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 **Mason Thurston System of Care Partnership**

 A Regional Family Youth System Round Table Partnership

 **March 22, 2024 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 group agreement and listening statement.***

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

***Mission Statement: 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.***

***Group Agreement:***

* ***Judgement Free/Privacy Protected***
* ***Accept others opinions and where they are at.***
* ***Youth and 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 and listen to contributions from everyone.***
* ***Stay on topic.***
* ***Strive for diversity.***
* ***Pronoun use and awareness.***

***The listening 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.***

***Another Co-Family Tri-lead continued and shared the goals for the day after the convener completed introductions.***

* Discuss Actionable Items for Area of Focus
* Sharing School Resources
* Share Time

***A Co-Youth Tri-lead explained that we want to offer everyone the opportunity to talk about each of the 5 items that have been researched and discussed and whether participants believe any of the items are actionable relative to our Area of Focus. She then explained to the group that she will be sharing each item from the agenda using a polling tool, one by one, and they will be able to make anonymous comments.***

**Area of Focus**

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.

March 22nd meeting comments about whether (and how) any of these items could be actionable by the System of Care Partnership.

[**Hub**](https://systemofcarehub.com/)

* Getting the info out to more people
* Definitely actionable, but need a point person
* Be proactive about updating info
* Make sure the providers update info and determine if any new providers/services should be added.
* Encourage partners to update. I think it is a great tool if it stays current.
* Yes
* Remind the systems that it's there responsibility to keep updated. This makes it easier for clients
* Encourage systems to update there info.
* Not sure
* Hub is something that is actionable. It can be updated and shared.
* Determine next steps for maintaining updated information - do we want to designate people to be checking with providers about their information? do we want to engage Youth Navigator Program to help maintain database? Talk about informing others about the hub? Are we monitoring traffic to the website?
* The hub is very actionable and it can be shared on websites and getting info out to more people.
* I can continue to keep checking on the hub and reminding people to check on it.
* Keep a check on the hub could be a shared responsibility. Maybe a different person each month?
* One of the Co-System Tri-leads has offered to assist anyone that has challenges updating their program on the hub.
* Yes
* Make sure it's updated & easy to use/access
* Share the hub as far and wide as we can, and include as much data as we can all in one place. Maybe include data from matrix, telehealth research, and social media research. Maybe even share perspectives from youth and families, in like a blog area? For other youth and families looking at the hub

[**Services Matrix**](https://www.familyallianceformentalhealth.com/uploads/2/1/7/4/2174225/thurston_mason_service_matrix_with_provider_contacts_1-2021.pdf) **and** [**Crisis Matrix**](https://www.familyallianceformentalhealth.com/uploads/2/1/7/4/2174225/thurston_mason_crisis_service_matrix_nov_2021_color.pdf)

* Keep updated and make more readily available to families.
* Can the matrix be edited by FYSPRT or is it owned elsewhere? Consider a youth focused version?
* This is an actionable item that can be shared with others on their websites or social media.
* Ask systems to share on there website
* Spreading awareness of the matrix is needed, and continued to be updated as needed- maybe twice a year.
* Keep updated
* Check in on it but not keep it every meeting
* Keeping it updated
* keep updated
* We have worked on this a lot. I think we can move on
* Yes
* No further steps
* No
* Make sure it's updated

**Telehealth**

* Do not know
* We should move past this. We have worked on it quite a bit
* This has been researched and discussed
* These services can be listed on the services matrix and can be updated. These could be added to the hub. This is not something we can change or with more providers. I believe this has been researched and discussed.
* List services that provide telehealth on the hub.
* Create a comprehensive list of telehealth services and providers to share.
* keep informed of whether insurance providers cover telehealth
* Incorporate this information to the hub when getting updates from providers
* Spread Awareness as an option for people
* Not sure.
* I use telegraph a lot. I think people should know more about it and how to use it
* Yes
* List of resources, how to access
* Share this data with the community – both what providers do telehealth, and reasons why providers do or don’t. We should share the results of our awesome conversation with the community

**State and Regional Data**

* Keep updated on hub
* The data collected by the state was covered with multiple data sets and a dashboard, plus crisis service data and non-Medicaid data. This included inviting people from the state who could answer questions. Missing data is from the Public Employees Benefit Board that would show private insurance and those who are federal employees. However, I believe that we have limited ability to go further with this item as the System of Care Partnership other than sharing on a schedule the group approves.
* Check in on it quarterly
* We can't act on it, other than share it, or put into graphs and put it on the hub.
* No sure what our group could do
* Break the data down for more friendly manner. I do think we have addressed this several times and no need to go further.
* Not sure there are actionable items for this group
* unsure what we could do
* We have worked on this a lot. The data is available to people if they want to access it
* Yes
* Share data once every three months.

**Social Media**

* Concerns with social media.
* personally never use Social media
* Nothing further for this group in regards to behavioral health agencies using social media about their available services
* I agree, use social media to point to/promote the Hub.
* Social media presence would be helpful and engaging
* Find out what kind of things as far as social media is appropriate
* I would like to be able to share on SOCP socials. I feel that this creates a more engaging environment and will help with the algorithms.
* Keeping the hub updated.
* Yes
* Not sure

***The Co-Youth Tri-lead then explained that the convener would send an email message with these notes and a request to vote for actionable items***

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

* The Shelton School District participant from Shelton shared that they will be hosting another parent and family education night. Washington Poison Control will be there to talk about vaping with nicotine and cannabis. She mentioned that there is definitely a problem with students as young as 5th grade and this event will be held on the 18th of April. It will be open to families of Shelton School District students.
* A parent from the north Mason county area shared that she answered questions from Parents Squared about whether to let us know if students are at school and what we (students and parents) do or don’t like about the schools. She commented that their family has been in the school district for 7 years and this is the first time anything like this has happened.

***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.***

* A Co-Youth Tri-lead shared that she was accepted into graduate school to be a therapist and there were congratulations from multiple participants.
* A Co-Family Tri-lead shared that she appreciated the way the Co-Youth Tri-lead shared things today and that it turned out well. She also shared that she was proud of another parent in that she was able to keep things going and we look at all the hard stuff and we have our typical kids that might get left behind. I want this parent to know she has done a good job. She also sahred about Coach Approach training from the [Washington State Community Connectors (WSCC)](https://wsccsupport.org/) that helps you in your life, with friends and family and your children. WSCC offers lots of different classes and if you don’t see a class for something you want, you can suggest it. Trainings are on-line and in-person.
* A parent shared that they are very proud that their son is looking at being selected as valedictorian for their senior year. She helped with working on getting scholarships. He is a straight A student and is looking at different Christian universities. He also helps a lady from our church. She also shared that she doesn’t think as parents we get enough credit.
* The Juvenile Rehabilitation participant shared that there are a lot of scholarships available and my husband did this for our son and we got a lot of money for him. It is just time consuming and there is an essay and and you can volunteer to reduce tuition. She also shared news that her son graduated from dental school and he was working for SeaMar at their clinics while going to school. He graduated medical school, so he is a dentist and a medical doctor and specialist in oral surgery. His graduation is in May. She answered a question from the group about where he will practice and said he is at Harborview and University of Washington. She also shared that she believes that it is the support youth need to get them where they want to go.
* A state COPE (Center of Parent Excellence) participant shared that she was glad to hear from the previous speaker since dental care is so important for overall health. She also shared that the Children’s Behavioral Health Summit will be held in May. The summit will be based on Mobile Response Stabilization Services (MRSS) and 988. Youth, family and system partners and everybody is welcome. This is a free event. Mileage is covered if your agency doesn’t cover it and hotel is covered. I’ll send out a flyer. A Co-Family Tri-lead shared that there is going to be a panel with lived experience and will include questions and answers. There will be a limited amount of people that can attend and they are looking for new participants.
* A Co-System Tri-lead from the Office of Behavioral Health Advocacy reminded everyone about their forum next Tuesday, March 26th from 4 – 5:30 pm. The forum will be about going to be on re-entry from prison. Presenters will be peers and someone from the Thurston Mason Behavioral Health Administrative Services Organization. We are a small group but lively and we hope that some new people can join us.

***A Co-System 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. She then thanked everyone for their participation and let them know that the convener would send an email with the meeting evaluations link. She let the group know that the evaluations help the Tri-leads with planning meetings. In addition, she shared that in accordance with the recent survey, the next meeting will be hybrid with choices to use Zoom or to participate in person at Catholic Community Services new offices in West Olympia. She then announced that the next meeting will be held on April 26th and adjourned the meeting.***

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