



**MASON THURSTON SYSTEM OF CARE PARTNERSHIP**  
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP  
**FEBRUARY 24TH, 2023 SUMMARY MEETING NOTES**

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***A Youth Co-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.

***Then the Youth Co-Tri-lead 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.***

***A Family Co-Tri-lead continued and read the goals for the day.***

- Area of Focus
  - Vote Result Announcement & Identification of Strategies for Goals
  - Possible Vote on Strategies for Goals
- Share Time

***A Co-Family Tri-lead announced the top three vote results. 12 votes for A., 9 votes for B. and 7 votes for C. and then let the group know that a System Tri-lead would facilitate the identification of strategies for each of the top three goals chosen by the group. Suggested strategies appear under each of the goals listed below***

Suggested strategies appear under each of the goals listed below:

**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.

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 – Educational Service District 113 could potentially provide this, or trainers from other organizations in partnership
- A3. Hope Squad – provided in Hoquiam by ESD 113 – 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.
- 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.
- A7. SOCP to develop a group of teen mentors
- 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

**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.
- B2. Educational Service District 113 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.
- B3. Ask students what information they need about mental health – what do they see?

B4. Research evidence-based models for providing this information to youth and families through school and provide this information to SOCP.

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

B6. We have an 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.

- Example provided by the youth who created the Instagram link:
  - Is your heart beating fast?
  - Is your mind spiraling?
  - Are you fixated on that one thought and the more you try not thinking about it the bigger it feels?
  - Are you scared you’ll never feel like yourself again?
  - Do you feel like you’re in a black hole you can’t get out of?
  - Does the anxiety feel real no matter how ‘irrational’ it may sound?
  - I don’t really have advice, but I’m feeling it too as I write this. The more I open up about it the more I hear how common this feeling is. We’re not alone. Reply to this email with the lowest your mental health has been and what helped you out of it. I’ll make a new email soon with some solutions for us. Deep breaths, we got this.
  - It’s okay to feel this way.
  - It’s normal.
  - It’s human.
  - It’s okay.

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.

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

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?
- 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
- 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.

***A Co-Youth Tri-lead introduced share time and explained that it is time set aside for anyone in the group to talk 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 participant stated that there are different types of lock boxes for medications and weapons and asked if that is something that can be provided? She also asked about how to get Narcan.
  - There were multiple responses.
    - Providers stated they offer lock boxes only to enrolled clients.
    - Individuals can ask about Narcan at their local pharmacy.
    - You can order Naloxone for FREE in Washington State & have it mailed directly to you. Just click the link below that applies to you & complete the brief form!
      - <http://phra.org/mail-order-naloxone> I've used this link to get two boxes sent per month at least!! It's sent pretty quickly, too
    - Public health may have them or specific programs. Let Sara at the ESD know if schools have questions about naloxone or narcan. These don't treat everything and some individuals believe they can use them and keep partying, but they can go back into an overdose state.
    - Jason Bean-Mortinson at the Administrative Services Organization was brought up as a resource who could be contacted via email: jason.bean-mortinson@tmbho.org
- Another parent brought up concerns about Xylazine.

***The Co-System 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. The Tri-lead then thanked everyone for their participation. He then announced that the next meeting will be held on March 24<sup>th</sup> and adjourned the meeting.***