

SE WA Regional FYSPRT Needs Assessment

What are the Local/Regional Strengths and Barriers with regard to the development and sustainability of the Regional FYSPRT?

As we are in the early stages of developing the South East Washington Regional FYSPRT, it was decided to use Survey Monkey to assess the Regional Barriers for Attending a FYSPRT meeting. A simple ten question survey was created and distributed across the region with the hopes of garnering responses with a diverse location, multi-agency representation, and cultural diversity that would represent the ten county areas that South East Washington spans.

The questions asked in the survey are as follows, with their results:

Question:	Answer %
1. What does the youth population in South East Washington need to be mentally healthy and flourish?	
a. More service providers and less insurance restrictions	47.06%
b. Youth Support Groups	15.69%
c. To be heard, understood, and respected. To have a voice.	37.25%
2. What do families need to maintain their central role as a caretaker?	
a. Respite Care (a break)	21.15%
b. Qualified childcare providers for working parents	17.31%
c. Help navigating complex systems and agencies	61.54%
3. What do youth and families need in order to be authentically involved in guiding the system?	
a. Travel and Childcare reimbursement	12.24%
b. To feel respected and to have their voice heard	44.90%
c. Family and youth friendly meeting locations/time	42.86%
4. What do service providers need to provide comprehensive, individualized services in a timely and appropriate fashion?	
a. Smaller case loads	60.78%
b. User-friendly documentation/paperwork software	19.61%
c. More training	19.61%
5. How can our region partner effectively with the Yakama Nation?	
a. Educate the community about the services and resources available within the Yakama Nation	36.00%
b. Create a needs assessment for Yakama Nation, to identify barriers for service	34.00%
c. Improve the region's cultural competency about the Yakama Nation	30.00%
6. Complete this statement: I am _____.	
a. A youth who has received mental health services in South East Washington	7.84%
b. The parent of a child who has received mental health services in South East Washington	15.69%
c. A System Partner who works with youth that receive mental health services in South East Washington.	76.47%
7. What county do you live in?	
a. Asotin County	0.00%
b. Benton County	67.31%
c. Columbia County	0.00%

d. Franklin County	25.00%
e. Garfield County	0.00%
f. Kittitas County	0.00%
g. Klickitat County	0.00%
h. Walla Walla County	0.00%
i. Whitman County	0.00%
j. Yakima County	7.69%
8. As a Youth Representative, the best time of the day for a FYSPRT meeting is:	
a. 9:00am – 12:00pm	0.00%
b. 12:00pm – 3:00pm	0.00
c. 3:00pm – 6:00pm	8.16
d. 6:00pm-9:00pm	6.12
e. I am NOT a youth representative	85.12
9. As a Family Representative, the best time for a FYSPRT meeting is:	
a. 9:00am – 12:00pm	4.17%
b. 12:00pm – 3:00pm	0.00%
c. 3:00pm – 6:00pm	2.08%
d. 6:00pm-9:00pm	14.58%
e. N/A I am NOT a Family representative	79.17
10. As a System Partner, the best time to attend a FYSPRT meeting is:	
a. 9:00am – 12:00pm	19.61%
b. 12:00pm – 3:00pm	17.65%
c. 3:00pm – 6:00pm	33.33%
d. 6:00pm-9:00pm	7.84%
e. N/A I am NOT a System Partner	21.57%

Additionally, it was decided to create a Regional Needs Assessment to highlight the strengths and needs across the region.

The questions asked in the survey are as follows:

Question:	Answer %
1. What is the greatest community strength for youth mental healthcare services?	
a. Crisis Services	17.65%
b. Diverse resources available	19.61%
c. Family and youth-led services	17.65%
d. Wraparound in the community	45.10%
2. What is the biggest community barrier for youth mental healthcare services?	
a. Limited providers/specialists	35.42%
b. Insurance restrictions	18.75%
c. Navigating complex systems	25.00%
d. Wait times	20.83%
3. How would you rate the choices in mental healthcare providers within your community? (Rate from 0=poor to 9=excellent. 10 is N/A)	
0=3.13% 1=4.69% 2=9.38% 3=18.75% 4=15.63% 5=7.81% 6=18.75% 7=15.63% 8=3.13% 9=0.00% 10=3.13%	

4. How would you rate the wait time to be seen by a Mental Healthcare Provider? ? (Rate from 0=poor to 9=excellent. 10 is N/A)	
0=18.46% 1=10.77% 2=15.38% 3=9.23% 4=15.38% 5=9.23% 6=9.23% 7=6.15% 8=1.54% 9=0.00% 10=4.62%	
5. How would you rate the communication between agencies in your community? (Rate from 0=poor to 9=excellent. 10 is N/A)	
0=6.35% 1=3.17% 2=7.94% 3=19.05% 4=12.70% 5=17.46% 6=7.94% 7=9.52% 8=6.35% 9=6.35% 10=3.17%	
6. How would you rate the crisis services provided in your community? (Rate from 0=poor to 9=excellent. 10 is N/A)	
0=9.52% 1=7.94% 2=9.52% 3=15.87% 4=14.29% 5=4.76% 6=7.94% 7=11.11% 8=7.94% 9=6.35% 10=4.76%	
7. What county do you live in?	
a. Asotin County	0.00%
b. Benton County	77.78%
c. Columbia County	0.00%
d. Franklin County	12.96%
e. Garfield County	0.00%
f. Kittitas County	0.00%
g. Klickitat County	0.00%
h. Walla Walla County	5.56%
i. Whitman County	0.00%
j. Yakima County	3.70%

Recommendations regarding the development and operations of the Local FYSPRT (how many and where they should be located, how they will work with the Regional FYSPRT and with WISE Community Collaboratives, and strengths and barriers with regard to development and sustainability)

The South East Washington Regional FYSPRT has been solely focused on the development of the Regional FYSPRT. Once we have established our identity (i.e.: Created a Regional FYSPRT Charter, Adopted a membership process, created our own Ground Rules, etc.) we will then begin looking at the development of the Local FYSPRTs across the Region. As the contract holder, I have had multiple discussions with South East Washington's Regional Support Network, Greater Columbia Behavioral Health (GCBH). I have also met with the Family and Youth Partners across the region working to gauge the level of interest in developing and participating in Local FYSPRTs. It is my belief, and the belief of GCBH that we should let local interest, both past and present, drive the development of the Local FYSPRTs.

Our initial read of the situation has led us to set the initial goal of developing Local FYSPRTs in Yakima County, Walla Walla County, Benton/Franklin County and Whitman County. The Yakima Local FYSPRT will be the first Local FYSPRT we begin to develop, as it is the previous home of the original FYSPRT in our region. This may prove to be a challenge, as there are reports of "hard feelings" that occurred from the transition of FYSPRTs. Nevertheless, Yakima County led our region in the development of the FYSPRTs and it is important to me to re-establish the FYSPRT in Yakima to honor their hard work.

The next Local FYSPRT developed will be by the Walla Walla County FYSPRT, as there is a large Youth Group in Walla Walla. With the support of Lauren Ghering and Youth 'n Action, I am hopeful that the Walla Walla County FYSPRT will have a large youth participation, setting the bar for our region's other FYSPRTs.

Resources available that promote social marketing of the Washington State Children's Behavioral Health Principles, and behavioral health awareness

One of the major resources that the FYSPRT has in promoting Washington State Children's Behavioral Health Principles is that we have a huge presence of the wraparound at the FYSPRT. The major components of WISE mimic the Behavioral Health Principles. We are fortunate to have family partners, youth partners, and care coordinators that work in the WISE program and in the 3 Rivers Wraparound program at the FYSPRT. As the convener, my own family graduated from Wraparound before I began working for the program. The wraparound principles/Behavioral Health Principles are the same principles that we bring to the FYSPRT as conveners, members, and participants.

To capitalize on these resources, I asked the one of our Youth Tri-Leads to help prepare a flier that would appeal to youth, and take them around the community. We also write articles to be featured in Family Support Organization newsletters across the region. Lastly, we are working with the entire region's WISE providers to invite families, youth, and system partners to the FYSPRT from the entire region, so we can continue to support ALL areas of South East Washington.

Resource needs (for example, requests for technical assistance, training, family/youth leadership development needs)

The SE Regional FYSPRT has identified a need to engage more youth from the Region to participate in FYSPRT and the development of FYSPRT deliverables. Our Regional FYSPRT would benefit greatly from expertise on how to bring youth to the table, and keep them. Additionally, the FYSPRT would like to be able to provide community service hours for youth both that would qualify parole requirements and/or meet the community service hours required to graduate high school. We are unsure about how to proceed with this process, but are confident that community service hours could prove to be a draw for youth that we would then turn into a mission to bettering the community.