicole Miller

Timekeepers – Tri-Lead Team

Notes – Carol Becerra and Kris Royal

<u>Agenda Item & Lead(s)</u>	<u>Discussion and Notes</u>	<u>Action Items</u>	<u>Assigned To</u>	<u>By when</u>
Welcome and Introductions Nicole Miller 10:00 – 10:20	Attendees introduced themselves, identified their role and which agency, organization and/or Regional FYSPRT they were representing. Nicole pointed out the resource table for items available for all to take and share. Nicole shared the comfort agreement and the group agreed to it.	n/a	n/a	n/a
Youth Experiencing Homelessness Dialogue Michelle Karnath 10:20 - 11:20	<p>Topic Purpose – to gather information and dialogue about support for youth experiencing homelessness and mental health challenges</p> <p>Regional FYSPRTs and state system partners shared information from their region/system around youth experiencing homelessness and mental health symptoms. Most regions/systems identify having some resources for transition age youth experiencing homelessness and behavioral health symptoms such as drop in centers and shelters, however, these resources are not enough to fill the need. WISE peer partners are doing some street outreach for youth enrolled in WISE. Information shared highlighted gaps in housing for 18 -25 year olds, youth with families, co-occurring mental health and substance use, safe spaces for LGBTQ youth and youth without substance use needs. Barriers to resources include waiting lists, length of stay limitations and occupancy limitations. Liaisons in the schools through McKinney-Vento Homeless Assistance Act with the goal to support education for youth experiencing homelessness. Children’s Administration has transitional services to extend foster care to avoid homelessness. Majority of youth in shelters identify family conflict as the reason they are in a shelter.</p>	<p>Tri-Leads requested members email resources and information to Kris.</p> <p>Kris will work with Tri-Leads to send out a reminder email.</p>	<p>Regions and system partners</p> <p>Kris and Tri-Leads</p>	<p>3/2/18</p> <p>2/23/18</p>

Statewide FYSPRT Goals

1. Improving quality of life for youth and families by reviewing statewide performance and making recommendations through collaborative engagement of youth, families and system partners.
2. To support system improvements by enhancing strengths and eliciting challenges and barriers from the Regional FYSPRTs and state partners and develop collective recommendations to share with Statewide FYSPRT members, Regional FYSPRTs and/or Children’s Behavioral Health Executive Leadership Team that include youth, family and system partner voice.

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	<p>Participants identified ideal resources and creative strategies for transition age youth experiencing homelessness as affordable rent/housing, rental assistance, supported employment, simpler youth friendly processes, street outreach, peer support, 211 call center, long term housing for age 17 and older, sharing information, one stop or no wrong door to access resources, organizations that specialize in transition age youth, resources that represent and/or look like the people being served, job coaching, using social media to share resources, internships, outreach to schools, library, educating first responders, and peer supports to help navigate the system.</p> <p>For more information about programs through the Office of Youth Homelessness, click here: http://www.commerce.wa.gov/serving-communities/homelessness/office-of-youth-homelessness/ or contact Regina McDougall at regina.mcdougall@commerce.wa.gov or 360-725-5067. For more information on the Housing and Recovery through Peer Services (HARPS) program, click this link: https://www.dshs.wa.gov/sites/default/files/BHSIA/dbh/Fact%20Sheets/HARPS.pdf or contact Cary Retlin at cary.retlin@commerce.wa.gov or 360-725-2836.</p> <p>Participants expressed interest in moving this challenge forward to the Executive Leadership Team. Recommendations to move forward from the Statewide FYSPRT to be determined by an activity at a future meeting.</p>			
<p>National Federation of Families for Children’s Mental Health Conference Presentation</p> <p>Tim Miller and Lorrin Gehring</p> <p>11:20 - 11:50</p>	<p>Topic Purpose – information sharing, presentation from youth who attended the National Federation of Families Conference in November 2017</p> <p>Lorrin Gehring, YouthSound Program Director, shared on the National Federation of Families for Children’s Mental Health Conference, noting youth were represented from across the U.S., Puerto Rico, and Guam and that there is an informal peer network across the country. Lorrin introduced Tim Miller noting the Thurston Mason Behavioral Health Organization (BHO) provided funding to support Tim’s attendance at the conference.</p> <p>Tim Miller, Lead Youth Advocate for YouthSound, organized a fundraiser to raise awareness around youth suicide and to show youth that there is hope. Tim works in the schools and is a rapper as well. He found out that you don’t have to be in a position of power to be a leader and that there is help for youth in every state. He shared that attendance at the conference really opened his eyes about resources and help for youth. This work is not just local, but national as well and that he valued this conference experience.</p>	n/a	n/a	n/a
<p>Lunch Break 11:50pm – 12:50pm</p>	Lunch on your own			

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<p>Neuropsychologist Dialogue</p> <p>Statewide FYSPRT Tri-Leads</p> <p>12:50 – 1:35</p>	<p>Topic Purpose – to gather information and dialogue about access to neuropsychologist evaluations</p> <p>Regional FYSPRTs and state system partners shared information from their region/system around neuropsychology evaluations. In general, there seemed to be confusion about the definition of neuropsychologist evaluations, telemedicine and telehealth. Per feedback from the regions, referrals are usually provided by a primary care provider.</p> <p>Other helpful information and links below in the notes per conversation from the meeting. Per the Service Encounter Reporting Instructions (SERI) and Washington Administrative Code (WAC):</p> <p>Telemedicine is the delivery of health care services through the use of interactive audio and video technology, permitting real-time communication between the patient at the originating site, and the provider for the purpose of diagnosis, consultation, or treatment. Telemedicine does not include the use of audio-only telephone, facsimile or email. Telemedicine is also outlined in Washington Administrative Code 182-531-1730.</p> <p>Telehealth is outlined in Washington Administrative Code 246-915-187 Use of telehealth in the practice of physical therapy.</p> <p>Neuropsychologist definition per the Seattle Children’s website is “Neuropsychologists are experts in the relationship between the brain, learning and behavior. They conduct evaluations to understand how a child or teen’s brain is developing and working”.</p>	<p>If regions/system partners have further information or resources to share or if further dialogue would be helpful, please contact one of your Statewide FYSPRT Tri-Leads or Kristen Royal.</p>	<p>Regions and system partners</p>	<p>Next meeting</p>
<p>System Partner engagement in Regional FYSPRTs activity</p> <p>McKenzie Madland, Youth Tri-Lead Candidate</p> <p>1:35 – 1:55</p>	<p>Topic Purpose – activity to share strategies around system partner engagement in Regional FYSPRTs</p> <p>McKenzie’s responses to the Statewide FYSPRT Tri-Lead Candidate Questions were distributed to participants. McKenzie shared about her experience, facilitation skills and connection to the work of the FYSPRTs and behavioral health including her work at Children’s Home Society and around suicide awareness. Engaged participants in an activity to share strategies for engaging system partners in Regional FYSPRT meetings. Strategies were shared for the following systems/partners: education, juvenile rehabilitation, developmental disabilities, substance use and mental health providers, child welfare, primary care, housing, employment, juvenile courts (dependency, diversion etc.), and law enforcement/first responders.</p> <ul style="list-style-type: none"> • Ask system representatives to do a presentation • Connect through social media • Invite to resource fairs and/or share resources 	<p>Regions and system partners share strategies from this activity with their teams.</p>	<p>Regions and system partners</p>	<p>Next meeting</p>

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	<ul style="list-style-type: none"> • Identify a key contact for the region – keep contact information updated • Identify shared goals/outcomes/needs/benefits through data or other methods (for example juvenile rehabilitation – ask how can we help reduce recidivism) • Relate behavioral health to their mission • Promote shared resources • Education about FYSPRT • Start a conversation about the role of the of the system and how it connects to FYSPRT • The personal touch – phone calls to reach out to supporters and/or schedule a face to face meeting and offer to partner together • Dance like no one is watching • Resource sharing on agency’s work • Offer to hold meetings in schools, engage guidance counselors • Volunteer credit for participation in the FYSPRT • Educate the schools on services that can be provided in the school • Raffles, drawings, prizes at the meeting • Bring FYSPRT to them with a goodie bag • Go to the top • Bring youth to FYSPRT meetings • Community service (for juvenile courts) • Educate on appropriate referrals to assist with access to care • Healthy conversations – building relationships 			
<p>Family engagement in Regional FYSPRTs activity</p> <p>Lex Andrews, Youth Tri-Lead Candidate</p> <p>1:55 – 2:15</p>	<p>Topic Purpose – activity to share strategies around family engagement in Regional FYSPRTs</p> <p>Lex’s responses to the Statewide FYSPRT Tri-Lead Candidate Questions were distributed to participants. Lex shared her lived experience in the Juvenile Justice and other systems. Lex is currently a Regional FYSPRT Youth Tri-Lead and is on councils for juvenile justice. Engaged participants in an activity to share strategies for engaging families in Regional FYSPRTs. Participants were asked to identify barriers and solutions for family engagement. Barriers included:</p> <ul style="list-style-type: none"> • transportation • child care • WISe buy-in or lack thereof • families are isolated, lack of community connections and community awareness • getting the word out to families to come to monthly meetings 	<p>Regions and system partners share strategies from this activity with their teams.</p>	<p>Regions and system partners</p>	<p>Next meeting</p>

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	<ul style="list-style-type: none"> • stigma and anxiety at being in a meeting with others who you may think don't understand your situation • too many system partners who come with genuine intentions but may make families feel uncomfortable speaking up • families don't know what the FYSPRT is • school/work schedule - lack of time and competing priorities • parents may not want to be identified publicly as using/needing behavioral health services for their families • maintaining engagement • families not interested – what is in it for them • families facing the challenge of balancing family life and other external activities • hopelessness • biases • activities for younger children - engaging activities <p>Solutions identified included:</p> <ul style="list-style-type: none"> • Identify bus routes • remembering to focus on family needs • transportation support - bus pass, provide rides, carpool, gas cards, pay mileage • stagger meeting times to accommodate work schedules • make sure system partners mix with families • coach system partners to not dominate • create family friendly environment and events to introduce FYSPRT and provide connections • encourage families to share their stories and what works/what doesn't • conversations around a circle to build trust and facilitated by a trained person • pay mileage and childcare so parents can attend FYSPRT or other behavioral health meetings • developing an introduction and welcome process developed by youth and family • disclaimer at beginning of meeting to acknowledge the bravery to attend and speak • promote how involvement could benefit families • increased social media presence to inform folks • central location • food provided • more education for families 			

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	<ul style="list-style-type: none"> • incentives - food, gift cards, raffle prizes, compensate families for their time • outreach to WISE organizations • more youth engagements and incentives • offer ongoing activities for younger kids • youth leads could start on at age 14 • combine meetings with other meetings to reduce meetings they need to attend • what are the family and youths need in the community <p>Participants were also asked to identify one thing they could do to impact family engagement in the FYSPRTs.</p>			
Executive Leadership Team Respite Response Carla Reyes 2:15 – 2:45	<p>Topic Purpose – Follow up and response to respite challenge</p> <p>Carla Reyes, Assistant Secretary of Behavioral Health Administration and Executive Leadership Team (ELT) member attended the meeting to follow up and share the ELT response to the respite challenge voted to be moved forward to the ELT at the August 2017 Statewide FYSPRT meeting. Information shared about the ELT review and consideration process. ELT responses to recommendations brought to the ELT from the Statewide FYSPRT were shared. At this time the state will not pursue a state plan amendment to add respite services. Division of Behavioral Health and Recovery (DBHR) will continue to monitor grant announcements from the Substance Abuse and Mental Health Services Administration (SAMHSA). ELT encourages counties and communities to also monitor announcements from SAMHSA as counties and communities may also be able to apply for grants. DBHR will continue the conversation around respite services with other state and local system partners including but not limited to the Department of Early Learning, the Department of Children Youth and Families, Behavioral Health Organizations, Managed Care Organizations and Behavioral Health Administrative Services Organizations.</p> <p>A written response from the ELT will be shared with membership and will include more information based on questions that arose during this dialogue.</p>	Send out written response from the ELT regarding the respite challenge.	DBHR Children’s Unit in coordination with ELT members.	March 2018

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<p>Meeting Evaluation</p> <p>Agenda Items for the Next Meeting</p> <p>Michelle Karnath</p> <p>2:45 – 3:00</p>	<p>Evaluations handed out for participants to complete to provide feedback on the meeting including agenda items for future meetings.</p> <p>A voting tool, using survey monkey, will be sent to Statewide FYSPRT members (Regional FYSPRT Tri-Leads and state system partners) to place their vote for the next Youth Tri-Lead for the Statewide FYSPRT. The voting tool is in the final stages of development. The Statewide FYSPRT Family Tri-Lead, System Partner Tri-Lead and Statewide FYSPRT Coordinator will only vote if a tie breaker is needed. DBHR staff identified as Statewide FYSPRT members will not receive the link to vote per Tri-Lead decision to capture Regional Tri-Lead and state system partner membership voice in this decision.</p>	<p>Tri-Leads to review and consider feedback in planning for future meetings.</p> <p>Kris will email voting tool.</p> <p>Regional FYSPRT Tri-Leads and state system partners will vote for one candidate.</p>	<p>Statewide FYSPRT Tri-Leads</p> <p>Kristen Royal</p> <p>Regional FYSPRT Tri-Leads and state system partners.</p>	<p>Feb 2018</p> <p>2/8/18</p> <p>2/15/18</p>
<i>Next Statewide FYSPRT Meeting</i>				
Wednesday, May 9, 2018 from 9:30am – 3 pm Lacey, WA				

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