

Greater Columbia Behavioral Health Regional FYSPRT

Work Plan 2023-2024 (updated 03.2023)

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

Actions Steps/Suggested strategy(s):

1. Make quarterly contact with WISE Providers
 - a. Those Assigned: Convener, Tri-Leads, System Partners
2. Outreach at other agencies/organizations
 - a. Those Assigned: Convener, Tri-Leads, System Partners, GCBH staff
3. Outreach specifically designed for youth
 - a. Those Assigned: Convener, Tri-Leads, System Partners, particularly those who work with youth
4. Outreach specifically designed for families
 - a. Those Assigned: Convener, Tri-Leads, WISE providers, System partners working with families
5. Ensure meetings are youth and family friendly
 - a. Those Assigned: Convener, Tri-Leads, WISE providers, System partners
 - b. **Timeline for Completion:** December 31, 2023
 - c. **Desired Outcome:** 51% youth and family participation by the end of 2023
 - d. **Progress – 03.2023:**
January: 25%
February: 26%
March: 43%
Average: 31%

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

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

Action Steps/Suggested strategy(s):

1. Have a presence at Health Fairs, Resource Fairs, Community Events
 - a. Assigned: Conveners, Tri-Leads, GCBH-ASO staff, Community organizations/agencies
2. Will attend relevant community/coalition meetings regarding behavioral health care
 - a. Assigned: Convener, Tri-Leads
3. Provide education and resources regarding behavioral health care to our region
 - a. Assigned: Conveners, GCBH-ASO staff, Tri-Leads, Community organizations/agencies
4. Discuss ways to decrease stigma at meetings quarterly
 - a. Assigned: Convener, Tri-Leads, System Partners, all FYSPRT members
5. Post behavioral health information on FYSPRT Facebook page and on FYSPRT website
 - a. Assigned: Convener, Tri-Leads
6. Promote materials and information/education to address stigma
 - a. Assigned: Convener, Tri-Leads, System Partners, Partner agencies/organizations, GCBH-ASO staff
7. Delegate outreach to FYSPRT members using who they know to work to decrease stigma and provide outreach as needed
 - a. All FYSPRT members

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

c. **Desired Outcome:** By the end of 2023, there will be decreased stigma surrounding behavioral health in our region.

d. **Progress – Update 03.2023:**

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

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

- 1) Lock box project (continuous)
- 2) 988 Spanish stickers

Action Steps/Suggested strategy(s):

1. Coordinate with community partners
 - a. Assigned: Convener, Tri-Leads, FYSPRT members
2. Brainstorm community activities
 - a. Assigned: Tri-Leads, FYSPRT members
3. Use Regional FYSPRT meetings for planning and outreach
 - a. All FYSPRT members
4. Use social media for outreach and promotion
 - a. Convener, System Partners, All FYSPRT members
5. Coordinate with local providers/schools/agencies to promote projects
 - a. Convener, GCBH-ASO staff, Tri-Leads, System Partners, all FYSPRT members, community agencies
6. Participate in community events and coalitions as relevant
 - a. Convener, Tri-Leads, GCBH-ASO staff
 - b. **Timeline for Completion:** December 31, 2023 and December 31, 2024
 - c. **Desired Outcome:** Complete 1 project per year
 - d. **Progress – Updated 03.2023:**
 1. *The lock box project continues. We continue to promote the safe storage of medications, sharps, weapons and other items that may be harmful or may prevent others in the home from being safe. We also provide behavioral health information and gun and medication safety information with the lock bags, boxes and gun safes.*
 2. *988 stickers were developed by the Youth Tri-Lead in Spanish to promote the use of 988 and to be more inclusive of those who speak Spanish in our region. These stickers were printed and distributed at the Tri-City Family Expo and will continue to be distributed and used during outreach and engagement events throughout the region.*

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

Action Steps/Suggested strategy(s):

- 1) Participate in coalitions/meetings/events that work to improve behavioral health for underserved and underrepresented communities
 - a. Assigned: Convener, GCBH-ASO staff, Tri-Leads
- 2) Provide relevant trainings to FYSPRT members on supporting those who identify LGTBQA+
 - a. Assigned: Convener, Tri-Leads, System Partners, FYSPRT members
- 3) Connect with LGTBQA+ support groups and invite group to attend meetings
 - a. Assigned: Convener, Tri-Leads, System Partners, FYSPRT members
- 4) Use inclusive language
 - a. All FYSPRT members
- 5) Develop and complete projects that promote inclusivity
 - a. Convener, Tri-Leads, System Partners, Families, Youth
 - b. **Timeline for Completion:** December 2024
 - c. **Desired Outcome:** Make the regional FYSPRT an inclusive group and increase participation for those who identify as LGTBQA+
 - d. **Progress – Updated 2023:**
Convener has participated in gender affirming care webinars through ECHO, an online learning platform. Convener will be participating in the Say It Out Loud conference in Spokane in May 2023. Convener will be reaching out to PFLAG to make contact regarding a presentation on the support that is offered in our region for youth who identify as LGTBQA+. During FYSPRT meetings preferred pronouns are used and all members make an effort to be welcoming and create a safe space for all who attend.

