



Mason Thurston
System of Care Partnership (SOCP)
Regional Family Youth System Round Table Partnership
April 24, 2020 Summary Meeting Notes

A System Tri-lead called the meeting to order, read the vision and mission statements.

The convener read names from the sign-in list and participants responded.

A Youth Tri-lead read the eight part comfort agreement.

Another Youth Tri-lead read the goals of the day as follows:

- The Thurston Mason Behavioral Health Administrative Services Organization (TMBHASO) matrix update will be shared.
- Updates for Access to Assessments and Trauma Informed Care training areas of focus will be shared.
- School Closures Impact Discussion
- Participant Updates

A Family Tri-lead then asked if the Administrative Services Organization (ASO) representative had an update about the behavioral health services matrix. Here are some highlights from the conversation:

- The ASO representative shared that she had reached out to providers and one health plan. That health plan is Molina and they are working on getting information to the ASO.
- A parent thanked the ASO representative for taking on this big project
- Next steps are to reach out to the other health plans to find out about what services they cover and who provides them.

A Family Tri-lead let the group know that the Trauma Informed Care area of focus as follows:

- The April 30th training for parents and the community, is still scheduled. It will be hosted by Family Alliance using Zoom.
- The Thurston Juvenile Court representative has put in a request to use Zoom for the May 28th training, but hasn't heard back from Dr. Gilbert's office.

A System Tri-lead then asked about the school services spreadsheet (attached). This document is connected to the 'access to assessments' area of focus. Here are some highlights from the conversation:

- The North Thurston Public Schools (NTPS) representative was asked to define 'embedded' and how their staff operates as they had recently added their information to the school services spreadsheet.
 - The representative responded by saying that the embedded staff are those that stay at one school.
 - They also have staff that move around from building to building and have a part time presence at buildings, 2 to 3 days a week.
 - The NTPS representative asked the convener to add 'employee' to the spreadsheet to distinguish district staff from outside providers
- The NTPS representative was asked how youth access behavioral health services and if youth can do this on their own.
 - The response was that youth are identified by the district by a school team that makes referrals for behavioral health services, averaging 7-8 referrals at a time.
 - Youth can come to a counselor and ask for services and parents are contacted unless students (13 and older) say they don't want them contacted.
 - There was a comment from a family that students can request their parents not be contacted but are told to sign a release anyway.
- The NTPS representative shared that their mental health services/staff have been in place for 3-4 years and believe they are known by the students. She also shared after being asked if the caseloads are full and there is a wait list, parents are contacted about services in the community.
- The Olympia Schools representative told the group that youth must sign a release of information and sign consent for services. Parents are always contacted, but if a student 13 or older does not want parents contacted they are given information about the Behavioral Health Resources clinic and how to access services there.

A parent asked about the new North Thurston Public Schools Family Resource Center and the response mostly matches what is currently on their website at

<https://www.nthurston.k12.wa.us/fyrcenter> with the site offering more details about 'drive up and go' hygiene bags, food and warm hats/coats/gloves and much more information.

- Community Youth Services behavioral health services are currently suspended at the site.

- The director of Catholic Community Services asked if the NTPS representative wants Children's Mobile Crisis Services staff embedded at the site and offered to meet to discuss this.

A Youth Tri-lead let the group know that we would now be moving to discuss the 'school closures' impact agenda item and asking about impact on families, school staff, supports in place. Here are some comments

- A parent explained that their family had experienced a smooth transition to school online and there had been lots of phone calls with Shelton Schools.
- Another parent said that their daughter was in the middle of switching schools in the Shelton Schools and now she has ended up not enrolled in any school.
 - The Skokomish Tribe education representative offered to help get this student enrolled again by offering a connection to Kelly Neely kneely@sheltonschools.org
- A youth, who is a North Thurston Public Schools senior, told the group that he felt that the virus has thrown the school system upside down. Also, that on-line courses are interesting and that graduation requirements are still in place. He was upset that there will not be a graduation ceremony. He stated that he is a responsible student, but still getting used to it. His concerns are about needing to stay in the loop and that other students may be having a hard time, like sophomores and juniors. There is a need to keep in touch with those having trouble.
- A Shelton area parent said that this was the biggest challenge of her life with three children with special needs at home and trying to figure out how to teach them. There has been email after email. However, she gives kudos to teachers and their work to educate students with special needs.
- A Thurston area parent of three typically developing children said it was overwhelming and acknowledged the hard work of teachers. Also, that it was hard for one of her children to have school ripped away from them. She talked about what may be reasonable and realistic to expect for schooling time at home, maybe one to two hours. She also thinks there will be significant scars when students go back to school.
- A Shelton area parent agreed about students reaching out to peers in isolation. She has two in school and one is now thriving with on-line school in this situation. Access to chrome book has been good and heeding advice from teachers about one hour maximum per day is helpful. Also, being realistic about the Fall. She wanted to know how other families are dealing with youth who are worried.
- A Thurston parent said that Timberline High School teachers have been good and they got a chrome book. They get to communicate with teachers on-line. This parent has a student that has always been home schooled. His son doesn't like it that he (the parent)

is always in and out and is generally worried. The parent mentioned wiping everything down and that some advice says that you should also wash your clothes after being out in the community, but he doesn't do that.

- Another Shelton area parent said that children will follow parent's lead on level of worry and that he goes about his business as normal.
- A parent mentioned that there is a gap area and that is grief support.
 - The Educational Service District (ESD) 113, Catholic Community Services (CCS) and Juvenile Rehabilitation representatives offered to send grief support resources after the meeting.
 - The CCS representative talked about a traumatic event can bring up past trauma events and that their crisis services (360-480-5721) is ready, willing and available to serve families.

A Family Tri-lead announced that we would move on to sharing updates about new or existing programs. Here are some highlights:

- The Family Tri-lead made a request for the systemofcarehub.com maintenance funding for \$1,170 for the 7/1/20 – 6/30/21 fiscal year.
- Catholic Community Services announced they have been hiring and are fully staffed. They have lower wait times in Mason county for WISE. They also gave kudos to our area for making sure that behavioral health services have remained available to youth and families and that this is not true for all areas in our state.
- The ESD 113 announced that it has launched telehealth and is able to conduct groups for Substance Use Disorder (SUD) and Mental Health groups, as well as offering in person services as needed. Some staff are back in school buildings. Feel free to reach out with questions: 253-260-0611.
- Family Alliance for Mental Health is continuing Zoom based support groups three times a week and a dads-only Zoom group once a month.
- The Community Wraparound Team conducted a conference call meeting to support a family and it went well. This team is taking referrals.
- The NTPS representative announced they have set up telehealth mental health services and families can contact their school counselor. They are participating in crisis response webinars about supporting students when they come back to school.
- All the WISE programs (CCS WISE & Transition Age Youth WISE) are serving youth via phone and telehealth.
 - A question was asked and assurance given, that Multi-systemic Therapy (MST) is accepting referrals and serving youth.

A Youth Tri-lead then adjourned the meeting, thanking everyone for their participation and announced the next meeting on Friday, April 24th.