



MASON THURSTON SYSTEM OF CARE PARTNERSHIP
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP
AUGUST 25, 2023 SUMMARY MEETING NOTES

A Co-Youth 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-Youth Tri-lead then read the vision and mission and eight-part comfort agreement, followed by the listening statement. This 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.

The Co-Youth Tri-lead continued and read the goals for the day after the convener completed introductions.

- Our first goal is to announce vote results for the Co-System Tri-lead and the meeting time frame.
- Our second goal is to work on the Area of Focus strategies
- Our third and final goal is to open Share Time for everyone.

A Co-Family Tri-lead then announced vote results for the meeting time frame and the Co-System Tri-lead as follows:

- We will continue with the morning (10 am – noon) time frame for meetings as a result of the vote. The afternoon time frame (2:30 – 4:30 pm) received less than half the votes that the morning time frame received.
- There was a unanimous vote for Donna Kelly, Behavioral Health Advocate, as Co-System Tri-lead and we welcome her in this role that begins today.
 - We thank Lauren Farmer for serving in the role of Co-System Tri-lead.

Another Co-Youth Tri-lead then introduced the Area of Focus and asked the Zoom operator to scroll down the agenda to the overarching goal, sub-goals and strategies for the group. She

then explained that the strategies in blue ink being displayed (below), were extracted from the workgroup notes shared at last month's meeting.

Area of Focus

Overarching Goal/Sub-goals

Strategy Statements

This is the list of goals and strategies chosen by the SOCP related to our area of focus (overarching goal), 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.

Everyone thinks this is a great idea, but there are barriers at schools. Not sure we can do it. Other ideas for ways to make this work?

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

There are a number of barriers to doing Teen Mental Health First Aid in schools, including funding, staffing availability and a very limited age group that could participate. Should we look at other training options, such as training through the National Alliance for Mental Health or others?

- 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.

There are some barriers to creating a new program for mentorship, either at the schools or through the SOCP. Can we find ways to support existing mentoring/peer support and provide links and support access, specifically for teenagers? Should we provide info about other options, such as clubs, etc?

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

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.

Lots going on in the schools and other places around prevention and wellness. Could we have an ongoing agenda item that participants can share what they have heard is happening in prevention and wellness in schools so other school participants can ask to share?

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.

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

One of the Co-System Tri-leads has PowerPoints of the Healthy Youth Surveys for Thurston and Mason counties to share but was not available to present them at this meeting.

The Co-Youth Tri-lead then let the group know that she would be trying an experiment using Poll Everywhere in order to access more feedback with interactive and anonymous input opportunities for each strategy (listed above). Following are the results ending with strategies ranked by the group.

Strategy Sub-goal Feedback

A.

- I do not think this is an ideal situation. I think in theory it would be nice, but the students having to take on a mentorship is not always available. I think that we need to get with the times and do things digitally.

- Create bios/list of youth available to provide supports - ask schools how to market - link with existing peer supports
- N/a
- working with [Community Youth Services \(CYS\)](#), Working with other community places outside of the schools through resource fairs
- Instead of creating this from scratch in places it doesn't exist, gather information about which schools already have mentoring peers as an opportunity for youth, and share that with the community.
- No new ideas yet
- figure out what schools are already offering in terms of peer support to youth.
- No additional ideas at this time
- There have to be supports in place to make this successful. What adults at the school will make this happen? Is there a curriculum or framework for them to use?
- Yes
- It's already happening on a small scale. We could offer resources but it'd be hard for us to impact this area otherwise
- No new ideas on how to make this work.
- I think this is a good thing but concerned what background these mentors have
- Reach out to PTA's for help in the schools
- Can we work with [SPARK](#) or [Peer Olympia](#) to partner with schools for peers?
- Have it at a different location
- NO additional ideas at this time
- yes

A2.

- School psychologists are mostly assessing for Special Ed and have limited impact on student mental health. School counselors or school based providers would know more, be better contacts.
- Question, Persuade, Refer and Youth Mental Health First Aid
- Talk to the school psychologist to see what they need or what they are already doing.
- [Question Persuade Refer \(QPR\)](#) and [Youth Mental Health First Aid \(YMHFA\)](#) are widely available throughout our community.
- trainings through [National Alliance on Mental Illness \(NAMI\)](#) is a great idea
- Targeting suicide prevention trainings to parents AT schools is a great opportunity for partnership.
- Yes, I think all options are good
- I agree that we need to see what the schools are already providing and be cognoscente that the staff already have a full plate.
- Yes

A4.

- We could ask current mentors/mentees what they think would be helpful
- looking into existing ideas already given.
- Agree with further exploring existing programs and how to link to those
- What programs already exist? How will we know what supports are needed?

- The barriers I see is the lack of teen involvement. I don't see these young people wanting to attend more time at the school. Most young adults are online and this is where they will be served best. This also allows them to participate anonymously.
- Post on school website billboards
- I like this idea.

B. and B2.

- Utilizing the principles of prevention science and ensuring implementation of strategies that are evidence-based is also critical. If we want to make a difference we need to lean into what works.
- just asking the current clubs or wellnes groups in the schools what has been working for them and helping with resources if needed
- These campaigns are key to stigma reduction. When we pair these with awareness of where to get help can be really powerful.
- Campaigns are a great way to create awareness but this need is not helping with the big goal. Providing them with resources and just like minded individuals that may be experiencing mental health issues. Again, I feel that there needs to be a digital platform so that these young adults have a safe place.
- This sounds great

Ranking:

1. A2 (NAMI training)
2. A (student volunteers helping other students)
3. B2 (monthly agenda item sharing resources from other schools)
4. A4 (mentorship for students in schools, looking at other clubs)

Other questions/comments as highlighted below:

- Unleash the Brilliance was mentioned and also that it is on the Family Alliance website under the resources tab.
 - <https://www.familyallianceformentalhealth.com/advocacy-resources.html>
- A parent asked if there have been any partnerships with PTA's.
- Another parent stated that they have serious concerns about having teens and or young adults having mental health of others on their shoulders.
 - The Educational Services District 113 (ESD 113) participant said that they agree very strongly with the statement (above).
- The ESD 113 participant said they were thinking about the HOPE training that she and the Shelton schools participant attended earlier in the week. Thinking about expanding that training and how to embed HOPE and reaching ALL kids into our schools, using hope as a mental health strategy. Every student is welcome and has the opportunity to succeed. So simple. So

impactful! She also commented about the Ace of Diamonds – Opportunities to Succeed. Ace of Clubs – Being a Caring Adult. Ace of Spades – High Expectations. All adults have the capacity to provide these Aces to students which ultimately create opportunities to connect and build hope. It provides language and structure about using hope in our own lives. I don't know if there will be an opportunity with the grant. I don't know if others know there is a consortium of superintendents who focus on hope science. I will report back to the group as we find out more.

- The Peer Olympia participant commented that this is really important stuff.
- A parent state that they find the more conversation there is, the better it is. This way we get to see more things and this tells us there is more interest. Appreciate that people are filling in their comments (using the poll).
- A youth commented saying this is like triple the number of comments.
- The Thurston Family Alliance Coordinator said that she hopes that we can hope to come together and be on the same page.
- A parent says that there are some schools do some activities and I would love to find out how they are implementing them. I don't think we can do this on a district scale all due respect to friends here in the SOCP. But I think the individual schools will be the ones to implement things.
- The COPE Project participant mentioned that Athletes for Kids is being used in several districts on the east side of King county and Unleash the Brilliance is very successful in the area of truancy.
- The ESD 113 commented that it is important to see what the schools are already doing. There are clubs and alliances that ARE happening and without doing a gap analysis we will end up duplicating things. There is a structure for how you create a club. Look at what is already happening. There are already ways to advertise those within the structure of the school.
- A youth commented that most kids are online and could participate anonymously. Young people most desperately want connection. It is so hard. I've noticed too that you can drop or block a person online but if that is your social connection, it can be painful if you cannot leave the house and if you want to connect with people outside your community.
- A parent said that they can see interest in virtual. My 16 year old is opinionated online but reserved in person and mixing in the community hasn't helped him at all. Online can be a comfort zone but it can also be a prop.
- Another parent said that they think that a lot of people prefer digital. There are a lot of people that I don't want to see my face. When I talk face to face I become more emotional. It is easier online and I prefer behind the screen and not so much in a room. I don't want people to feel sorry or pat me on the back. That could be why teens may not want to be in person and want to be online.

- A youth stated that young people can be harsh. They are trying to grow up and be a human. Maybe some of you have found connections talking to youth here in the room and it would be awesome to share those right here. When I got my diagnosis I just needed to read stories (online) about what it is like to be a person with Cyclothymia. I don't think I ever talked to someone in person.
- Another parent shared that her boys have all graduated and that one of the clubs they participated in was the suicide prevention club. This club has been around at River Ridge high school for quite a while and my 30 year old took it in 10th and 11th grade. He was always in that club and it was exciting to hear what they did within the school to help with suicide prevention. Even my youngest said that it was cool to hear what they did to help the other students and realize there were limits to helping and there were quite a few suicides at River Ridge. But the club could help to stop students from going through with suicide. Not sure how it works now. Helping the club with resources is a great way to help.
- The Shelton schools participant stated that she wants to make sure we are talking about two things that have connection. One would be a teen to teen mentorship with purpose for students have positive relationships and that is a foundation for good mental health. The other is to have trainings and awareness around mental health. My concern is having peers that are children, having conversations around dealing with mental health situations and this makes it unsafe since teens don't have the training. There is some overlap, should there be?
 - The Co-Youth Tri-lead answered saying that's part of the reason why we are making these into sub-goals and it makes it tricky. There are serious concerns. I used to be a peer counselor. I had extensive training to be a peer counselor and know that we need to make sure it is safe.
 - The ESD 113 participant said they wanted to follow up with the Shelton schools participant comment. I have a lot of hesitancy with youth-led and we can't have anything that is not adult facilitated. There is a way to reduce stigma and get kids fluent in asking for help. There are models for that and it is important that we stay focused on evidence based. The reason is that they work and they are likely to help. We don't want to lead people into the deep end and are not encouraging them to do it on their own and that youth are guided by adults and the science. Using prevention science is critical. We need to lean into what works.

The Co-Youth Tri-lead let the group know that all of these ideas, comments and questions will be saved and brought back to the Tri-leads. She also explained that the Healthy Youth Survey slides would be shared at another meeting.

The Co-System Tri-lead then introduced Share Time and explained that it is time set aside for anyone in the group to talk briefly 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 welcome.

- A parent shared that this would be their last meeting and that her life has changed in the last three years. I'm going to be moving up north within the next several weeks and I was packing things and came across my first SOCP notes when parents were asked to come to this meeting. I will still be a part of Family Alliance and will still send invitations for SOCP meetings for a while. I have connected with a school in Snohomish. My nephew was diagnosed with Autism and I've been able to go to some school meetings for him. I'll be volunteering at that school. I just wanted everyone to know that I've truly enjoyed getting to know everybody. I do want to voice my opinion on the Everything Poll. It was awesome made things easier. I'm going to miss you guys. I'm sure though that our paths will cross. Mental health has been a huge part of my life and being in therapy, with my life changing. I'm going to continue to be in therapy for a while. I appreciate you all and you have taught me a lot. Jacque and Philip you are great parent tri-leads and others I've known for a very long time working in different capacities. Wish you all nothing but the best. Thank you for making today a great day and making it fun. My season here is done and it is a good move. Today is rather emotional! Here are some well wishes from individuals in the group.
 - Love you!
 - Thank you for all you have done for our community!
 - Stop your crying. We can get ahold of you.
 - You keep a lot of things going that not everyone sees!
 - What an understatement. All the changes you've gone through. I've got sons up north and they have needs.
 - I've enjoyed working and doing things with you, being with your family, the picnics and other things. You guys are awesome!
- Another parent remarked that it was interesting that schools are starting earlier this year at the end of August. Last Wednesday of the month and asked if anyone knew a reason? She also wanted to let the Co-Youth Tri-lead know that she appreciated that they did something new for us for getting more input. In addition, she welcomed a family to their first SOCP meeting, that she had recruited.
- A parent brought up another online platform to share: JamBoard

A Co-Youth 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. Also, the Tri-lead shared that an email with a link for the quarterly meeting evaluation will be sent. The Tri-lead then

thanked everyone for their participation. She then announced that the next meeting will be held on September 22nd and adjourned the meeting.