

**AGENDA**

**Southeast Washington Regional FYSPRT**

**1/13/2022 3:30-5:00 p.m.**

**Location – ZOOM & PHONE-IN ONLY**

<p><b>Purpose</b> designed to influence the functioning of local, state, and child-serving systems, and to promote proactive changes that will improve access to, and the quality of, services for families and youth with complex behavioral health challenges, and the outcomes they experience.</p>	<p><b>Mission</b> through respectful partnerships, families, youth, systems and communities will effectively collaborate to proactively influence, and provide leadership to address challenges and barriers faced by the behavioral health service system for children, youth, and families in Washington State.</p>	<p><b>Vision</b> To bring all necessary parties together to contribute to continuous improvement to children’s behavioral</p>	<p><b>Ground Rules</b> 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</p>
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Agenda Items	Discussion & Notes
<p><b>Welcome &amp; Introductions (10 minutes)</b></p>	<p>Youth Tri-lead Baltazar Torres            On entry to the meeting, please put your name, agency/group affiliation if you have one, and if you are a family, youth or system partner. This will help with attendance gift card stipend for attendance.  <i>Baltazar reviewed the meeting guidelines and led the group in an ice breaker. Members were encouraged to write their contact information in the chat. Meredith announced agenda change, Cari Whitney and Emily Mattos will be presenting information for 3 Rivers Therapy.</i></p>
<p><b>Meeting Minutes (5 minutes)</b></p>	<p>System Tri-lead Jill Mulhausen            Review of meeting minutes from December 9, 2021            Motion made by: <u>Baltazar Torres</u>            Seconded by: <u>Carolyn Cox</u>            Did the vote carry? YES</p>
<p><b>3 Rivers Presentation (30 minutes)</b></p>	<p>Cari Whitney, Emily Mattos, 3 Rivers Therapy  <i>Cari and Emily presented the various services that are available at 3 Rivers Therapy. 3 Rivers Therapy has 14 mental health counselors on staff and is located in Kennewick off Clearwater. 3 Rivers works with all ages, they offer family therapy, marriage counseling, therapy groups for youth, they have a Psychiatric Nurse Practitioner starting in February who can prescribe medications. 3 Rivers Therapy focuses on whole health wellness for the whole family. Cari states that she has been working to develop the WISE program and SUD program. They have just been awarded a contract for the SUD Recovery Navigator Program and have hired 8 peers to run that program. The program is peer based and peers will be able to meet the needs of the person in the moment without forced treatment. There will also be case management services available to address additional needs as well. They will be opening a 2nd building, a Crisis Center. At this time they have one WISE team, they can expand to 2 teams. They have been working to get into the</i></p>

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	<p><i>schools to provide services there, but with COVID restrictions this has been difficult. They often meet with WISE members in the community and in their homes. 3 Rivers accepts private pay and all medicaid plans, they also have a sliding fee scale as well. They are not able to accept Medicare at this time. They do have WISE-like services available to those who do not have Medicaid. Cari discussed their group therapy which takes place after school and youth groups are formed based on age. They work on social interactions and skills. They accept both private pay and Medicaid eligible youth for group therapy. 3 Rivers is currently working on a Community Response Center that is being built. The center will be able to accept referrals 24 hours a day, and after regular business hours calls that are determined to need immediate response will be referred to Crisis. The specifics regarding how the Crisis Center will operate has not yet been determined, however, they are looking at having a peer available 9am to 6pm everyday and are potentially looking at offering some sort of peer respite services as well.</i></p>
<p><b>Question/Answer Session (10 minutes)</b></p>	<p>Baltazar Torres Youth Tri-Lead FYSPRT members</p> <p><i>Individuals were given the opportunity to ask specific questions. 3 Rivers Therapy attempts to get individuals into services for WISE within a 10 day window whenever possible. Convener will send out flyers to FYSPRT distribution list. There is no charge or co-pays for Transition Age Youth services. Commercial insurance is now covering peer services. For youth group therapy parents must transport the youth. The Community Response center will not be crisis center, however, it will work with Crisis and will be a place for individuals to be seen and get some immediate assistance with referrals to Crisis if needed.</i></p>
<p><b>FYSPRT project/education ideas/Agency needs (10 minutes)</b></p>	<p>Meredith Piehowski, Convener All members</p> <p><i>Jeanette expressed interest in learning how to get involved with the Recovery Coalition group that is meeting and discussing the use of the new tax dollars for behavioral health services, including the possibility of a center in the old Kennewick hospital building. Jeanette stated that it would be important for our group to be involved in this so that any plans include youth and family voice and choice. Several members provided some information about meetings and the contact person is Michelle Gerber, her information was included in the chat. Kelly McCullough reports she attends these meetings when she can and believes they are open to the public. Dan Aspiri suggested two possible meetings or committees that FYSPRT might want to participate in through Benton Franklin. One is the meeting that is being used to complete a needs assessment and new CHIP plan for the community, and the other is a group lead by Joyce Newsom who is with 211 regarding addressing the transportation needs of those in the community who are considered “special needs” who may be low income, may lack transportation to get to out of town medical appointments, etc.</i></p>
<p><b>Roundtable Discussion (15 minutes)</b></p>	<p>All members</p> <p>Meredith Piehowski - Reminded of Tri City Family Expo at the end of January, there are extra health and safety precautions that are being put in place</p>

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	<p>Baltazar Torres - Fiesta Foods used to have a service where you could take a car home with your groceries and then bring it back</p> <p>Jill Mulhausen - Project based approach in a flexible environment available at Phoenix, they have opportunities at this time, contact Jill for more information</p> <p>Maria Nunez - JR will be completing CPC training soon, SPARK podcast will be starting soon, getting set up for next classes</p> <p>Cindy Adams - This is the last 6 months for the current OMBUDS system, there will be a new state behavioral health ombuds, hopefully will include one regional OMBUDS, they may also use volunteers, however, that may not be ideal due to HIPPA, confidentiality and WACs. There will be 4 trainings that are upcoming from the HCA, waiting to see who will become the state Ombuds office. Lots of changes, some good and some challenging. Current OMBUDS want to ensure a smooth transition to the new system.</p> <p>Carolyn Cox - SPARK is working closely with HCA and Transition Age Youth team and SPARK will be a consultant available to organizations and groups. SPARK will be doing training and they are also a part of most of the WISE Collaboratives in the state. They will be looking at helping with the resource shortage and have been asked if they could possibly do training for family peers. There are other things in the works, it will be a busy year, more to come.</p> <p>Rosio - Bridge the Gap on Human Trafficking and Shine a Light walk is being held tomorrow. Working with the schools when students report sexual assault and another walk will be scheduled later in the year.</p> <p>Meredith Piehowski - Provided feedback on Youth Mental Health First Aid course through Lutheran Community Services.</p>
<p><b>Upcoming Event(s)</b></p>	<p><b>SARC Shine the Light on Human Trafficking Awareness Walk</b>  <b>January 14, 2022 from 4-7pm at Lampson International LLC Building Parking lot 607 E Columbia Drive Kennewick</b>  <b>Tri-City Family Expo January 28<sup>th</sup> and 29<sup>th</sup></b>  Friday 12p-8pm, Saturday 10a-7p  <b>Say It Out Loud Conference will be Thursday May 26, 2022 (Virtual), registration in March</b></p>
<p><b>Closing Announcements and Evaluation (5 minutes)</b></p>	<p><b>Meredith Piehowski</b>  <i>Encouraged all members to complete the survey.</i>  <b>Your FYSPRT meeting evaluation is available at this link: <a href="https://www.surveymonkey.com/r/NPXYTKK">https://www.surveymonkey.com/r/NPXYTKK</a></b></p> <p><b>Or scan QR code below to access on your mobile device:</b></p>

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*Please know your evaluations are an important part of improving FYSPRT, are included in FYSPRT reports to the State, and are much appreciated!*

*For all Youth and Family Partners, please put your contact info in the chat so I can reach out about gift cards for attendance*

Regional FYSPRT meeting dates

*Reviewed the upcoming presentation for the month of February.  
February 10, 2022 - Next month presentation by SARC (Support, Advocacy and Resource Center)  
March 10, 2022  
April 14, 2022*

**Meeting ID: 376 123 4588**  
**1-253-215-8782 or 3761234588#**  
<https://us06web.zoom.us/j/3761234588>

State FYSPRT meeting dates

*Via Zoom on Thursday January 27<sup>th</sup>, 3:00-5:00pm  
Blake Office Park, West Building Chelan/Roosevelt Rooms: 4450 10th Avenue SE Lacey, WA 98503  
(Note: The 2021 Statewide FYSPRT Meeting Schedule will be updated if meeting logistics change due to COVID-19, or if meetings are cancelled due to weather or other circumstances.)*

**Want to become a voting FYSPRT member or Tri-Lead?**

**Ask for a membership application or find one on our website @ <http://www.southeastfysprt.org>**

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Additional Information/Links:

[Join CJJ's 2022 Emerging Leaders Committee!](#)

[Peer Support Program Specialist](#)