MASON THURSTON SYSTEM OF CARE PARTNERSHIP
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP
DECEMBER 15, 2023 SUMMARY MEETING NOTES

A Co-Family Tri-lead started the meeting and made the following requests for participants to:

➢ mute their device when not speaking;
➢ avoid over-talking by waiting for others to finish speaking;
➢ use chat or raise a hand if using video or say your name before speaking if not using video, when you want to make a comment;
➢ stay on topic as we move through the agenda;
➢ feel free to share a question or comment after each agenda item.

The Co-Family Tri-lead then read the vision and mission followed by the listening statement. This statement lets participants know they are listened to as we also focus on what the group has voted for as our area of focus and reminds the group that Tri-lead contact information is on every agenda.

A Co-Youth Tri-lead continued and shared the goals for the day after the convener completed introductions.

➢ Our first goal is to continue work on our Areas of Focus; the Comfort Agreement and the item that received the most votes from our needs list.
➢ Our second goal is to hear about behavioral health resources from school districts and Educational Service District 113.
➢ Our third goal is to hear about the Youth Navigator Program and then open Share Time for everyone.

The Co-Youth Tri-lead explained to the group that we would be working on the Comfort Agreement with the goal of finalizing it. The Tri-lead then let the group know that the majority vote was to use the name, Group Agreement and without objection we will use that name in future meetings. The Tri-lead then let the group know she was going to read through every line of the revised agreement and afterwards ask if there are any objections to adopting it. There were no objections and she let the group know that the revised agreement with its new name would be used starting in January of 2024.

Here is the revised agreement:

- Judgement Free/Privacy Protected
- Accept others opinions & where they are at.
- Youth & family friendly/accessible language – for example, avoid acronyms or explain them if they slip out.
- Structured/Clear Expectations/Transparent
- Shared Goals with interactive discussions.
- Encourage & listen to contributions from everyone.
- Stay on topic.
- Strive for diversity.
- Pronoun use and awareness.

A Co-System Tri-lead let the group know that she will continue to facilitate the process of attempting to translate the needs list item into a goal for the SOCP and continue work on the brainstorm ideas from the November meeting. Following are the results from the discussion that include some task assignments.

Needs List Item Chosen by the group

More mental health providers available to young people and their families regardless of income and health insurance. This would be a change in the system as well as services rendered.

Ideas to help with forming goal language

1. Determine now what mental health services are currently available to everyone regardless of insurance – report this info back to the group
   a. What will be done with this information and do the following items address this statement?

   b. One participant supports this idea.
      i. (Hub update and make sure info is current) – is there access information available there? – Jacque and Donna are willing to help with this
      ii. Needs to be shared with this group so they can share with others
      iii. Need to make sure that the group is aware of disparities of available services based on insurance situations (both Medicaid and non-Medicaid)
      iv. Check out systemofcarehub.com
      v. Need to learn about options for receiving care if not insured or privately insured
         1. Consider providing "tips and tricks" for accessing insurance for youth- maybe developing a document (guide) to support? Great idea for a next-steps strategy.

2. Share and provide the matrix that was developed by this group to SOCP participants. The matrix shows all of the mental health and crisis services available to youth and families in our areas. Have the matrix shared at the SOCP again, in light of this new goal to identify services that are available based on insurance coverage, funding, and demographics.
   a. Five participants support this idea.
   b. A request has been sent to Amy Martin at the Behavioral Health Administrative Services Organization, asking her to share matrix information.
3. Explore Telehealth options that are available regardless of state or county and bring this info back to the SOCP
   a. Four participants supported this idea.
   b. Ask if anyone is willing to work on this and bring information back to the group?
      i. Brandi, Dena, Jana – Brandi will lead
4. Look into regional demographics – which areas don't have access? Who accesses services by zip code? What are the barriers around access for those who don't have accessible contact info?
   a. Three participants support this idea.
   b. Ask if the Managed Care Organizations and Administrative Service Organization if they could share this information
      i. Donna O and Heidi will contact MCOs, ASOs and HCA to see what info they can provide and bring this info back to the group
      ii. Penetration rate information would be most helpful – "penetration rate" means are all people getting the same access to services, regardless of location, age, race, etc? Service intensity and type of service is also an area we could use info around.
      iii. Who else do we need to ask to get information about the same info for private insurance folks?
5. What are organizations and systems doing to share info about available services? Collect info and report back to the group.
   a. Two participants support this idea.
   b. Ask if anyone is willing to share this information and if so, what would we do with it?

   Kelly Monthie, Youth Navigator Program Coordinator with the ASO, will help with this.

6. What are agencies, systems and organizations doing on social media to make people aware of available services? What are the pluses and minuses of using social media to spread the word? Report back to SOCP
   a. Three participants support this idea.
   b. Who in addition to Olympia School District is using social media to make people aware of available services and what is the plan after we get report-backs and

discuss the pluses and minuses of using social media? What do we do with this information?

        i. The Olympia School District uses QR codes, post info about client services that you can access through text. We have info on our website and in social media posting regarding MH services in our district, community, and national. Most youth are not on Facebook. X (formally known as Twitter) as well as Instagram and Snapchat seems to be the main spaces. Oh, and discord.

Kelly Monthie will also ask about social media use for spreading the word in her work above, on #5. Send info you already know about to Kelly – email in chat kelly.monthie@tmbho.org

Another System Tri-lead then let the group know that it was time for School Resource Sharing and ask school districts and the educational service district if they have items to share.

- ➢ The Shelton School District participant let the group know that they would be hosting a family education night in February. The National Alliance on Mental Illness (NAMI) volunteers will be presenting the Ending the Silence training. There will be pizza and childcare. They will attempt to make the event as accessible as possible and not compete with other events in the area.
- ➢ Mason county is hosting an event about vaping for youth as young as 5th grade. Prevention is how families talk about this at home. This is about supporting students.
- ➢ The Olympia School District participant explained to the group that they had hosted three parent education nights and the last one was last Wednesday. They will be hosting three to four more after winter break when they switch from elementary to secondary and they are also using NAMI's End the Silence. They will offer childcare but no pizza. She said that they use NAMI a lot and asked the group if there are other entities that could provide presentations/training. Catholic Community Services, Family Education and Support Services (FESS), who can offer the Parental Compass podcasts (130) that include cyber security and other topics could help out. South Sound Parent to Parent, North Thurston School District (provided Question, Persuade, Refer on 12/13) and Washington State Community Connectors offer training.   FESS is in multiple counties and can provide training virtually.
  - o https://familyess.org/
  - o https://familyess.org/theparentalcompass/
  - o https://namitm.org/
  - o https://www.ssp2p.org/
  - o https://ccsww.org/
  - o https://www.nthurston.k12.wa.us/
  - o https://www.sheltonschools.org/
  - o https://osd.wednet.edu/

A Co-Family Tri-lead let the group know that Gary Enns and Kelly Monthie would be sharing information about the new Youth Navigator Program. Here are some highlights and background information that was shared with the group.

➢ Background: Gary explained that in the March of 2021 there was a proclamation from the Governor about children's mental health and boarding (youth waiting in hospital emergency departments) across the state and as a result the Health Care Authority, Developmental Disabilities and Pierce County partnered to roll out this model statewide. We were asked to jump into provide care coordination a year earlier for boarded youth with the use of multi-disciplinary teams to brainstorm and our Community Wraparound Team checks that box. Another is for a region to produce a website and Educational Service District 113 has a hub and we have the systemofcarehub.com that was created by the System of Care Partnership years ago. We want to acknowledge the robust system of care, that there is already so much in place and will need to figure out how to incorporate this new resource so that it adds value and doesn't duplicate what is already there. There are requirements but flexibility. There are opportunities but we need to be really thoughtful as the implementation process is starting and there might be more positions after the community has an opportunity to shape this program. We put together a core implementation team to advise Kelly and I and Luke at the Administrative Services Organization and are helping us shape it. A steering committee will probably launch in the first quarter of next year, in February or March. Listening to the early topic (needs item) is an opportunity to bring more resource and make sure we are doing it in a helpful manner. Kelly will be in the mix with Gary and Amy (all from the Administrative Services Organization) typically with only one of us participating to respect the youth, family, system balance. We'll be sharing documents and finding out what we can do to best partner with this group and the Tri-leads.   Kelly Monthie then introduced herself to the group and said she was happy to be there.
➢ A parent commented that they thought it opened up a lot of area to people not being served and Gary did a great job of explaining the background to the group.

A Family Tri-lead then explained that Share Time is time set aside for anyone in the group to talk briefly so that there is space for everyone, about successes, challenges, questions, comments, information, updates or anything else you would like to share that brings joy to your life. This is also a time when questions or comments about today's goals/agenda are welcomed.

➢ The Catholic Community Services was excited to announce moving to Mud Bay Road in west Olympia, on the first week in January.
➢ A parent thanked everyone for all the information they've given and for being here at meetings. They also shared that they got their Christmas tree and wished everyone a merry Christmas and happy new year. In addition, they shared that one of their children is 4th in their graduating class and working on scholarships to go to a university.

- One parent asked about where a family can get cheap trees and the answer was that another family gets them from the middle of Hartstene Island.
- A Family Alliance for Mental Health volunteer reminded the group that they host a support group on Thursday evenings on Zoom and also host a dad's support group. Website: www.familyallianceformentalhealth.com
- Another parent shared that the Furniture Bank of Thurston County was open Saturday from 9 am until noon at 2121 Log Cabin Rd. SE in Olympia.

A Youth Tri-lead let the group know that anyone can contact a Tri-lead with concerns or questions any time and their contact information is on the agenda.   Also, let the group know that the link for the evaluations is on the agenda and will also be sent out in an email. Each evaluation that is completed is reviewed by the Tri-leads to assist with planning meetings.

The Tri-lead thanked everyone for their participation. He then announced that the next meeting will be held on January 26th and adjourned the meeting.