

# Greater Columbia Behavioral Health Regional FYSPRT Work Plan 2021-2022

*Revised 12.2021, 03.2022, 06.2022, 09.2022, 12.2022*

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

Actions Steps/Suggested strategy(s):

1. Make quarterly contact with listed agencies
2. Outreach at other agency staff meetings
3. Outreach specifically designed for youth
4. Outreach specifically designed for families
5. Youth and family friendly meetings
6. Youth Move National Technical Assistance
  - a. **Those Assigned:** Tri-leads, Greater Columbia BH-ASO staff, Regional FYSPRT members, representation from each county & Youth Move National.
  - b. **Timeline for Completion:** December 31, 2022
  - c. **Desired Outcome:** 100% contract rate for system partner representation, 50% youth and family participation by the end of 2022
  - d. **Progress:** WSCC provided Intro to FYSPRT training for the community called the Who, Why and What of FYSPRT on 6/10/2021. Attendance was solely system partners.
  - e. **Update September 2021:** FYSPRT Coordinator attended the Take Strides Event with the Youth Suicide Prevention Coalition where FYSPRT materials were distributed. Tri-Lead presented FYSPRT information at the Kennewick School District staff training in August. FYSPRT materials, outreach and lock bags given to Yakima Nation in September. Lock bags and information about FYSPRT and upcoming meetings given to Palouse River Counseling and QBH. Will continue to work with providers and encourage attendance at meetings whenever possible. Will continue to reach out to providers and agencies in our Region as needed.
  - f. **Update December 2021:** Additional medication lock bags and FYSPRT meeting information was sent to QBH for distribution. Convener continues to participate in community meetings and coalitions such as the STAT Team (Student Threat Assessment Team), CLIP committee, Youth Suicide Prevention Coalition, WSCC meetings, and has registered for the CBH Outpatient Workgroup meeting with WSCC. SPARK youth group presented at the December FYSPRT meeting.
  - g. **Current stats (updated December 2021):** Membership roster has 57 members total. When subtracting multiple members from the same agency there are 55 members. There are 23 youth and family partners, which is about 42% youth and family.
  - h. **Current stats (updated March 2022):** This quarter the percentage of youth and family attending FYSPRT meetings went up from an average of 21% to 34%. We continue to strive for adequate representation of youth and family partners. We are currently working with Youth Move around improving our ability to engage effectively with youth. We have been reaching out specifically to our WISe providers to ask for assistance in recruiting families who might want to join FYSPRT. We continue to promote the \$15 gift card stipend that is available to family and youth that attend the monthly meetings. Convener continues to be involved in several Coalitions and Committees to provide outreach and information regarding our Regional FYSPRT.

Convener is working with multiple agencies as a part of the Mental Health Awareness Month Committee in an effort to provide resources, information and promotion of improving mental health as well as to promote the FYSPRT and other community agencies and organizations in the region.

- i. **Current Progress (updated June 2022):** This quarter the percentage of youth and family attending meetings increased to an average of 44%, an increase of 10% from last quarter. We continue to do outreach and promotion of the FYSPRT in a variety of ways within the community and through meetings and participation in multiple coalitions.
- j. **Current Progress (updated September 2022):** During this quarter the percentage of youth and families decreased to 27%. The percentage usually does typically decrease during the summer months. FYSPRT convener continues to engage in community events to promote the FYSPRT and its mission and vision. Convener also continues to promote FYSPRT meetings on the website and on Facebook as well. Convener sends out meeting reminders to members and promotes upcoming FYSPRT meetings in various community organizations and coalitions including: Youth Suicide Prevention Coalition, Behavioral Health Committee, Clinical Crisis Providers, BHAS and Key Connection. FYSPRT continues to provide \$15 e-gift cards from Amazon for family and youth who attend the Regional FYSPRT meeting.
- k. **Current Progress (updated December 2022):** During this quarter the percentage of family and youth remained about the same despite continued efforts to participate in an increased number of community events. There have been more system partners added to the roster at this time, and we can continue to have good MCO participation. We do not have high numbers of WISe providers at this time, 2 providers attend consistently. We will continue with community outreach and education.

**Goal 2: Most counties will be represented at the Regional FYSPRT**

Action Steps/Suggested strategy(s):

1. Will reach out to agencies at Health Fairs, Resource Fairs, Community Events
2. Will attend community/coalition meetings
3. Will find a streaming method for meetings
4. Email FYSPRT group on “how to” instructions for streaming
5. Post meeting information on FYSPRT website
6. Post meeting information on FYSPRT Facebook page
7. Work with regional FYSPRT members and Tri-leads to brainstorm ways to engage community
8. Delegate outreach to FYSPRT members using who they know
  - a. **Those Assigned:** Tri-leads, Greater Columbia BH-ASO staff, FYSPRT members
  - b. **Timeline for Completion:** December 31, 2022
  - c. **Desired Outcome:** By the end of 2021, most counties will be represented at the Regional FYSPRT
  - d. **Progress:** Updated RACK cards were created and ordered to be distributed to providers across the region. Lock bags and FYSPRT meeting invitations were given to QBH and PRC who represent counties who are not consistently represented at FYSPRT meetings. Lock bags and FYSPRT meeting material was also given to the Yakima Nation. FYSPRT Coordinator continues to attend meetings and provide information regarding FYSPRT and upcoming meetings and events whenever possible. Coordinator participated in Take Strides event and distributed materials for FYSPRT, including meeting invites.
  - e. **Current stats:** Benton, Franklin, Yakima, Asotin and Garfield are represented as members of FYSPRT.
  - f. **Update December 2021:** Kittitas, Walla Walla, and Whitman counties are not represented at regional FYSPRT meetings. Regional FYSPRT will develop a plan to target agencies in these counties to provide outreach and education regarding our regional FYSPRT.
  - g. **Update March 2022:** Convener continues to reach out to WISe providers throughout the region via email and calendar invites. At this time, 3 of the 8 WISe providers in the region have regular attendance at the Regional FYSPRT meetings. At the suggestion of Paul Davis at HCA, Convener reached out to several MCO’s in the Region to determine if the FYSPRT Convener would be able to attend the WISe Collaborative meetings. This Convener was told that the only entities that attend those meetings are the HCA, MCOs and WISe Providers. This issue was also addressed during the FYSPRT Convener call where it was determined that some other Conveners do attend these meetings. There will be continued follow up regarding this issue by HCA and GCBH ASO. Particularly with the vast geographic area of the region as well as the number of WISe providers in the region, it would be very beneficial for me as a Convener to attend these meetings. I did email the WISe Collaborative Facilitator and I have not heard back from them at this time.
  - h. **Update June 2022:** Convener has not heard from the WISe Collaborative at this time. Convener did reach out to the WISe program leads and requested current data and information and was able to obtain this from most of the WISe providers. There is still a lack of regular meeting participation at this time, however, Convener will continue to reach out and to providers and to provide education and information regarding the mission and purpose of FYSPRT.

- i. **Update September 2022:** Convener has added a member from Walla Walla county this past quarter. Kittitas and Whitman counties are not often represented but we have received some WISe data from those counties in July. In an effort to engage all the counties in the FYSRPT, Convener continues to reach out to WISe providers and requested provider updates in August 2022. 3 of the 8 WISe programs in our region provided data to review. Convener did present at a WISe provider staff meeting at Lutheran Community Services about the FYSRPT and how to become involved, however, Lutheran Community Services generally has staff that attend the FYSRPT meetings. Convener still has not been able to access the WISe Collaborative meetings at this time. It is unknown why FYSRPT Convener is unable to participate in those meetings. At this time FYSRPT Regional meetings are virtual which could allow for more participation from other counties, as travel may prove to be one barrier for attendance due to our large geographic area.
- j. **Update December 2022:** Convener continues to reach out to WISe providers and local agencies. Convener has not been invited to attend the regional WISe collaborative at this time. There have been an increased number of participation from Yakima as well as Walla Walla this quarter. We are going to continue working to increase participation from the providers, the peer support staff, youth and families. We continue to have good participation from Benton, Franklin, Walla Walla, and Yakima counties. Convener continues to reach out, provide outreach and engage in education to all counties in the region.

**Goal 3: Do 1 positive community projects as decided on by the Regional FYSPRT annually**

- 1) **Lock Bags in Hand completed in 2020**
- 2) **Who Why What FYSPRT training completed in 2021**
- 3) **SARC needs donation December 2021 – January 2022**
- 4) **Lock Bags/Lock Boxes project January 2022-current**
- 5) **Back to School Bash**
- 6) **Take Strides Tri-Cities**
- 7) **Lock Bags/Lock Boxes project continues**
- 8) **New projects – 988/Crisis awareness stickers and Family Expo, Lock Box Project Continues**

Action Steps/Suggested strategy(s):

1. Coordinate with community partners
2. Brainstorm community activities
3. Partner/participate in other local community events
4. Coordinate with MCO's for presentation/panel
5. Lock boxes in hand project
6. Use Regional FYSPRT meetings for planning
7. Use social media
8. Use Agency Connections newsletter
9. Coordinate with local providers
  - a. **Those Assigned:** Tri-leads, Greater Columbia BH-ASO staff, FYSPRT members, Managed Care Organizations, WISe Providers.
  - b. **Timeline for Completion:** December 31, 2021
  - c. **Desired Outcome:** Complete 1 project per year
  - d. **Progress:** In 2020 Lock bags in hand was completed, lock bags were purchased and continue to be distributed to those who need them in the community. Washington Community Connectors provided a Who Why What of FYSPRT training on 6/10/2021 to provide outreach to families.
  - e. **Current stats:** Projects have been completed in 2020 and 2021. We are currently working within the FYSPRT regional and Tri-lead meetings to determine what project we will take on in the upcoming 2022 year.
  - f. **Updated December 2021:** We have been working with SARC (Support Advocacy and Resource Center on assisting them with needed items for their families and school program. SARC provides victims services, crisis program, and prevention program. They provide advocacy, counseling, resources, crisis intervention and many other services within the community to those that are victims of crime. They also have a variety of prevention programs and work with children in schools to work to prevent sexual violence, bullying, harassment and human sex trafficking. As of December 2021 we have provided SARC families with some much needed winter coats and boots. We will continue to work to address other needed items. FYSPRT has provided outreach and information to staff and families. SARC staff will be presenting at the February FYSPRT meeting.
  - g. **Update March 2022:** There has not been a project decided on for 2022. We will continue to work within the FYSPRT to determine community needs and how we are can work to support those needs.
  - h. **Update June 2022:** It was determined that the lock box and lock bag project will continue. We are working with the Recovery Coalition, the Recovery Navigator Program and the Suicide Prevention Coalition to get means prevention and education

out into the community. We will continue to participate in community events, provide outreach, education and resources about suicide, seeking help and means prevention whenever possible and when funding allows.

- i. **Update September 2022:** This fall the FYSPT had several community projects and events happening. The first was the Back to School Bash, where many community organizations and behavioral health organizations came together to provide school supplies and resources for youth in our community. During this event FYSPT provided information on joining the FYSPT, community education materials, lock boxes and lock bags as well as information regarding the safe storage of guns, drugs, sharps or other objects that may be harmful. FYSPT also participated in the Take Strides Tri-Cities event, which promotes suicide prevention and mental health awareness in the community, particularly focused on high school and middle school students. FYSPT was able to provide lock boxes, t-shirts to raise awareness and FYSPT materials to encourage youth to become involved in the FYSPT. FYSPT mission, vision and meeting dates were also provided during an outreach event at the United Family Center.
- j. **Update December 2022:** Lock boxes continue to be in demand and multiple agencies and organizations have requested them for their clients. We will continue to use funds to provide these items as well as information regarding suicide awareness and prevention, gun safety, mental health awareness and FYSPT promotion and education. We have spent this quarter working with various other departments on preparations for the Family Expo where we will be providing medication lock boxes and bags, FYSPT information, suicide prevention and awareness as well as supporting other programs at GCBH. With the change in the crisis system to using 988, we are providing education, stickers and resources to promote using 988 to contact crisis response throughout the state. The stickers and information will be used for events and outreach whenever needed.

**Goal 4: Review of the WISE Quarterly Behavioral Health Assessment Solutions (BHAS) reports at one meeting per quarter to identify the strengths and needs of the RSA.**

Actions Steps/Suggested strategy(s):

1. Coordinate with HCA BHAS Data Team
2. Utilize other regional data sources that identify strengths and needs (Y-VOC)
3. Use Regional FYSPRT meetings for presentation/review
  - a. **Those Assigned:** Tri-leads, Greater Columbia BH-ASO staff, Regional FYSPRT members, HCA
  - b. **Timeline for Completion:** December 31, 2021
  - c. **Desired Outcome:** Review WISE data in 4/4 quarters
  - d. **Progress:** WISE data was reviewed in May 2021 and February 2021
  - e. **Current stats Updated December 2021:** WISE data was reviewed in 3 of 3 quarters so far in 2021. WISE data was reviewed at the October 2021 regional meeting.
  - f. **Update March 2022:** There has been increased discussion with the FYSPRT Conveners regarding how and when data is discussed at the Regional FYSPRT. There has been interest in obtaining more “real time” data from the WISE providers or via the WISE Collaborative. This conversation is on-going and the goal will likely change to meet the contract requirements of discussing WISE data 2 times per year, as it was suggested that WISE providers present on their own data that has not yet been “published” but rather discuss trends, concerns, etc. that the providers are experiencing.
  - g. **Update June 2022:** Convener has reached out to WISE providers and has gotten updated contact information for team leads. Convener has reached out to those team leads with FYSPRT meeting information as well as a request for current data regarding wait list, hours of service per month and number of families being served. This data, along with the link for the BHAS data was presented at the FYSPRT meeting this quarter. As a group the FYSPRT reports being satisfied with the information presented and found this data relevant and important to discuss. It was agreed that WISE data will continue to be presented in this way going forward. Some members did request that the data be presented each quarter. The Convener will request data from WISE providers in the upcoming quarter.
  - h. **Update September 2022:** FYSPRT Convener has requested updated WISE data from providers in August. Of the 7 WISE providers in our region, 3 provided the FYSPRT with updated results. FYSPRT convener also reviewed BHAS data and provided the members with the link to the website for a more thorough review. FYSPRT Convener will continue to work to engage WISE providers and will continue to ask for updated data at least once a quarter.
  - i. **Update December 2022:** During this quarter we discussed WISE data at two meetings. This goal will be discontinued after this quarter as it has been increasingly difficult to get WISE data from all the WISE providers, and members have discussed that they would prefer to discuss data directly from providers versus data that is presented through the state/BHAS, as it is easier to understand and more relevant to the FYSPRT. The goal will likely be adapted to provide work on getting a larger number of WISE providers to attend the FYSPRT meeting.

**Goal 5: One of the four priority areas must be connected to the research, identification, and outreach to diverse communities in your RSA, including but not limited to tribal, urban Indian, and underserved or underrepresented communities, to engage in the Regional FYSPRT. All four priority areas of focus shall include for each priority:**

**Not due until 2023**

Actions Steps/Suggested strategy(s):

1. To be determined
  - a. **Those Assigned:** To be determined
  - b. **Timeline for Completion:** To be determined
  - c. **Desired Outcome:** To be determined
  - d. **Progress:** To be determined
  - e. **Current stats:** To be determined