



Vision: *We are a community working together to strengthen sustainable resources for the individual behavioral health needs of children, youth and families.*

Mission: *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.*

FRIDAY APRIL 28TH FROM 10 AM UNTIL NOON

ZOOM LINK: [HTTPS://US02WEB.ZOOM.US/J/5857207072](https://us02web.zoom.us/j/5857207072)

Call In: 1-253-215-8782 Meeting ID: 585 720 7072

AGENDA

Welcome (18)

- Zoom Tools/Information
- Introductions
- Reading of Vision & Mission
- Comfort Agreement
- Tri-lead Listening Statement

Today's Goals (2)

- Area of Focus
 - Strategies Vote Results & Discussion
- Meetings
 - Meeting Setting Vote & Proposal
 - Meeting Time Change Discussion
- Tri-lead Positions Update
- Share Time

Area of Focus – More Mental Health Awareness in Schools (40)

- Strategies Vote Results & Discussion
 - Questions/Comments
-

Meetings (25)

- Meeting Setting Vote Results & Proposal
- Meeting Time Change Discussion

Tri-lead Positions Update (15)

Share Time (20)

- Questions or comments about today's goals/agenda.
- General Sharing
- Information/Announcements
- New or Existing Program Updates
- Additional Questions/Comments

Adjourn

This is the list of goals and strategies related to our area of focus, which is about more mental health awareness and fluency taught in schools, to parents and to staff.

A. Opportunities for youth to volunteer with other kids to help – everyone learns and this provides mentorship opportunities for kids. Matching kids based on strengths and needs – pairing a youth with great ability to manage their energy, for example, with a youth who needs additional skills in this area. Students to be able to mentor students at other schools. (1 vote)

Brainstormed strategies:

A1. SOCP to send a letter to the schools to encourage them to provide these opportunities

A2. Provide Teen Mental Health First Aid to schools – ESD 113 could potentially provide this, or trainers from other organizations in partnership (7 votes)

A3. Hope Squad – provided in Hoquiam by ESD – invite them to come to inform our community about this.

A4. Have youth who are interested in being mentors/volunteers write a bio and submit to SOCP and connect them with school counselors - Consider specific mentors for BIPOC students/LGBTQIA+ students, making sure that supports have life experience and understand the populations. (7 votes)

A5. Have teachers ask youth who struggle what they have to offer, to provide a positive response strategy.

A6. Allow students to read the bios to choose helpers who they feel would be a good match – ask students what help they feel they would need. (1 vote)

A7. SOCP to develop a group of teen mentors (1 vote)

A8. Add information to existing bulletin boards (or ask school if we can create a bulletin board if they don't exist) to connect youth who want to provide this support to kids who want to provide the support.

A9. Research evidence-based mentorship models and share with group (Peer Driven-Adult Supported is one useful strategy).

A10. "Suggestion box" to elicit ideas about what help is needed – sometimes done now through social media and QPR codes which might be a good idea.

A11. Youth Equity Stewardship event – might be a good model to bring kids together to drive community action (2 votes)

B. Mental health initiatives at schools to create/inform around mental health needs – student driven and led (SOCP do the initiative?)

Brainstormed strategies:

B1. Olympia Schools are researching, and OSPI is promoting this and has info on their website- school-based health centers – partnership with medical/dental/mental health provider – look at this initiative to see how the SOCP can support this. Washington School-based Health Alliance also supports this. North Mason has one – Peninsula Community Health is the provider. (1 vote)

B2. ESD does quarterly mental health campaigns in schools – coordinated through prevention/wellness clubs. Would love to make these available to other schools who don't have Campaigns for Mental Wellness/Suicide Prevention so they can execute them on their campus. (11 votes)

B3. Ask students what information they need about mental health – what do they see? (3 votes)

B4. Research evidence-based models for providing this info to youth and families through school and provide this info to SOCP. (1 vote)

B5. Triple P – was funded by Pierce County for anyone who wanted it online. Advocate this for our community?

B6. We have a SOCP youth Instagram – would be good to have a text line for mental health for thought-provoking messages, and requesting feedback. "We're Not Really Strangers" is an example of this.

B7. Community boards – giving them resources to post, including the crisis text line. They have existing posters – we can gather and provide them.

B8. Talk to schools about establishing a designated "safe place" to contact resources and support using their mobile devices, since some schools don't allow that. In the process of making this recommendation, find out how we can balance school priorities with this idea. Who gets permission and when? Does this need to be

written into accommodations? Permission note from school counselor? Talk to schools about what would work for them. (1 vote)

B9. Find a way to encourage and provide affirmation “stickies” in the bathrooms

B10. Buddy system for walking to class to check in and encourage conversation, with connection to supports if needed – encourage schools to do this.

C. Classes do an activity that elicits ideas from students – what can we do better/change? Anonymous notes. Consider providing incentives like gift cards for small amounts.

Brainstormed strategies:

C1. Find a way to ask students what they want – what do they actually need? How can we help? (7 votes)

C2. Create a survey and find a way to distribute

C3. Look at existing surveys recently done by HCA and Department of Health, look at trends and then make a plan (10 votes)

C4. Photo/essay contests for kids in school with prizes

C5. Form a community committee to collect information from youth who are experiencing challenges, keeping their feedback anonymous for their safety.

C6. Look at OSPI website for info about student groups that can help challenged students.

MASON/THURSTON SYSTEM OF CARE PARTNERSHIP

Meeting Setting Feedback

Survey Monkey Questions and Answers

Q1

Do you want virtual meetings (on Zoom) only?

- 13 answers
- 53.85% Yes
- 46.15% No

Q2

Do you want in-person meetings only?

- 13 answers
- 23.08 Yes
- 76.92 No

Q3

Do you want combination in-person and virtual meetings?

- 13 answers
- 69.23% Yes
- 30.77% No

Q4

Do you have any comments to share?

Although it would be nice to see everyone in person, given this is a regional (2 county) meeting, it is much more practical to meet via Zoom. The virtual format significantly cuts down on travel time and, in my opinion, increases participation. Thank you.

Contacts for Questions, Comments or Concerns

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