



MASON THURSTON SYSTEM OF CARE PARTNERSHIP

A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP

JULY 22, 2022 SUMMARY MEETING NOTES

The Youth 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.

The convener read through the roster to sign in participants and this included the announcement of the new Co-Family Tri-lead. Then the Youth 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.

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

- System Tri-lead Statement of Interest
- Area of Focus – Options Discussion
- Support for Youth Voice
- Share Time

The System Tri-lead let the group know that Heidi Knadel was going to share her interest in becoming a temporary Co-System Tri-lead. Here is her statement:

- Heidi shared that she wants to fill in as temporary Co-System Tri-lead until someone else expresses their interest. She let the group know that she has been a Tri-lead in the past and left after serving a number of years to give others a chance. Heidi stated that she loves the role and the transition should be seamless due to her past experience.

The System Tri-lead then let the group know that the convener would be sending an email request for votes to the group.

A Co-Family Tri-lead let the group know that the Educational Service District 113 (ESD 113) participant would explain about a variety of areas that are being worked on in schools and ask which areas are of most interest in order to continue with her assigned task from last month related to the current Area of Focus. She asked the Zoom operator to display the Office of the Superintendent of Public Instruction (OSPI) website that included multiple links on the page.

<https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health>

Discussion highlights as follows:

- The ESD 113 participant provided context about why we are sharing this information as it relates to the current area of focus. She reminded the group that there has been a lot of discussion about mental health in schools and we are hoping that this discussion may help us to find out who we want to be a speaker. There is a lot of work going on in schools to help with behavioral health and places where OSPI has focused. Some of these areas are youth suicide prevention and post-vention after a suicide; behavioral health navigators; guidance around social emotional learning (SEL) and others. She shared that although this is what the state is doing, we want to see where there are gaps. Also, that the Educational Staff Associates (ESA's) lead training on prevention, intervention, policy, literacy library and we can have a speaker for that. Most of the links/pages have references to law (Revised Code of Washington (RCW) or Washington Administrative Code (WAC) that support the requirements for schools, but schools decide on curriculum.
- The Catholic Community Services (CCS) participant thanked the ESD 113 participant for doing this because we don't want to duplicate efforts.
- The convener said that she was hoping to see where the gaps are by hearing from parents about what is happening in (school) buildings.
- A Co-Family Tri-lead wondered how these different things are explained or presented at schools.
- The ESD 113 participant explained that a lot of frameworks or models for suicide prevention like Youth Mental Health First Aid talk to students; students ask questions and are connected to resources. She reminded the group that school districts have local control. The ESD is providing Question Persuade Refer (QPR) training for parents and it can be done for students too. We (the ESD) will be doing a training over Zoom for parents and I can promote it to SOCP. There will be a lunch time QPR training and an

evening training that will be offered monthly. Some like (suicide prevention) lifelines. Our trainings are four hours with two hours of prep work. The point of all trainings point is to talk to students, ask questions and refer to resources.

- One of the Co-Family Tri-leads said that she has worked with students with special needs and even if some training has been discontinued, other training can be seen as continuing education.
- The ESD 113 participant continued with reminding the group that every school is required to have policies. There are model district templates that are meant to support schools for writing their policies. The Washington State School Directors Association (WSSDA) has a legal team to help write policies and most schools adopt them with minor adjustments for their district. Most districts will adopt the state model policy if they are concerned about liability. One of the goals of SOCP was to look at policies and we can look at them even though they will want to adopt the model policy.
- A Co-Family Tri-lead said that's a good thing because we don't know what the policy is and now we can look at it and will be able to remind them about their policies.
- The link from the ESD 113 participant is a link to policies and link to law – I would encourage SOCP to not make a goal to change policies:
 - ✓ <https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health>
 - ✓ [RCW 28A.320.127: Plan for recognition, screening, and response to emotional or behavioral distress in students, including possible sexual abuse. \(wa.gov\)](#)
- The ESD 113 participant then discussed Social Emotional Learning (SEL) has learning standards for each grade level adopted in 2020 and what topics educators need to cover. School staff are required to be trained on the learning standards and parents can ask questions about what is being taught. There are likely to be multiple curriculum used even within a district.
- There was a question about schools that emergency expel students for threatening suicide and the ESD 113 participant told the group that this is not supposed to be happening anymore.
- She further explained that expulsions that had been up to 65 days, now should be very short in length because of policy that was changed. This falls under discipline and any student can be expelled for having weapons, drugs or making a threat.
- The CCS participant asked about trauma informed training.
- The ESD 113 participant answers that the use clip charts where students are clipped up or down is not trauma informed and the whole classroom is watching when students are clipped down.

- The point of trauma informed is to provide positive support and to benefit all students, but you can inadvertently trigger a trauma.
- A parent asked if special education staff get information and do they get notifications about training and the ESD 113 participant answered that it depends on the district and building.
- The ESD 113 participant explained that the student assistance model is for Substance Use Disorders (SUD) and is managed by the Health Care Authority (HCA) and not by the Superintendent of Public Instruction (OSPI). The Office of National Drug Control Policy model interventions and treatment and student assistance is a good resource and there is a link to that here (above) and SUD infractions. There is a great one pager for parents what students can be suspended for and about emergency expulsions. The school has to show they've tried other interventions
- A parent asked if districts are worried about school shootings and if they are grouping students? If my child says they want to kill himself, but doesn't mean it and really just needs help, don't we want kids to be able to express themselves?
- The ESD 113 participant answers that this again, is around discipline. Our response to suicide threat shouldn't lead to an expulsion. There is a threat assessment process and we gather a team to decide whether it a real threat or not. These students who are not feeling connected and the state is focused on what the student needs and make a determination about what they are expressing. The state wants them to stay connected to school and it is where they are safest. This is multi-layered and complicated. It is covered in SEL and we need to figure out how we get the student to talk to someone.
- She (ESD 113 participant) talked about LGBTQIA+ and gender inclusiveness, pronouns, names and HIB in this section (link displayed within first link above) links to information for families and gender information for parents.
- A parent commented that the bullying reference goes to the LGBTQIA and that is very specific about where you go.
- The ESD 113 participant replied that bullying information is linked elsewhere also and transgender is a special population. She also commented that what's on these links is very legal and dry and this is why they've tried to link with parent documents. These have the 2021/22 year updates and sites what is required. The burden is pretty high on schools with lots of requirements and knowing what to expect.
- She (ESD participant) then asked if SOCP wants her to group all of this information so the group can make decisions about which item(s) to pursue. What do we do next? Do we want time to digest all of this?

- A Co-Family Tri-lead responded that she would like the information to be grouped/compiled.
- A parent commented that they think that all of this is pretty important and starts from preschool.
- The ESD 113 participant asked if the group wants to become more informed or is SOCP more interested in a service? She then offered to send out groupings. Then added that Jasmine is our Behavioral Health Navigator and is available to come to the August SOCP meeting. She also offered to send out QPR training information.
- Two parents supported having the behavioral health navigator as a speaker for the August meeting and receiving more information from the ESD 113 participant (as mentioned above).
- A parent commented that a big piece being left out about behavioral health is social media and I wonder if someone could speak about that . There is so much bullying that goes on in schools as a result of social media and I don't see much from the state. I don't believe everything can be policed but it can lead to violence. We've had instances where that have happened in our schools. Youth could be helpful with this.
- The ESD 113 participant replied saying that there are digital citizenship polices but I don't know if it covers things away from school. It covers use of technology such as school computers. In terms of state authority there are model policies about appropriate online citizenship. I'd be happy to do outreach if you want me to contact someone in your district.

The Co-Family Tri-lead read the Area of Focus work item that was chosen by the SOCP as follows:

- More mental health awareness and fluency taught in schools, to parents and to staff. The Ending the Silence presentation with NAMI Thurston/Mason is a good starting point.

A Co-Family Tri-lead let the group know that Sebastian Compton has faithfully served as a Youth Tri-lead but will be stepping away from that position and also, that we thank him for all he has done for the group. The Co-Family Tri-lead then explained that in light of this, we want to discuss youth support and are asking for the group's ideas for how we can support youth and youth voice.

Ideas shared by the group as follows:

- A parent commented that as adults we can say and think all we want but we really do want to hear from the youth but unfortunately some of the youth have lost their connection to the meeting.
- Two youth participants who had not lost connection to the meeting wanted to think about it until next month.
- The CCS participant said that they have a volunteer who is 21 and do not know if she has lived experience but wants things to do. She has talked with her about SOCP and supporting youth and wants to know if SOCP wants her (CCS participant) to pursue this?
- Three parents replied that they want this pursued and one commented that they agreed that this youth may be more savvy with social media and could be helpful to steer towards a safe platform.
- Most wanted to continue youth topic in August when more youth are in the meeting.

A Co-Family Tri-lead explained that Share Time is time set aside for anyone in the group to talk about successes, challenges, questions, comments, information, updates or anything else they would like to share. This is also a time when questions or comments about today's goals/agenda are welcomed.

Here are the highlights:

- A parent shared that they are going to Montana with family and excited due to no vacation for a couple years and no big trip like that for about ten years. She has been trying to think of some road trip games. Another parent contributed a road trip name where you go through every letter of the alphabet and find signs with that letter and every child can play. She also brought up Mad Libs.
- The CCS participant shared that they are providing services in Mason county detention and hopefully we can connect youth with other services. CCS also provides services for youth in Thurston detention and for probation. She also shared that they have a former police officer who became a therapist for this program. In addition, she shared that they have crisis services at Olympia Pediatrics and this is called collaborative care. It was also shared that they provide services at a Mason county pediatric clinic.
- One of the Co-Family Tri-leads shared information about Health Home Network program/plan that is offered for Medicare/Medicaid patients and contracted by insurance companies. It is like having your own insurance assistant. If you need a referral or a referral is not going through efficiently, they can help. They will call you every 2 weeks or you can contact them. It is pretty amazing. She then shared an example from her own experience: My child and was supposed to get a mouth guard and the dentist didn't think it was covered and was going to cut a deal so it would be less expensive, but the assistant said it that it WAS covered. It isn't someone who comes

into your home. It IS for when you are overwhelmed and have insurance issues. Just look on back of your insurance card and call member services.

- The convener then announced that the Opioid overdose prevention information meeting has been scheduled for August 10th at 4 pm and an email announcement will be sent when more details are available.
- Another parent shared that she got her subfloor ripped up to repair damage. A parent shared that she is pleased that she has a lot of services coming up for her son. But he hasn't had much for the last month because his therapy services stopped.
- A system participant shared that they have an update for their five month old puppy, part terror, part doll but we were able to take the puppy on a trip.
- Another system participant shared that their puppy is doing some work on how to walk on a leash.
- A parent shared that there have been challenges this summer and I take my son to the river to let out some energy. It keeps his brain busy and he hasn't been in lots of trouble. I would rather work 8 hours a day but could work 4-5 hours and spend the rest of the time with my son.
- A parent shared that she truly enjoyed being at the SOCP today and that it is her self-care. Then announced that Family Alliance has parent support meetings on Thursdays from 6:30 pm to 8 pm. www.familyallianceformentalhealth.com
- Another parent thanked everyone for coming together and providing this space. She then announced the Evergreen Vista Night Out on August 2nd starting at 3 pm with free food from 5:30 to 6 pm. Tons of vendors are there and there are games, prizes and we like to provide this space. I like to go panning for gold at McKenna Park getting specks of gold out of the water and purchased a metal detector. We (daughter & I) use the pool and go to Mima Falls , Tumwater Falls, go hiking, Evergreen College walking to the beach close to Evergreen College. The flyer for the event mentioned above was sent out to the group.
- The convener gave a big thank you to the parent who offered to operate Zoom when the other parent could not be there due to jury duty, to Sebastian Compton for serving as Youth Tri-lead and all he has done for this group, to the ESD 113 participant who came in during her vacation to explain items and answer questions and everyone who is here and has supported this group.
- The CCS participant shared that they don't think everyone knows about Sebastian and that he was 12 when he started with the SOCP and how he stood up from the beginning to serve this group.
- The ESD 113 participant said she wanted to second that (above). We all met Sebastian and watched him as a young person and I've had the privilege to see him coach one of my own kids in soccer. He has exhibited great growth in leadership.

- Sebastian's dad shared that Sebastian has been great at participating from the start and has brought us a lot of joy

A Co-Family Tri-lead let the group know that anyone can contact a Tri-lead with concerns or questions any time and contact information is on the second page of the agenda. The Family Tri-lead then thanked everyone for their participation and announced that the next meeting will be held on August 26th.