



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.

FRIDAY FEBRUARY 23RD FROM 10 AM UNTIL NOON

ZOOM LINK FOR ONLINE PARTICIPATION: <https://us02web.zoom.us/j/5857207072?omn=82288746608>

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

YOUTH TEXT GROUP

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

ZOOM OPERATOR

TEXT 425-749-0050 OR EMAIL CHRISTMANBRANDI@GMAIL.COM

FOR ANYONE HAVING TROUBLE JOINING THE MEETING.

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

AGENDA

Welcome (15)

- Zoom Tools/Information
- Zoom Link: <https://us02web.zoom.us/j/5857207072?omn=82288746608>
- Introductions
- Reading of Vision & Mission
- Group Agreement
- Tri-lead Listening Statement

Today's Goals (1)

- Review, Continue & Complete Task Assignments for Area of Focus
- Sharing School Resources

- Share Time

Area of Focus (65)

- Access to Mental Health Services
 - Review, Continue & Complete Tasks (pages 2, 3, 4 and 5)
 - ✓ Hub
 - ✓ Matrix
 - ✓ Telehealth
 - ✓ Penetration Data - Continue
 - ✓ Social Media - Continue
- Questions/Comments

Sharing School Resources (20)

- School Districts/Educational Services District
- Questions/Comments

Share Time for All (15)

- Questions or comments about today's goals/agenda.
- Information/Announcements
- New or Existing Program Updates
- Services/Resources
- Questions/Comments

Adjourn

Area of Focus

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.

Task assignments shared during January 2024 System of Care Partnership meeting.

1. Determine now what mental health services are currently available to everyone regardless of insurance – report this info back to the group
 - a. What will be done with this information and do the following items address this statement?
 - b. One participant supports this idea.

- i. (Hub update and make sure info is current) – is there access information available there? – Jacque and Donna O. Jacque shared findings and the systemofcarehub.com was shared with the group at the January 26th System of Care Partnership meeting.
 - ii. Needs to be shared with this group so they can share with others
 - iii. Need to make sure that the group is aware of disparities of available services based on insurance situations (both Medicaid and non-Medicaid)
 - iv. Check out systemofcarehub.com
 - v. Need to learn about options for receiving care if not insured or privately insured
 1. Consider providing “tips and tricks” for accessing insurance for youth- maybe developing a document (guide) to support? Great idea for a next-steps strategy.
2. Share and provide the matrix that was developed by this group to SOCP participants. The matrix shows all of the mental health and crisis services available to youth and families in our areas. Have the matrix shared at the SOCP again, in light of this new goal to identify services that are available based on insurance coverage, funding, and demographics.
- a. Five participants support this idea.
 - b. Amy Martin at the Behavioral Health Administrative Services Organization shared the service and crisis matrices at the January 26th System of Care Partnership meeting. The documents were sent to our group on January 29th asking for edits to be sent by 5 pm on February 16th, so that they can be updated and a finalized version can be sent out as soon as possible.



Thurston Mason
Service Matrix with Pr



Thurston Mason
Crisis Service Matrix_

3. Explore Telehealth options that are available regardless of state or county and bring this info back to the SOCP
- a. Four participants supported this idea.
 - b. Ask if anyone is willing to work on this and bring information back to the group?
 - i. Brandi, Dena, Jana – Brandi will lead. Brandi shared these findings with the group.
- Telehealth in Washington State which can be an alternative for in person mental health counseling.
 - There are a few things to consider when doing telehealth which include is this a good fit? There are times when a person is a danger to themselves or others and an in person visit is ideal. It is an option to ask the mental health provider to provide the telehealth services but they usually do require you to have an initial in person meeting for an intake.
 - The location of the client is needed to establish that they are in the county that the licensed therapist is legally able to practice in, and also for safety reasons of the client.
 - Audio and visual is mandated by all the telehealth counselors that I have reached out to. Again, this is for the safety of the client, and to make sure they are speaking to the client alone and in a safe environment.
 - There is a difference in telehealth and a virtual visit. Virtual care is more of a wide range of technologies which can include messaging, ai chats, apps that provide information via chat bot ect.
 - Telehealth places a stronger emphasis on clinical care, diagnosis, treatment and monitoring of medical or mental health conditions.

- o It does depend on your medical insurance and what the agency is willing to do as far as mental health via telehealth. It is best to ask the provider or agency directly.
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.
 - b. Ask if the Managed Care Organizations and Administrative Service Organization if they could share this information
 - i. Donna O. and Heidi contacted the Managed Care Organizations (MCOs), Administrative Service Organization (ASO) and the state Health Care Authority (HCA). Heidi shared the data from the first link from HCA to the document that was shared at the System of Care Partnership meeting on January 26th. The next two links to documents are from the MCOs and were not shared in January.

https://www.dshs.wa.gov/sites/default/files/rda/reports/DASHBOARD_ChildrensBehHealth.pdf



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Regional_profiles_20231113_suppressed-1.t

Penetration rate information would be most helpful – “penetration rate” means are all people getting the same access to services, regardless o

- ii. f location, age, race, etc? Service intensity and type of service is also an area we could use info around.
 - iii. Who else do we need to ask to get information about the same info for private insurance folks?
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.
 - b. Ask if anyone is willing to share this information and if so, what would we do with it?

Kelly Monthie, Youth Navigator Program Coordinator with the ASO shared progress at the January 26th meeting.

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. Who in addition to Olympia School District is using social media to make people aware of available services and what is the plan after we get report-backs and discuss the pluses and minuses of using social media? What do we do with this information?
 - i. 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.

Kelly Monthie shared progress at the January 26th meeting about social media use for spreading the word in her work above, on #5. Send info you already know about to Kelly – email in chat kelly.monthie@tmbho.org

Contacts for Questions, Comments or Concerns

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