



**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.

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## FRIDAY DECEMBER 15<sup>TH</sup> FROM 10 AM UNTIL NOON

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

CALL IN: 1-253-215-8782 MEETING ID: 585 720 7072

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### YOUTH TEXT GROUP

JOIN BY SENDING A TEXT TO MONTY AT 360-229-3818.

### ZOOM OPERATOR

TEXT 206-276-2026 OR EMAIL [FAMILYALLIANCECHERISE@GMAIL.COM](mailto:FAMILYALLIANCECHERISE@GMAIL.COM)

FOR ANYONE HAVING TROUBLE JOINING THE MEETING.

FOR ANYONE UNABLE TO ACCESS CHAT AND PREFERS TO SHARE WITH THE GROUP THROUGH THE ZOOM OPERATOR.

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## AGENDA

### Welcome (15)

- Zoom Tools/Information
- Zoom Link: <https://us02web.zoom.us/j/5857207072>
- Introductions
- Reading of Vision & Mission
- Tri-lead Listening Statement

### Today's Goals (1)

- Areas of Focus
- Sharing School Resources
- Youth Navigator Announcement

- Share Time

## Areas of Focus (50)

- Comfort Agreement (page three)
  - Content Language and Name
  - November 17<sup>th</sup> and Email Response Results
  - Questions/Comments
- Item Chosen from Needs List (page three and four)
  - Review Ideas List with November 17<sup>th</sup> Votes
  - Follow Up and Next Steps
  - Questions/Comments

## Sharing School Resources (15)

- School Districts/Educational Services District
- Questions/Comments

## Youth Navigator Announcement (10)

- Program Information
- Questions/Comments

## Share Time for All (15)

- Questions or comments about today's goals/agenda.
- Information/Announcements
- New or Existing Program Updates
- Access to Services/Resources
- Evaluation Request
  - <https://www.surveymonkey.com/r/67M6LX3>
- Questions/Comments

## Adjourn

## **Comfort Agreement Proposal**

Judgement Free/Privacy Protected – keep as is

Accept others opinions & where they are at – keep as is

Being Understanding – delete – duplicates Accepts others opinions...

Youth & Family Friendly/Accessible language – for example, avoid acronyms or explain them if they slip out

Structured/Clear Expectations/Transparent – keep as is

Shared Goals with Interactive Discussions – keep as is

Encourage & listen to contributions from everyone – keep as is

Stay on Topic – keep as is

Strive for diversity – keep as is

Pronoun use and awareness – keep as is

## **November 17<sup>th</sup> Agreement Name Votes**

- Four parents and seven system participants supported naming it the group agreement.
- Five parents and one youth supported naming it the comfort agreement.
- One parent supported naming it the covenant agreement.

## **Item Chosen from Needs List**

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.

### ***Other Ideas***

1. Determine now what mental health services are currently available to everyone regardless of insurance – report this info back to the group
  - a. One participant supports this idea.
2. Revisit the matrix that was developed by this group that shows all of the mental health and crisis services available to youth and families in our areas
  - a. Five participants support this idea.
3. Explore Telehealth options that are available regardless of state or county?
  - a. Four participants supported this idea.
4. Look into regional demographics – which areas don't have access? Who accesses services by zip code? What are the barriers around access for those who don't have accessible contact info?
  - a. Three participants support this idea.
5. What are organizations and systems doing to share info about available services? Collect info and report back to the group.
  - a. Two participants support this idea.

6. What are agencies, systems and organizations doing on social media to make people aware of available services? What are the pluses and minuses of using social media to spread the word? Report back to SOCP
  - a. Three participants support this idea.
  - b. From the chat - The Olympia School District uses QR codes, post info about client services that you can access through text. We have info on our website and in social media posting regarding MH services in our district, community, and national. Most youth are not on Facebook. X (formally known as Twitter) as well as Instagram and Snapchat seems to be the main spaces. Oh, and discord.

## **Contacts for Questions, Comments or Concerns**

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### Convener Contact Information

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<https://www.familyallianceformentalhealth.com/system-of-care-partnership.html>

### Story Group Resource and Technical Assistance

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