

**AGENDA**  
*Southeast Washington Regional FYSPRT*  
*4/13/2023 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><b>Welcome &amp; Introductions (5 minutes)</b></p>	<p>Convener - Meredith          Review purpose mission and vision of FYSPRT          Brief introductions          Please put name, organization (if any) and if you identify as a youth, family or system partner in the chat. Message me directly with your name and email so I can send you the form to receive the \$15 Amazon gift card stipend for youth and family.  <i>Reviewed mission and vision of FYSPRT as well as ground rules. Members introduced themselves and family and youth partners were reminded they would need provide an email to receive a form to return to convener for the \$15 Amazon gift card for attendance.</i></p>		
	<p>Convener - Meredith          Review of meeting minutes from February 2023 and March 2023          Motion made by: _Cindy_____          Seconded by: __Tisha _____          Did the vote carry? YES  <i>Meeting minutes from February 2023 and March 2023 were reviewed. Meeting minutes for both February and March approved as written.</i></p>		
<p><b>Think about Thinking</b></p>	<ul style="list-style-type: none"> <li>• LaVerne McGrath</li> </ul> <p><i>LaVerne presented on the Think about Thinking program. Reviewed several vignettes and practiced several techniques with the group. Discussed the importance of having coping skills “in your toolbox” to use when needed. Answered questions and</i></p>		
<p><b>FYSPRT Evaluation Survey</b></p>	<p>All Members – Please fill out during roundtable discussion and note the question regarding meeting preference          The FYSPRT meeting evaluation link is: <a href="https://www.surveymonkey.com/r/MC8P5CR">https://www.surveymonkey.com/r/MC8P5CR</a>  <i>Asked members to complete the survey while roundtable discussion was occurring and link was provided in the chat.</i></p>		

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<b>State FYSPRT meeting update</b>	Convener <i>Deferred until next month.</i>
<b>Roundtable Discussion (20 minutes)</b>	All Members – please provide updates, events, etc <i>Dianne/Mackenzie – Book written by youth regarding her journey with anxiety and depression, book is titled “When it Rains” and is available on Amazon and Barnes and Noble</i> <i>Carolyn – SPARK will be doing some trainings with the Yakama Nation youth and matching the curriculum to meet their needs, they are also going to be working on a project with the Pasco School District. They are participating in the Youth Leadership Summit. CPC trainings are on hold at this time by the HCA. There is one upcoming that they will complete and then they will have to wait until they get further instruction from the HCA. They also have a new intern, Stephanie who recently joined the group.</i> <i>Tisha – Behavioral Health Advocates continue to have their monthly forum to address behavioral health issues and concerns in this region. Tisha will send out the flyer with additional information.</i> <i>Zia – During introductions Zia mentioned that she provides community education regarding trauma and other behavioral health needs through her role at Coordinated Care</i> <i>Ruvine – Looking for advocates to work with her regarding legislation against using seclusion and restraint in schools. Ruvine will send additional information to Convener to share with the group.</i> <i>Linda – Reports that seclusion and restraint disproportionately affects youth diagnosed with IDD and Autism spectrum disorders.</i> <i>Meredith – Lots of events upcoming for mental health awareness month, discussed the Live at 5 event as well as other events in the region, will send out more detailed information to the group as it is available</i>
<b>Closing Announcements (5 minutes)</b>	Meredith *Looking for Youth, Family and System Partner Tri-Leads – see website <a href="http://www.southeastfysprt.org">www.southeastfysprt.org</a> <b>*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.</b> <b>*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</b> <b>*May is Mental Health Awareness month!</b> <i>Next meeting is May 11<sup>th</sup>, looking for all Tri-Lead positions at this time.</i>
Regional FYSPRT meeting dates	May 11, 2023 June 8, 2023 Meeting ID: 376 123 4588

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	1-253-215-8782 or 3761234588# <a href="https://us06web.zoom.us/j/3761234588">https://us06web.zoom.us/j/3761234588</a>
State FYSPRT meeting dates	April 27, 2023 via ZOOM from 3-5pm