



MASON THURSTON SYSTEM OF CARE PARTNERSHIP

A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP

APRIL 26, 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.

Another Co-Family Tri-lead read the Group Agreement, Listening Statement and the goals for this meeting.

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.

Goals for Today's Meeting

- Our first goal is to move forward with strategies for the [hub](#) and state and regional data for the Area of Focus.
- Our second goal is to hear about behavioral health resources from school districts and Educational Service District 113.
- Our third goal is to open Share Time for everyone.

A Co-Youth Tri-lead explained that she and a Co-System Tri-lead would review ideas from comments made in the March meeting from Poll Everywhere to make sure to not lose any helpful strategies for the hub and data using the same tool (Poll Everywhere). Details and a reminder of the Area of Focus, the systemofcarehub.com and the data sets previously reviewed.

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.

Hub – the systemofcarehub.com is an interactive site that was created by the System of Care Partnership and helps youth and families to find services in Mason and Thurston counties. One of our Co-System Tri-leads, Heidi Knadel, has offered to assist providers in updating their information on the hub.

State and Regional Data - We've reviewed data from the state Health Care Authority, Managed Care Organizations, Catholic Community Services, and the Behavioral Health Administrative Services Organization. We discussed various lived experience with Autism or trauma, that may or may not be represented in the data sets.

Here are the comments and ideas from this meeting as well as the March meeting related to the hub:

Hub Brainstorming

- Spreading awareness of the Hub
- Needs a point person
- Determine next steps for updating provider info/services. Youth Navigator Program help? Monitor traffic to website?

- 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
- List services that provide telehealth on the hub
- Create a comprehensive list of telehealth services and providers to share.
- Providing a more user friendly interface.
- More resources for family members who are caring for people in active substance abuse or negative mental health behaviors and how to keep balance for the family.
- Making a large click button when someone goes to the page, like [CLICK HERE TO SEARCH SERVICE OPTIONS](#)
- Let's check off what is on the hub already today if we can
- Increase marketing for the HUB
- A point person or group to periodically review and update

State and Regional Data Brainstorming

- share it, or put into graphs and put it on the hub
- share data once every three months
- make the data more accessible/user friendly so people can understand it
- To me this is not a data issue. If people want to go through System of Care, the website needs to be more user friendly. I'm not needing data. I just need resources on the website.
- To me the data is for the state and regional agencies to see where any gaps are.
- Maybe the "data" needs to be more of a review platform. Like this was helpful to me ect.
- Is there a question? I don't understand what data means here
- Identifying resources for inpatient services when they need higher levels of care or the lack of easy access and the medical barriers that also can come with them not being accepted at certain locations?
- I feel we have worked this subject. Now it feels like e are trying to find more things to work on when we re probably done it it
- Find the gaps in services or existing services, as well as existing services available to find out what is lacking and what is already in place. Then add
- Educational services and peer support for families of Autistic children
- Agreed what is the data for? How does this serve us as a community?
- Add to HUB & update monthly for providers to keep everyone aware

State and Regional Data – Keep it or Drop it – 78% of participants voted to drop it, meaning the discussion and work on this area will be dropped at least for the present.

Additional comments from participants related to the hub and data:

- A Co-Family Tri-lead has been the point person and is willing to continue checking the hub.
- A Co-System Tri-lead has offered to assist providers in connecting with the hub to check and update their information.

- The Shelton School District representative stated that it is hard to find a 'click here' for services on the hub and it might be good to move it to the top of the page.
- The Co-Youth Tri-lead shared her own experience and talked about how youth experiencing crisis might look for emergency services and agreed they would probably end up using google.
- The United Healthcare representative talked about youth and families needing housing and the statute related to no one being discharged to the street and the Youth and Young Adult Housing Team (Department of Children, Youth and Families/DCYF).
- A parent brought up having a peer or mentor with lived experience for youth while receiving services. A one-on-one person or sponsor for youth that is similar or as close as possible to being a friend and that this is not available.
- The United Healthcare representative stated that King county has mentorships, more of a network related to their Family Youth System Partner Round Table (FYSPRT).
- The Youth Navigator Program (YNP) participant mentioned the need for care coordination while individuals are receiving services and that this program may be open to hiring a youth peer.
- A parent shared that Snohomish county offers certified peer counselors and mentors.
- The Shelton School District representative asked who was the audience/users for the hub website and why is it labeled 'publicly funded'. What does this mean and if you are a caregiver or provider what is the log-in?
- A parent asked about having a work group for the hub and more information about support, self-care, telehealth and social media. The workgroup could organize the ideas and share them with the web developer. She wants a large click button.
- The Behavioral Health Advocate mentioned that they host a monthly forum and next Tuesday the topic will be about the lack of cultural competence in services for people of color.
- The child welfare representative asked about the data and what was it for since he was a new participant.
- A Co-System Tri-lead said that the group had been reviewing state and regional data for Medicaid eligible children and youth, as well as mobile crisis services data and data from the region's services for youth who are not eligible for Medicaid.
- The Shelton School District representative mentioned that it would be good if we could use it and figure out how to use it.
- Participants started bringing up the idea of dropping the data and this prompted a poll that resulted in 78% of the group wanting to drop the data discussion and pursuit of this topic as noted above.

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 representative let the group know they hosted a Vaping 101 presentation and Washington Poison Control was there to share about how to talk with youth about drug use in an evidence based way. They gave families tools about the relationship between substance use and mental health. Poison Control can work with other school districts.

Fentanyl and Marijuana will be discussed next school year in addition to Vaping 101. Usage is up and involves students down to the fifth grade level. She also mentioned that there are programs for youth ages 13 and up but not for youth ages 6 and 7. This is a severe gap.

- Further comments were about the Mason County Substance Use Coalition discusses how youth and young adults are getting vapes and understanding the need to lock up vapes and edibles.
- A parent told the group that her eight year old neighbor had Fentanyl in a vape as is in the intensive care unit at the hospital.
- Another parent shared that their own child's school friend's parents provide them and they ARE laced and it is not just nicotine. She said she would love more intervention.

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.

- The Catholic Community Services representative shared that there are a big number of youth who are involved or have past involvement in Wraparound with Intensive Services (Wise) and mobile crisis services. We have a plan to invite these youth for a meeting with pizza provided and the purpose will be to ask what could be helpful to them and ask what they want to know.
- The same representative brought up the Procession of the Species event and offered to share a video about this event for anyone who wanted to stay after the meeting ended. <https://oly-wa.us/procession/>

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 next meeting will be hybrid with choices to participate using Zoom, calling in or in person at Catholic Community Services new offices in West Olympia at 402 Yauger Way SW. She then announced that the next meeting will be held on May 24th and adjourned the meeting.

Note: The in-person location mentioned above is the FORMER location of the Social Security office and that office has moved to Lacey.

