



MASON THURSTON SYSTEM OF CARE PARTNERSHIP
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP
JANUARY 27TH, 2023 SUMMARY MEETING NOTES

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, 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.

Another Youth Co-Tri-lead continued and read the goals for the day.

- Area of Focus
 - Voting for top three items from the list of potential goals.
 - Reminder about the collection of stories and workgroup.
- Share Time

A Co-Family Tri-lead let the group know that they would be voting for their top three choices from the list of potential goals listed on the screen (from the agenda). A Co-System Tri-lead shared that this group is about how to improve the lives of youth in our community, that we created the systemofcarehub.com website and work together to make things happen to accomplish this. From the system side there is concern about not asking other people to do things that we can achieve through the SOCP and not putting it on schools. We are not going to schools to demand they do things. The following is the list for the votes and notes from the conversation:

This is the list of potential goals listed on the agenda, related to our area of focus, 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.
- B. Mental health initiatives at schools to create/inform around mental health needs – student driven and led (SOCP do the initiative?)
 - 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.
 - D. Schools to share resources and trainings about signs to look out for around domestic violence in student's homes.
 - E. Teaching modules about safe and loving relationships – early dating, friends, understanding good vs bad signs in relationships – early intervention and skills training for prevention.
 - F. Short seminars to create shared understanding around domestic violence and mental health – BLOOM (Texas) Motivational speakers in the schools around mental health – one suggestion is Erin Jones, <https://www.athenaplace.com/erin-jones>
 - G. Collaborate with social – emotional learning coordinator for Oly Schools. Adult social-emotional learning is important too (invite to SOCP?)
- A parent stated that when we bring things to schools we are not demanding but saying this is something we (SOCP) can do. I'm looking at A & B and wondering if this is something for staff to do? Could this be a workgroup?
 - The Co-Family Tri-lead responded that these (the list) are all beginning ideas and nothing has been flushed out to see what schools already have in place. We have to pick a starting place out of this list of seven items and we want everyone to pick their top items.
 - A Co-System Tri-lead clarified that this is about setting some goals, then setting strategies about how we can achieve those goals.
 - Another Co-System Tri-lead let the group know that they could put their votes in the chat and then she would post her email address (in chat) for those who want to send votes via email and not during the meeting.
 - A parent asked for a few minutes of quiet.
 - The Co-Family Tri-lead replied by letting participants know they can take their time and make sure they are comfortable with their decisions.
 - A system participant asked if there is an item that would address teen suicide.
 - The Co-Family Tri-lead answered that there are a few areas that could address teen suicide. Maybe A, which is very encompassing. She said that she didn't want to say any of these are driven in any way and once participants vote, then we can figure out what we are working on. She further commented that we can hone in and define and move in the direction we need to, which will be determined after we pick them.
 - A parent answered that it looks like you could address suicide in any of the items.
 - There was a question from a parent about G which mentions Olympia School District and they wondered about Mason schools.
 - The Co-Family Tri-lead said that we could include Mason schools as well.
 - A parent commented that they were thinking about safe and loving relationships in our family. We've experienced our children being taken advantage of in school and maybe that lesson would really help. It is a big one for high school. He also shared that if you want to avoid suicide and in my child's experience, it would be through E.
 - The Co-Family Tri-lead then said that she loved that the parent's audio is up and that we can listen to what you say. She then shared that there is something about every single one of these that I like. People came up with some good ideas.

- The visiting peer from Pierce county said they were leaning towards E but wanted to send their choices in an email.
- The convener reminded the group that an email would be sent with the Co-System Tri-lead's email that would be accepting votes.
- A system participant said that they wanted to review items and email after the meeting.
- The Hood Canal Schools participant said they feel like we could go through all of them. We are really trying to partner, have a lot of things going on with struggling families and it will be good to dive into the list and see how we can help more families.

The Co-Family Tri-lead asked for any questions about the voting before the email is sent and let the group know they can reach out. She said that the convener would send an email with the Co-System Tri-lead's email address for anyone who prefers to wait until after the meeting to send their votes.

The Co-Family Tri-lead then reminded the group about the collection of stories from youth/families and that we are still looking for volunteers for the workgroup. She also explained that the purpose of is to show that there are others who experience similar needs and have found helpful services/supports. She offered help with writing stories and reminded the group that Nykol will help in any way, can help with her podcasting skills and equipment. Nykol shared that she is visually impaired and has a podcast and the purpose is for others to hear stories they can relate to and that this isn't something that only happens to me and my family. It is about finding common ground. Nykol shared that she likes small, short anecdotes. The Co-Family Tri-lead shared that if someone wants to start a workgroup, they can get in touch with me or with the Convener and then asked if there were any questions. Following are comments from participants:

- A participant from Peer Olympia asked if there was a timeline for this, that he was very interested in seeing this project as it develops and is excited to hear more.
 - The Co-System Tri-lead responded that they hadn't seen a timeline yet.
- A participant from the Skokomish Tribe stated that they agreed about the project.
- The Co-Family Tri-lead thanked both of these participants and said that they could feel free to join us in developing it, that we are still trying to get this off the ground and the first step would be to get some people together. Contact the convener at 360-790-7505 or a Tri-lead. Tri-lead contact information is on the agenda.
- A parent said that the idea of a podcast is great and they appreciate it. He said that he sees it as being very helpful with experiences his family has had, that it would be very therapeutic and help others recognize some of the same things going on. He shared that he believes it could help many people.

The Co-Family Tri-lead shared that people have probably gone through things that are hard and then they look back over time. I like the idea myself. How do other's feel about it? Can people see it being helpful? I'm not super familiar with how podcasters rate their podcasts. Are they rated for youth-friendly?

- Nykol answered that it depends on where (platform) you share your podcast. I use Anchor but it also broadcasts over Apple. What I do is set basically on what my podcast is going to be about.

If your story is more aimed towards youth then you say that in a few sentences. Nykol answered the Co-Family Tri-leads question about trigger warnings , saying that she is not aware of trigger warnings but she adds a disclaimer along with the description, kind of like when you are rating movies. This might be about violence or for a mature audience. She added that she tries not to over-complicate it. Nykol says she is a novice, not an expert.

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.

- The Catholic Community Services participant shared that it had been a tough week in the community and she appreciates the partnerships that happen and for what is provided to families. This was seconded by the Educational Service District 113 participant.
- A parent shared about house fires in Shelton and that families can use clothing and supplies. She said that people that want to donate could try contacting Crossroads.
- A parent told the group that they are looking forward to getting the votes calculated and seeing what the pattern is. This led to a System Tri-lead commenting that they are seeing quite the spread and urging participants to send in their votes.
- Peer Olympia asked for someone to be added to the list and the convener said they could communicate via email. He also said that he has been moved into another position and can now help with training connections.
- The Co-Family Tri-lead shared a story about someone who had passed on. She said that she was the oldest of three and my brother had struggled with mental health issues and experienced a break at 21. They were at a wedding out in the woods and he was starting to have his break and got his truck stuck in the river. Then he found broken glass he thought was emeralds. She ended up going to the mall to prove to him that they were not emeralds. It took two weeks to get him out of the mountains and he was convinced he struck it rich. She finds it funny now but not then. It was a pretty bad situation and you can't do anything. She said that she could look back and think about the skills we used to get him to leave the woods. It was difficult to deal with, when she thinks about it now. It's just an emerald moment.
- A parent was wondering if it was more embarrassing to get your truck stuck in the river or the emerald thing.
- A Skokomish Tribe participant asked whether the optics of telling the story is that it could help you know what to do today?
 - The Co-Family Tri-lead replied that the author can put out the story but the audience decides what they'll take from it. Some people might not ever share something like that but it is up to what you want to share.
- A parent shared that they know of a lot of caregivers who could share their stories for their young children, that they are troopers, warriors and youth that have stories. She said that she wished the group could meet them.
 - The Co-Family Tri-lead said that the person who owns the story would be able to share the story and they don't have to be part of the group and don't have to come to a meeting.
 - The convener shared that new families are welcome to come to meetings and join the group.

- A parent shared that because of our (Washington state) new laws, our children don't have consequences when they can walk out of a store with items not paid for. We've had to limit to only one thing to get for our child because we can't afford to pay for more. She found police officers that can help, were kind and told her son that he 'cannot hurt mommy'.
 - Another parent commented that it's okay to be a thief and cited an example of individuals walking out of a store at the mall with a basket full of items.
 - A youth shared that this happens at a store in Mason county.
- Another parent shared that they didn't think this was anything new and they have an adult (child) that has been taking things from stores from the time they were little. They would have consequences at home and I would have to pay a fee and it was all placed on me. It is not anything new. They don't address the youth. They address the parent. It has been going on for about 25 years.
- A dad announced that the Family Alliance support group for dads of special needs children/youth in Shelton at Smokin Mo's is on second Saturdays at 6 pm and asked for help to get the word out. Details are on the website: www.familyallianceformentalhealth.com
- A mom announced that she is hosting a meal any mom's who want to come to Belfair at her home at the same time as the dad's support group meeting. They have dogs and a cat in case you are allergic. Contact Jacque at jacqueward72@gmail.com
- A parent shared that Family Alliance is hosting a support group for parents online on Thursday evenings at 6:30 pm and details are on the website (above).
 - A Tri-lead wanted to know if Family Alliance is considering in-person meetings (other than for dads & the answer was that there is normally a summer picnic and in-person will be talked about more when the weather warms up.
- The Behavioral Health Advocate said their forums begin on February 28th at 4 pm and would like input from youth/families rather than all agency participation. Individuals who are not able to attend in person can send written comments. Youth/families who are enrolled in Medicaid, private insurance or have no insurance are all welcome. The flyer has been sent via email to the SOCP and posted on three Facebook pages by the convener. Our regional Thurston/Mason advocate will be there. Other advocates, regional director and director may also be present at the forum. Contact: 360-489-7505 or donna@obhadvocacy.org

The 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. The Tri-lead then thanked everyone for their participation. He then announced that the next meeting will be held on February 24th and adjourned the meeting.