



Vision: *We are a community working together to strengthen sustainable resources for the individual behavioral health needs of children, youth and families.*

Mission: *Through respectful partnerships, families, systems and communities collaborate, influence and provide leadership to address challenges and barriers by promoting cohesive behavioral health services for children, youth and families.*

FRIDAY AUGUST 25TH FROM 10 AM UNTIL NOON

ZOOM LINK: [HTTPS://US02WEB.ZOOM.US/J/5857207072](https://us02web.zoom.us/j/5857207072)

Call In: 1-253-215-8782 Meeting ID: 585 720 7072

AGENDA

Welcome (18)

- Zoom Tools/Information
- Zoom Link: <https://us02web.zoom.us/j/5857207072>
- Introductions
- Reading of Vision & Mission
- Comfort Agreement
- Tri-lead Listening Statement

Today's Goals (2)

- Vote Results
- Area of Focus
- Share Time

Vote Results (10)

- System Tri-lead
 - Meeting Time Frames
 - Questions/Comments
-

Area of Focus – More Mental Health Awareness in Schools (35)

- Strategy Statements Review
- Poll or Email Vote
- Questions/Comments

Share Time for All (30)

- Questions or comments about today's goals/agenda.
- Information/Announcements
- New or Existing Program Updates
- Access to Services/Resources
 - Providers
 - Schools
 - Others
- Additional Questions/Comments

Adjourn

- Tri-lead Contacts (page 4)
- Story Group Technical Assistance (page 5)
- Next Meeting September 22nd

Area of Focus

Overarching Goal/Sub-goals

Strategy Statements

This is the list of goals and strategies chosen by the SOCP related to our area of focus (overarching goal), which is about more mental health awareness and fluency taught in schools, to parents and to staff.

- A. Opportunities for youth to volunteer with other kids to help – everyone learns and this provides mentorship opportunities for kids. Matching kids based on strengths and needs – pairing a youth with great ability to manage their energy, for example, with a youth who needs additional skills in this area. Students to be able to mentor students at other schools.

Everyone thinks this is a great idea, but there are barriers at schools. Not sure we can do it. Other ideas for ways to make this work?

- A2. Provide Teen Mental Health First Aid to schools – ESD 113 could potentially provide this, or trainers from other organizations in partnership

There are a number of barriers to doing Teen Mental Health First Aid in schools, including funding, staffing availability and a very limited age group that could participate. Should we look at other training options, such as training through the National Alliance for Mental Health or others?

- A4. Have youth who are interested in being mentors/volunteers write a bio and submit to SOCP and connect them with school counselors - Consider specific mentors for BIPOC students/LGBTQIA+ students, making sure that supports have life experience and understand the populations.

There are some barriers to creating a new program for mentorship, either at the schools or through the SOCP. Can we find ways to support existing mentoring/peer support and provide links and support access, specifically for teenagers? Should we provide info about other options, such as clubs, etc?

- B. Mental health initiatives at schools to create/inform around mental health needs – student driven and led (SOCP do the initiative?)

- B2. ESD does quarterly mental health campaigns in schools – coordinated through prevention/wellness clubs. Would love to make these available to other schools who don't have Campaigns for Mental Wellness/Suicide Prevention so they can execute them on their campus.

Lots going on in the schools and other places around prevention and wellness. Could we have an ongoing agenda item that participants can share what they have heard is happening in prevention and wellness in schools so other school participants can ask to share?

C. Classes do an activity that elicits ideas from students – what can we do better/change? Anonymous notes. Consider providing incentives like gift cards for small amounts.

C3. Look at existing surveys recently done by HCA and Department of Health, look at trends and then make a plan

[Heidi has PowerPoints of the Healthy Youth Surveys for Thurston and Mason counties to share](#)

Contacts for Questions, Comments or Concerns

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Story Group Resource and Technical Assistance

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