

South East Washington Regional FYSPRT

8/25/2016 from 4-6pm

7102 W Okanogan Pl. Kennewick, WA 99336

Members Present:

Jill Mulhausen
Liz Lee
Andrea Peyton
Sally Mayo
Amanda Crawmer
Robert Haffner
Carolyn Cox
Cindy Adams
Chris Hoag
Robin Henle
Janie Romine
Ronnie Batchelor

Members Not Present, Excused:

Jamie Skorick
JJ Hiebert
Jamie Skorick
Tana Bentley
Crystal Watson
Baltazar Torres

Youth Representatives in Attendance: 0

Family Representatives in Attendance: 6

System Partner Representatives in Attendance: 6

Family/Youth Percentage: 50%

Welcome and Announcements by System Partner Co-Lead Jill Mulhausen

- 1) Welcome to the August Regional FYSPRT Meeting!
- 2) Brief explanation of what a FYSPRT is.
- 3) Please introduce yourself and state whether you are a Youth, Family or System Partner. If you are a System Partner, what System are you representing?
- 4) Ground rules: The ground rules are now included at the bottom of the Agenda Form for easy reference.

- 5) Please make sure you sign in on the sign in sheet for this meeting and pick up a copy of our agenda. We have an acronym dictionary in available for attendees who would like one.
- 6) We have changed the format of the FYSPRT Agenda; please let us know if you have any feedback.

Standing Items:

1. Meeting minutes by System Partner Co-Lead Jill Mulhausen
 - a. Please take a moment to review the meeting minutes from the July 28, 2016 Regional FYSPRT. If you have any changes to submit, please let us know.
 - b. Jill made the motion to accept the Regional FYSPRT meeting minutes.
 - c. Sally Mayo seconded the motion.
 - d. A vote was taken and the Regional FYSPRT unanimously accepted the meeting minutes.
2. Open Forum to Discuss Area Needs by Family Co-Lead Robert Haffner: Open forum is an opportunity for FYSPRT attendees to share their experiences and challenges around the mental healthcare offered to youth in South East Washington. Robert requested that we share our experiences in a way that is appropriate for all ages and stages of recovery, so we don't accidentally trigger someone else's trauma.
 - a. Janie: There is a gap in services for youth in the LGBTQ community whose family's income is "too high" for Medicaid. These youth need access to counselors, services and medications, but are the families cannot afford to pursue these treatments. Some treatments are Medicaid only.
 - i. Ruvin mentioned that children are allowed to have an income at 300% of the poverty level.
 - b. Ruvin: When we treat women/young ladies, we need to do a hormone level panel before medicating, as some medications may not be necessary.
 - c. Tacie: Updated the group on her son's progress since the last meeting. Her son is home from the facility in Montana, and they are experiencing a gap in service. Her son has dual insurances. They had medication management in place before he left treatment, but they are struggling to access medication management here in town because the wait time is so long. They have been connected to the WISE program, but are being told they cannot use their private insurance to pay for the WISE program, and Medicaid won't pay for the WISE program because they have a primary insurance. They are also being told that they must use a WISE therapist to be enrolled in the program, and are reluctant to leave their therapist who has a long successful history of working with her son. Tacie is working with Disability Rights Washington to try and resolve these challenges.
 - i. Andrea: Offered to visit with Tacie re: the WISE program to help their family access services.
 - d. Amanda: Offered follow-up from last meeting's discussion regarding access to CLIP facilities. Jackie Davidson will be attending our October FYSPRT and will present on the process applying/getting accepted into a CLIP facility. We can respectfully bring our questions to her at this meeting.

- e. Cindy: Psychiatrists are focused on psychiatric medications and not general care, which is why Care Coordination is so important.
 - f. Sally: Remember to build a good relationship with your pharmacist, because when multiple physicians are working to prescribe medications, it can be difficult to track medication interactions. The pharmacist can help you avoid a medication mishap.
 - g. Liz: In Juvenile Justice, they are experiencing barriers in that youth who do not have Medicaid are not receiving the Mental Healthcare they need.
 - h. Robert: We need to offer Trauma Services for youth.
 - i. Tacie: We need better Crisis Response services for youth. We need crisis beds for youth. We need therapists who will work with youth that are traumatized.
 - j. Ruvine: Trauma and Crisis workers need education around mental health symptoms.
 - k. Tacie: Schools need to fully meet the needs of youth.
 - l. Sally: Sally's Granddaughter experienced "the school trying to do everything they could to chase her out of the school district rather than addressing her needs."
 - m. Joel: These stories really resonate with our families experiences. As families who navigate very complex systems and resources, it would be nice if there was something that everyone could go to as a resource to help navigate everything.
 - i. Robert: That's here! That's what a FYSPRT is!
3. Resource Drive presented by Family Co-Lead Robert Haffner
- a. Last meeting we asked the Regional FYSPRT to submit any additional resources to the Resource Guide. Do we want to continue to work on this resource guide? Or do we want to wrap up this project and review it periodically as we discover new resources?
 - b. Are we happy with the amount of resources we discovered for youth who are LGBTQ? Do we want to create a workgroup to continue to serve LGBTQ youth who receive mental healthcare services in South East Washington?
 - i. It was decided that we will create an LGBTQ workgroup to continue to evaluate the mental healthcare services offered to LGBTQ youth. The workgroup will be Janie, Ronni, Amanda, Chris. Ruvine and Jill request to receive the email updates and will participate as they are able. Amanda will send a follow up email next week to set up our first workgroup meeting.
 - ii. Mike asked how we fund a work group.
 - 1. Ronnie stated that she is well-connected to various funding options through the Pride Foundation and will work to find ways to fund the work group.
 - 2. Amanda stated that the Regional FYSPRT does not have funds to assign to any work groups, but she as the convener will continue to serve and support the work group.
4. Community Reports and Community Partner Presentation
- a. State FYSPRT Presentation by System Co-Lead Jill Mulhausen: There was a State FYSPRT meeting held August 11, 2016 in Lacey, Washington. The State FYSPRT meeting minutes

have not been completed yet, so we will present on the State FYSPRT meeting at the next Regional FYSPRT held September 21, 2016.

- b. Local FYSPRT Update by Family Co-Lead Robert Haffner: We are in the early stages of developing a Yakima Local FYSPRT. If anyone here at the Regional FYSPRT has connections to families, youth or system partners in Yakima, please let us know. If you have ideas on potential meeting locations, please let Amanda know.
 - i. Yakima Valley Farm Workers had four youth and family partners at the Regional FYSPRT and are willing to help connect us to youth and family in the Yakima Valley who are interested in participating.
 - ii. Amanda will create a Yakima Local FYSPRT email and doodle-poll to begin planning for the Local.
- c. Mental Health Ombuds, Chris Hoag: Ombuds is looking for another QRT member as they have added substance use services to their scope of services available for consumers. Applicants need to either have lived experience themselves in substance use services or be the family member of someone who has experience substance use services.
- d. Family First Consulting, Brandy Moreno: Carolyn Cox has received the Executive Director position for Washington State Community Connectors (WSCC). Her position on the FYSPRT will transition from Family First to representing WSCC. Brandy will be attending the Regional FYSPRT on behalf of Family First Consulting.
- e. WISE Collaborative Update, Amanda Crammer: In our region we have 250 clients enrolled in WISE. Our January 2017 Benchmark is 300, and we are on track to reach that goal. If you don't qualify for the WISE program and you disagree/don't understand why please contact the agency for clarification. Then you can contact Chris at Mental Health Ombuds or Jackie Davidson at Greater Columbia Behavioral Health.
 - i. We know exit surveys are given to families who graduate from the WISE program. What about the families that exit the program without graduating? We need to hear from them what about WISE didn't work for their family.
- f. Community Partner Presentation: More WISE Information by Andrea Peyton
 - i. WISE Informational Video: <https://youtu.be/NScjTSwT6U4>
 - 1. Sally stated that the WISE Information Video needs to have a descriptive audio option for those who have a visual impairment.
 - ii. WISE information sheets targeted to specific audiences: <https://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/wraparound-intensive-services-wise-implementation>
 - 1. Andrea stated that the WISE information fliers are being used at Lutheran Community Services (LCS) and Juvenile Justice but they could be used more frequently.
 - iii. Question and Answer time with Andrea Peyton, WISE Support Coordinator
 - 1. Question: Is WISE only for intensive clients? Isn't that just 2% of the mental health clients? Answer: WISE is the most intensive program, but it is available to many clients in Washington. All they need to do is

screen in eligible via the Child and Adolescent Needs and Strengths (CANS). The least restrictive mental health services are outpatient services – such as Lourdes therapy/medication management. The next step is 3 Rivers Wraparound and the last step before CLIP is the WISE Program. It is specifically created to keep youth in their home and out of CLIP placement.

2. Question: How is the WISE program different from Wraparound?
Answer: It has the therapy element and it is more intense. They are both fidelity Wraparound.
3. Question: Is respite available through WISE? Answer: No.
4. Question: Who can refer to the WISE Program? Answer: Anyone can.
5. Question: Where do we call for a referral? Answer: You can call the agency that will be providing it (LCS, for example) or the Behavior Health Organization (Greater Columbia Behavioral Health Organization).
6. Question: Can a Court order WISE? Answer: No. It is 100% a voluntary program.
7. Question: How are schools being informed of the WISE program?
Answer: Internal outreach from agencies, presentations, staff presentations and Communities in Schools Programs. Teachers and staff are also learning about the program as they participate in WISE Wraparound meetings with their students.
8. Question: Do WISE providers across the region get together to connect and help each other during the WISE Implementation? Answer: The Family Organizations have in the past participated in conference calls to address concerns/challenges and share successes. Additionally, the WISE Clinical Directors have conference calls twice a month.

5. New Business by FYSPRT Convener Amanda Crawmer
 - a. We are out of time for this meeting, so we will need to move the State Form and FYSPRT Charter Discussion to next meeting's agenda.
6. Closing Business by FYSPRT Convener Amanda Crawmer
 - a. We have three requests from the FYSPRT attendees of topics to address in the future. Which one do we want to begin to investigate?
 - i. Amount of private pay therapists and the difficulty recruiting therapists for community health
 - ii. Suicide Mental Health/Mental Health First Aid
 - iii. Services available for non-citizens and services for monolingual families
 - b. The FYSPRT selected Suicide Mental Health/Mental Health First Aid as the next project. Amanda will investigate arranging training for FYSPRT attendees to cover this topic.
 - c. Community Partner Presentation for the September FYSPRT: WADADs by Robert Haffner
 - d. Youth Engagement: Brainstorm ideas to engage more youth!
 - e. Please remember to turn in your FYSPRT evaluations!

- f. If you are a youth or family partner, see Amanda Crawmer for mileage and childcare reimbursement!
- g. The next Regional FYSPRT will be September 22, 2016 at 7102 W Okanogan Drive Kennewick WA 99336.