# South Eastern Washington Regional FYSPRT Meeting Agenda

January 7, 2016 4-5pm 101 N. Edison Kennewick, WA 99336

(509) 737-2485 Call In Number for Meeting

# 1. Welcome

- Introductions: Name, identify if you're a youth, family, or system partner. If you're a system partner, what system are you representing?
- Announcements: Prompt end of meeting.
- Welcome packet with brochure, fact sheet, business card and save the date for February meeting.
- FYSPRT Facebook page: please like and share with others
- Sign in sheet

# 2. What is a FYSPRT?

- FYSPRT Vision and Mission
- FYSPRT Values
- What can I expect at a FYSPRT meeting?
- Who attends a FYSPRT?
- Our promise to you
- What's in it for you?
- Local, Regional and State FYSPRT setup
- State FYSPRT Regions
- South East Washington Region

# 3. FYSPRT Membership

- Do I have to be a member to attend a FYSPRT meeting?
- Membership Expectations
- Voting Policies and Procedures
- Member expectations
- FYSPRT Ground Rules for Group Discussion
- Process for becoming a FYSPRT member
- 2-year commitment
- Call to Membership
- 4. Wrap-up the meeting:
  - Next meeting -2/4/2016 4-5pm at GCBH
  - Agenda items for next meeting
    - i. Appoint Tri-Leads

- ii. Who isn't here that should be here?
  - 1. Brainstorm Who is Missing? Who should we recruit to join our FYSPRT?
  - 2. How can we reach more youth? How to we reach youth from diverse walks of life?
- iii. Needs Assessment results
- Hand out survey for the meeting
- 5. Dismiss System Partners and Instruct on Reimbursement for Families and Youth:
  - W-9 form and explanation
  - Mileage reimbursement form
  - Childcare reimbursement form

# South Eastern Washington Regional FYSPRT Meeting Agenda

February 4, 2016 4-5pm 101 N. Edison Kennewick, WA 99336

(509) 737-2485 Call In Number for Meeting

- 1. Welcome
  - Introductions: Name, identify if you're a youth, family, or system partner. If you're a system partner, what system are you representing?
  - Facebook page: South East Washington FYSPRT
  - Sign in sheet
- 2. What is a FYSPRT
  - Ground Rules
- 3. What is a Tri-Lead?
  - Tri-Lead Responsibilities Chart
- 4. How Our Tri-Lead selection process was created
  - FYSPRT Planning meeting held 1/28/2016
- 5. Review the Tri-Lead applications
- 6. Vote
- 7. Reveal Results
- 8. Membership application
- 9. Next meeting is scheduled 3/3/2016 from 2-4pm Location TBD
  - Agenda items for next meeting
    - i. Needs Assessment review survey results
    - ii. Who isn't here that should be here?
      - 1. Brainstorm who is missing? Who should we recruit to join our FYSPRT?
      - 2. How can we reach more youth? How to we reach youth from diverse walks of life?
  - Hand out narrative survey for the meeting

10. Dismiss System Partners and Instruct on Reimbursement for Families and Youth

# South East Washington Regional FYSPRT

# February 4, 2016 at Greater Columbia Behavioral Health

#### **Members Present:**

Amanda Crawmer Robert Haffner Sally Mayo Chris Hoag JJ Hiebert Jill Mulhausen Baltazar Torres Carolyn Cox Susan Lind Cindy Adams Liz Lee Travis Rybarski Andrea Peyton

### **Members Not Present:**

Crystal Watson Tana Bentley Randy Rutledge Margarita Alaman Heather Babler Julie Schmidt Bridgette Phillips Leigh Wick Ruvine Jimenez Robert Garza

Youth Representatives in Attendance: 2 Family Representatives in Attendance: 7 System Partner Representatives in Attendance: 8 Family/Youth Percentage: 52%

Announcements:

1) The call-in number for this meeting is (509) 737-2485

- 2) Our meeting will end promptly at 5pm
- 3) Maria Vera is our Spanish Interpreter and she will be here every meeting, so please spread the word!

**Business:** 

- 1) Introductions: please introduce yourself and tell us if you are a youth representative, family representative or a system partner. If you are a system partner, please tell us what system you represent.
- 2) Handout: Ground Rules. These are the suggested group rules that the State provided us in the manual. As a participant in this Round Table, we ask that you uphold them
  - a. We will have the opportunity to draft our own Ground Rules at a future date.
- 3) Review of what a FYSPRT is for first-time attendees.
- 4) Handout: Revised Map of Washington's RSN Regions
- 5) Handout: Tri-Lead definitions, position descriptions and responsibilities.
- 6) Clarified that the voting of the Tri-Leads is for FYSPRT members only.
- 7) Handout: Tri-Lead applications to be considered before voting.
- 8) Voting: The FYSPRT voted to elect Co-Tri-Leads as some regions in Washington has in order to spread the work load out. The Family Representatives voted in are JJ Hiebert and Robert Haffner. The Youth Tri-Leads are Travis Rybarski and Baltazar Torres. Jill Mulhausen is the solo System Partner representative currently, although we are hoping to add another Co-Lead for Jill.
- 9) The Group agreed to extend the FYSPRT meetings from one hour to two hours in order to meet the deliverable timeline laid out by the State Manual.
- 10) Robert Haffner recommended a Doodle Poll to determine the best day and time for the FYSPRT to meet.
- 11) Questions: at this time, there were no questions asked by the attendees.
- 12) Our next meeting will be held 3/3/2016 @ TBD located at TBD. Once the Doodle Poll Results are in, an email will be sent with the details.
- 13) Meeting Adjourned at 5:00pm.

# South Eastern Washington Regional FYSPRT Meeting Agenda

March 3, 2016 2-4pm United Way Building 401 N. Young St Kennewick, WA 99336 No Call In Available for this Meeting

- 1. Welcome
  - Introductions: Name, identify if you're a youth, family, or system partner. If you're a system partner, what system are you representing?
  - Facebook page: South East Washington FYSPRT

# • Sign in sheet and Agenda

- 2. Reports from the state and community
  - Carolyn Cox, Family First Consulting: Work Force Collaborative Report
  - Chris Hoag, Mental Health Ombuds, Inc.: Quality Review Team Meeting Report
- 3. Introduce the Tri-Leads Present
  - We are still recruiting for a System Partner Tri-Lead

# i. Hand out applications and Tri-Lead responsibilities chart

- 4. Membership Application:
  - Brainstorm a membership application
- 5. State FYSPRT Meeting Report
- 6. Doodle Poll Results Handout Results
- 7. Needs Assessment Survey Results Handout Results
- 8. Discuss the area needs
- 9. Who isn't here that should be here? Begin brainstorming ways to recruit new FYSPRT members in order to ensure adequate agency and county representation, while reaching our 51% family and youth participation.
- 10. Next meeting is scheduled <u>4/7/2016 from 4-6pm</u>
  - Agenda items for next meeting
    - i. Report on Work Force Collaborative by Carolyn Cox
    - ii. Create our own Ground Rules policy
    - iii. Discuss keeping or changing our name
    - iv. Develop a Regional Charter
    - v. Strategic Annual Plan
    - vi. Who isn't here that should be here?
      - 1. Brainstorm who is missing? Who should we recruit to join our FYSPRT?
      - 2. How can we reach more youth? How to we reach youth from diverse walks of life?
      - 3. Open forum for discussing our area needs
    - vii. Are there any requests for agenda items?
  - Hand out survey for the meeting

11. Dismiss System Partners and Instruct on Reimbursement for Families and Youth

# South East Washington Regional FYSPRT

### March 3, 2016 at 2-4pm

# United Way Building, 401 N. Young St Kennewick, WA 99336

# No Call in number available

### **Members Present:**

Andrea Peyton Chris Hoag Brigette Phillips Cindy Adams Jana Hiebert Robert Haffner Susan Lind Carolyn Cox Travis Rybarski RuVine Jimenez Amanda Crawmer

### **Members Not Present:**

Jill Mulhausen (sent her regrets) Baltazar Torres (sent his regrets) Tana Bentley Randy Rutledge Margarita Alaman Liz Lee (sent her regrets) Heather Babler Julie Schmidt Leigh Wick Robert Garza Sally Mayo (sent her regrets)

Youth Representatives in Attendance: \_1\_\_\_\_ Family Representatives in Attendance: \_7\_\_\_\_ System Partner Representatives in Attendance: \_9\_\_\_\_ Family/Youth Percentage: \_47.5%\_\_\_\_

#### Announcements:

- 1) There is no call-in number for this meeting
- 2) Our meeting will end promptly at 4pm
- 3) Maria Vera is our Spanish Interpreter and she will be here every meeting, so please spread the word!

### **Business:**

Introductions – Attendees were asked to introduce themselves and identify as a Family, Youth or System Partners representative.

Ground rules of the meeting

### Handout Agenda

### Carolyn Cox, Family First Consulting on behalf of the Workforce Collaborative:

The Division of Behavioral Health and Recovery (DBHR) is adding Recovery to their scope to coincide with the TR Lawsuit. The new name of the Workforce Collaborative will be the" Washington State Workforce Collaborative Behavioral Health" (WSWCBH). WSWCBH is looking to troubleshoot problems with trainings, locations where the training should be located, what format should the training be in, etc. The West side of Washington is having trouble getting timely trainings, but our side is doing ok. There is a shortness of therapists and psychologists across the State. The WSWCBH is looking into incentives for college students entering the field. They are also looking into retention ideas to be able to keep therapists and psychologists in the field. They are prioritizing for the TR Lawsuit to accommodate timelines. The next meeting will look at rolling out next trainings on the agenda. Carolyn mentioned she will email a list of acronyms and the meeting notes from the WSWCBH meeting to be forwarded to FYSPRT attendees. \*see attached

### Report from Chris Hoag, Mental Health Ombuds:

Mental Health Ombuds, Inc. holds a contract with Greater Columbia Behavioral Health (GCBH) Regional Support Network (RSN) to advocate for Medicaid-eligible mental health consumers by protecting client rights and helping consumers navigate the Grievance and Appeal processes. MHOI also consists of the Quality Review Team, which surveys Providers, Consumers and Allied Agencies about the quality of Mental Health services throughout the GCBH service area.

Chris presented an overview of the results of the Quality Review Team Annual Report that was presented to the Regional Advisory Board (RAB) earlier this month. Chris agreed to forward the report to FYSPRT members so they can review it in depth. \*see attached

### Report from JJ Hiebert, Family Tri-Lead reported on State FYSPRT meeting:

The State FYSPRT talked about various house bills that are going through legislation that support Mental Health services. The State FYSPRT talked about the diversity of the Regional FYSPRTs and Region's. The State FYSPRT is in the process of building back up. They are working on becoming more youth and family friendly.

Jackie Davidson recommended the Tri-Leads attending the State FYSPRT meeting write a summary of the State FYSPRT to bring back to the Regional FYSPRT, so it can be handed out for the FYSPRT attendees to read. The FYSPRT Tri-Leads agreed.

### Travis Rybarski, Youth Tri-Lead:

Presented the Doodle Poll results and discussed the best day and time for a Regional FYSPRT meeting. The group voted to accept the Doodle Poll Results.

### Robert Haffner, Family Tri-Lead:

Presented on the two surveys the FYSPRT conducted across the Region.

The primary need identified from the surveys was to expand participation across the region. Currently, only Benton, Franklin and Walla Walla Counties participated in the poll. In order to get a true Needs Assessment of the region, we must get participation from ALL counties. Robert stated that he personally wants to get more counties familiar with what and who the FYSPRT is.

Jackie Davidson recommended we develop a Benton/Franklin County Local FYSPRT to provide a more balanced Regional FYSPRT.

Robert Haffner offered to share his WADADs table at Health Fairs across Yakima County with the FYSPRT Convener, Amanda, in order to share the news about FYSPRTs.

The group unanimously voted to accept the results from the Surveys so the Convener (Amanda Crawmer) can move forward in writing the Needs Assessment Report for the FYSPRT deliverables.

### Forum to discuss area needs:

This is a time to propose topics/concerns for the FYSPRT to address at a future meeting.

- Crisis services
- Detox facilities more accessible for teens
- Housing for teens and adults in emergency situations and Section 8
- Advocacy for those who have mental healthcare needs and who are excluded from housing services
- Transition services for youth transitioning out of youth services into adult services
- Resource booklet that breaks down help for private insurance and Medicaid services
- Sliding fee services
- Tool kit for families to assist in all services
- Educate schools and law enforcement about mental health
- Parenting classes in schools for kids that may have struggles
- Parent to Parent services for Mental Health
- Childcare for mental health consumers

<u>Who isn't here that should be here?</u> Open forum for FYSPRT attendees to suggest outreach opportunities across the region:

- Jordan Chainey
- Suggested brainstorming session for next meeting: hand out post it notes and ask people to fill out and post on a large wall
- Nueva Esperanza: Train Perez
- Communities and Schools: they can give access to more youth
- My friends place
- Safe Harbor
- Comprehensive
- Urban Poets Society
- Church connection @ schools

### Our next proposed meeting agenda:

Amanda Crawmer recommended we add a presentation on the WISe program by Andrea Peyton to our next meeting Agenda.

It was recommended that we add a report on WISe data for the FYSPRT to review by Jackie Davidson or Cindy Adams.

The FYSPRT voted to accept these additions to the Agenda for next meeting.

The meeting adjourned at 3:55pm.

# FYSPRT Ground Rules for Group Discussion:

- 1) All members of the FYSPRT should have a chance to speak, express their own ideas and feelings freely, and pursue and finish out their thoughts
- 2) Everyone has equal opportunity to share their voice and view.
- 3) A variety of points of view are to be put forward and discussed during meetings.
- 4) All attendees should work to remain open-minded.
- 5) Stay true to the FYSPRT Goals.
- 6) Participants can interpret topics openly and honestly.
- 7) All respectful feedback is welcomed.
- 8) All ideas are good ideas.

# A. Background: TR Settlement Agreement

### Background

*TR vs. Quigley and Teeter*, a Medicaid lawsuit regarding intensive children's mental health services for youth, was filed in November 2009. The lawsuit was based on federal EPSDT (Early and Periodic Screening, Diagnosis and Treatment) statutes, requiring states to provide any medically necessary services and treatment to youth, even if the services have not been provided in the past. After several years of negotiations, a full settlement agreement was reached with the plaintiffs. With this settlement agreement, Washington has committed to build a mental health system that will bring this law to life for all young Medicaid beneficiaries who need intensive mental health services in order to grow up healthy in their own homes, schools, and communities.

# Who is in the Class (and thus eligible for Wraparound with Intensive Services)?

All persons under the age of 21 who now or in the future:

- 1. Meet or would meet the State of Washington's Title XIX Medicaid financial eligibility criteria;
- 2. Have a mental illness or condition;
- 3. Have a functional impairment, which substantially interferes with or substantially limits the ability to function in the family, school or community setting; and
- 4. For whom intensive mental health services provided in the home and community based would address or ameliorate a mental illness or condition.

### What the State Has Agreed to Do

- Improve Identification, Screening, Referral and Assessment
- Develop Wraparound with Intensive Services (WISe) for Statewide Implementation
- Increase Evidence and Research Based Practices statewide
- Improve Transitions and Continuity of Care
- Provide Cross System Workforce Development and Training
- Improve Due Process for Class Members
- Improve Governance Structure and Collaboration
- Improve Quality Management, Transparency and Accountability

### <u>Goals</u>

To have a mental health system that will:

- a) Identify, screen and link eligible youth to the WISe program.
- b) Communicate to families, youth and stakeholders about the nature and purposes of the WISe program and services, who is eligible for the program, and how to gain access to the WISe program and services regardless of the point of entry or referral source.

- c) Provide timely statewide mental health services and supports within a Medicaid structure that are sufficient in intensity and scope, based on available evidence of effectiveness, and are individualized to each youth's needs consistent with the WISe program model.
- d) Employ a system of continuous quality improvement, including measures and procedures that support the continual improvement of quality; clear understanding of outcomes and costs; and transparency and accountability to families, youths, and stakeholders.
- e) Afford due process to youth denied services.
- f) Coordinate delivery of services and supports among child-serving agencies and providers to participants in order to improve the effectiveness of services and improve outcomes for families and youth.
- g) Reduce fragmentation of services for youth, avoid duplication and redundancies, and lower costs by improving collaboration among child-serving agencies (see the MOU in Appendix E);
- h) Support workforce development and infrastructure necessary for adequate education, training, coaching and mentoring of providers, youth and families.
- i) Maintain a collaborative governance structure that includes child-serving agencies, youth and families, and other stakeholders.
- j) Minimize hospitalizations and out-of-home placements.

# More WISe information...

WISe video on YouTube: This link will take you right to the video or you can go on YouTube and search Wraparound with Intensive Services. Scroll down a few videos and you will see one titled "WISe Movie". The video is about 10 minutes and walks you through how the program works and highlights important information. This video is great to show potential youth and families that may be looking into participating in the program.

### https://www.youtube.com/watch?v=NScjTSwT6U4

#### Other WISe providers in our RSN/BHO region...

- Comprehensive in Klickitat, Kititas, Walla Walla and Yakima
- Yakima Valley Farm Workers clinic in Yakima
- Palouse River Counseling in Pullman
- Quality Behavioral Health in Clarkston
- Blue Mountain Counseling in Dayton
- Lutheran Community Services in Benton/Franklin Counties

#### Qualifiers

Must be Medicaid funded, have a mental health diagnosis, and meet the Child and Adolescent Needs and Strengths (CANS) criteria.

### Sticky Note Activity:

System Partners:

- 1. Class Presidents of High School's
- 2. School Representatives Richland, Kennewick, Pasco, etc.
- 3. The ARC Sharon Adolfsen
- 4. Chief of Police
- 5. Home Link, Penny Finch
- 6. Columbia Community Church Youth Pastor
- 7. Youth Pastors
- 8. Comprehensive Mental health representative
- 9. SARC
- 10. DUS Youth Advocate?
- 11. Lourdes
- 12. TCCH Trina Perez
- 13. Reece's Rainbows
- 14. Communities in Schools
- 15. KSD Family Engagement: Sarah Delton and Kelly Bolson
- 16. Service Alternatives
- 17. DDA Nate Sitton
- 18. DDA Mary Jo Abott
- 19. Tribal Representation
- 20. Law Enforcement CIT officer
- 21. Communities in Schools
- 22. Foster Support
- 23. Julissa Crow Pasco Discovery Coalition/Pasco Alliance for MH
- 24. NAMI
- 25. Riverview Counselor, Rebeka Duty
- 26. Drea Brunson
- 27. Ohana
- 28. Nick Coleman
- 29. District level counselor
- 30. DSHS representatives
- 31. Counselors specifically treating youth
- 32. School counselors
- 33. My Friends Place
- 34. Prosser CIA Jennifer Dorsett
- 35. Substance Somerset
- 36. Sergio Castenada
- 37. Recovery and Wellness (Katie)
- 38. Crisis Prevention Intervention (ESD)

- 39. Crisis Response
- 40. Safe Harbor
- 41. Cork's Place
- 42. Ignite Youth
- 43. Treehouse Laycee Weyer
- 44. Nueva Esperanza
- 45. Probation offices from JJC
- 46. Counselors from local chemical dependency agencies
- 47. Pasco Youth Center
- 48. Public forum for anyone, not just attendees
- 49. Domestic Violence Support Youth Advocate
- 50. Casa youth guardians

### Family:

- 1. Parent to Parent
- 2. More culturally diverse families
- 3. CFCS Kinship Program
- 4. Ron and Stacy Curbow (foster parents and youth pastors)
- 5. Joe Lusignan (Retired Benton County Deputy)

### Youth:

- 1. More recruiting youth by communicating with local shelters and group homes maybe they could bring groups of youth here as an activity?
- 2. More recruiting youth members by communicating with local high school staff
- 3. Quest Youth Center
- 4. Ohana
- 5. Youth Groups
- 6. My friend's place
- 7. Safe Harbor
- 8.

# Family | Youth | System Partners ROUND TABLE

# South East Washington Regional FYSPRT Application for Membership

## Please check any and all that apply:

\_\_\_\_I am a Youth who has received mental healthcare services in South East Washington

\_\_\_\_\_ I am the parent of a child who has received mental healthcare services in South East Washington

\_\_\_\_\_ I am a System Partner who serves youth who have received mental healthcare services in South East Washington.

Please answer these questions honestly and thoroughly.

1. What brings you to the FYSPRT?

- 2. From your perspective as a Family/Youth/System Partner, what changes would you like to see in child serving systems?
- 3. What strengths can you bring to the FYSPRT as a member?
- 4. Are you interested in learning advocacy and leadership skills?

### Continued on the back of the page

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# In becoming a FYSPRT member, I understand and testify that:

- I will serve our region to the best of my ability.
- The voice I bring is that of the people and region that I represent.
- I will attend and facilitate the South East Washington Regional FYSPRT meetings on a monthly basis.
- I have read the FYSPRT Membership expectations, understand the requirements, and agree to follow them.

Name

Date:

Please return to:

Amanda Crawmer South East Washington Regional FYSPRT Coordinator acrawmer@lcsnw.org 3321 W Kennewick Ave Suite 150 Kennewick, WA 99336

# FYSPRT Attendance Policy:

In order to make official decisions at a Regional FYSPRT, a certain percentage of FYSPRT members MUST be present. It is vital that FYSPRT members attend meetings. We understand emergencies happen, so if you are unable to make a meeting, please contact Amanda Crawmer at (509) 396-3601 or acrawmer@lcsnw.org ASAP.

If FYSPRT members miss two meetings in a 12 month period, without contacting FYSPRT leadership to explain and make arrangements for their absence, they will be exited from membership. Amanda will contact all members before exiting them from membership. Exited members are still welcome at the FYSPRT as a non-voting attendee. The sole purpose of this policy is to allow the FYSPRT to make progress each month, which cannot happen if membership attendance is poor.

Sponsored by the Division of Behavior Health and Recovery www.dshs.wa.gov/dbhr/childrensbehavioralhealth.shtml



### 2016

# Statewide Family, Youth and System Partner Round Table

# **Meeting Schedule**

Date:	<u>Time</u> :	Location:
Thursday February 11, 2016 Logistics: Kris and Andrea	10am-3pm	DBHR – Lacey, WA Black Office Park East Chelan/Roosevelt Rooms
Tuesday May 3, 2016 Logistics: Kris and Andrea	10am-3pm	DBHR – Lacey, WA Black Office Park East Chelan/Roosevelt Rooms
Thursday August 11, 2016 Logistics: Kris and Andrea	10am-3pm	DBHR – Lacey, WA Black Office Park East Chelan/Roosevelt Rooms
Tuesday November 1, 2016	10am-3pm	DBHR – Lacey WA Blake Office Park East Chelan/Roosevelt Rooms

The 2016 Statewide FYSPRT Meeting Schedule will be updated as meeting arrangements are made. An Executive Leadership Team (ELT) member will be attending each meeting.

\*\*\*\*Note: Childcare and travel reimbursement available for Youth and Families who wish to attend a Regional FYSPRT.

# FYSPRT

# pronunciation: (fis-pert)

Family, Youth and System Partner Round Table Name Brainstorming Session Results:

- 1. Community Mental Health Forum
- 2. Don't change the name
- 3. FYSPRT for youth mental health
- 4. Something inspirational
- 5. Creating a Healthy Community
- 6. Connecting the Community
- 7. United Voices for a Healthier Community
- 8. Youth Mental Health Network
- 9. Youth Wellness Network

# 2016 Regional Family, Youth and System Partner Round Table Meeting Schedule

Date:	<u>Time</u> :	Location:
Thursday April 21, 2016 4-6	ōpm	Benton-Franklin Health District 7102 W. Okanogan Pl Kennewick, WA 99336
Thursday May 19, 2016 4-6	pm	Benton-Franklin Health District 7102 W. Okanogan Pl Kennewick, WA 99336
Thursday June 23, 2016 4-6	pm	Benton-Franklin Health District 7102 W. Okanogan PI Kennewick, WA 99336
Thursday July 21, 2016 4-6p	m	Benton-Franklin Health District 7102 W. Okanogan Pl Kennewick, WA 99336
Thursday August 25, 20016 4	1-6pm	Benton-Franklin Health District 7102 W. Okanogan Pl Kennewick, WA 99336
Thursday September 22, 201	6 4-6pm	Benton-Franklin Health District 7102 W. Okanogan Pl Kennewick, WA 99336
Thursday October 27, 2016 4	-6pm	Benton-Franklin Health District 7102 W. Okanogan Pl Kennewick, WA 99336
Thursday November 17, 4-6pi	m	Benton-Franklin Health District 7102 W. Okanogan Pl Kennewick, WA 99336
Thursday December 15, 2016		Benton-Franklin Health District 7102 W. Okanogan Pl Kennewick, WA 99336
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\*\*\*\*Note: Childcare and travel reimbursement available for Youth and Families who wish to attend a Regional FYSPRT.

# South East Washington Regional FYSPRT

# April 21, 2016 from 4-6pm

# 7102 W Okanogan Pl. Kennewick, WA 99336

### **Members Present:**

Andrea Peyton Jill Mulhausen Jessica Frost Amanda Crawmer Baltazar Torres Travis Rybarski JJ Hiebert

### **Members Not Present:**

Crystal Watson Tana Bentley (excused) Margarita Alaman Liz Lee (excused) Heather Babler Julie Schmidt Carolyn Cox Leigh Wick Brigette Philipps RuVine Jimenez Chris Hoag Cindy Adams Robert Garza Sally Mayo Robert Haufner

Youth Representatives in Attendance: \_2\_\_\_ Family Representatives in Attendance: \_5\_\_\_ System Partner Representatives in Attendance: \_5\_\_\_ Family/Youth Percentage: \_\_58%\_\_\_

Announcements:

• There is no call-in number for this meeting

- Our meeting will end promptly at 6pm
- Maria Vera is our Spanish Interpreter and she will be here every meeting, so please spread the word!

Business:

- Introduce Yourself Identify as a Family, Youth or System Partner
- Reminder: please sign in!
- Hand out meeting agenda
- Present meeting minutes from the FYSPRT held 3/3/2016 and vote to approve. Andrea Peyton moved to accept the meeting minutes and JJ Hiebert seconded the motion. The vote was held and the meeting minutes were unanimously approved.

Community Reports to FYSPRT:

- Carolyn Cox: Absent
- Chris Hoag, Ombuds: Absent
- WISe Report: Andrea Peyton presented about the WISe program to the FYSPRT. \*see provided handouts

Membership Discussion by Jill, JJ and Amanda

- Tri-Lead open position: We are currently seeking a Co-Lead to fill the System Partner position with Jill Mulhausen. Please talk to Amanda if you are interested in applying.
- JJ presented the FYSPRT with the revised FYSPRT membership application that the FYSPRT worked on in March. **\*See Attached document**
- JJ asked the FYSPRT to review and approve the membership application, or offer suggestions for continued revision. JJ made the motion to approve the new application for FYSPRT membership. Andrea seconded the motion. A vote was taken and was unanimously approved.
- Amanda asked for those interested in becoming a FYSPRT member to consider filling out the newly approved membership form.

State FYSPRT Report by Travis Rybarski

• Travis led the discussion about the upcoming State FYSPRT scheduled for 5/3/2016 from 10am-3pm in Lacey, Washington. There was no State FYSPRT in April, so there was no State FYSPRT report to give.

Discussion on Membership Attendance Policies by Jill Mulhausen

• Jill led a discussion on creating membership rules for the Regional FYSPRT member attendance. The group decided if a member misses more than two meetings, Amanda will inform them that if they miss the next meeting, they will be exited from FYSPRT membership. She will reiterate to them that they will always be welcome at the FYSPRT as an attendee. Amanda emphasized the goal is not to "shame" people into attending, but rather to meet quorum each FYSPRT. • Amanda will add the membership attendance policy to the FYSPRT membership application **\*See attached membership application** 

Ground Rules Discussion:

- The State FYSPRT Ground Rules were passed out to FYSPRT attendees for review. JJ facilitated a discussion to individualize the Ground Rules for our Regional FYSPRT.
- JJ moved to accept the revised Ground Rules. Travis seconded the motion and it was unanimously passed.
- Amanda will type up the new Ground Rules and email them to the FYSPRT **\*See Attached** Ground Rules

Change in Name discussion by Travis Rybarski

- Travis proposed choosing a more youth-friendly title for the Regional FYSPRT. He led the group in a brainstorming activity around potential names for the FYSPRT:
  - a. Jill proposed that the new name still be an acronym
  - b. Jessica Frost proposed that it could be a word
  - c. Robin proposes that "mental health" be added to the title
- It was decided that Amanda would type up the list of brainstormed ideas and email it to the FYSPR. A decision will be made at the next FYSPRT meeting scheduled 5/19/2016. \*See Attached list

Open Forum for Concerns by Amanda Crawmer

- Jill stated that she wants to discuss providing mental health services for youth who don't qualify for Medicaid
- Vickie proposed newspaper story to raise awareness
- Amanda reports that Senator Brown is interested in the Mental Health Services offered to youth in Washington.
- Travis discussed collecting data from schools by talking to high school counselors
- Jessica proposed creating a survey
- Susan shared that local LGBTQ youth lack services and providers. Jill and Vickie added that the suicide rate in the LBGTQ is too high, and this topic is a concern we should address.

Who isn't here that should be? Recruiting and Outreach by Jill Mulhausen

- Appendix F from the State FYSPRT manual was handed out to attendees for referencing who the Manual wants to see at a FYSPRT meeting **\*See Attachment**
- Jill led the group in a sticky note brainstorming session. We asked all attendees to write their ideas for FYSPRT recruitment on sticky notes and post them on the Youth, Family or System Partner posters displayed across the meeting room
- Amanda will print up the list of suggestions and provide the list to the FYSPRT at the next FYSPRT meeting 5/19/2016 \*See Attached

Final Business by Amanda Crawmer

- The Regional FYSPRT meeting schedule was handed out **\*See Attached**
- Meeting surveys were handed out to all attendees and gathered.
- Amanda provided childcare reimbursement and mileage reimbursement to all youth and family in attendance of the Regional FYSPRT.
- The meeting was adjourned at 5:45pm.

# South Eastern Washington Regional FYSPRT Meeting Agenda

May 13, 2016 4-6pm United Way Building 401 N. Young St Kennewick, WA 99336 Call in number: (509) 551-7281

- 1. Welcome
  - Introductions: Name, identify if you're a youth, family, or system partner. If you're a system partner, what system are you representing?
  - Ground Rules- handout new ground rules
  - Facebook page: South East Washington FYSPRT
  - Sign in sheet and Agenda
  - Hand out 4/21/2016 meeting minutes and supplements. Vote to approve.
  - Acronym Activity introduction
- 2. Reports from the state and community
  - Carolyn Cox, Family First Consulting: Work Force Collaborative Report
  - Chris Hoag, Mental Health Ombuds, Inc.
  - WISe Report: TBD
- 3. Open forum to discuss the area needs
- 4. Sticky Note activity results. Brainstorm how to reach use this list to increase county representation.

# • Handout list

- 5. Project: Resource Drive
- 6. Community Partner Presentation: FYSPRT overview with Q and A time by Jeanette Barnes
- 7. Call for membership
  - Handout updated membership applications with new attendance policy.

Completed applications should be turned in at a meeting or emailed to Amanda.

- 8. State FYSPRT Meeting Report
  - Next meeting is 8/11/2016 from 10am-3pm in Lacey, Washington.

# • Hand out State FYSPRT schedule

9. Name change discussion

# • Handout name change ideas

- 10. Acronym Challenge
- 11. Next meeting is scheduled <u>6/23/2016 from 4-6pm</u> at the Health Department
  - Hand out meeting schedule.
  - Agenda items for next meeting
    - i. Presentation from Community Partner: \_\_\_\_\_
    - ii. Project: Gather resources focused on LGBTQ Project and invited people to attend
    - iii. Strategic Annual Plan results, presented by Amanda C
    - iv. Who isn't here that should be here?
      - 1. Brainstorm who is missing? Who should we recruit to join our FYSPRT?

- 2. How can we reach more youth? How to we reach youth from diverse walks of life?
- 3. Open forum for discussing our area needs
- v. Are there any requests for agenda items?
- Hand out survey for the meeting
- Hand out mileage/childcare reimbursement forms

# South Eastern Washington Regional FYSPRT Meeting Agenda

June 23, 2016 4-6pm Health Department 7102 W. Okanogan Pl. Kennewick, WA 99336 No Call-In Available for this Meeting

- 1. Welcome Amanda
  - Introductions: Name, identify if you're a youth, family, or system partner. If you're a system partner, what system are you representing?
  - Ground Rules- handout new ground rules
  - Sign in sheet and Agenda
- 2. Meeting Minutes Amanda
  - Hand out 5/19/2016 meeting minutes and supplements. Vote to approve.
- 3. Announcement: Travis
  - Youth 'n Action announcement
  - Name Change Decision announcement
- 4. FYSPRT membership vote Robert

# • Handout Membership application: Robin Henle & Jamie Skorick

- 5. Acronym Activity introduction, Jill
- 6. Open forum to discuss the area needs, Robert
- 7. Resource Drive, Travis
  - What do we want to do with the information gathered? Do we need more to gather additional information?
- 8. Community Partner Presentation: P-FLAG presentation Sara Rodgers
- 9. Reports from the state and community
  - State FYSPRT Report: JJ

# i. Handout State Meeting Minutes

- Carolyn Cox, Family First Consulting: Work Force Collaborative Report
- Chris Hoag, Mental Health Ombuds, Inc.: Trends in Ombuds requests
- WISe Report: Jackie Davidson
- Amanda Crawmer: Strategic Annual Report
  - i. Handout Report
- 10. Acronym Challenge Part 2, Jill
- 11. Closing Announcements Amanda
  - Next meeting is scheduled 7/28/2016 from 4-6pm at the Health Department
  - Hand out meeting schedule.
  - Agenda items for next meeting
    - i. Presentation from Community Partner: \_\_\_\_\_
    - ii. Project: Continue to work on Resource Drive
    - iii. Who isn't here that should be here?
      - 1. Brainstorm who is missing? Who should we recruit to join our FYSPRT?

- 2. How can we reach more youth? How to we reach youth from diverse walks of life?
- 3. Open forum for discussing our area needs
- iv. Are there any requests for agenda items?
- Hand out survey for the meeting
- Hand out mileage/childcare reimbursement forms

# South East Washington Regional FYSPRT

# 6/23/2016 4-6pm

# 7102 W Okanogan Pl. Kennewick, WA 99336

### **Members Present:**

Sally Mayo Robert Haffner JJ Hiebert Brandy Moreno for Carolyn Cox Susan Lind Baltazar Torres Travis Rybarski Jill Mulhausen

### Members Not Present:

Crystal Watson Andrea Peyton Brigette Phillips Liz Lee RuVine Jimenez Chris Hoag Cindy Adams Tana Bentley

Youth Representatives in Attendance: \_3\_\_\_ Family Representatives in Attendance: \_9\_\_\_ System Partner Representatives in Attendance: \_6\_\_\_ Family/Youth Percentage: \_\_67%\_\_

Quorum Met? <u>No</u>

Announcements:

- 1) There is no call-in number for this meeting
- 2) Our meeting will end promptly at 6pm
- 3) Maria Vera is our Spanish Interpreter and she will be here every meeting, so please spread the word!

**Business:** 

Welcome to the June 23, 2016 South East Regional FYSPRT meeting!

### Announcements:

Our meeting will end at 6pm or earlier, if possible. Please exit the side door when leaving. Rest rooms are around the corner.

If you are a Youth or Family partner, we have mileage reimbursement and childcare reimbursement for you! See Amanda Crawmer after the meeting to request reimbursement.

### Introductions:

Attendees were asked to introduce themselves and state if they are a youth, family or system partner.

### Announcements:

Travis Rybarski announced to the group that this will be his last meeting as a Co-Lead, as he has accepted a position with Youth 'N Action in Lacey, WA and will be moving for his new position. He stated that he will miss working with the FYSPRT but looks forward to seeing us at the State FYSPRT meetings in the future.

Quorum: There is a major Behavioral Health Conference today, so we are missing a large percentage of our usual FYSPRT attendees and members. These absences are excused, as they made arrangements to miss the FYSPRT meeting beforehand. The Co-Leads did consider cancelling today's meeting, but felt that would slow momentum down. We are not at quorum, so any voting matters will need to wait until the next FYSPRT meeting July 28, 2016.

### Acronym Challenge, Part 1 – Jill Mulhausen, System Partner Co-Lead

The acronym challenge is an exercise to develop an acronym dictionary for use at the FYSPRT. This exercise will be on-going, and can be added to at any time. Please write down any acronyms you hear throughout a meeting. At the end of the meeting, we will break into groups for an acronym challenge.

Open Forum for Area Needs – Robert Haffner, Family Partner Co-Lead Each FYSPRT we hold an open forum to discuss the area's needs for serving youth with mental healthcare needs.

Janet: Chelsea Armstrong from visittricities.com is looking to get the "Saying it Out Loud" conference to the Tri-Cities Spring of 2017. Chelsea is looking for letters of support to bring this conference to the area. Janet brought copies of the letter that she wrote in support of this conference to today's meeting for FYSPRT attendees who feel compelled to support this cause. She encouraged us to emphasize the need to have it in South East Washington. Amanda suggested creating a FYSPRT letter of support. The group agreed to vote on this matter at the next meeting, when we have the ability to vote.

Robin: OSPI is redoing the measurements of social-emotional learning standards. They are inviting public input through July 1, 2016. Robin will email the information to the FYSPRT so we can provide input.

Jill: Her school does a healthy kids survey and mentioned that Kennewick School District does not ask youth about their sexuality at all.

Janie: Enterprise has created a safe place for LGBT youth. They have great needs. How can we as a group support those needs?

Alyssa: Alyssa has taken youth that are LGBT to two Unity churches in Yakima as a way to offer youth support and a safe place during this difficult time.

David and Susan: David and Susan introduced themselves and what their job is with Disability Rights Washington in working with the TR Lawsuit. Jeanette stated that we as a FYSPRT really do need to capitalize on the State's willingness to listen to Youth and Family Voice.

Susan: Catholic Family Services are experiencing the same challenge of serving children who are low functioning and have extreme emotional needs. The families often cannot afford one-on-one workers. There is a push to accept Evidence-Based Practices.

Sara mentioned as a Special Education teacher, they experience the same challenge. She stated the challenge of becoming a BCBA is there is only one place in Washington that offers the BCBA program, and they are still working on becoming accredited. Penn State has an online program.

JJ mentioned that her son experienced challenges, and they didn't receive the help her son needed.

Jill mentioned that she is working with students trying to get them into a Rehab facility and is facing obstacles. Both students are willing to go to a rehabilitation facility, but we don't have a youth facility in our area (Tri-Cities) and NO detox facilities in our county. In April 30, 2016, a rule was passed that if you are state funded, you have to go to a Detox and Rehabilitation facility in our own region/county. The lack of providers leads to lack of services, which takes away the precious momentum that youth have in trying to become sober.

Jeanette added that wraparound is meant to meet ALL needs no matter the severity. Persistence and an unconditional commitment to getter there is what the need. We can education and support those around the individual in need, so that when the window opens, we have something to offer.

### Resource Drive – Travis Rybarski, Youth Co-Lead

During the last meeting we discussed holding a Resource Drive in the following areas:

- 1) Services that support LGBT Youth in the Community
- 2) Suicide Prevention Services
- 3) Substance Use Services for youth
- 4) Private Pay Mental Healthcare options for youth

Travis and Jill led the group in announcing the number of resources they brought for each subject. We met our goal and exceeded it! Amanda (the convener) is going to put together the information and bring it to the next FYSPRT meeting in July. At that time we as a FYSPRT will decide if we need to gather more resources or if we have gathered all the data needed.

### Community Partner Presentation – Sara Rodgers, PFLAG Benton-Franklin

PFLAG has monthly support meetings each month. PFLAG is for Parents, Families, Friends and Allies United with LGBTQ People to Move equality forward. PFLAG is not religiously or politically affiliated. PFLAG has done community activities such as family bowling night, put on a skating night, presented a Trans 101 class, Training on "Is Your Business LGBT friendly?" and much more. They will be participating in Convoy of Hope and future LGBT outreach opportunities. They also to submit opinions to the Tri-City Herald in the Editorial section in order to spread awareness. PFLAG has offered free trainings at the Court Club, ESD 1-2-3, Lifequest, etc. PFLAG has tried to partner with ALL schools in the areas, and has a successful partnership with Enterprise Middle School. They have also contacted the local police departments in the areas as well as Allied Training for WSU-Tri-Cities. They work to lower the prevalence of youth suicide in LGBT youth. PFLAG is specifically for Benton-Franklin counties but they are looking to broaden their support to nearby areas, such as Walla Walla. PFLAG has teamed up with many difference agencies in the area to host a candle light vigil after the attacks in Orlando. They also hosted a night of honoring the victims that were lost in Orlando. PFLAG is looking to create a morevisible community within the area so that the LGBTQ Community has a support system in place and don't feel alone.

Ronnie mentioned that youth need a place to go, a door to open, to talk to someone for advice, hope, etc. Out on the Street does offer peer support, but there isn't one place to go for youth support. Quest is now functioning as an organization without walls, trying to support existing services in the area. Peer and youth mention that they need peer -mentoring services. The LGBTQ community is very limited in resources and leadership. The PRIDE foundation is a support organization for the services and organizations that are already in existence. Their grants requests are due July 1, 2016.

### Reports:

### State FYSPRT Report – JJ Hiebert

The next State FYSPRT will be 8/11/2016 in Lacey, Washington.

Please refer to the State FYSPRT meeting minutes for detailed information about the 5/3/2016 State FYSPRT meeting. Our areas report to the state was that we have more counties in our region than any other region. This is an obstacle to meeting the FYSPRT manual deliverables. Nearly every region reported the same challenge we have identified: the timetable for FYSPRT deliverables is too demanding. It takes away from the ability to follow youth and family's direction.

Chris Hoag, Mental Health Ombuds: Absent, at Behavioral Health Conference.

Carolyn Cox/Brandy Moreno: Brandy presented for Carolyn. Family First Consulting has new fliers and programs they are building. WISe Report – Jackie Davidson, absent.

Strategic Annual Report – Amanda Crawmer, FYSPRT Convener

It was decided to postpone the presentation of the Strategic Annual Plan until the July 28, 2016 Regional FYSPRT meeting so that more members could be present. This will be added to the next agenda.

Acronym Challenge, Part 2. – Jill Mulhausen, System Partner Co-Lead

The FYSPRT attendees broke into groups. Each group brained stormed as many acronyms as they could and listed them on a giant poster. The winner was applauded, and Amanda will compile the acronyms into a dictionary for the upcoming meetings.

Closing Announcements – Amanda Crawmer, FYSPRT Convener The next SE WA Regional FYSPRT is scheduled 7/28/2016 from 4-6pm at the Health Department.

Please see the attached documents: Ground Rules Agenda 5/19/2016 SE WA Regional FYSPRT Meeting Minutes Membership Applications: Robin Henle and Jami Skorick 5/3/2016 State FYSPRT Meeting Minutes State FYSPRT Schedule Strategic Annual Plan Regional FYSPRT Schedule

#### South Eastern Washington Regional FYSPRT Meeting Agenda

July 28, 2016 4-6pm Health Department 7102 W. Okanogan Pl. Kennewick, WA 99336

#### Call in Number: <u>1-213-289-3427</u>

- 1. Welcome
  - Introductions: Name, identify if you're a youth, family, or system partner. If you're a system partner, what system are you representing?
  - Ground Rules- handout new ground rules
  - Sign in sheet and Agenda
- 2. Meeting Minutes
  - Hand out 6/23/2016 meeting minutes and supplements. Vote to approve.
- 3. Announcements:
  - Youth Co-Lead announcement?
  - Name Change Decision announcement
- 4. FYSPRT membership vote
  - Handout Membership applications members vote
- 5. Acronym Activity Results HANDOUT
- 6. Open forum to discuss the area needs
- 7. Resource Drive: Results and continue the work
  - Handout Results
  - What do we want to do with the information gathered? Do we need more to gather additional information?
- 8. Community Partner Presentation: Jill Mulhausen from Phoenix High School
- 9. Reports from the state and community
  - State FYSPRT Business:
    - i. No State FYSPRT meeting to report on
    - ii. State FYSPRT Business -
      - 1. What is working well?
      - 2. What challenges are being addressed Regionally?
      - 3. What challenges would you like to discuss further at the Statewide FYSPRT?
      - 4. Are the <u>WISe Information Sheets</u> and the <u>WISe Overview Video</u> being used? What, if anything, can be improved on to make them more helpful?
      - 5. If your region is using information, techniques, and materials on WISe (created by your region) to educate youth and families (either about what WISe is or what youth and families can expect from the WISe process), please share the materials with us and specify how the information is being shared or distributed.

- 6. Do regional FYSPRT members feel *they* have adequate information and understanding of WISe. Are there specific gaps in information that you need assistance with?
- Carolyn Cox, Family First Consulting: Work Force Collaborative Report
- Chris Hoag, Mental Health Ombuds, Inc.: Trends in Ombuds requests
- WISe Report: Jackie Davidson
- Amanda Crawmer: Strategic Annual Report

#### i. Handout Report

#### 10. Closing Announcements

- Next meeting is scheduled 8/25/2016 from 4-6pm at the Health Department
- Hand out meeting schedule.
- Agenda items for next meeting
  - i. Presentation from Community Partner: \_\_\_\_\_\_
  - ii. Who isn't here that should be here?
    - 1. Brainstorm who is missing? Who should we recruit to join our FYSPRT?
    - 2. How can we reach more youth? How to we reach youth from diverse walks of life?
    - 3. Open forum for discussing our area needs
  - iii. Are there any requests for agenda items?
- Hand out survey for the meeting
- Hand out mileage/childcare reimbursement forms

#### July 28, 2016 from 4-6pm

#### 7102 W Okanogan Pl. Kennewick, WA 99336

#### **Members Present:**

Baltazar Torres - Youth Jill Mulhausen – System Partner Robert Haffner - Family JJ Hiebert - Family Chris Hoag – System Partner Carolyn Cox - Family Cindy Adams – System Partner Amanda Crawmer - Family

Call in: Susan Lind – System Partner

#### **Members Not Present:**

Crystal Watson – System Partner Tana Bentley – System Partner Liz Lee – System Partner Andrea Peyton – Family and System Partner Sally Mayo - Family

Youth Representatives in Attendance: <u>1</u> Family Representatives in Attendance: <u>4</u> System Partner Representatives in Attendance: <u>4</u> Family/Youth Percentage: <u>55%</u>

Welcome:

- 1) Call-in number: 1 (213) 289-3427
- 2) Our meeting will end promptly at 6pm. Please exit through the side doors.
- 3) We have a Spanish Interpreter and she will be here every meeting, so please spread the word!
- 4) Ground Rules, sign in sheet and meeting agenda

**Business:** 

1. Meeting minutes: Baltazar Torres presented the meeting minutes from the 6/23/2016 Regional FYSPRT and gave attendees a chance to read through them. Jill Mulhausen made the motion to

accept the meeting minutes. Robert Haffner seconded the motion. A vote was taken, and the meeting minutes were approved unanimously.

- 2. Announcements: JJ Hiebert announced that we are officially looking for a new Youth Co-Lead to join our efforts on the FYSPRT. She also announced the decision made by the FYSPRT to keep our name instead of changing it.
- 3. FYSPRT Membership Vote: JJ led the Regional FYSPRT in presenting four membership applications to the FYSPRT for voting by the FYSPRT members. One-by-one the FYSPRT members were voted in unanimously. Our new members are Jamie Skorick, Ronni Batchelor, Janie Romine and Robin Henle. Welcome to the FYSPRT!
- 4. Acronym Activity Results: Jill presented the results of the Acronym Challenge to the FYSPRT. She asked that attendees review the results and offer any changes to Amanda either in person (by writing on the handout) or in email.
- 5. Open Forum to discuss area concerns: Robert led the FYSPRT in a discussion to address area needs/concerns.
  - a. Chaney Mobley and Tacie Fitch shared their families experience in trying to receive CLIP placement for their children. Both of their children are diagnosed with Reactive Attachment Disorder (RAD) and are struggle with violent/aggressive behaviors towards themselves and others. Both Chaney and Tacie stated their children were denied the services needed, so they had to find services in Montana to serve their children. They both stated that they feel the process for applying for CLIP placement needs to be reviewed by the FYSPRT and changed.
  - b. Tacie reiterated that schools need to offer serious mental health services for youth.
  - c. Chaney stated that we need crisis beds available to South East Washington.
  - d. Ronni Batchelor stated that the lack of mental health services/crisis services is a path that leads to the penal system.
  - e. Cindy Adams asked the group if Adoption Support offers any services. Tacie and Chaney stated that Adoption Support "depends on the State."
  - f. Carolyn Cox recommended we invite Coordinated Care to FYSPRT.
  - g. Carolyn spoke on behalf of a family who could not attend the FYSPRT today. Her message was "There is a challenge with private therapists who advertise on the websites that they offer "trauma" treatment, but who won't actually see youth because they are "too traumatized." Carolyn stated that our therapists in town need access to higher levels of therapy training for Crisis situations.
    - i. Amanda Crawmer reminded the group that WISe therapists work with youth regardless of age, crisis situations, etc.
    - ii. Jeanette Barnes recommended that the FYSPRT craft a letter to request more Crisis Training for therapists in our Region.
    - iii. Robert suggested we create a work group to look into this topic
    - iv. Ronnie suggested we find people who need to hear our voices before we start sharing the story
    - v. Jeanette suggested that we take our time and get it "right"

- vi. Maria Buxbaum suggested we check the Department of Health's website on Suicide training and prevention
- 6. Resource Drive Results: Robert presented the resource drive results. Amanda asked attendees to review the resource guide and add missing resources via email. Next steps to consider: do we feel like we gathered all the resources in our region? Or do we need to keep working on this list?
- 7. Community Partner presentation: Jill Mulhausen, Phoenix High School <u>https://youtu.be/F6pVL5puXcA</u>

http://phoenix.ksd.org/

Jill shared about Phoenix High School, which is a project-based high school in Kennewick, Washington. She shared the YouTube video about the work they do and answered questions about the high school. Phoenix High School is a great option for youth that struggle in traditional high schools.

- 8. Reports from the State and Community:
  - a. State FYSPRT meeting: There was not a State FYSPRT meeting this month. The next State FYSPRT meeting will be held 8/11/2016 in Lacey, Washington.
    - i. State FYSPRT Business: The State FYSPRT asked the Regional FYSPRT to respond to the following six questions:
      - What is working well in the Regional FYSPRT?
         It was agreed that we have a small group of dedicated attendees at the FYSPRT, and we have excellent Family Voice represented at the table.
      - 2. What challenges are being addressed regionally? We just finished a Resource Drive to evaluate the resources available in our Region. We as a FYSPRT are looking to continue expanding the resource drive results so we can fully understand the resources in our region. We are also looking to boost youth engagement with the Regional FYSPRT by looking into incentives that could be offered to youth for participation.
      - 3. What challenges would you like to discuss further at the Statewide FYSPRT?

We have heard the concern from the community around the need to offer more crisis training for therapists and counselors in the region. We see this as a huge need.

4. Are the WISe Information Sheets and the WISe Overview Video being used? What, if anything, can be improved on to make them more helpful?

As a FYSPRT, we have not seen the WISe video or sheets. It was recommended that we add the reviewing of these to the agenda for our August FYSPRT.

5. If your region is using information, techniques and materials on the WISe (created by your region) to educate youth and families (either about what WISe is or what youth and families can expect from the

WISe process), please share the materials with us and specify how the information is being shared or distributed.

To our knowledge, there are no additional materials being used to inform families and youth about the WISe program in our region. Amanda Crawmer stated that she would investigate this topic by reaching out to the area directors in the region.

6. Do Regional FYSPRT members feel *they* have adequate information and understanding of WISe? Are there specific gaps in information that you need assistance with?

We do not feel like we have adequate information about the WISe. We will request a more thorough presentation about WISe from the WISe FYSPRT representative. Carolyn Cox requested if we could receive data on any WISe satisfaction surveys that have come in from the Region.

- b. Carolyn Cox, Family First Consulting and Workforce Collaborative shared that they are looking to find reimbursement options for families who participate in the Workforce Collaborative.
- c. Chris Hoag, Ombuds: Chris announced that he works for Ombuds for Mental Health services. Since April 1, 2016, Ombuds can now service concerns regarding mental healthcare services AND substance use services. Please contact Chris at (509) 783-7333 if you have a complaint. Ombuds is open Monday through Friday from 8am to 5pm.
- d. WISe Report: Amanda shared the Community Collaborative plan for the WISe reporting. She will attend meetings held at Greater Columbia Behavioral Health Organization (GCBHO) and communicate the results back to the Regional FYSPRT.
- Closing: Baltazar handed out the FYSPRT evaluation forms and announced the next Regional FYSPRT is scheduled for 8/25/2016 from 4-6 pm at the Health Department. The meeting adjourned.

#### South East Washington Regional FYSPRT Date: August 25, 2016 Time: 4-6pm Location: 7102 W Okanogan Pl Kennewick WA 99336 Room(s): Classroom 1 Call-In Number: 1-213-289-3427 Pin: E-mailed out on FYSPRT Day

Agenda Item & Lead(s)	Discussion and Notes	Action Items	Assigned To	By when
<ol> <li>Welcome and Introductions</li> <li>*Jill facilitating</li> </ol>	<ul> <li>What is a FYSPRT?</li> <li>Please identify if you're a Youth, Family or System Partner. If you're a System Partner, what system are you representing?</li> <li>Ground Rules</li> <li>Sign-in Sheet and <u>Agenda</u></li> </ul>			
Standing Items				
<ul> <li>2. Meeting Minutes from 7/28/2016 Regional FYSPRT</li> <li>*Baltazar facilitating</li> <li>3. Open Forum to Discuss Area Needs</li> <li>*Robert facilitating</li> </ul>	Topic       Purpose –         Please review the meeting minutes from 7/28/2016 Regional FYSPRT.         Vote them in or propose changes.         Topic       Purpose –         Do you have a concern regarding mental health services offered to Youth in SE WA? This is a time to address gaps in services, mental healthcare providers, and overall experiences.			
4 December Drive 8	Topic Purpose –			
<ul> <li>4. Resource Drive &amp; LGBTQ Services</li> <li>*JJ facilitating</li> </ul>	Have we finished gathering information for our <b>Resource Drive</b> ? Do we want to complete this step or continue searching for more resources? If we want to continue, who wants to do the additional work? Should we create a work group to address concerns around LGBTQ services?			
5. Community Reports	Topic Purpose –			
Facilitated by: 1. Baltazar 2. JJ 3. Baltazar 4. JJ 5. Amanda	<ol> <li>State FYSPRT Report: next State FYSPRT is November 1, 2016 from 10-2in Lacey, WA. Meeting minutes and full report will be at the next Regional FYSPRT meeting in September.</li> <li>Local FYSPRT Update: Yakima</li> <li>Ombuds: Chris Hoag</li> <li>Family First Consulting: Carolyn Cox</li> <li>Community Partner Presentation: WISe Program Part 2         <ul> <li>YouTube Video and WISe Handouts</li> <li>Youth and/or Family Experience in WISe?</li> <li>Q &amp; A with Andrea Peyton</li> </ul> </li> </ol>			

Agenda Item & Lead(s)	Discussion and Notes	Action Items	Assigned To	By when		
New Items						
<ol> <li>New State Form - New Regional Form Discussion</li> <li>*Jill facilitating</li> </ol>	Topic Purpose –We now have an official form for submitting Regional concerns to the State FYSPRT. Should we adopt it as a way for Local FYSPRTs to communicate with our Regional FYSPRT? Do we want to create a version of this document for a FYSPRT attendee to use when requesting a FYSPRT address a concern they have?					
2. FYSPRT Charter	Topic Purpose –		-	-		
<b>Discussion</b> *Robert facilitating	Introduce the FYSPRT Charter from the manual. Do we want to adopt it or adapt it? It will be posted on the website once it is complete.					
Next Steps and Evaluation						
3. Closing Business: Agenda Planning, Evaluations, Reimbursement *Amanda facilitating	<ol> <li>Agenda topics requested by FYSPRT attendees:         <ul> <li>Amount of private pay therapists and difficulty recruiting therapists for community health</li> <li>Suicide mental health/MH First Aid</li> <li>Services available for non-citizens/Spanish services</li> </ul> </li> <li>Community Partner Presentation</li></ol>					
	Next Regional FYSPRT Meeting					
	Date 9/22/2016 Time 4-6pm Location Benton-Franklin Health District Classroom 1: 7102 W Okanogan Pl Kennewick, WA 99336					

#### **FYSPRT Ground Rules for Group Discussion**

- All FYSPRT attendees should have a chance to speak, express their own ideas and feelings freely, and pursue and finish out their thoughts. •
  - Everyone has an equal opportunity to share their voice and view. ٠
  - A variety of points of view are to be put forward and discussed during meetings. ٠
    - All attendees should work to remain open-minded.
      - Stay true to the FYSPRT goals.
    - Participants can interpret topics openly and honestly. ٠



• All respectful feedback is welcomed.

#### 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 accidently 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. Ruvine mentioned that children are allowed to have an income at 300% of the poverty level.
  - b. Ruvine: 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 some 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.
- I. 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.
      - 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.
  - 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 Crawmer: 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.
  - 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: <u>https://youtu.be/NScjTSwT6U4</u>
    - 1. Sally stated that the WISe Information Video needs to have a descriptive audio option for those who have a visual impairment.
  - WISe information sheets targeted to specific audiences: <u>https://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/wraparound-intensive-services-wise-implementation</u>
    - 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
    - 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.

- 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.

#### 9/22/2016 from 4-6pm

#### 7102 W Okanogan Pl. Kennewick, WA 99336

#### **Members Present:**

Jill Mulhausen Liz Lee Sally Mayo Amanda Crawmer Robert Haffner JJ Hiebert Carolyn Cox Chris Hoag Robin Henle Janie Romine Ronni Batchelor

#### Members Not Present, Excused:

Jamie Skorick Tana Bentley Crystal Watson Baltazar Torres – at hospital Susan Lind Cindy Adams

Youth Representatives in Attendance: \_0\_\_\_\_\_ Family Representatives in Attendance: \_7\_\_\_\_\_ System Partner Representatives in Attendance: \_4\_\_\_\_\_ Family/Youth Percentage: \_63%\_\_\_\_

Welcome and Announcements by System Partner Co-Lead Jill Mulhausen

- 1) Welcome to the September Regional FYSPRT Meeting!
- 2) Brief explanation of what a FYSPRT is and a review of the FYSPRT Vision and Mission.
- 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
  - a. Please take a moment to review the meeting minutes from the August 25, 2016 Regional FYSPRT. If you have any changes to submit, please let us know.
  - b. Carolyn Cox 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: 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 accidently trigger someone else's trauma.
  - a. Housing for teen parents/pregnant teens is a major crisis in our area. Young Hispanic teen moms are especially impacted by this shortage.
  - b. Documentation for rent can be a challenge. Behavioral health and "big behaviors" in youth is also a challenge for families in getting/keeping their housing. Some landlords are reluctant to rent to single mothers, families with mental healthcare needs.
  - c. WISe Surveys and WISe reports: The FYSPRT is supposed to be evaluating the WISe Surveys and WISe reports at each meeting, yet we haven't received anything to review. How do we get these reports/surveys?
  - d. Schools: teachers don't know how to help students who have mental health challenges. Some teachers add to the meltdown, because they don't know how to deescalate. Should we advocate for a "For Youth, By Youth" training by students to help teach the teachers? The Office of the Superintendent of Public Instruction has a program called Compassion at Schools, by Ron Curtell. Are we using this program here in our region?
  - e. Millennials in Action offers a peer training on Trauma-Informed Care. New Horizons is working on the Millennials in Action program.
  - f. The transition process for a youth leaving the WISe program is a challenge. It needs to be improved. We need to be able to ween the off the program, it's a gradual transition to graduation. We need to make sure we are training families to keep their "wraparound" team in place for as long is needed. The use of a graduation binder can be useful to families after they graduate.
- New Membership application to review and vote on: Jeanette Barnes has turned in a membership application to join the Regional FYSPRT. Please review for a moment and we will vote on it.
  - a. Sally Mayo made the motion to approve Jeanette's membership application.
  - b. Robert Haffner seconded it.

- c. The vote was unanimously carried.
- 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. A copy of the State FYSPRT meeting minutes, draft version, were distributed to the FYSPRT. Additionally, we presented a form from the State FYSPRT to help the Regional FYSPRT communicate area needs from the Regional FYSPRT to the State FYSPRT. Robert asked the question "What will happen to the paper once it is submitted? Who will look at it? Will we be updated as to what the State FYSPRT discovers/decides? Susan Kas, from Disability Rights Washington (DRW) shared that if we have any concerns or barriers related to the WISe Implementation, we can share those concerns to DRW in addition to the State. The FYSPRT decided we would post the challenge solution/submission form on the website to keep a living history of our findings available to the public.
  - b. Local FYSPRT Update by Sally Mayo: The Yakima Valley Local FYSPRT is scheduled for October 19, 2016 from 5:30-7:30, location TBD. 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.
  - c. Washington State Community Connectors (WSCC), Carolyn Cox: Carolyn presented a brief explanation about her new position as the Project Director at WSCC. She stated that she may be able to help pay for the Mental Health First Aid training the Regional FYSPRT is interested in having.
  - d. WISe Collaborative Update, Amanda Crawmer: 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.
  - e. Community Partner Presentation: Robert Haffner, Executive Director for WADADs: WADADs is a nonprofit organization to help dads of children with emotional/behavioral issues. They offer trainings, peer support and a Getaway weekend for dad's in the Spring and the Fall.
    - i. WADADs Website: <u>http://www.wadads.org/</u>
    - ii. Amanda encouraged the FYSPRT to share the word about the WADADs weekend.
    - iii. Robert offered to come to agencies/meetings and spread the word about WADADs.
- 5. Regional Charter: The FYSPRT looked deeper at the Regional FYSPRT Charter written by Jeanette Barnes for the State.
  - a. Ronni Batchelor made the motion to "Adopt to Adapt" the Regional Charter for the SE WA Regional FYSPRT.
  - b. JJ Hiebert Seconded the motion.
  - c. The vote was taken, and it passed unanimously.

- 6. Future topics for upcoming FYSPRTs: These topics have been suggested on the FYSPRT evaluation sheet.
  - 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 October FYSPRT: Cindy Adams on CLIP
  - d. Community Partner Presentation for the November FYSPRT: Carolyn Cox, Project Director for Washington State Community Connectors
  - e. Youth Engagement: Brainstorm ideas to engage more youth!
- 7. Closing Business:
  - a. Please remember to turn in your FYSPRT evaluations you can now fill them out digitally by scanning the QR code on the agenda. See Amanda if you need help.
  - b. If you are a youth or family partner, see Amanda Crawmer for mileage and childcare reimbursement!
  - c. The next Regional FYSPRT will be October 13, 2016 from 4-6pm at Phoenix High School, 1315 W 4<sup>th</sup> Ave Kennewick, WA 99336. There will be a youth hangout time from 3:30-4pm with pizza and soda provided before the meeting starts.

#### Date: September 22, 2016 Time: 4-6 pm.

#### Location: Benton Franklin Health District 7102 W Okanogan Pl Kennewick WA 99336

#### Room(s): Classroom 1

	Agenda Item & Leads	Discussion and Notes	Notes
1.	Welcome and Introductions FYSPRT Convener, Amanda Crawmer 10 minutes	<ul> <li>What is a FYSPRT?</li> <li>Please identify if you're a Youth, Family or System Partner. If you're a System Partner, what system are you representing?</li> <li>Ground Rules</li> <li>Sign-in Sheet and <u>Agenda</u></li> </ul>	
2. Meeting Minutes from 8/25/2016 Regional FYSPRT Youth, Baltazar Torres 5 Minutes       Please review the meeting minutes FYSPRT. Vote them in or propose changes.			
Sta	nding Items		
3.	<b>Open Forum to Discuss Area</b> <b>Needs/Gaps in Services</b> System Partner, Jill Mulhausen <u>20 minutes</u>	<ul> <li>Are there any updates from our previous FYSPRTs discussion to offer the group? Any action steps or research results to share?</li> <li>Do you have a concern regarding mental health services offered to Youth in SE WA? This is a time to address gaps in services, mental healthcare providers, and overall experiences.</li> </ul>	***Please keep this discussion appropriate to people of all ages and stages of recovery***
4. 5.	FYSPRT Updates and Work Group(s) Youth, Baltazar Torres 20 minutes Community Partner Presentation: Robert Haffner	<ul> <li>State FYSPRT Report, JJ Hiebert</li> <li>Yakima Local FYSPRT Update, Sally Mayo</li> <li>LGBTQ Work Group, Amanda Crawmer</li> <li>Community Report, WSCC Caroline Cox</li> <li>September: WADADs</li> <li>October: Jackie Davidson, CLIP</li> </ul>	
	<b>from WADADs</b> 10 minutes	November: Services for Monolingual families and/or Non-Citizens	
Ne	w Business		
6.	Regional FYSPRT Schedule and Location Change Announcement Family, JJ Hiebert 5 minutes	We are changing the <b>DATE AND LOCATION</b> of the Regional FYSPRT effective in OCTOBER. We are changing the dates to better accommodate the upcoming holidays. We are changing the location in order to make the FYSPRT more accessible and comfortable to youth.	

	Agenda Item & Leads		Discussion and Notes		Notes	
7.	Regional FYSPRT Charter discussion Family, Robert Haffner 30 minutes	on our website. Our 1. Adopt it "a 2. Adapt it to o	nat we have a <u>FYSPRT Regional Cha</u> options: s is" either temporarily or officially our unique needs in SE WA own charter from scratch			
8.	<b>10/Agenda Topics for future</b> <b>meetings:</b> Family, JJ Hiebert <i>5 minutes</i>	<ul> <li>therapists for co</li> <li>Services availab</li> <li>Hold a "How to training. "Share you story</li> </ul>	ate pay therapists and difficulty rec ommunity health le for non-citizens/Spanish service share our stories in a trauma-infor y" FYSPRT meeting.	S		
Clo	osing Announcements and Evalu	uation				
9.	Closing Business: Agenda Planning, Evaluations, Reimbursement FYSPRT Convener, Amanda Crawmer 10 minutes		the paper version? No proble	m! Answers a	ast and easy FYSPRT evaluation. Prefer re confidential and greatly appreciated. e reimbursement, see Amanda Crawmer**	
	Regiona	FYSPRT Meeting D	ates		State FYSPRT Meeting Dates	
	October 11, 2016 4:00-6:00pm November 8, 2016 4:00-6:00pm December 6, 2016 4:00-6:00pm January 10, 2017 4:00-6:00pm Locatio	Youth Activity 3:3 Youth Activity 3:3	30-4pm with pizza and soda 30-4pm with pizza and soda 30-4pm with pizza and soda 30-4pm with pizza and soda <b>501</b>	Locatio	<b>November 1, 2016</b> January March on: Blake Office Park, West Building Chelan/Roosevelt Room 4450 10 <sup>th</sup> Avenue SE Lacey, WA 98503	S
	1315 West 4th Avenue, Kennewick, WA 99336					

#### **FYSPRT Ground Rules for Group Discussion**

All FYSPRT attendees should have a chance to speak, express their own ideas and feelings freely, and pursue and finish out their thoughts.

Everyone has an equal opportunity to share their voice and view.

All attendees should work to remain open-minded.

Participants can interpret topics openly and honestly.

Stay true to the FYSPRT goals.

A variety of points of view are to be put forward and discussed during meetings.

All respectful feedback is welcomed.

Want to become a FYSPRT member? Ask for a membership application or complete the <u>short</u> application here:

Barcode Instructions: In order to use the QR Code, you will need to download a free "Scan" application to your phone. There are several iPhone and Android options available. See Amanda after the meeting if you have any questions.



#### 10/13/2016 from 4-6pm

#### **Phoenix High School**

#### 1315 W 4<sup>th</sup> Ave. Kennewick, WA 99336

#### **Members Present:**

Amanda Crawmer Baltazar Torres Robert Haffner Chris Hoag Jeanette Barnes Jill Mulhausen Susan Lind Carolyn Cox Mike Roberts Ronni Batchelor JJ Hiebert Jeremy Tompkins

#### Members Not Present, Excused:

Jamie Skorick Cindy Adams Liz Lee Robin Henle Sally Mayo Robin Henle

Youth Representatives in Attendance: <u>2</u> Family Representatives in Attendance: <u>7</u> System Partner Representatives in Attendance: <u>3</u> Family/Youth Percentage: <u>75%</u>

Welcome and Announcements by System Partner Co-Lead Jill Mulhausen

- 1) Welcome to the October Regional FYSPRT Meeting!
- 2) Brief explanation of what a FYSPRT is and a review of the FYSPRT Vision and Mission.

- 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) Membership applications to approve: Mike Roberts, Vickie Page and Jeremy Tompkins.
  - a. Mike Roberts motion made by Robert Haffner and Seconded by Baltazar Torres. Carried Unanimously.
  - b. Vickie Page motion made by Jill Mulhausen and Seconded by JJ Hiebert. Carried Unanimously.
  - c. Jeremy Tompkins: motion made by Andee and Seconded by Baltazar Torres.

#### Standing Items:

- 1. Meeting minutes
  - a. Please take a moment to review the meeting minutes from the August 25, 2016 Regional FYSPRT. If you have any changes to submit, please let us know.
  - b. Jill Mulhausen made the motion to accept the Regional FYSPRT meeting minutes.
  - c. JJ Hiebert seconded the motion.
  - d. A vote was taken and the Regional FYSPRT unanimously accepted the meeting minutes.
- 2. FYSPRT Work Group Updates:
  - a. LGBTQ+ Catalyst Work Group: LGBTQ Workgroup Update: We discussed the huge mental health needs that are present in our community and throughout Washington in regards to the LGBTQ+ Community. Primarily we talked about "if the youth aren't getting mental health support at home, where can they turn?" Our main answer was at their schools, following by in the community. We then discussed how to build supports at schools ad at communities. Some of these resources included PFLAG, Pride Foundation, Mid-Columbia Pride, our agency, other affirming mental health professionals, Jordan Chaney, and local affirming businesses (Confluent, Fuse, &Yet, etc.)

Our main solution for making schools more helpful and useful in regards to mental health needs for LGBTQ+ youth was to educate them and build support groups ("Equality Clubs.") For our first steps, Ronnie will be speaking with Amanda Crawmer about engaging Jordan Chaney to garner his support and to help us reach out to schools and Janie will seek out what schools we can start to educate and help to build "Equality Clubs," specifically local middle schools and then building to high schools. I have also offered my services for LGBTQ+ education presentations for staff and PTO/PTA groups.

Please let us know if you are interested in joining our LBGTQ+ workgroup.

b. State FYSPRT Conversation: WISe Referral Process

- i. Are there obstacles to helping families get through the WISe referral process? If yes, please summarize some of the obstacles encountered.
- ii. What is (or could be) done to help youth and families get through the process most easily?
- c. Feedback from LCSNW:

Please welcome, Tiffany Moss, who is the WISe Support Coordinator at LCSNW. Thank you for coming to share about the WISe referral process at LCSNW. She helps oversee WISe Referrals and Intake at LCSNW.

Obstacles from LCSNW Management: The System we use to provide the CANs Assessment (BHAS) is malfunctions and can cause obstacles. Another obstacle is Medicaid eligibility: a youth cannot access services until Medicaid is active. Access to phones/transportations/translation services can slow down the referral and intake process. We would like to see clients getting referred to WISe earlier before crisis gets big.

Ideas that LCSNW has thought of to help with these challenges: Create a walk-in referral day where families can walk-in for referral. Build an assessment and referral position: someone who's sole job is referral and assessments. Ensuring all agencies in the community know about WISe and how to refer to WISe.

Tiffany: "At LCSNW we are constantly changing our process to make it more fluid and family friendly. The youth must be on Medicaid and qualify for a mental healthcare diagnosis. Anyone can fill out a referral for the youth, a friend, provider, youth, family, etc. The form is filled out, it goes to the referral and intake specialist at LCSNW and then the family is called. Then we meet with the family and discuss what WISe is and evaluate whether they meet the criteria for WISe. Then a CANS screen is done which tells us whether the youth is appropriate for WISe Services. At that point, if it is evident that they will qualify for WISe, we can go directly into the assessment and enrollment. Once enrollment is complete, the following Friday they are assigned to a Care Coordinator which is when the program support begins. Once a Care Coordinator is assigned, they are contacted within a day to setup their first meeting."

Questions, Answer and Comment time for FYSPRT members to Tiffany Moss re: intake and referrals:

Comments:

- Making business cards with QR Code linked to the WISe video.
- Phoenix High School could do an official project about WISe to help spread the word.
- As a FYSPRT, we can help spread the word about WISe. WISe is still in the roll-out stage, it is changing and adapting to the needs.

- WISe has been around for two years—We are working on getting the word out about WISe, but it takes time.
- The process of connecting to counseling/WISe etc. should be sped up. Not everyone may be able to persevere through the process of referral.
- The crisis people that meet with people when they attempt suicide they need to recommend services like WISe
- Hospitals need to refer suicidal youth to counselors IMMEDIATELY. That isn't happening. There is a 6 month wait list to get into Lourdes, even for youth who are suicidal.
- Two youth feel that there needs to be emergency access to this program.
- We discussed the Youth In Crisis Medicaid Act dream, and the need to make something like this happen.
- Peer support in the hospitals would be useful!!!
- Fliers aren't useful. The personal conversation is most useful.
- Add WISe information into the health education classes? In JJC, Ansil Hall, Group homes, etc. before the Crisis.
- A majority of hospitals do have special floors that specialist in helping those who have attempted suicide. If organizations such as WISe went and shared about what they do, it would help more people. Schools: If they are able to get teens/young or adults, it may get the word to other young adults to help address the issue.
- The best testimony is when you have both sides: someone who went through WISe successfully and someone who needed WISe but didn't receive it/it wasn't around.
- There needs to be follow up after suicide attempts.

#### Questions:

- Referring to the hospital and the Phoenix High School: Could we advocate to the hospitals about the WISe program?
- What ages are eligible for WISe? Answer: Up to 21.
- Homeless youth: I heard a lot of stuff about family support. How does the family work when they don't have family support?
- How can we lessen Case Loads? People in the hospitals have large workloads, so they don't know about WISe and are overworked. No answer given.
- If you don't have access to Medicaid, you can't access the program? Answer: You must have Medicaid to get the program. If you would qualify for Medicaid and don't have it yet, we can help support you in getting the Medicaid.
- 3. Open Forum to Discuss Area Needs: 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. Due to extensive discussion around area needs during our previous topic of the WISe referral and intake process, we are bypassing this part of the agenda.
- 4. Community Partner Presentation: Jackie Davidson, Greater Columbia Behavior Health Organization (GCBHO) on Child Long-term Inpatient Programs (CLIP)

CLIP is a long term hospitalization program for youth needing extended inpatient care. There are four CLIP facilities in the State of Washington. None exist in our region, although that could change.

When someone goes to a CLIP facility, it is usually for 3-9 months. Work is happening to shorten the CLIP stays, which is why the stays are down to 3-9 months from stays that were previously more than a year long. Youth at CLIP are away from their homes, families, schools and communities. This is challenging – while it is needed for some. CLIP is treatment, not placement. CLIP is a comprehensive treatment that includes Medicine management, family participation, therapy, etc. CLIP facilities have school inside the program.

Keeping families intact is so important. Our goal as a community should be to develop these resources within our community.

The Children's Committee has been discussing the confusion around CRU. What can they do? What will they do? The Children's Committee will be bringing in the various crisis units in the area to discuss what their purposes and functions. The FYSPRT would like to see a policy change that any child with a Behavioral Health need be automatically be eligible for Medicaid.

- 5. Future topics for upcoming FYSPRTs: These topics have been suggested on the FYSPRT evaluation sheet.
  - 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
  - iv. CPS protocal
  - v. CRU services
  - 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 November FYSPRT: Carolyn Cox, Project Director for Washington State Community Connectors
- 6. Closing Business:
  - a. Please remember to turn in your FYSPRT evaluations you can now fill them out digitally by scanning the QR code on the agenda. See Amanda if you need help.
  - b. If you are a youth or family partner, see Amanda Crawmer for mileage and childcare reimbursement!
  - c. The next Regional FYSPRT will be November 17, 2016 from 4-6pm at Phoenix High School, 1315 W 4<sup>th</sup> Ave Kennewick, WA 99336. There will be a youth hangout time from 3:30-4pm with pizza and soda provided before the meeting starts.

<u>Date:</u> October 13, 2016 <u>Time:</u> 4-6 pm.

#### Location: Phoenix High School 1315 W 4th Ave, Kennewick WA 99336

	Agenda Item & Leads	Discussion and Notes	<u>Notes</u>
	Welcome and Introductions Family, Robert Haffner 4:00-4:10 Meeting Minutes from 8/25/2016 Regional FYSPRT Youth, Baltazar Torres 4:10-4:20	<ul> <li>What is a FYSPRT?</li> <li>Please identify if you're a Youth, Family or System Partner. If you're a System Partner, what system are you representing?</li> <li>Vision/Mission/Ground Rules</li> <li>Sign-in Sheet and <u>Agenda</u></li> <li><u>Vote on new membership applications</u></li> <li>Please review the <u>meeting minutes</u> from 9/22/2016 Regional FYSPRT. Vote them in or propose changes.</li> </ul>	
Sta	anding Items		
3.	FYSPRT Updates and Work Group(s) Family, JJ Hiebert 4:20-4:50	<ul> <li>LGBTQ Work Group, Ronnie Batchelor or Janie Romine</li> <li>State FYSPRT Questions: the State FYSPRT has asked for our input around the WISe referral process.</li> </ul>	Are there obstacles to helping families get through the WISe referral process? If yes, please summarize some of the obstacles encountered. What is (or could be) done to help youth and families get through the process most easily?
4.	<b>Community Partner</b> <b>Presentation: Jackie</b> <b>Davidson.</b> Introduced by Family, Robert Haffner <i>4:50-5:20</i>	October: Jackie Davidson, CLIP November: WSCC Caroline Cox	
5.	Open Forum to Discuss Area Needs/Gaps in Services System Partner, Jill Mulhausen 5:20-5:45	<ul> <li>Brief review of last month's topics covered in Open Forum</li> <li>Do you have a concern regarding mental health services offered to Youth in SE WA? This is a time to address gaps in services and overall experiences.</li> </ul>	***Please keep this discussion appropriate to people of all ages and stages of recovery***

Agenda Item & Leads		Discussion and Notes		Notes	
New Business					
6. Agenda Topics for future meetings: Youth, Baltazar Torres 5:45-5:55		er non-citizens/Spanish serviore e our stories in a trauma-inf			
Closing Announcements and Ex	<b>U</b>				
<ul> <li>7. Closing Business: Agenda Planning, Evaluations, Reimbursement System Partner, Jill Mulhausen 5:55-6:00 minutes</li> <li>7. Closing Business: Agenda Planning, Evaluations, Reimbursement Scan the barcode with a smartphone for a fast and easy FYSPRT evaluation. Prefer the paper version? No problem! Answers are confidential and greatly appreciated.</li> <li>8. **Families and youth: For mileage or childcare reimbursement, see Amanda Crawmer**</li> </ul>					
Regional FYSPRT Meeting Dates				State FYSPRT Meeting Dates	
October 13, 2016 4:00-6:00pm November 17, 2016 4:00-6:00 December 8, 2016 4:00-6:00pr January 12, 2017 4:00-6:00pm Location: Phoenix High School	Opm Youth Activity 3:30 m Youth Activity 3:30 Youth Activity 3:30	-4pm with pizza and soda -4pm with pizza and soda -4pm with pizza and soda -4pm with pizza and soda , Kennewick, WA 99336		<b>November 1, 2016</b> ake Office Park, West Building Chelan/Roosevelt Rooms 450 10 <sup>th</sup> Avenue SE Lacey, WA 98503	
FYSPRT Ground Rules for Group Discussion					
All FYSPRT attendees should have a chance to speak, express their own ideas and feelings freely, and pursue and finish out their thoughts. Everyone has an equal opportunity to share their voice and view. A variety of points of view are to be put forward and discussed during meetings.					

All attendees should work to remain open-minded.

Stay true to the FYSPRT goals.

Participants can interpret topics openly and honestly.

All respectful feedback is welcomed.

# Want to become a FYSPRT member? Ask for a membership application or complete the <u>short</u> application here:





Barcode Instructions: In order to use the QR Code, you will need to download a free "Scan" application to your phone. There are several iPhone and Android options available. See Amanda after the meeting if you have any questions.

#### <u>Date:</u> November 17, 2016 <u>Time:</u> 4-6 pm.

#### Location: Phoenix High School 1315 W 4th Ave, Kennewick WA 99336

	Agenda Item & Leads	Discussion and Notes	Notes
1.	Welcome and	What is a FYSPRT?	
	Introductions	• Please identify if you're a Youth, Family or System Partner. If	
	Family, Baltazar Torres	you're a System Partner, what system are you representing?	
	4:00-4:10 (10 min)	Vision/Mission/Ground Rules	
		<ul> <li>Sign-in Sheet and <u>Agenda</u></li> </ul>	
		Membership and Tri-Lead Vote	
2.	Meeting Minutes from	Please review the meeting minutes from 10/13/2016 Regional	
	10/13/2016 Regional	FYSPRT. Vote them in or propose changes.	
	FYSPRT		
	Youth, Baltazar Torres		
	4:10-4:20 (10 min)		
Sta	anding Items		
3.	FYSPRT Updates and	LGBTQ Work Group, Ronnie Batchelor or Janie Romine	
	Work Group(s)	Yakima Valley Local FYSPRT Update: Sally or Robert	
	Family, Robert Haffner		
	4:20-4:40 (30 min)		
4	Community Partner	December: Cancelled	Announcement: Mental Health 1 <sup>st</sup> Aid
7.	Presentation: Carolyn Cox	January: System Partner Theresa Malley, DCFS	Training for FYSPRT and Friends
	Introduced by JJ Hiebert	February: Crisis Response?	December 3, 2016 9 to5 pm
	4:50-5:20 (30 min)		Phoenix High School
5	Open Forum to Discuss	<ul> <li>Brief review of last month's topics covered in Open Forum</li> </ul>	***Please keep this discussion
	Area Needs/Gaps in	<ul> <li>Do you have a concern regarding mental health services</li> </ul>	appropriate to people of all ages and
	Services	offered to Youth in SE WA? This is a time to address gaps in	stages of recovery***
	System Partner, Jill	services and overall experiences.	
	Mulhausen	services and overall experiences.	
	5:20-5:45 (25 min)		
Clo	osing Announcements and Ev	valuation	

Agenda Item & Leads	Dis	scussion and Notes		Notes
6. Closing Business: Agenda Planning, Evaluations, Reimbursement Family Partner, JJ Hiebert 5:45-6:00 (15 min)	• Hold a "How to share	gagement available for non-citizens/Spanish services ow to share our stories in a trauma-informed way" training. -Training in the works?		
	Scan the barcode with a smartphone for a fast and easy FYSPRT evaluation. Prefer the paper version? No problem! Answers are confidential and greatly appreciated. **Families and youth: For mileage or childcare reimbursement, see Amanda Crawmer**			
Regional FYSPRT Meeting DatesOther FYSPRT Meeting DatesNovember 17, 2016 4:00-6:00pmYouth Activity 3:30-4pm with pizza and sodaState: TBDDecember 3, 2016 MH 1st Aid Training at Phoenix High SchoolLocation: Blake Office Park, West Building Chelan/RooseveltDecember 8, 2016 ***** CANCELLED *****4450 10 <sup>th</sup> Avenue SE Lacey, WA 98503January 12, 2017 4:00-6:00pmYouth Activity 3:30-4pm with pizza and sodaYakima Valley:Location: Phoenix High School1315 West 4th Avenue, Kennewick, WA 99336Location: TBD			Other FYSPRT Meeting Dates	
			Location: Bla	ike Office Park, West Building Chelan/Roosevelt Rooms 4450 10 <sup>th</sup> Avenue SE Lacey, WA 98503 <b>Yakima Valley:</b> 12/14/2016 5:30-7:30pm
FYSPRT Ground Rules for Group Discussion				

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# No Meeting In December 2016