



MASON THURSTON SYSTEM OF CARE PARTNERSHIP
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP
SEPTEMBER 22, 2023 SUMMARY MEETING NOTES

A Co-Youth 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-Youth Tri-lead then read the vision and mission and eight-part comfort agreement, 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 read the goals for the day after the convener completed introductions.

- The first goal is to hear a Tri-lead update about the Area of Focus that will include Healthy Youth Survey information.
- Our second goal is to open Share Time for everyone
- Our third and final goal is to take time for announcements.

A Co-System Tri-lead introduced an update for the Area of Focus, followed by an explanation of Gaps Analysis by the Educational Services District 113 (ESD 113) and highlights from the Healthy Youth Survey.

- She explained that we want to do as much as we can for students in schools and the workgroup has done all that it can do. She then let the group know that the Tri-leads support a monthly agenda item for sharing of school resources. This sharing of resources would help make sure that we avoid individual challenges with each district.
- The ESD 113 participant mentioned that half the districts are missing from the group and listed Griffin, Ranier, Rochester, Tenino, Tumwater, Yelm, Mary M Knight, Southside and others.
 - A parent offered to contact North Mason after the convener mentioned that individuals from that district are invited every month.

- The ESD 113 participant provided the group with information about gaps analysis and here are some highlights that include comments from others in the group.
 - Gaps analysis is looking at the difference between the current and ideal state. For example, if we want every district to have a resource directory, then we see what's missing. The question is, what do we want to see happening and what is the ideal state. What are the missing pieces and what is our capacity.
 - Here is a tool that the University of Maryland uses for assessing gaps



Gap Analysis
Worksheet.docx

- The Catholic Community Services (CCS) participant mentioned that if there are so many districts not represented we could be barking up the wrong tree.
- The ESD 113 participant explained another example. This example was about need for parent training and the resources for training (Family Education and Support Services, National Alliance on Mental Illness and the Educational Services District 113) could fill the gap. You can identify multiple needs. Some districts have mapping already but not all ,or may not want to share it. We need to make sure what we're offering is to support schools and it is not something they are already doing and they've identified as a need. We must not offer a resource that is already available.
- A comment was made that nothing should be done without us and this applies to students, parents and school staff.
- The CCS participant commented that we could use this (form above) on-going for more effective planning.
- The Shelton School District participant stated that they are new to working in Mason county and there are still things I don't know that there are some resources that are helpful in connecting with students. Some are for students ages 15 and up. I live in Thurston county and I don't know a lot about how things work there. There are a lot of silos. We have community providers that schools access. My position is kind of unique in student wellness and other districts don't have this position. Other districts don't necessarily have a connection to resources. We have all of these people together and sometimes services are based on relationships. I'm working on a student wellness handbook with housing resources, clothes, food and not person-dependent, to create equity for everyone, so it is not based on who you know. The handbook could be a good project.
- The ESD 113 participant mentioned that schools think about things in a tiered model. There are resources in the community to reach tier one, two or three and these can be shared with schools. They can have an inventory or map out what is available. Schools also don't want their time wasted. The ESD has

worked with districts to do mapping using another worksheet for Tiers One (Universal), Two (Targeting) and Three (Intensive).

- A parent said that they appreciate that schools would move toward the tier that supports the most students, universal/Tier One, and know the limitations that almost always drives us towards Tier One. 'I'm thrilled if we move up to Tier Two.'
- Another parent mentioned that it may be possible to find out what schools already have in place.
- The CCS participant said that there are so many different meetings and finding the most appropriate meeting can be difficult. There are so many system requirements and it is good to give people grace.
- The ESD 113 participant said that since COVID it could be an ideal that we want to get to the place where all students will get their needs met. About 5% have the highest needs and we need foundational support so we don't end up with higher needs.
- The convener brought up Positive Behavior Intervention and Supports in schools and that she had been on the community team for one of the school districts. She said that the program had been more successful in the high schools and not at the elementary level.
 - The ESD 113 participant mentioned that this program was generally more successful in lower grade levels.

The Co-Family Tri-lead let the group know that she would be sharing information from the Healthy Youth Survey would highlight survey information related to Mental Health, Hopefulness, Depression, Considering Suicide, Bullying, Somebody to Talk to and more. Highlights, comments and the survey (attachments also sent via email) can be found below.



Thurston2021Healthy YouthSurvey.pptx



MasonCountyHealthyYouthSurvey.pptx

Collecting info about what is already available –

- The Co-System Tri-lead explained that she removed slides that don't involve mental health and if you want a full survey for each county they were sent by the Convener in an email with the agenda prior to this meeting.
- A parent commented that a lot of these students that participated may already be in college.
- The ESD 113 participant stated that the next Healthy Youth Survey will be available in the Spring of 2024. She also shared that participation rates were impacted by COVID

and that in October 2021 not all students were back in school in person or at all or could have been hybrid, which makes this a snapshot that we (the world) hopefully will not see again. She continued by saying that participation in the survey is voluntary for schools, including some sections such as about sex and sexual health. We have high participation rates in our regions. Some schools are required because of funding and most sign up to participate.

- A parent commented that a lot of places for youth to hang out have gone away, such as video arcades and bowling. Others have gone away.
- A youth asked if they plan on finding out how technology plays into this, for example social media, snapchat, day to day interacting with other teenagers. It is easier to end friendships online. When I was working with teens I found that they block each other. This adds complexity and I don't know if anyone has insight about this.
- The ESD 113 participant responded with sharing that if you look at the survey you will find questions about screen time and how much time is spent on it. Every year they add/remove questions and consider emergent issues. The ESD and public can offer feedback. I don't know how they phrase questions about social media related to whether screen time is monitored, but you can read through them.
- The CCS participant mentioned that there is also the National Institute for Health which could be a resource for correlation.
- The ESD 113 participant stated that the survey completes a question by question analysis, i.e. students who spend six hours a day on-line and what their depression rate is but it doesn't tell you why, but there is a world of information on [the Healthy Youth Survey website](#). She mentions a question about how the internet affects anxiety and depression.
- A parent shared that his children researched using screens and my son's has a friend whose friend base is through gaming.
- A youth said that they are so curious about how they'll pull apart internet use and shared that some individuals can feel less valued in that type (online) of friendship.
- Another parent mentioned that they raised a youth who is internet addicted. I tried to drag him away but that has made him a very effective adult.

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 ESD 113 participant shared about two upcoming events and offered to send information and flyers (shared by the convener in an email).

- Link for the Behavioral Health Support for Children, Youth & Teens: *A Role for All Caregivers*. **Registration link:** <https://esd113.zoom.us/meeting/register/tZMpd-2hqDssG9RXfPcFv9Rjz8mDyrLvc3rp#/registration>
- Youth Mental Health First Aid. **Registration link:** <https://www.pdenroller.org/esd113/catalog/161076>
- The Shelton School District participant mentioned their support for ESD 113 training and also mentioned a book, 'When to Worry' which is a book about what is normal behavior for adolescents and when to get support.
- A parent shared that we often we see when it is developmentally okay to distance yourself from your family.
- Another parent said that they love the word normal.
- A parent responded that they try to avoid that word normal as a baseline.
- The CCS participant shared that there is a cool resource (training) named [Adulting 101 from Family Education and Support Services](#).
- A parent had a question after to listening to the conversation about screen time. It is interesting that the schools want us to be online for things like checking attendance. I'm curious as to whether anyone is aware of studies how this generation communicates because they spend so much time online. Youth communicate more online and gravitate towards it.
- Another parent stated that it was a good question. I started my son on his tablet and he loves it.
- A parent said that it is interesting when we talk about how social media affects our youth and when we talk about root causes, such as provider stigmatization. I have to be my own doctor and if we talk about history, how are we inviting our providers to our conversation if we have to work this hard. Let's focus on how we break down these barriers. It is overwhelming to only focus on barriers.
- The CCS participant said that she is interested in hearing how providers can do better.
- The same parent (as above) mentioned as a prime example; my daughter as a 10 year old started experiencing mental health needs and we were houseless for ten years and didn't know this was going to affect us. We had WISE and crisis in place for 60 days to focus on their process. They didn't have any mechanisms for domestic violence. Behavioral Health Resources said to go to crisis and WISE programs. Seattle Children's diagnosed my daughter with ADHD. My daughter was trying to stab herself with a knife – then a specialist did a depression and Autism assessment. She then asked why isn't anyone listening to me as the mother. I filed a complaint against Seattle Children's. I was in counseling three times a week 90 mins each session. They said to not take anything from her when she is trying to hurt someone. The psychiatrist is telling me this and it didn't make sense and could cause harm. By the grace of God I continued to

advocate. That whole provider thing that they know more than the parent, the mom. We carry those babies. I didn't mean to silence everyone.

- A youth said that this is why we are here. This highlights the importance of why we are all here.
- The Behavioral Health Advocate shared that the Behavioral Health forum is happening next Tuesday from 4 – 5:30 pm and the topic will be houselessness and how it affects individuals with behavioral health needs.

A Co-System Tri-lead and a Co-Family Tri-lead then shared announcements with the group.

- The Co-System Tri-lead let the group know that a clickable link for meeting evaluations is on today's agenda and it will also be sent to everyone in an email. She also explained that the Tri-leads review every evaluation and this helps with making decisions about improvements to our monthly meetings.
- A Co-Family Tri-lead let the group know that the October meetings will be held at Catholic Community Services office on Black Lake Boulevard in west Olympia as well as on Zoom and that it will be a hybrid meeting. The address will be sent to you when the convener sends a message about the parking form with the details. The parking form, which is a hold harmless document, must be signed and returned as soon as possible and prior to the meeting on October 27th.

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. Also, the Tri-lead shared that an email with a link for the quarterly meeting evaluation will be sent. The Tri-lead thanked everyone for their participation. He then announced that the next meeting will be held on October 27th and adjourned the meeting.