



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 JULY 28TH FROM 10 AM UNTIL NOON

ZOOM LINK: [HTTPS://US02WEB.ZOOM.US/J/5857207072](https://us02web.zoom.us/j/5857207072)

Call In: 1-253-215-8782 Meeting ID: 585 720 7072

AGENDA

Welcome (18)

- Zoom Tools/Information
- Introductions
- Reading of Vision & Mission
- Comfort Agreement
- Tri-lead Listening Statement

Today's Goals (2)

- Area of Focus Workgroup Update
- School Year Meetings Time Frame Poll
- System Tri-lead Interest Statement and Poll
- Spotlight Speakers –Regional Event
- Share Time

- Area of Focus –More Mental Health Awareness in Schools(25)
 - Workgroup Update from July 13th Meeting
 - Questions/Comments

- School Year Meetings (15)
 - Time Frame Choices and Poll
 - Questions/Comments
- System Tri-lead Update (15)
 - System Tri-lead Interest Statement
 - Questions/Comments
 - Poll
- Spotlight – Transforming our Communities (20)
 - Background from Event Author
 - Insights from Event Participant
 - Questions/Comments
- Share Time for All (25)
 - Questions or comments about today’s goals/agenda.
 - General Sharing
 - Information/Announcements
 - New or Existing Program Updates
 - Access to Services
 - Non-Emergency Medical Transportation
 - Providers
 - Additional Questions/Comments

Adjourn

Area of Focus

Overarching Goal/Sub-goals/Strategies & Workgroup Meeting Notes

This is the list of goals and strategies chosen by the SOCP related to our area of focus (overarching goal), 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.

A2. Provide Teen Mental Health First Aid to schools – ESD 113 could potentially provide this, or trainers from other organizations in partnership

July 13th Notes: Is done at school, as a project, and staff are trained there and an entire grade gets trained. Other option is community based – community providers could offer this to the community. Concern – counselors may not have the bandwidth to provide this. If offered as an extracurricular activity, would need a contact person at the school who would be willing to take this one. There is a cost – training cost, staff time, and often schools don't have the funding available. True North could look at sites where they have SAPs (Student Assistance Professionals) – Shelton, N Thurston, Tenino, Tumwater, Rochester. Some requirements have changed – during the pilot, 85% of staff had to be trained. Not so now, perhaps (Teen Mental Health First Aid). \$3300 for one trainer to be trained+125 manuals, or \$1700 without manuals (but they're required, but there might be access to online manuals) <https://www.mentalhealthfirstaid.org/population-focused-modules/teens/> Curriculums have been developed for health classes, etc so might not be able to provide this. National council for YMHFA has specific requirements – 15-18 year olds are defined as teen, and permitted for 10-12 grade. Could maybe be done after school hours by a community partner at the school? If the goal is awareness, we could do something different than TMHFA.

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.

July 13th Notes: School counselors may not want to take on this task and may not feel they have the ability to provide the amount of necessary support and guidance. There are some existing programs – Black student unions, Pizza Klatsch. Need to be very thoughtful and careful in planning and supporting mentors who are kids – lots of potential for information to be provided to them that might be too much. Youth driven, adult guided would be best. Kids might actually want an adult in the room for these conversations. Might be best to focus on older people (maybe a young adult) and pair them with younger students? Family participants are expressing frustration about system folks not being open to these ideas. School system folks point out that there is a lot to the process of adding classes and opportunities and prioritized projects that occur. New law is in place the places requirements about how counselors spend their time. If supports aren't provided as things are being developed at schools, there are real challenges to implementation. Also union rules, etc. NAMI presentations are free and already being done. We need to see what's out there to support students – maybe a way to share resources for sharing info in schools and find out what they're already doing. Are there community partners who are or could provide this resource with volunteer support?

B. Mental health initiatives at schools to create/inform around mental health needs – student driven and led (SOCP do the initiative?)

B2. ESD 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.

July 13th Notes: Required for ESD where they have staff, but staff aren't in every building. Activities are sometimes morning announcements, posters, etc. Could be offered to other school districts. Backed by prevention science, but ESD is happy to share the products they put together for broader community reach. Last year, did Suicide Prevention around asking friends about how they're doing and how they can help, substance use prevention, mental health promotion. Could inspire schools and lead to more work in the future. Would be good to share all campaigns done in our communities with SOCP to find ways we can BLOW THEM UP! And make them community wide.

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.

C3. Look at existing surveys recently done by HCA and Department of Health, look at trends and then make a plan

July 13th Notes: Heidi will take this back to the tri-leads and we'll make a plan. Will include most recent Healthy Youth Survey.

Contacts for Questions, Comments or Concerns

Tri-lead Information

Jacque Ward, Co-Family Tri-lead
jacqueward72@gmail.com

Philip Compton, Co-Family Tri-lead
mrpbcs@gmail.com
360-972-1100

Spencer McQuilkin, Co-Youth Tri-lead
Nky71470@gmail.com

Alexandra Jacobson, Co-Youth Tri-lead
ajacobson824@gmail.com

Lauren Farmer, Co-System Tri-lead
360-704-7170 x 11218

Heidi Knadel, Co-System Tri-lead
Heidikn@ccsww.org
360-791-0785

Convener Contact Information

Donna Obermeyer
360-790-7505
familyalliancewashington@gmail.com
<https://www.familyallianceformentalhealth.com/system-of-care-partnership.html>

Story Group Resource and Technical Assistance

Carrie Moisey
360-346-0299
carriem@ccsww.org