

AGENDA
Southeast Washington Regional FYSPRT
1/12/2023 3:30-5:00 p.m.
Location – ZOOM & PHONE-IN ONLY


<p>Purpose 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>Mission 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>Vision To bring all necessary parties together to contribute to continuous improvement to children’s behavioral</p>	<p>Ground Rules 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>
Agenda Items	Discussion & Notes		
<p>Welcome & Introductions (15 minutes)</p>	<p>Convener Meredith Piehowski, System Tri-Lead Jill Mulhausen 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>Alyssa suggested an ice breaker and Meredith led the group in introductions and icebreaker. Jill reviewed the purpose, mission, vision and ground rules of the FYSPRT meeting.</i></p>		
<p>Meeting Minutes (5 minutes)</p>	<p>System Tri-lead Jill Mulhausen Review of meeting minutes from December 8, 2022 Motion made by: <u> Alyssa </u> Seconded by: <u> Kaila </u> Did the vote carry? YES <i>Jill reviewed the meeting minutes from December 2022. Meeting minutes were passed unanimously.</i></p>		
<p>Think About Thinking</p>	<p>LaVerne McGrath – <i>Was not able to attend the meeting today.</i></p>		
<p>WISe data</p>	<p>Meredith – Convener, discussion of data <i>Meredith provided the members with WISe data received from Lutheran Community Services and 3 Rivers Therapy. Kaila Epperly discussed the trends in data that Lutheran is seeing and Cari Whitney from 3 Rivers Therapy discussed data trends that they are seeing at 3 Rivers. WISe providers report a higher acuity of clients, an increase in suicidal ideation. Kaila mentioned that a nurse practitioner has reported an increase in younger children reporting psychosis.</i></p>		
<p>FYSPRT Evaluation Survey</p>	<p>Jill Mulhausen Please fill out during roundtable discussion and note the question regarding meeting preference</p>		

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	<p>The FYSPRT meeting evaluation link is: https://www.surveymonkey.com/r/8NRGJLQ</p>  <p><i>Jill encouraged all members to complete the evaluation survey during the round table discussion.</i></p>
<p>Roundtable Discussion (20 minutes)</p>	<p>All members</p> <p><i>Kaila – SWIFT program continues to grow, Lutheran received a grant for a program for Transition Age Youth for outreach and engagement in services. A certified Peer Counselor will be working to identify youth who are 16-21 who might benefit from services and connect them to resources and treatments. Individuals do not have to have Medicaid or any insurance</i></p> <p><i>Diane – New to FYSPRT, her granddaughter has written a book that is about to be published about anxiety and her experience dealing with anxiety as a young person. Wanted to check the meeting out and granddaughter will hopefully be joining next month to talk more about the book.</i></p> <p><i>Mary – NAMI YAKIMA, back at FYSPRT again, discussed the program Ending the Silence that is designed for youth, school staff, and parents, contact her for more information about that program. Also discussed the Becoming a Trusted Adult training, which is for adults and young adults who want to better support youth, and this training has been expanded to the Yakama Nation as well. Also discussed “Little Monster” book that is designed for kids to better express their emotions.</i></p> <p><i>Cindy – Attending meetings and developing connections with organizations and groups, is attending the upcoming NAMI training and attending the Family Expo on the 20th and 21st.</i></p> <p><i>Tisha – Attending meetings and continues to develop relationships within the community as a Behavioral Health Advocate, starting a community forum for community members to discuss services in the community and how they can be improved.</i></p> <p><i>Jessica – Will send out a flyer for the BFHD Resilience Collaborative, meeting will be January 25th from 3:30-5pm.</i></p> <p><i>Carolyn – SPARK has two upcoming CPC trainings, one in Yakima and one in Spokane. Contact Carolyn for assistance but individuals need to have modules completed, applications submitted and approved through the state. SPARK is also going to be having some extra-curricular classes upcoming, more details to come.</i></p> <p><i>Rocio – The Shine the Light event on human trafficking is coming up, she will send a flyer to be distributed to the group.</i></p> <p><i>Zach – Discussed that YARP is now accepting referrals in Benton and Franklin counties, discussed the process for submitting referrals and provided the website for members to find additional information.</i></p>
<p>Upcoming Event(s) (5 minutes)</p>	<p>Tri-City Family Expo 1/20-1/21 at Hapo Center Pasco</p> <p>March Meeting will be a training by WSCC – see description below</p> <p><u>Filling Your Toolbox – Tools to Support Strong Boundaries, Empowerment, and Families</u></p>

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	<ul style="list-style-type: none">• This is a customized, interactive training that teaches and/or strengthens concepts to support families wherever they are in their journey. Concepts will include tools for creating boundaries, empowering rather than enabling your loved ones, combating shame and acknowledging pain, making action plans, and more! This engaging training will send you off with some new ways to use tools you may already have and introduce you to some new ones along the way. This training can be designed for sessions from 60 minutes to 2 hours, depending on the level of learning and the number of activities included. (60-minute mini-training or 2-hour full training) <p><i>Jill discussed the upcoming training in March with WSCC and encouraged providers to prompt families and youth to attend the training. More information on the training will be provided.</i></p> <p><i>Meredith updated on the Family Expo that YARP and FYSPRT are participating in.</i></p>
Closing Announcements (5 minutes)	<p>Jill Mulhausen</p> <p>*The YARP (Youth Access and Resource Program) is now taking referrals in Benton and Franklin county. Please go to the website to make a referral, view resources and find other information: https://yarp.kidsmentalhealthwa.org/</p> <p>*Tax season is coming! Families with an income of under 60k can get assistance with filing their taxes through 211. Please refer families to this resource if applicable.</p> <p>*The Grind Recovery Café, a part of 3 Rivers Therapy is now open Monday-Friday from 9am-5pm, they are looking to expand their hours in the future based on need</p> <p><i>Provided closing announcements and encouraged members again to complete the survey.</i></p>
Regional FYSPRT meeting dates	February 9, 2023 March 9, 2023 April 13, 2023 Meeting ID: 376 123 4588 1-253-215-8782 or 3761234588# https://us06web.zoom.us/j/3761234588
State FYSPRT meeting dates	SCHEDULE CHANGE! Upcoming State Meetings Schedule To Be Determined