Southeast Washington Regional FYSPRT 1/4/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

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.

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.

Vision To bring all necessary parties together to contribute to continuous improvement to children's behavioral

Ground Rules

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discussed

Agenda Items	Discussion & Notes
Welcome & Introductions	Convener – Zach Roddy
(5 minutes)	Reminder of WSCC Training today
	Brief introductions - Please put name, organization (if any) and if you identify as a youth, family or system partner in
	chat. Message me with your name and email for the stipend form if you are a youth or family for the \$15 Amazon
	gift card
Meeting minutes	MEETING MINUTES WILL NOT BE REVIEWED THIS MONTH DUE TO TRAINING
	Motion made by:
	Seconded by:
	Did the vote carry?
WSCC LGBTQIA+ Training	Karen Kelly - Understanding Sexual Orientation, Gender Identity and Gender Expression, An Introduction Training for
	Families.
FYSPRT Evaluation Survey	https://www.surveymonkey.com/r/ZCDLKRZ
	All Members – Please complete during meeting if possible
	Group reminded to complete survey.
Roundtable Discussion	Agency updates were put in chat due to training.
(20 minutes)	
Closing Announcements	Reminder that starting in January 2024, meetings will take place on the 1 st Thursday of the month, same time, same day. Meeting
(5 minutes)	was adjourned.
Regional FYSPRT meeting dates	HAPPY NEW YEAR!
	February 1, 2024

Southeast Washington Regional FYSPRT 1/4/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

	March 7, 2024
	Meeting ID: 376 123 4588
	1-253-215-8782 or 3761234588#
	https://us06web.zoom.us/j/3761234588
State FYSPRT meeting dates	State FYSPRT Meeting January 25, 2024 3-5pm
	All are welcome to attend the State FYSPRT meeting!
Work Plan	Goal 1: Have adequate representation of youth and family partners on the Regional FYSPRT.
	Goal 2: Decrease stigma surrounding behavioral health and obtaining behavioral health care in our Region
	Goal 3: Do at least 1 community project annually that will address the stigma surrounding behavioral health and
	behavioral health access and treatment
	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 LGBTQA+

Southeast Washington Regional FYSPRT 2/1/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

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Agenda Items	Discussion & Notes
Welcome & Introductions	Convener – Meredith
(5 minutes)	Brief introductions - Please put name, organization (if any) and if you identify as a youth, family or system partner in
	chat. Message me with your name and email for the stipend form if you are a youth or family for the \$15 Amazon
	gift card
	Due to presentations, introductions will be done in the chat, and meeting minutes will be reviewed after the presentation.
WA Speaks	WA Speaks – Hope and Recovery Presentation
	Abbey with WA Speaks introduced the speakers to discuss recovery and hope. Amabel provided a land acknowledgement and discussed her recovery journey. Spoke about invisible disabilities and generational trauma. Kate discussed her journey of recovery and hope. Discussed that success is often related to safety. Provided insight into her own story of sobriety, and the issue regarding health workers having a higher rate of suicide. Robert discussed his issues with addiction and homelessness. Discussed difficulties in obtaining services in rural areas, as well as how service work and being of service to others can work to help heal ourselves. FYSPRT members asked questions and had discussion around the harm reduction model, using strength-based and non-harming conversations and language and the importance of not assuming that others haven't been affected by addiction. Also talked about that "we shouldn't "should" on people, that everyone has the right to find their path and the importance of doing with, not for, others.
Meeting minutes	Review of meeting minutes from December 2023 and January 2024 Motion made by:Alyssa Cruz
	Seconded by:Maria Perez_
	Did the vote carry? Yes
FYSPRT Evaluation Survey	All Members – Please complete the evaluation survey, it is important for the quarterly reports.
	https://www.surveymonkey.com/r/ZN9NVJ2
	Members were encouraged to complete the survey and link was provided in the chat, as well as sent the next day to the FYSPRT
	members in an email.

Southeast Washington Regional FYSPRT 2/1/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

Roundtable Discussion	Alyssa – OBHA – Spending time connecting with others around the region in her new role with OBHA
(20 minutes)	BFHD – Upcoming Youth Summit, which will be in March, and any youth can attend. Will send a flyer to be distributed to members and encouraged all to attend.
	New Journey's – Areli mentioned that they hired a new peer, that they are looking for outreach opportunities and have space in
	their program currently. Discussed they will be at the CBC wellness fair and will send information about that out to members.
	YARP – Expanded into Walla Walla and Columbia counties, will be expanding to Kittitas likely in April, Asotin in May, and
	Asotin/Garfield at the end of this summer.
Closing Announcements	Reminder that starting in January 2024, meetings will take place on the 1 st Thursday of the month, same time, same day.
(5 minutes)	
Regional FYSPRT meeting dates	HAPPY NEW YEAR!
	March 7, 2024
	April 4, 2024 – Meeting cancelled due to Spring Break
	Meeting ID: 376 123 4588
	1-253-215-8782 or 3761234588#
	https://us06web.zoom.us/j/3761234588
	Reminded members of the upcoming meeting in March and the cancelled meeting in April.
State FYSPRT meeting dates	TBD TBD
	All are welcome to attend the State FYSPRT meeting!
Work Plan	Goal 1: Have adequate representation of youth and family partners on the Regional FYSPRT.
	Goal 2: Decrease stigma surrounding behavioral health and obtaining behavioral health care in our Region
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	information and education to FYSPRT on inclusion and support for those who identify as LGBTQA+

Southeast Washington Regional FYSPRT 3/7/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

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Agenda Items	Discussion & Notes
Welcome & Introductions	Convener – Meredith
(5 minutes)	Brief introductions - Please put name, organization (if any) and if you identify as a youth, family or system partner in
	chat. Message me with your name and email for the stipend form if you are a youth or family for the \$15 Amazon
	gift card.
	Members were asked to introduce themselves and identify if they are a system, youth or family partner in the chat.
	Brief introductions and review of ground rules were completed.
Meeting minutes	Review of meeting minutes from February 2024
_	Motion made by:My Thai
	Seconded by: _Kaila
	Did the vote carry? Yes
Brainstorm Session – May Mental	All Members
Health Month	Mental Health Month Activities
	Events planned
	Subcommittees or other groups working on this to partner with
	Ideas for a FYSPRT event
	Group discussed various activities that have been done in the past regarding mental health awareness month. Discussed FYSPRT
	involvement in the Live at 5 Event. Discussed Dust Devils event, how we can engage the community in mental health awareness
	and events. Members discussed that a subcommittee was formed and will include YARP, FYSPRT and GCBH-ASO staff. Discussed
	FYSPRT event ideas, including an event at the park, yard games, etc that we could include. Will continue to discuss ideas and
	options for a mental health kick off event or other event to promote FYSPRT. There is a softball event, contact Angela Dryden at
	509-713-6471. There will be pizza, speakers, fun activities. Email adryden@elijahfamilyhomes.org.
FYSPRT State Meeting Updates	Meredith and Cori
	1. Provided YAACC update – Statewide FYSPRT reviews issues YYACC is working to address

Southeast Washington Regional FYSPRT 3/7/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

	-Non-emergency Medical Transportation (NEMT) concerns have been elevated to the Statewide FYSPRT twice in the last couple years. The YYACC/CYBHWG did write a statement of support that was submitted as part of their recommendations to legislature to show support for a funding request in the amount of approximately 8 million dollars to help resolve some of the NEMT challenges being experienced by youth and families as reported by regional FYSPRTs across Washington.
	Caregiver respite was added to the Medicaid Transformation Project which is a demonstration waiver that allows WA to create and continue to develop services that improve our behavioral health system. Michelle – Statewide FYSPRT Tri-lead and YYACC/CYBHWG member, has been meeting with the Health Care Authority around what the waiver will look like.
	2. Caregiver respite services are still not available statewide, they are working toward making it available throughout the state in 2025 by focusing on the developing the workforce and building up the program.
	3. State FYSPRT youth Tri-Lead and SPARK are working together to build a youth only space to discuss concerns and priorities for youth in each region, Carolyn at SPARK will be developing a flyer for individuals to send out throughout their regions.
	4. Each region discussed successes and challenges, lots of engagement and community outreach being done, as well as FYSPRT events for members and non-members. Still a struggle to get and keep families and youth involved (across the state) and not all FYSPRTs have WISe staff at meetings.
	5. Greater Columbia reports that we have given out a combination of 318 ammo lock boxes, medication lock bags and gun safes in our region in 2023. Also continue to distribute 988 stickers in English and Spanish.
FYSPRT Evaluation Survey	All Members – Please complete during meeting if possible
	Encouraged members to complete survey.
Roundtable Discussion	Lock box project update:
(20 minutes)	2023
,	Med Bags 80
	Ammo Boxes 160
	Gun safe 78
	318
	Provided lock box update, encouraged members to notify Convener if additional lock boxes are needed. Members
	provided updates regarding programs.
	Jewel – Peer respite at 3 Rivers in Kennewick, must be over 18, accepts state insurance, sober, no SI, voluntary
	Miranda – Youth Summit forms due tomorrow
	Maria – Trauma informed care conference May 21-23, will send flyer
	No other updates – Next meeting will be in May, no meeting in April due to Spring Break.

Southeast Washington Regional FYSPRT 3/7/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

Closing Announcements	Reminder that starting in January 2024, meetings will take place on the 1 st Thursday of the month, same time, same day.
(5 minutes)	
Regional FYSPRT meeting dates	April 4, 2024 – Meeting cancelled due to Spring Break
	May 2, 2024 – SPARK Presentation on Certified Peer Counselors, soon to be Certified Peer Specialists and
	the changes to processes and trainings, as well as updates to the legislation regarding peers.
	Meeting ID: 376 123 4588
	1-253-215-8782 or 3761234588#
	https://us06web.zoom.us/j/3761234588
State FYSPRT meeting dates	State FYSPRT Meeting March 28, 2024 3-5pm
	All are welcome to attend the State FYSPRT meeting!
Work Plan	Goal 1: Have adequate representation of youth and family partners on the Regional FYSPRT.
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	information and education to FYSPRT on inclusion and support for those who identify as LGBTQA+

Southeast Washington Regional FYSPRT 5/2/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

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Agenda Items	Discussion & Notes
Welcome & Introductions	Convener – Meredith
(5 minutes)	Brief introductions - Please put name, organization (if any) and if you identify as a youth, family or system partner in
	chat. Message me with your name and email for the stipend form if you are a youth or family for the \$15 Amazon
	gift card. Please review purpose, mission and vision as well as ground rules before meeting begins.
Meeting minutes	Review of meeting minutes from March (no meeting in April)
	Motion made by: Alyssa
	Seconded by:Maria
	Did the vote carry? Yes
Presentation by SPARK	Carolyn Cox - the future of Certified Peer Counselors in WA State
	Discussed the change in name of CPC to CPSS, Certified Peer Support Specialists, will increase training to 80
	hours. SPARK is working with Pasco High on youth that are gang involved, developing a prevention group.
	SPARK has hired a gang prevention specialist who is a BSW and SUDP and they are working to create groups
	to within the community. Also developing a Youth Network to those 13-25 that will provide support to peers
	who are working in behavioral health, want to work with FYSPRTS to provide supports and youth
	engagement. Discussed work in group homes, pay mentee, and supports for employment. Youth Network
	meetings will provide a space to talk about projects and legislative issues, there will be an open house at
	SPARK in mid-June.
T/CDDT C:	
FYSPRT State Meeting Updates	Meredith
	YYAACC – update on legislation and priorities for next year, discussion will happen in upcoming meeting this month
	Youth only space update – SPARK has contract and they will provide more information
	WISe Quality Plan project – discussed quality plan project and discussion on quality services, how to handle challenging situations
	New "Real Talk" space during State FYSPRT meeting to discuss topics related to child, youth and family behavioral health or
	FYSPRTs

Southeast Washington Regional FYSPRT 5/2/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

FYSPRT Evaluation Survey	All Members – Please complete during meeting if possible
	https://www.surveymonkey.com/r/DBW6SBC
Roundtable Discussion	Lock box project update (2024 to date)
(20 minutes)	2024
	Med Bags 16
	Ammo Boxes 50
	Gun safe 4
	<mark>70</mark>
	T-Shirt Design Contest update: Meredith, Needs Assessment due by October 31, 2024 – will be used to determine
	goals and work plan
	Cindy – Participating in outreach with OBHA
	Travis – 3 Rivers Therapy has a Peer Respite program where adults can go for supports, must be 48 hours sober, and
	can stay overnight for up to 7 days. They have mentoring, connections to resources, etc. They currently have
	openings.
	OBHA – Continue to do outreach and talk about services and assistance they can provide to the community.
	COPE – training on May 9 th , Parents Empowering Parents, excellent training, more upcoming
	Maria – Trauma Informed training by the Yakama Nation is coming up in June
	Roberta – YARP expanding to Whitman County in June, continue to do outreach at events
	Carolyn – They are working on re-writing the CPSS manual, SPARK class starts on June 1 st , breakfast and lunch provided
Closing Announcements	
Closing Announcements (5 minutes)	There will be NO meeting on July 4 th due to holiday!
Regional FYSPRT meeting dates	June 6, 2024
	July 4, 2024 – CANCELLED DUE TO HOLIDAY
	August 1, 2024
	Meeting ID: 376 123 4588
	1-253-215-8782 or 3761234588#
	https://us06web.zoom.us/j/3761234588
State FYSPRT meeting dates	State FYSPRT Meeting July 25 th via Zoom, 3-5pm
	All are welcome to attend the State FYSPRT meeting!
Work Plan	Goal 1: Have adequate representation of youth and family partners on the Regional FYSPRT.
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	behavioral health access and treatment

Southeast Washington Regional FYSPRT 5/2/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

	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 LGBTQA+

Southeast Washington Regional FYSPRT 6/6/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

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Agenda Items	Discussion & Notes
Welcome & Introductions	Convener – Meredith
(5 minutes)	Brief introductions - Please put name, organization (if any) and if you identify as a youth, family or system partner in
	chat. Message me with your name and email for the stipend form if you are a youth or family for the \$15 Amazon
	gift card. Please review purpose, mission and vision as well as ground rules before meeting begins.
	Members introduced themselves via chat. Ground rules, mission and vision were briefly reviewed.
Meeting minutes	Review of meeting minutes from May
•	Motion made by:Miranda B
	Seconded by:My T
	Did the vote carry? Yes
Mental Health Awareness Month -	T-Shirt Design Contest update: Meredith
Good news, challenges, suggestions for	All Members
next year	Meredith discussed the T-shirt design contest for Take Strides. Convener is part of the Take Strides Planning
	Committee and who met to determine the winner of the contest. Played a video announcing the winner of
	the contest. Shared 1 st , 2 nd and 3 rd place designs.
Needs Assessment discussion	All Members – due by October 31, 2024
	Needs Assessment will determine goals for the Work Plan – these are the current work plan goals:
	Goal 1: Have adequate representation of youth and family partners on the Regional FYSPRT.
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Southeast Washington Regional FYSPRT 6/6/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

	Question – What are the needs that members of the FYSPRT see in our region related to behavioral health? Are there needs that FYSPRT wants to address? Do we want to provide education? Outreach? Other assistance? Members discussed upcoming needs assessment and how it relates to the work plan. Reviewed current work plan and goals associated with the work plan. Members did not have any suggestions for needs assessment questions or most pressing needs of the region at this time. Convener will develop a survey to be sent to members to determine needs for the region that the FYSPRT to address.
FYSPRT Evaluation Survey	All Members – Please complete during meeting if possible https://www.surveymonkey.com/r/RT3JHWG
	Members were encouraged complete the survey.
Roundtable Discussion	Lock box update: 177 total (Ammo boxes, gun safe, med bags)
(20 minutes)	Convener – Provided lock box update
,	Roberta – Provided FYSPRT update, event at GESA stadium and multiple events in May and June, YARP launched in Whitman county in early June
	Salomon – Grandview office location changed, had an open house with a good turn out. UFC is updating software, which should help with referrals and billing. They have hired a new counselor in Kennewick, and the continue to provide SUD services and Autism evaluations, however, the wait time for a new patient eval is about 9-12 month wait. Kelly – TCCH continues to interview for a psychiatrist, TCCH continues to require a referral from a TCCH medical provider to refer to mental health services. For SUD services, a referral from TCCH medical provider is not needed. There is a therapist that is in training and will be on board soon. Miranda – Discussed Youth Symposium, 31 different organizations were represented at the symposium, symposium had good attendance, Healthy Youth Survey Results will be posted on the BFHD website Ruvine – Discussed upcoming Levinar regarding AI and it's use in the educational setting. Students will also be leading a candidate where they will talk about the impact of opiates. Kelsi – No updates My – No updates
Closing Announcements	Ride to Remember – June 1 st
(5 minutes)	There will be NO meeting on July 4 th due to holiday!
	No meeting on July 4 th . Meetings will resume in August.
Regional FYSPRT meeting dates	July 4, 2024 – CANCELLED DUE TO HOLIDAY
	August 1, 2024
	Meeting ID: 376 123 4588
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State FYSPRT meeting dates	All are welcome to attend the State FYSPRT meeting!

Southeast Washington Regional FYSPRT 6/6/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

Work Plan	Goal 1: Have adequate representation of youth and family partners on the Regional FYSPRT.
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Southeast Washington Regional FYSPRT 08/01/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

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Agenda Items	Discussion & Notes
Welcome & Introductions	Convener – Zach Roddy
(5 minutes)	Brief introductions - Please put name, organization (if any) and if you are a youth, family or system partner in the
	chat. Message me with your name and email for the stipend form if you are a youth or family for the \$15 Amazon
	gift card. Please review purpose, mission and vision as well as ground rules before meeting begins.
	-Members introduced themselves. Ground rules, mission and vision were briefly reviewed.
Meeting minutes	Review of meeting minutes from June
	Motion made by: Kaila Epperly
	Seconded by: _My Thai
	Did the vote carry? yes
Updates on program changes	New conveners-
	-Update was given on new convener-Zach, and co convener-Roberta
	Tri-lead recruitment efforts, stipend, mileage, etc.
	-Zach explained Tri-Lead position and encouraged group feedback for youth and family tri-lead
	participation. Participation will give opportunity for paid trainings, outreach, tabling events, and
	stipend/milage for attending meetings/trainings.
	Outreach & community events outside of the Tri-Cities
	-Update was given on tabling events so far and near future
	Budget priorities, needs, shortages, etc. (med bags, lock boxes, other)
	-Zach provided update on budget and how it has been used in past and opportunities for future. Members
	were encouraged to contact Zach or bert with new ideas to discuss at next meeting.
Needs Assessment discussion	All Members – due by October 31, 2024

Southeast Washington Regional FYSPRT 08/01/2024 3:30-5:00 p.m. Location - ZOOM & PHONE-IN ONLY

	Needs Assessment will determine goals for the Work Plan – these are the current work plan goals: Goal 1: Have adequate representation of youth and family partners on the Regional FYSPRT. Goal 2: Decrease stigma surrounding behavioral health and obtaining behavioral health care in our Region Goal 3: Do at least 3 community projects annually that will address the stigma surrounding behavioral health, behavioral health access, treatment and underserved populations Question – What are the needs that members of the FYSPRT see in our region related to behavioral health? Are there needs that FYSPRT wants to address? Do we want to provide education? Outreach? Other assistance? -Goals were reviewed and members were encouraged to think about the questions and provide input at next meeting or sooner. In addition, FYSPRT will be looking for guest speakers to provide community education in the counties.
FYSPRT Evaluation Survey	All Members – Please complete during meeting if possible https://www.surveymonkey.com/r/RT3JHWG
Roundtable Discussion	Provider updates Jon- noted families are having a difficult time accessing supports due to various barriers -wait time, insurance, etc Cindy Adams-there is an upcoming peer conference in Yakima. Participants will have opportunity for networking and nominating peers and/or agencies for recognition. Hope- this summer ESD105 provided a pilot program for intervention/prevention groups for youth. Daniel- may have a youth for Tri Lead position, he will contact Zach for more information. Kaila -Lutheran has 2 ARNP's that are providing psychiatric support to families that have graduated WISe or in outpatient services. Kelly- TCCH is looking for a psychiatrist. SUD services for youth have minimal wait. TCCH is have a Children's Health Day even, Aug. 10 11-1pm Kelly will send the flyer to Zach to pass on.
Closing Announcements	Next meeting will be Thursday, September 5 @ 3:30 p.m.
Regional FYSPRT meeting dates	Meeting ID: 376 123 4588 1-253-215-8782 or 3761234588# https://us06web.zoom.us/j/3761234588
State FYSPRT meeting dates	All are welcome to attend the State FYSPRT meeting!