



MASON THURSTON SYSTEM OF CARE PARTNERSHIP

A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP

APRIL 2025 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 statement followed by the group agreement and listening statement.

Vision Statement: We are a community working together to strengthen sustainable resources that meet 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.

The Co-Family Tri-lead read the Group Agreement and Listening Statement.

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 were read by the Youth Tri-Lead as follows.

Our first goal was to hear from Heidi Knadel regarding patient rights

Our second goal was to discuss how to increase the participation of marginalized groups

Our third goal was to discuss and share school resources

Our fourth goal was to review a youth presentation

Our fifth goal was to open share time for all

The Rights Discussion

The Youth Tri-lead then asked Heidi Knadel, a systems Tri-lead, to share information about patient rights. The webpage for OBHA was shared and discussed.

Please find the website address below.

: <https://www.obhadvocacy.org/your-rights>

A System Tri-Lead reviewed the discussion from last month's meeting and asked for input and comments.

- The OBHA website was shared to the group.

WAC 246-341-0600 was reviewed and discussed as it pertains to the individual's rights who receive Mental Health/Behavioral Health services.

Group Comments and Questions:

- It was noted that every patient receives a copy of their rights and that they are also posted in every clinic and office that serves this population.
- A Systems Tri-lead asked if there were questions. At this point there were not.
- WAC 182-534-0100 was then shared and discussed as it relates to Medicaid and Early and Periodic Screening, Diagnostic and Treatment (EPSDT).
- There was a comment from a parent about transportation options, and how to access them.
- A Systems Tri-Lead asked the group if they would like to hear more information regarding transportation options in the future. Several responses from the group indicated that they would, so this topic will be revisited in a future meeting when a speaker/further knowledge is secured.
- There was additional information offered by a Systems partner about paratransit options, available at <http://paratransit.net> and the services and options available, as well as how to advocate for youth to get other accommodations for transit. It was noted that parents can set this up but youth over 13 years of age have the right to schedule transit for themselves.
- It was also discussed that there are different transportation contractors outside of the Mason/Thurston County areas.
- A link was provided in the chat by a Systems Partner for how to request Non-Emergency Medical transportation. <https://www.hca.gov>

The discussion moved onto Ricky's law, which covers involuntary placement into treatment, being specific to Substance Abuse disorder (SUD)

- A Systems Tri-Lead reviewed House Bill 1713 (HB1713) and noted that in 2016, treatment standards changed. These can be viewed at <http://www.hca.gov>
- There were questions from the group regarding involuntary treatment, and why and how it was implemented, which led to a discussion on Joel's Law (RCW 71.05), which in Washington State, allows for a family member, guardian or a conservator to petition the court for the initial detention of a person who is at risk of harm to themselves or others due to a mental health condition. It was mentioned that this petition can override a DMHP (Designated Mental Health Professional) decision not to detain the person.
- A parent/caregiver shared other's experiences regarding a youth experience being detained for services, culminating in the comment that "It is better to be detained than to be at home under certain circumstances.
- Providers and families discussed success and challenges as well as failures to coordinate successful re-entry after detainment. Many participants agreed that there could be improvements made for more successful re-entry, including a systems partner from True North.
- A System Tri-Lead mentioned that Mason/Thurston counties have created an immediate reference for clients that need re-entry services.
- There was a general discussion about how the idea of involuntary placement was sometimes used for parents who were leveraging youth's progress in Mental Health/Behavioral Health treatment.

➤ Further discussion was around how transitions back from involuntary placement aren't always handled well. One Youth Tri-Lead noted that coordination of programs and services can be difficult for youth.

➤ This led to a discussion regarding CLIP (Children's Long Term Inpatient Program) and voluntary vs involuntary engagement by youth, where it was suggested by a Systems participant that the group hold a future discussion about the CLIP program, so the group could become aware of the process.

➤ A system Tri-Lead suggested that a discussion on CWT (Community Wrap Around) and CLIP (Children's Long Term Inpatient Program) would be a good topic when setting the agenda for the next SOCP meeting at the next tri-Lead meeting.

➤ There were additional comments from the group about differences in Crisis Response and how the response team has power if the child or parent(s) aren't aware of their rights, or what constitutes an involuntary process. There were comments regarding the public's need to understand and be aware of the rules for advocacy/self advocacy in this area.

➤ A provider spoke about the many hoops parents and children have to go through to receive help, which adds additional stress.

➤ Another provider from Catholic Community Services spoke to challenges in the program, namely the timeline for getting services, gaps in service and the need to coordinate better with hospitals and treatment centers for more effective and helpful re-entry for clients.

➤ A parent also discussed how helpful they thought Peer Counselors could be for clients dealing with discharge and re-entry.

➤ A comment was made about how short the timespan is between awareness of release from a facility and the 1-2 weeks it takes to set

up and facilitate wrap-around teams, as well as prioritizing the clients that request it.

➤ A provider suggested that the group have a presentation about Crisis Services in the future.

A poll was suggested by a Youth Tri-Lead to vote if the group thought a future discussion about Community Wrap around Teams was wanted. A general discussion instead decided it was warranted.

➤ A Systems Tri-Lead noted that there are many options for youth that are not well known, including Community Wrap around Teams, the Youth Navigator Program, and other youth-directed community groups.

Another Systems Provider also noted that there are many resources that families/parents aren't aware of. Their lack of knowledge regarding the robustness of our state's mental health/behavioral health system often leads them to seek services from the E.R., which after discharge, leaves them returning to the community without any resolution or knowing what to do next. The provider also noted that "It's about Stabilization" and there is not a lot of support or information available and that referrals are often not as helpful for non-Medicaid youth, leaving options that are farther away from their home and more difficult to reach.

A parent/Family Trilead commented that the medical systems are rapidly changing and it would be helpful to have a contact to go to for information.

A youth Trilead introduced the next topic which was centered on Marginalized Populations and how to increase representation within the group, and how to bring new voices and points of view to participate in the monthly SOCP meetings, especially to historically marginalized populations such as local tribes and the LGBTQ community.

Questions and comments were as follows:

- A Systems participant relayed that one Tribal representative they had contact with was not available on Fridays, due to needing to be in court, and that we need a better way to contact more representatives from both the Tribes and the LGBTQ community. They offered to reach out to another Tribal contact (one that covered 6 counties).
- A System Participant stated that the Tribes have been invited and a representative from the Squaxin Tribe has been in attendance.
- A Systems partner said they believed they could reach out and at least get a response.
- Another Systems partner also said they might have another way to bridge the gap with Tribes, especially concerning the topic of re-entry to the community. They noted that the Tribe's resources are different and not always known to other agencies.
- There was discussion among the group regarding ways to overcome the challenges and gaps, as well as understanding resources that the Tribes have that the group is not aware of.

- A Systems participant offered to invite her Tribal contact, Stanley Knicks, to come to a future SOCP meeting, with the goal of how to advocate and make connections between Tribes and other systems.
- It was noted that utilizing personal connections on a one to one basis often produced better results.

The next topic was going to be School Resources, however in order to allow the students who were leading the discussion to return to class in a timely manner, a Youth Trilead proposed that they go first. This was approved by the group and the next topic was the

Youth Group Presentation on their Mental Health/Behavioral Health Campaign which focused on the question of what Mental Health means to our Youth population. The tagline line is “What does Mental Health mean to you”.

➤ A Youth Trilead introduced the topic and asked the youth who participated in this group what they had done in their past meeting(s).

➤ A Youth participant from the group explained that they had renamed the group The Youth Leadership Group.

➤ A Youth participant stated that they had looked for ways to spread Mental Health awareness and ideas had included creating posters to display in public spaces such as schools, libraries, youth centers, spots where youth congregate in public, hospitals and counseling offices.

➤ A youth participant discussed important messages and themes in their poster project, including that recovery takes time and doesn't always result in full permanent recovery, which is fine as it is a progressive balance, that It's OK to not be OK, that you can't just snap out of it, That no one truly ever completely recovers and that learning how to cope with those emotions is the real recovery and that it's ok to ask for help.

➤ A Parent talked about how bullying can be intense and causes much pain, especially on social media. They stated parents need to learn more about social media and its uses among Youth.

➤ A Youth Tri-lead stated that it is “Lonesome to navigate alone”.

➤ A youth participant stated that their school has a segment about online safety in their Health class.

A Youth Trilead and a Youth Group participant shared a slide show of the posters that have been created so far and the motto they came

up with “It Only Takes A Step”, referring to taking the first step to get help. They shared their art and explained the process and symbolism of the art they incorporated.

➤ A Systems partner shared a resource link for <https://mentalhealthliteracy.org>

➤ In their meeting the Youth Group also reported they had looked at the SOCP website. <http://www.systemofcarehub.org> to see if it was easy to navigate and understand how to access resources for youth.

➤ A Youth Group participant also stated they were planning on incorporating a QR code for people to be able to scan for further information.

➤ A Youth Trilead commented that the youth in the group had learned that they had found they had much in common such as being classmates, and there was some common ground, including participation in WISE programs. They stated that this led to them spending more time together at school outside of the Youth Group and provided them with a support system at school.

➤ A Youth Trilead shared that the group meets once a month on Fridays from 5-6 p.m. and that a Zoom link was available for youth in Mason/Thurston counties interested in joining the group.

➤ There was discussion among the group as a whole regarding the possible placement of the posters, and ways to distribute them, with many offers coming from Parent, Youth and System participants to put posters up in their communities and workspaces. There was a mention of being able to laminate the posters and how people could receive them, and a suggestion that Youth could get together to disseminate posters in the downtown Olympia area.

- A Systems partner reflected that their work mirrored actions taken by other youth clubs that focus on harm prevention.
- A Parent partner offered to help put the Youth group's designs and the QR Code for information on T-Shirts if they supplied their own.
- A Youth participant also discussed the possibility of creating a T-Shirt design with the back having the popular suicide prevention message reminding people that they matter (To the person behind me, You matter.).
- A Systems partner suggested finding a local printer to make copies of the poster and a Parent partner suggested The Minuteman Press in Olympia.
- A System partner asked what protocol/educational agency should be approached prior to putting up posters, and if the schools themselves or their district offices would be the place to contact.
- Several Parent partners then suggested various points of contact: school resource offices, including school counselors and district offices.

The next topic was a discussion on School Resources. There were no school resource professionals available to attend the meeting at this time. Comments and Questions were discussed among the group.

- A Parent partner discussed a positive educational plan their son had gotten help with developing. They had created a schedule and calendar that was a tremendous aid in keeping him on track and how to smoothly move between tasks. They commented on how pleased they were with North Mason High School, and how smaller communities, despite a lack of major resources, were often easier to work with.

➤ Another Parent partner also commented on how small communities often lead to a greater understanding of the issues that people within them have had, leading to less fear and stigma for those with mental and behavioral health issues.

The next goal was Share Time for all and comments were welcomed on challenges and successes the group had faced in the previous month. A Family Tri-lead then announced that we would move on to Share Time which is 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/comments about today's goals/agenda are welcomed.

➤ A parent partner asked if any parent had experience with group homes, expressing a challenge with emotional fluctuation with their child who has Autism and wondering if a group home would be a good environment for their child.

➤ A Parent partner suggested contacting EFI (Exceptional Foresters Inc. to get an explanation of the services and activities they offer.

➤ Another Parent partner and their Youth suggested making an appointment with a doctor to discuss how various birth control methods can help with emotional regulation prior to considering placement in a group home, as they felt group homes could be a challenge for youth with Autism.

➤ A Systems partner also seconded the idea of checking into birth control for hormonal and emotional regulation.

➤ A Family Trilead and System partner discussed reopening the weekly Mom's group that meets online on Thursday evenings at 6:30 p.m..

- A Family Trilead suggested visiting the Washington State Connectors website for notes and meetings (available online and in person) and also described there was a Ricky's Law presentation as well as one on sexual orientation.
- A Family partner who also runs the weekly Dad's group reminded the group that there is a meeting on the 2nd Thursday of the month at Mcdonald's where there are drinks and a snack available.
- A System partner reminded the group that the weekly Family Alliance group meeting is open to the family and caregivers of children who struggle with Mental and Behavioral Health challenges. They meet weekly on Thursday at 6:30 p.m. online via Zoom and there is a group chat text reminder sent out each week for those interested in joining.

The Co-Family 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. They then thanked everyone for their participation and let them know that the next meeting will be hybrid with choices to participate using Zoom, phone-in or join in-person at Catholic Community Services in West Olympia at 402 Yauger Way SW and that the next meeting will be held on May 23rd and adjourned the meeting.

