

Greater Columbia Behavioral Health Regional FYSPRT

Work Plan 2023-2024 (updated 09.2023)

Goal 1: Have adequate representation of youth and family partners on the Regional FYSPRT.

Actions Steps/Suggested strategy(s):

1. Make quarterly contact with WISE Providers
 - a. Those Assigned: Convener, Tri-Leads, System Partners
2. Outreach at other agencies/organizations
 - a. Those Assigned: Convener, Tri-Leads, System Partners, GCBH staff
3. Outreach specifically designed for youth
 - a. Those Assigned: Convener, Tri-Leads, System Partners, particularly those who work with youth
4. Outreach specifically designed for families
 - a. Those Assigned: Convener, Tri-Leads, WISE providers, System partners working with families
5. Ensure meetings are youth and family friendly
 - a. Those Assigned: Convener, Tri-Leads, WISE providers, System partners
 - b. **Timeline for Completion:** December 31, 2023
 - c. **Desired Outcome:** 51% youth and family participation by the end of 2023
 - d. **Progress – 03.2023:**

January: 25%
February: 26%
March: 43%
Average: 31%

During the past quarter, we have averaged 31% youth and family partners attending our Regional FYSPRT meeting, which is below our goal of 51%. We continue to engage in more and more outreach and education regarding FYSPRT and becoming a member. Please see the quarterly report for the specific engagement events and opportunities that the FYSPRT engaged in this quarter. During the month of March when we saw our largest youth and family attendance, we did have a training by WSCC. Based on the attendance and the positive feedback that we received from this training, we will be asking WSCC to provide another training for our region sometime in the next 6 months. This goal will continue.
 - e. **Progress – 06.2023**

During the past quarter we continue to have family and youth attendance at under 51%.
April: 35%
May: 24%
June: No Meeting
Average: 29.5%

We have excellent system partner attendance and this has continued for some time. We will continue to outreach to the community and brainstorm how we can get more youth and families interested in participating in the FYSPRT. Convener, Youth Access and Resource Program staff and GCBH-ASO staff promote the FYSPRT at coalitions, agency meetings including BHAB, Clinical Crisis Providers meeting and QMOC

meetings. We have been able to fill the role of the System Tri-Lead and we will continue to promote the group. This goal has not been met and will continue.

f. **Progress – 09.2023**

During the past quarter we continue to have family and youth attendance at under 51%.

July: 26%

August: no meeting due to technical difficulties

September: 20%

Average: 23%

Our meeting attendance was down in September. During that time there was a conference in Yakima as well as school just starting for youth in the region, so that may have played a role in the lower attendance. We will continue to outreach to all areas in the regions during community events, meetings and collaboration opportunities.

Goal 2: Decrease stigma surrounding behavioral health and obtaining behavioral health care in our Region

Action Steps/Suggested strategy(s):

1. Have a presence at Health Fairs, Resource Fairs, Community Events
 - a. Assigned: Conveners, Tri-Leads, GCBH-ASO staff, Community organizations/agencies
2. Will attend relevant community/coalition meetings regarding behavioral health care and reducing stigma in the community
 - a. Assigned: Convener, Tri-Leads
3. Provide education and resources regarding behavioral health care to our region
 - a. Assigned: Conveners, GCBH-ASO staff, Tri-Leads, Community organizations/agencies
4. Discuss ways to decrease stigma at FYSVRT meetings
 - a. Assigned: Convener, Tri-Leads, System Partners, all FYSVRT members
5. Post behavioral health information on FYSVRT Facebook page and on FYSVRT website
 - a. Assigned: Convener, Tri-Leads
6. Promote materials and information/education to address stigma
 - a. Assigned: Convener, Tri-Leads, System Partners, Partner agencies/organizations, GCBH-ASO staff
7. Delegate outreach to FYSVRT members using who they know to work to decrease stigma and provide outreach as needed
 - a. All FYSVRT members
 - b. **Timeline for Completion:** December 31, 2023
 - c. **Desired Outcome:** By the end of 2023, there will be decreased stigma surrounding behavioral health in our region.
 - d. **Progress – Update 03.2023:**

Based on the Needs Assessment that was most recently completed, there continues to be stigma surrounding behavioral health and obtaining behavioral health care in our region. In order to address this, the Southeast FYSVRT will collaborate with organizations, agencies and participate in community events that promote and encourage good mental health and increasing awareness of mental health resources in the community. Southeast FYSVRT has participated in multiple events in the community regarding promoting mental health this quarter. In January, we participated in the Tri-Cities Family Expo, where we provided resources regarding programs, medication lock bags, FYSVRT information, and information regarding the Peer Support program at GCBH as well as the Behavioral Health Advocates. We have collaborated with the Youth Access and Resource Program to provide information about other programs in the area regarding available mental health resources. The Southeast FYSVRT website has a link to the Youth Access and Resource Program website, which has community events, news, behavioral health providers and organizations as well as a resource hub that is updated every 2 weeks with the availability of mental health and substance use providers within the Tri-Cities. As the program expands, the resources for all 9 counties in the Southeast FYSVRT region will be included. In addition to these events, the Convener participates in multiple coalitions throughout the region to work together to promote mental health including the Youth Suicide Prevention Coalition, Behavioral Health Committee, Key Connection and ECHO IDD Resource Group. Southeast FYSVRT will continue to promote mental health in our region. FYSVRT has also been working with the Youth Access and Resource Program to promote the FYSVRT and the search for new Tri-Leads. The 988 stickers that were developed in Spanish and that are distributed at events and with outreach materials are also a means of targeting stigma and encouraging everyone to contact crisis when needed.

e. **Progress update 06.2023**

FYSPRT continues to work to decrease stigma around behavioral health through trainings, community events and discussion within the FYSPRT. Convener participates in various webinars regarding stigma and FYSPRT has partnered with the Youth Access and Resource Program, the Recovery Navigator Program and the Youth Suicide Prevention coalitions to work to increase knowledge about behavior health services in the community by participating in community resource and education events. Convener also continues to learn ways to decrease stigma and promote education by engaging in local and online trainings such as the Behavioral Healthcare Conference, ECHO webinars as well as other educational webinars that are offered virtually. Convener also participated in the Say It Out Loud Conference which had an emphasis on LGBTQIA+ issues. This is an on-going goal and will continue at this time.

f. **Progress update 09.2023**

FYSPRT continues to have a presence at many mental health and substance use awareness events throughout the region. Convener has attended webinars, conferences and trainings around the improvement of mental health and decreasing stigma. Participated in the New Vintage Church event to bring de-stigmatization and behavioral health resources to homeless and those with unstable housing. Participated in the Take Strides Event in the Tri-Cities, also participated in the Migrant Resource Fair to provide resources and reduce stigma targeting the LatinX population.

Goal 3: Do at least 1 community project annually that will address the stigma surrounding behavioral health and behavioral health access and treatment

- 1) Lock box project (continuous)
- 2) 988 Spanish stickers
- 3) Upcoming project: T-Shirt Design contest (July/August 2023) – on hold at this time

Action Steps/Suggested strategy(s):

1. Coordinate with community partners
 - a. Assigned: Convener, Tri-Leads, FYSPRT members
2. Brainstorm community activities
 - a. Assigned: Tri-Leads, FYSPRT members
3. Use Regional FYSPRT meetings for planning and outreach
 - a. All FYSPRT members
4. Use social media for outreach and promotion
 - a. Convener, System Partners, All FYSPRT members
5. Coordinate with local providers/schools/agencies to promote projects
 - a. Convener, GCBH-ASO staff, Tri-Leads, System Partners, all FYSPRT members, community agencies
6. Participate in community events and coalitions as relevant
 - a. Convener, Tri-Leads, GCBH-ASO staff

b. **Timeline for Completion:** December 31, 2023 and December 31, 2024

c. **Desired Outcome:** Complete 1 project per year

d. **Progress – Updated 03.2023:**

1. *The lock box project continues. We continue to promote the safe storage of medications, sharps, weapons and other items that may be harmful or may prevent others in the home from being safe. We also provide behavioral health information and gun and medication safety information with the lock bags, boxes and gun safes.*
2. *988 stickers were developed by the Youth Tri-Lead in Spanish to promote the use of 988 and to be more inclusive of those who speak Spanish in our region. These stickers were printed and distributed at the Tri-City Family Expo and will continue to be distributed and used during outreach and engagement events throughout the region.*

e. **Progress – Updated 06.2023:**

3. *The lock box project continues. We continue to promote the safe storage of medications, sharps, weapons and other items that may be harmful or may prevent others in the home from being safe. We also provide behavioral health information and gun and medication safety information with the lock bags, boxes and gun safes that are made available to members of the community through events or by request pending funding.*
4. *988 stickers (in English and Spanish) will continue to be printed and available at events to promote mental health awareness and decrease stigma in the LatinX population.*

Progress – Updated 09.2023

1. Former Tri-Leads were asked if they would mind if we continued with the FYSPRT t-shirt design contest. The former Tri-Leads stated it was their idea and would not want the Convener to continue with that project. FYSPRT did not

complete that project. FYSPRT Convener is part of the Take Strides planning committee and next year it has been determined there will be contest for youth to design the Take Strides shirt. FYSPRT Convener will work with the planning committee on how FYSPRT can also sponsor and support youth who want to design the t-shirts.

2. The Lock-box project continues. Please see attached form with the details on how many boxes and gun safes we have distributed within the region. Our Tribal Liaison is also going to reach out to the Yakama Nation to determine if they are in need of lock boxes or gun safes. FYSPRT continues to provide ammo boxes to the community at events and many people are grateful to have them and seek education on how to use them.
3. We also continue to print and distribute 988 stickers in Spanish throughout the community and have had requests for them from school district staff.

Goal 4: Provide outreach to those who identify as LGTBQA+ to participate in the Regional FYSPRT and provide information and education to FYSPRT on inclusion and support for those who identify as LGTBQA+

Action Steps/Suggested strategy(s):

- 1) Participate in coalitions/meetings/events that work to improve behavioral health for underserved and underrepresented communities
 - a. Assigned: Convener, GCBH-ASO staff, Tri-Leads
- 2) Provide relevant trainings to FYSPRT members on supporting those who identify LGTBQA+
 - a. Assigned: Convener, Tri-Leads, System Partners, FYSPRT members
- 3) Connect with LGTBQA+ support groups and invite group to attend meetings
 - a. Assigned: Convener, Tri-Leads, System Partners, FYSPRT members
- 4) Use inclusive language
 - a. All FYSPRT members
- 5) Develop and complete projects that promote inclusivity
 - a. Convener, Tri-Leads, System Partners, Families, Youth
 - b. **Timeline for Completion:** December 2024
 - c. **Desired Outcome:** Make the regional FYSPRT an inclusive group and increase participation for those who identify as LGTBQA+
 - d. **Progress – Updated 2023:**
Convener has participated in gender affirming care webinars through ECHO, an online learning platform. Convener will be participating in the Say It Out Loud conference in Spokane in May 2023. Convener will be reaching out to PFLAG to make contact regarding a presentation on the support that is offered in our region for youth who identify as LGTBQA+. During FYSPRT meetings preferred pronouns are used and all members make an effort to be welcoming and create a safe space for all who attend.
 - e. **Progress – Updated June 2023**
Convener has participated in the Say It Out Loud Conference in Spokane which has a focus on LGTBQIA+ needs and challenges specific to this population. Though Convener has not had a response from PFLAG or other LGTBQIA+ groups, Convener will continue to reach out to marginalized populations with a focus on LGTBQIA+ youth and adults at this time. Convener is working on obtaining a training for the FYSPRT members that would address specific issues related to LGTBQIA+

youth and their families. In the future this goal may change to include other underserved populations, however, based information and research gathered through various studies, LGTBQIA+ populations are at an increased risk of self-harm and suicide. FYSPRT will continue to be an inclusive and safe environment for the LGBTQIA+ and will continue to work within meetings to identify ways to connect with those LGBTQIA+ in the community who struggle with behavioral health issues and need supports and services.

f. Progress – Updated 09.2023

Convener has scheduled a LGBTQIA+ education/training opportunity with WSCC. Convener has attended several webinars regarding equity and diversity and how to better provide services and engage with marginalized populations. FYSPRT will continue to be a welcoming environment for all individuals.