



Mason Thurston
System of Care Partnership (SOCP)
Regional Family Youth System Round Table Partnership
August 28, 2020 Summary Meeting Notes

A System Tri-lead called the meeting to order and made the following requests, asking participants to:

- ***mute their phone when they are not speaking;***
- ***raise their hand using Zoom or on video and say their name before speaking; and***
- ***avoid over-talking by waiting for others to finish speaking.***

The System Tri-lead asked the convener to read through the roster to sign-in participants.

The System Tri-lead then read the vision and mission statements and started introductions by asking the convener to read names from the roster. Some updates and a suggestion were made during and just after introductions as follows:

The Family Tri-lead explained to the group that he would read the eight part comfort agreement and the System Tri-lead read the goals of the day listed below;

- Begin work on new area of focus.
- Announce strategic plan telehealth statement vote results and parent volunteer.
- Receive update from workgroup on behavioral health assessments document.
- Share updated spreadsheet for behavioral health services in schools.
- Announce postponement of update for behavioral health services matrix.
- Share Time for participants.

A Family Tri-lead then let the group know that the Educational Services District 113 representative would provide an update from the workgroup about the behavioral health assessments document.

- Notes from the workgroup meeting were shared (below) along with three different options or approaches for structuring the document.
- The group asked questions and discussed the options. Here are some comments from participants:

- North Mason School Special Ed Representative: A school psychologist would not normally do a 504 plan. This is typically done by a school counselor and school nurse. A school psychologist will evaluate for consideration for special education.
 - Behavioral Health Resources Representative: First model looks good.
 - Mason Parent: There are cultural needs, ethnic, tools to live your life.
 - Thurston Parent: Hub could be used to find providers.
 - Thurston Parent: Fleshing out the peer support role should include parent/family and youth partners.
 - Thurston Parent: The third option could be simplified with a decision tree or flowchart.
 - Thurston Parent: I like the simplicity, maybe front and back, choosing two options.
 - North Mason School Special Ed Representative: I think working on the second two and bring back is a good idea. I mean the second and third model can be fleshed out a bit and bring back.
 - Thurston Parent: Agreed
 - Mason Parent: I also agree with #2 and 3 with more information.
 - Thurston Parent: There are comorbid issues that affect behavioral health like Autism, intellectual disabilities, ADHD, learning challenges and as presented in the DSM-5.
- There was a debate about whether to take a vote. But since that would have brought the work to a stop, the group came to consensus and agreed the work could continue on the 2nd and 3rd options.

Workgroup notes mentioned above as follows:

Thurston-Mason Systems of Care Partnership

Behavioral Health Assessment Workgroup

Date: 8/20/20 at 2:00 pm

Individuals Present: Sara Ellsworth, Dena Wagner, Gary Enns, Mya Hernandez, Donna Obermeyer

Agenda Items:

- Welcome and Introductions
- Purpose of Behavioral Health Assessment Document
 - Purpose Driven
 - Needs Driven
- Updates, adjustments, changes needed

- Present at SOC Partnership Meeting

Notes:

Families present with assumption of diagnosis and would like it confirmed

Confusion between psychiatrist and psychologist

Seeking confirmation but don't know how to get it

Want to figure out what resources meet their child's needs

Parents don't know that they have choices – how to make decisions between options

Helping families figure out “Fit” and how to find/navigate better fit

Strengths based, solution focused

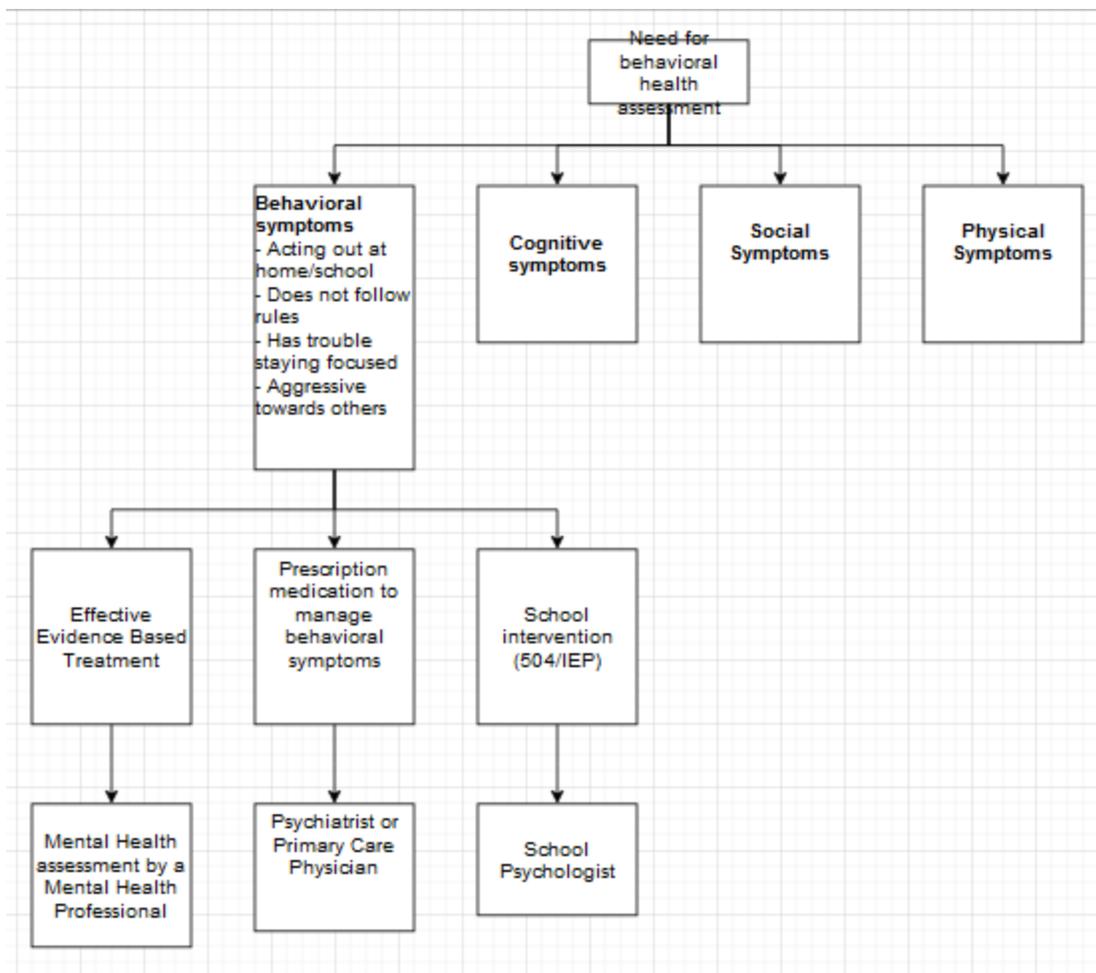
Cheat-sheet of questions to navigate the system

Decision tree to support families navigation based on unique goals, preferences, needs

TYPE OF SERVICE – NEEDS IT MEETS – HOW TO ACCESS/GET ASSESSMENT

	Psychiatrist	School Psychologist	Professional counselor	Peer Support
Behavioral Symptoms <ul style="list-style-type: none"> • Acting out at home and school • Does not follow rules • Argumentative • Has trouble staying focused • Aggressive towards others 	Assess and prescribe medication	Assessment for 504 or IEP	Assessment, treatment planning, and ongoing therapy	

<u>Primary Presenting Problem</u> (symptoms and impairment)	Underlying need for Assessment (Purpose: what will you do with the assessment/diagnosis once you have it)	Where to go for assessment (type of place/credential of professional)	Comments
Behavioral Symptoms <ul style="list-style-type: none"> • Acting out at home and school • Does not follow rules • Argumentative • Has trouble staying focused • Aggressive towards others 	Obtain effective evidence-based treatment	Behavioral Health Provider that has MA level or above who specializes in treating behavior issues (for example, CBT for Behavior, PCIT, etc.)	
	Prescription medication to help manage behavioral symptoms	Pediatrician, psychiatrist or similar who specializes in youth behavior issues	
	Have my child's behavior issues addressed at school on an IEP or 504	School psychologist at your child's school/district	



A Family Tri-lead asked if the behavioral health services in schools spreadsheet could be displayed for the group to see the updates and asked if there were any further updates.

- The North Mason Special Ed representative explained about a name change for one of the high schools (James Taylor) and the spreadsheet was changed.
- Here is the spreadsheet with the update included:



Thurston and Mason
Schools by Provider.11

A System Tri-lead then announced that we would begin work on a new area of focus: Increased use of culturally competent strategies for outreach to historically marginalized populations for participation in the SOCP. Another System Tri-lead set up a white board to take notes.

- Here are the strengths the group listed for this area of focus:
 - Resources and knowledgeable people.
 - People with lived experience to share knowledge.

- Support groups with non-judgmental parents to listen and provide support.
 - Compassion and empathy for what families are going through, even if we haven't experienced it; still provide problem solving, listening.
 - If no formal agency, important to have parents with lived experience; non-traditional ways to connect.
- Here are the needs the group listed for this area of focus:
- Expand knowledge in community of System of Care Partnership (SOCP) to find more diverse membership.
 - Use participants rather than members to be more inclusive.
 - What or who is a marginalized community?
 - Who or what groups are we trying to reach?
 - Sensory unique or different.
 - LGBTQ+
 - Neuro diversity v. atypical brain processes; people who see themselves as neurologically different; issues not seen as problems, just a different way of interacting with the world and other individuals.
 - Find more bi-lingual/multi-lingual members
 - Ask current participants to commit to reach out to marginalized members of their communities to attend the SOCP.
 - Look at current outreach and how we can improve, develop new ways to reach traditionally marginalized communities.
 - Communication strategies to capitalize on inclusion of marginalized communities.
 - Develop groups for marginalized groups to help them become comfortable to join the larger group.

The Tri-lead let the group know that an email would be sent to the SOCP to request a vote on the top two needs.

A System Tri-lead then announced the strategic plan telehealth statement vote results: 16 votes for inclusion of a telehealth statement and 5 against. He let the group know that a parent had volunteered to draft language for a statement and others are welcome to join her. Examples of items that could be included in the statement could be; assistance for families for transition to virtual care, equitable access and home language support.

- Here is the draft statement that was displayed for the group:

Covid-19 Update: Regarding open services at this time.

We are continuing to check in with our families! Our goal remains-connecting people through our wide network of providers to receive equitable access to Behavioral Health services and resources that empower them not only just for now, but for the rest of their lives. Providers can arrange for a variety of accommodations to meet individual and/or cultural needs, including translators.

- Many parents and some other participants liked the statement as written.

- There was a proposed language change for the title: Covid -19 Update & Beyond - Open & Accessible services at this time
- There was a concern from one provider about checking in with families in the first sentence. They later offered a suggestion to either remove the sentence or add a sentence about providers. The new sentence would state that providers continue to provide treatment as always, just partially and not in person.
- It was decided that anyone who wanted to help with this task could send a message to the convener and she would connect them with the parent volunteer who drafted the statement.

A Family Tri-lead announced that there will be an update from the Administrative Services Organization about the behavioral health services matrix in September when staff are available.

- Here is a current copy of the matrix:



FOR PUBLIC USE -
TMBHO Service Matrix

A Family Tri-lead then asked the group for any updates for new or existing programs.

- The Developmental Disabilities Council Parent Representative explained that the council is gathering input for their 5 year plan and shared a survey link:
 - [Washington State Developmental Disabilities Council State Plan Development Survey](#)
 - [More information about the survey.](#)
 - Power Point about the Developmental Disabilities Council:



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A System Tri-lead then adjourned the meeting, after thanking everyone for their participation and announced the next meeting on Friday, September 25th.