



MASON THURSTON SYSTEM OF CARE PARTNERSHIP
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP
OCTOBER 27, 2023 SUMMARY MEETING NOTES

A Co-Youth Tri-lead started the hybrid 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-Youth 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.

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

- Our first goal is to work on two areas of focus. They are the comfort agreement and the list of needs.
- Our second goal is to hear about behavioral health resources from school districts and the Educational Service District.
- Our third time is to open Share Time for everyone.

The Co-Youth Tri-lead made sure that in-person participants had a copy of the comfort agreement and asked the Zoom operator to display it on the screen.

Here is the comfort agreement language with comments from participants in blue. Then at the end of the discussion, the group decided they wanted the Tri-leads to revise the language and bring it back to the group.

Comfort Agreement

Non-judgmental (Non-judgmental/Strengths based-is this jargon?)

Accept others opinions & where they are at
Purpose (Stay on Topic-instead?)
Breaks (duplicate)
Youth/Family friendly language (Non-systems-talk)

Conversational (Remove?)
Structured
Clear expectations
Move around wherever you like (Duplicate)

Being understanding
Option to pass/not share (Tri-leads to work on language. Should this be 'Challenge ourselves to share ?)
Listen (Questions about this one.)
Focus (Remove?)
Avoid acronyms (Explain them . No acronyms! Tri-leads to work on language.)

All heard (Everyone heard?)
Diversity (Being Diverse? or Strive for diversity? Tri-leads work on language.)
Honest/direct communication
Structured agenda with facilitator

Fidget Stuff (This was included when meetings were held in person.)
Goal – shared
Step Up, Step Back (This was viewed as jargon by some . Remove?)
Interactive
Casual/less formal (Remove?)

No hidden agenda (Who would have a hidden agenda? Does this relate to personal situations? Measured, seen, heard – would there be a separate document? Meeting behavior can be addressed with comfort agreement language and actions by Tri-leads/Convener during meeting??)
Competent/skilled facilitator
Everyone having a turn
Creatively engaged in process
Knowing level of self-disclosure

Clarity around roles
Transparent
Something done at the end
Consistently invited
Keep interesting

Take care of yourself

Oops, ouch, snap (remove?)
 Opportunities for introverts to participate
 Pronoun use and awareness

A Co-System Tri-lead then let the group know that we will review the needs assessment list and made a request to the Zoom operator to display the list on the screen and make sure that in-person participants had the document.

- A parent asked, ‘Are the Tri-leads not able to get together and break these down’? So many of these things are completely out of our scope. I just don’t understand why it’s there if it’s not really attainable.

The Co-System Tri-lead informed the group that the Tri-leads want to make sure that any item from the list that is chosen to be an Area of Focus can be translated into a goal for the SOCP. She read through each item on the list and asked participants to choose an item, identifying it by letter and type it into chat or write the number on a sticky note.

Here is the list with the votes. The System Co-Tri-lead let the group know that they would share vote results and work would begin on the item that received the most votes.

a) Recovery Model	3 votes
b) Reunification services for families exiting jail, or reunifying from kinship. Counseling or supportive services to help families re-unify.	1 vote
c) Domestic Violence	
d) Behavioral health in schools (spreadsheet). Improved availability of school-based services.	1 vote
e) Workforce development strategies to increase use of research and evidence-based services, youth/peer supports, school/community-based services.	1 vote
f) Development of coordinated services.	

<p>g) Improved utilization rates and access to evidence based services for children/youth with mid-level behavioral health needs.</p>	
<p>h) 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.</p>	<p>6 votes</p>
<p>i) A massive change in culture to end the stigma and silence around mental health challenges. This would be a systemic change on a cultural level. I think younger generations are already making this change.</p>	
<p>j) More support is needed in general. Perhaps more training for those that work with these youth. Training to be more aware, more patient, more of an ally.</p>	<p>1 vote</p>
<p>k) Information. Information may reduce the stress related when dealing with something new.</p>	
<p>l) Family Support. Stress is less when you have help.</p>	<p>2 votes</p>
<p>m) Access! Mostly private pay but also Medicaid variety of access (in clinic, in schools, in home, in community setting).*</p>	
<p>n) Increase mental health staffing in order to provide increase in services.</p>	

o) Services and placements within WA for kids/youth that have mental health needs and also developmental disabilities, with significant behaviors. There are few programs in state that support this need long term. This would be a change in the system.

2 votes

p) Services for transitional age youth. I know there are already some services in place, but to have even more and to start the process of transitioning services earlier. This would be in addition to current services.

q) More supports for parents, parent training, resources, etc...for the children they are caring for with high behavioral health needs.

1 vote

r) Meeting them where they are at, emotionally, behaviorally and educationally. Adapting services to their expressed needs.

s) A peer or guide person to walk them through the process and teach them how to navigate it on their own to help gain empowerment.

2 votes

t) More peer support. Clarity about the best time for services. Communication with their family members who will be needed, impacted or affected by any services.

A Co-Youth 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 Daybreak has been helping them with school services no matter what insurance the student has and it is offered on Zoom. The intake is usually only one week after a referral is made and students can state preference for staff gender. Parent consent is completed online and

the service sends reminder text messages. Services are offered on weekends until 8 pm. They hope this service helps fill a gap and so far six students have been referred.

- This participant added that Educational Services District 113 is offering mental health services at CHOICE High School and also offers services for two days at all schools for youth with Substance Use Disorder needs.
- The Yelm School District participant said that they have a mental health provider in person, in all schools through Connections Counseling. This is a referral based service that takes Tri-care, Medicaid and most private insurance (but not Kaiser) and is provided during the school day. The district also offers students mental health services provided by True North (Educational Service District 113).
 - The Behavioral Health Resources participant added that they are providing services in Yelm Middle School.
- The North Thurston Public Schools participant let the group know that they have mental health professionals that are employed by the district, so that every school has a therapist available and there is no insurance involvement.
- The Behavioral Health Resources participant added that they are building their school services back up and offer a day a week at Yelm Middle School, Tenino Middle and High School, Olympia School District at Garfield Elementary, Jefferson Middle School, LP Brown Elementary, Marshall Middle School, McLane Elementary and others.

A Co-Family Tri-lead then introduced Share Time and explained that it is time set aside for anyone in the group to talk briefly 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 welcome.

- The Catholic Community Services participant shared that they will be moving to a new office, which is the old social security building in Olympia on Mud Bay and will host an open house in January. She also shared that they have closed their annex office in Olympia.
- A parent shared that South Sound Parent to Parent offers sibling support. Their number is 360-352-1126.
- The Behavioral Health Resources participant let the group know that they are offering a new program in partnership with University of Washington. This program offers play therapy, coaching for parents and is about first relationships and attachment. The program runs for eight to ten weeks and is for age birth to five.
 - A parent said this program sounds fantastic.
- A parent shared that their child is riding the bus and this gives them more time to get things done.
- Another parent said that their child is experiencing the Pathways program as part of their transition plan.

- The Peer Olympia participant shared his information; Bilal Willis, Certified Peer Counselor at Peer Olympia offering support for those supporting family members in recovery, justice system involved and in some cases, child welfare involved as well. B@peerolympia.org 360-481-9663
- A parent said that they would be calling their child's insurance to find out what they have for children with Autism.

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 November 17th and adjourned the meeting.