



MASON THURSTON SYSTEM OF CARE PARTNERSHIP
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP
FEBRUARY 25, 2022 SUMMARY MEETING NOTES

A Youth Tri-lead called the meeting to order and asked for a moment of silence for one of the Family Tri-leads who passed away recently.

Another Youth Tri-lead 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 convener read through the roster to sign in participants. Then the Youth Tri-lead read the vision, mission and eight-part comfort agreement.

A Youth Tri-lead then read the goals for the day.

- Review Updated Needs List
- Conversation with Squaxin Island Tribe Speaker
- Share Time

A System Tri-lead asked for the needs list to be displayed and explained that the lists had been combined into a single list for ease of viewing. She then read each item including notes for new items received from the new behavioral health needs assessment survey. Following are comments from the group:

- The Squaxin Island Tribe participant said that she liked item k) More support is needed in general. Perhaps more training for those that work with these youth. Training to be more aware, more patient, more of an ally. She asked for an explanation and more details.
 - Item k was from the new behavioral health needs assessment survey and contributors were anonymous. There was no response either because the person who sent the item was not present or wanted to remain anonymous.
- A Mason parent commented that services in schools are really important and that it is important for providers to be aware of Shelton school schedules so they don't miss any

part of their education. There are labs that students cannot re-do and early dismissal days.

- The Juvenile Rehabilitation participant who told the group that she has firsthand knowledge as a security officer in Tacoma schools. She shared that her experience was that providers would send for students all at the same time with no regard for classes/schedules. She suggested that it would help to have a questionnaire asking a youth what the best time to meet. Also, that she could look at a student and know something was going on and make a referral. Overall, it is good to review the best time for students to see a counselor.
- The North Mason Schools participant said he likes the idea of a questionnaire that could include the school schedule and not add a lot of bureaucracy to it.
- There were lots of thumbs up and positives in the chat at this point in the meeting.
- The Catholic Community Services participant commented that over the course of time there have been changes in services. Lots of mental health agencies have spent a lot of time in schools, figuring out school schedules. It is not the greatest idea to serve in schools. We like the parents to be involved and like to serve outside the school.
- The Thurston parent who is an African American Advocate asked what are we doing for base building strategies and what are the methodologies we are considering to use? What are we doing regarding racial equity to ensure more harm is not being done. 'As an African American woman, are you getting counseling for yourself?' I often feel like a monologue. We want to make sure that more harm is not being done in this process. Can I look at methodologies and process being used?
- The Behavioral Health Resources (provider) participant responded by saying that some of the items the previous speaker mentioned are being worked on by their agency, such as expanding the number and ethnicity of clinicians, expanding the base of clinicians.
- The Squaxin Island Tribe participant asked where is the Evidence Based Practice (EBP) piece and if there is room for promising practices in the tribal realm. We are always looking for that and these are not normed on our people. But we are often able to accomplish that by promising practices and there are not often Native people among people of color.
- The Behavioral Health Resources (provider) participant responded that EBP's are not appropriate for everyone or all people and this is a good thing for use to add.
- A Mason parent shared that she was curious about increasing behavioral health workers and assume it would include inpatient and detox programs or wraparound programs being sure that hiring is from a diverse pool of applicants. Lots of communities having diverse populations to be served and can also serve and relate to help that flow moving forward. She then asked if people were understanding what was said.
 - Lots of thumbs up in chat.

The System Tri-lead then explained that a vote on the list items would take place during the March meeting. Also, that anyone that could not be present at the March meeting or wasn't able to vote during the meeting will be given the opportunity to send their vote to the Youth Tri-lead after that meeting. She asked if there were further comments or questions and those are listed below.

- The convener shared that she had conversations with families who were very interested in the topic of 'recovery'.
- The Catholic Community Services participant responded that this makes her heart happy and she is a cheerleader for recovery.
- A Mason parent said that she has been thinking post-wraparound about recovery, really hammering in resiliency, empowerment, people able to learn these processes and if we can do it on our own. Coming out of wraparound can be really intense and the family is used to getting a lot of support and then exit. I wish I could have asked about this and easing out of the program, it has been hard this last year, even with the warm handoff.
- The Behavioral Health Resources (provider) participant said some of the big premises that make it possible for people with mental health conditions to recover are; client driven services and what the client would like to see change. Not just to have providers roll in and what they see, but to provide feedback and for the client to drive treatment.
- A Thurston parent said that his experience is that we learn a lot of skills but it still seems abrupt when it (WISe) ends. Having tools is not a recovery model, e.g. here's a shovel but I'm not going to show you how (to use it).
- The convener added that her experience with recovery related to those in her family experiencing mental health needs has been that in addition to services, there is a need for a circle of support (family and others).

The System Tri-lead then reminded the group about the vote that would be taken in March and turned it over to a Youth Tri-lead.

The Youth Tri-lead then asked Charlene Abrahamson from the Squaxin Island Tribe to share with the group. Highlights from the speaker as follows:

- The speaker began with letting the group know that she speaks from the heart and that is characteristic of tribal speakers. She was thankful for being invited to speak. She likes that the group is a disparate gathering (different ages and backgrounds) and complemented one of the Youth Tri-leads and how he likes to organize things. The speaker said that she tries to make this group a priority to attend and to be a part of.
- Family services within the Squaxin Island Tribe is basically what others may call social services. Tribes are sovereign governments. Our mission is to strengthen safety and self-sufficiency with respect for Tribal culture and family tradition.
- People talked about recovery. There are two worlds and providers don't always understand that it is not their culture and people are working through that even if you don't see it. They are translating in their heads.
- The Tribe has a lot of grants and things we have to stick to. All staff are Tribal and operating virtually through the world and not having to walk in two worlds
- The emergency rental assistance plan was funded by a million dollar grant that started last June and is almost spent down. We also have TANF (Temporary Assistance for Needy Families) and workforce development. We have a family justice grant used to help people that are incarcerated re-enter the community. If someone has to go from one facility to another, you have to pay for that move yourself, but the Tribe can assist with that and

with communication. We can help with communication and this is one of my on-going battles with the state about the amount of dollars it takes to stay in touch with loved ones. There is J-pay that far exceeds a billion dollar industry. People have to decide how much food to skip if they want to speak with a loved one and a lot of detention facilities take a percentage off of that. We try to help with that but cannot accept stamps with trying to access J-pay and we don't have a department debit card and staff pays from their own pocket to help. Other states have prisons offer it for free. Our state gets a percentage of that and I haven't found out how much and it seems to me like predatory lending. It exceeds the cost of a phone call similar to hotels. We use the re-entry grant when they move to an Oxford House for example, to get them clothing.

- The term Oxford House refers to any house operating under the "Oxford House Model", a community-based approach to addiction recovery, which provides an independent, supportive, and sober living environment. Today there are nearly 3,000 Oxford Houses in the United States and other countries. <http://wa.oxfordhouse.us/>
- The speaker then discussed the Victims of Crimes Act (VOCA) funding for those who have been a victim and referrals, for example to repair a windshield and for traumatic impacts too. There is also domestic violence advocacy through DOJ (Department of Justice) and VOCA. There was an increase in domestic violence during the pandemic. We can sit in court with victims and we have the community healing project. It helps with people with all types of trauma. Trauma manifests in so many ways, such as with someone who is a hoarder and we can provide help. We help pay for one of the mental health counselors and help with healing.
- She continued with information about workforce development includes vocational rehabilitation and childcare. We have funding to pay for childcare and that's hard to come by and we have latitude to use family members. There IS paperwork and dollars can be used to pay family members and we've provided \$50,000 in support for clothing, food vouchers. At intake it is about self-sufficiency and what you want to achieve and like an individual service plan, working with your case manager and can include education.
 - We offer youth programs; education and have six successful employment programs and associate level degrees.
 - We work on resiliency that includes teas, medicine, body wash, sanitizers, personal protective equipment (PPE) and anything to reduce stress.
 - Gift cards for Thanksgiving and Christmas.
- She also shared information about the elders program. Title 6 funding allows for serving meals to elders, providing shelf stable foods and hot lunches. Food is provided during any isolation period, i.e. during times when it snows. It helps with the following:
 - medical needs
 - meal prep
 - life coaching
 - paperwork for SSI (Social Security Income)
 - Thanksgiving and Christmas turkey baskets for all tribal members, delivered to elders and vulnerable adults.

- Food bank on Fridays and lots of food security for the community and we don't always serve only Tribal members, but also families who are mixtures (Tribal and non-Tribal), we find ways to help.
- Wood deliveries and help with daily living.
- The speaker continued and began to explain the ICW (Indian Child Welfare) program and how it can be painted as the big bad guy. It is different from the state's CPS (Child Protective Services). Our people know the family but try to focus on support instead of removal. We don't adopt out and the goal is reunification. It is an uphill battle to be in compliance with the plan but we help with transportation (for example) to get to mental health appointments. It is a wonderful program. Don't ask me how I manage but the team is able to accomplish it.
- She continued with describing that part of her job is to deal with the J-pay and interactions with the state and federal government. She shared that she is on committees such as the Indian Advisory Committee, the governor's behavioral health group. Some of these are temporary. The speaker stated that she is a very strong advocate in these areas and we have talked about recovery. A lot of it comes down to racism and that can have a huge impact on your well-being and recovery. We try to change the mindset, not only the services. She shared that she has had great mentors and sometimes it feels like you are fighting the same things as fifty years ago. We can look at racism itself as a mental health issue through that and away from that. There are impacts of racism on health. Maybe in the extreme that would be called a delusional symptom and maybe they would move away from those practices and norms and not look at the color of skin or how they look.
- The speaker state that before she moved to this side of the state I followed my daughter. I was the treatment director of the healing lodge in Spokane that served Tribal youth and other youth. We would have a teepee on the grounds and the family would come in . We had a youth that spit on the teepee, but then he ended up doing so well. He got kicked out at one point, but we try to avoid that as much as possible and he came back. The clothing he wore changed and it was racist clothing. She explained that she thinks of those cases where people can change.
- She continued with speaking about the pandemic and more people acting out, saying that before positive change there is upheaval. With the pandemic you can see that one person can have an impact on the entire world and no matter how disheartened we feel, (I) try to see it as a learning opportunity. "I see that within this group and if I didn't, I would not come back and would not be involved at all." Following are comments/questions from participants:
 - A Thurston parent said the information shared by the speaker was very comprehensive and that he was glad she was here. "You do a lot. I appreciate it."
 - A Mason parent said she appreciated the speaker talking about this and asked about Oxford House.
 - The speaker answered that Oxford (like in England) Houses are places of recovery after leaving treatment. Individuals have to complete an interview and the houses are self-run. People who live there determine who will be there. People in the program are expected to work. Our house is for males and females and

sometimes individuals are those coming out of incarceration. We use our vocational rehabilitation program.

The Family Tri-lead introduced Share Time and explained that it is a time for anyone in the group to talk about successes, challenges, questions, comments, information, updates or anything else that a participant wants to share with the group.

- The Catholic Community Services participant shared a big announcement about crisis services. As of this week we moved to an answering service and they text the mental health professional. Pretty significant changes and just starting up more changes in implementation. For anyone that calls they will be asked for information and an email will be sent so that things are tracked. We want to get more structured with crisis. We want people to remain safe but also provide treatment for the reason that is causing them to be unsafe and want services to be similar from every person on the team. Another reason for the answering service is that our crisis staff are shift workers and we didn't want them to be woken in the middle of the night with questions about the service for the purposes of sharing with others. She provided the phone number to contact crisis 360-480-5721 and her (Heidi Knadel) number 360-790-0785.
- The Director of Transition Age Youth Wraparound with Intensive Services at Community Youth Services announced BIPOC (Black Indigenous People of Color Creative Hour, which is free, virtual starting soon for 16-18 year olds. Youth do not have to be a current participant of CYS to sign up, but this is open to current participants as well. Participants can sign up by calling or texting 360-742-2247 or by clicking on this link: <https://communityyouthservices.org/group-sign-up/>
 - Meetings will be on Mondays from 6-7 pm.
 - We will use our time to work individually on creative projects, share about our work and connect with each other.
 - Another group for 18-24 year olds is open for registration and here is the link: <https://www.govserv.org/US/Olympia/159644153796/Community-Youth-Services> Visit this link and keep scrolling down to find AdulTea information.
- A Youth Tri-lead shared about Youth-Only System of Care Partnership meetings and that the next meeting is on Friday March 4th at 4 pm. The contact is Sebastian Compton: sebas.compton15@gmail.com
- A Mason parent and Family Tri-lead shared her experience about the Family Tri-lead (Paul McQuilkin) that passed away and how he was an important person in their family's life. She explained how he helped connect her to the WISE Coordinator after going to the health services office in Shelton. Then she said she was referred to the Family Alliance support group and met other parents. Paul made chicken coups and brought one over to us and became part of our WISE team. He was a wonderful person and part of our family support system. My husband took him to the doctor and we didn't know that we weren't going to be picking him up. This Tri-lead and her husband offered to be contacts for the family and that information was sent out after the meeting by the convener.
- Other participants expressed that they missed Paul and a picture of 'Mr. Wonderful' and Gary was posted to share with the group.

The meeting was adjourned after a Youth Tri-lead let the group know that anyone can contact a Tri-lead with contact information always listed on the second page of meeting agendas and asked if there were any questions. He then thanked everyone for their participation and it was announced that the next meeting would be held on March 25th.