



**MASON THURSTON SYSTEM OF CARE PARTNERSHIP**  
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP  
**NOVEMBER 17, 2023 SUMMARY MEETING NOTES**

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***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.

***A Co-System 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 will be to hear from Community Youth Services and Catholic Community Services who will be sharing data from their Wraparound with Intensive Services programs.
- Our second goal is to work on our Areas of Focus; the Comfort Agreement and the item that received the most votes from our needs assessment list.
- Our third goal is to hear about behavioral health resources from school districts and Educational Service District 113.
- Our fourth goal is to hear an announcement from a Co-Youth Tri-lead and then open Share Time for everyone.

***A Co-Family Tri-lead let the group know that Community Youth Services will be sharing data from their Wraparound with Intensive Services programs. Following is a link to the presentation and comments.***

[Multisystemic Therapy and Transition Age Wraparound with Intensive Services](#)

- A youth thanked the Multisystemic Therapy (MST) program presenter for using level terminology related to Autism because we are trying to get away from high or low functioning terms.
- Another parent commented that as clear as the presenter made it, and in reference to my son and the Child and Adolescent Strengths and Needs (CANS) is still confusing, what it is about and how it is used.
- The presenter answered saying that the quality review tool asks us to go through the CANS with the youth making sure the story is reflected and understood and the Behavioral Health Assessment System (BHAS), where the data is recorded, holds us accountable.
- A parent thanked the presenters for using definitions for acronyms.
- Another parent said that the average impact data is interesting and it's neat to see the change there (reduction in needs). We had police interaction after therapy and it is something that was missing until then, that consequence. It's a form of community involvement.

***A Co-Family Tri-lead let the group know that Catholic Community Services will be sharing data from their Wraparound with Intensive Services program. Following is a link to the data (PDF documents) and information (Word document) about the counties to show how the program is serving each county proportionally to their population density.***



Nov2023SOCP\_CCS\_ AverageImpact (4).pdf



Nov2023SOCP\_CCS\_ CollaborativeFormulatStrengthDevelopment



Nov2023SOCP\_CCS\_ Service Area Populatic



Nov2023SOCP\_CCS\_ Service Area Populatic

***The Co-Youth Tri-lead explained to the group that the Tri-leads took back all of the feedback and the whole point is for everyone to know that this is a comfortable space for everyone. She also said that the Tri-leads knew that the long list was not serving us and that we want this to be palatable, that we understand it and we can sit with it for the people in this meeting and in the near future. The Tri-lead then read through the newly revised list of items from the agreement and other Tri-leads took turns explaining each item. Here is the revised list and some comments from the group.***

**Newly Revised Comfort Agreement**

- Judgement Free/Privacy Protected – keep as is
- Accept others opinions & where they are at – keep as is

- Being Understanding – delete – duplicates Accepts others opinions...
- Youth & Family Friendly/Accessible language – for example, avoid acronyms or explain them if they slip out
- Structured/Clear Expectations/Transparent – keep as is
- Shared Goals with Interactive Discussions – keep as is
- Encourage & listen to contributions from everyone – keep as is
- Stay on Topic – keep as is
- Strive for diversity – keep as is
- Pronoun use and awareness – keep as is

### **Comments**

- A Co-Family Tri-lead said that they like the youth and family friendly and accessible language because it gives everyone a bit of grace and because you can fix it (use an acronym) if it happens.
- Another Co-Family Tri-lead commented that they liked keeping strive for diversity and being understanding is covered already and is proposed to be removed.
- A Co-Youth Tri-lead said that it is about striking a balance, wanting to make sure everyone is heard but not making people uncomfortable. Also, they shared that it is about wanting to challenge ourselves as a group, getting into our uncomfortable place, towards growth.
- One of the Co-System Tri-leads mentioned that they believe that the goal is to work together, to set and accomplish goals, but there is a tendency towards advocacy. There are a lot of different perspectives, a need to listen, hear from others.
- The same Co-Youth Tri-lead said that pronoun use is so important to affirm identity but we don't want anyone to feel they have to out themselves. We don't want to out people and make them uncomfortable.
- A parent thanked everyone for coming together and working so hard to fill in the gaps in the system as we are healing from COVID. When I was last here I expressed my concerns and don't know if I made people uncomfortable and got a call from a Co-Family Tri-lead. They kept telling me that I sounded angry and that was disheartening. I'm being portrayed as an angry Black woman. My pleas for help were not heard.
  - The Co-Family Tri-lead responded by saying that they need help too and upset people too. They said they were sorry and didn't want the parent (above) to feel unappreciated in any way. They said again they were sorry again and they hope there is a way for people to hear us.
- Another Co-Parent Tri-lead commented that they don't think that someone should feel bad about being passionate. Word choices that are well thought out in a way that won't be disrespectful or call someone out is hard to do and not call someone out. Someone thought they were being called out. Be passionate, don't lose your passion. Share time is the time when we can talk about joy or other things. I didn't mean to talk down to you.
- The parent said that she didn't name anyone and only talked about the system. I'm glad you are willing to discuss this.

- A Co-System Tri-lead asked the parent if they are open to meeting with the Tri-leads and the parent agreed to meet.
- The other Co-System Tri-lead let the parent know that she is the Behavioral Health Advocate and if you have an issue with an agency you can contact me and if you want more specifics I'm here for that and I would be glad to talk with you about any issue you have with a provider and come up with a resolution and where to go with that.
- A parent added that they want to validate the parent's feelings as someone who speaks passionately and believes it is about meeting people where they are. She also said that she was here if the parent wanted to chat.
- The Community Youth Services participant commented that we need to be aware of tone policing. I'm thinking about the terms comfort and consensus. Sometimes there is not comfort and we could use another word. Is this something we can unpack, maybe we call it group agreement?
- A parent suggested we could call it a covenant. I'm a greener and this would meaning it is a place of understanding, a healing place.
- A Co-Youth Tri-lead suggested we look at naming it comfort, covenant or group agreement. Here are votes for each of the names.
  - Four parents and seven system participants supported naming it the group agreement.
  - Five parents and one youth supported naming it the comfort agreement.
  - One parent supported naming it the covenant agreement.
- A parent made a request to conduct a poll.

***A Co-System Tri-lead let the group know that we would be starting work on the need list item that was chosen and that these items are not often written in the language of a goal. She stated that the first idea from the statement is to determine what mental health services are available regardless of insurance, but what are some other ideas?***

### ***Needs List Item Chosen by 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.

### ***Other Ideas***

1. Determine now what mental health services are currently available to everyone regardless of insurance – report this info back to the group
  - a. One participant supports this idea.
2. Revisit the matrix that was developed by this group that shows all of the mental health and crisis services available to youth and families in our areas
  - a. Five participants support this idea.
3. Explore Telehealth options that are available regardless of state or county?
  - a. Four participants supported this idea.

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.
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.
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. From the chat - 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.

#### ***Additional Comments***

- A parent asked if technology that youth tend to use is being utilized such as Instagram, Facebook, X – formerly known as Twitter. It is really important to keep the algorithm refreshed and continually spread the word. I can volunteer my time.
- A Community Youth Services participant said they they have used Instagram for their foster program, healthy transitions program and use Quick Response (QR) codes, but there are limits due to confidentiality.
- A Co-Family Tri-lead and a parent shared that Family Alliance shares resources.

***A Co-Youth Tri-lead offered to conduct a poll and the Co-System Tri-lead promised to bring this back to the group in December.***

***A Co-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 Olympia School District participant shared that there is a lot of food insecurity and they are trying to figure out how to get food to families. The district is currently sharing a list of resources.

***A Co-Youth Tri-lead shared an announcement that they are working on putting an in-person youth gathering together. She also said that this will be a youth-only meeting and to keep your eyes and ears open for updates. Contact Alex using the Tri-lead contact information and we'll add you to the list.***

***A Co-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. The Tri-lead thanked everyone for their participation. He then announced that the next meeting will be held on December 15<sup>th</sup> and adjourned the meeting.***