



Mason Thurston
System of Care Partnership (SOCP)
Regional Family Youth System Round Table Partnership
June 26, 2020 Summary Meeting Notes

A System Tri-lead called the meeting to order and made the following requests, asking participants to:

- ***mute their phone when they are not speaking;***
- ***say their name before speaking; and***
- ***avoid over-talking by waiting for others to finish speaking.***

The tri-lead then read the vision and mission statements and started introductions by asking the convener to read names from the roster.

A Youth Tri-lead explained to the group that he would read the eight part comfort agreement and the goals of the day listed below;

- Trauma Informed Care area of focus closure vote results and explanation about voting process for new work topic from 3-5 year strategic plan goals list.
- Updates from behavioral health providers working on agreements with elementary schools.
- Group discussion about use of Zoom for System of Care Partnership monthly meetings.
- Wraparound with Intensive Services (WISe) quarterly data update
- The Thurston Mason Behavioral Health Administrative Services Organization matrix update will be shared.
- Systemofcarehub.com update will be shared.
- Participant sharing time.

A System Tri-lead explained that we needed to change in the agenda to accommodate a participant who needed to leave early and moved the group to updates for the Access to Assessments area of focus. The tri-lead referred to the behavioral health services in schools spreadsheets and asked for an update from providers about elementary schools. Here are some details from that conversation that also includes information about social emotional learning and evidence based practices:

- The Behavioral Health Resources (BHR) representative shared information about their Memorandums of Understanding with multiple school districts in Mason and Thurston counties.
 - BHR is meeting with Yelm School District, who is exploring behavioral health services in elementary schools by making referrals and outreach to families.
 - BHR can complete intakes by phone or using Zoom and they are planning to make adaptations to make their services accessible to students and their families in the Fall.
 - This agency provides evidence based practices (EBP's) including cognitive behavioral therapy for anxiety, trauma and for other needs. EBP's are also used for their First Episode Psychosis program, New Journeys.
 - A parent asked about contact information for New Journeys. Here is the phone number and link for the program:
 - 360-704-7170 (main number)
 - <http://www.bhr.org/programs-services/new-journeys/>
 - The representative shared that BHR also offers Positive Parenting Program (Triple P) for children and youth.
- The Educational Services District 113 (ESD 113) representative shared with the group that there is anecdotal information for younger ages and some data, mostly from the Healthy Youth Survey for youth in grades 6, 8, 10 and 12. Anecdotal information indicates there are a lack of services and more significant needs for elementary age students. The data shows increases in anxiety and depression as well as a need for social, emotional skills. The representative shared that the state education agency (Office of the Superintendent of Public Instruction) provides benchmarks for social emotional learning (SEL) that have been adopted.
 - Link provided by the convener: <https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health/social-and-emotional-learning-sel>
- The Catholic Community Services (CCS) representative shared information about EBP's and how the state tracks these practices from agency progress notes, to determine the level of use across the state. She explained that the state keeps a list of EBP's and the list can be found by using [this link](#) provided by the convener.
- The ESD 113 representative talked about challenges with systems involved in school based services. The education system, believing that behavioral health services should be provided and paid for by that system and the behavioral health system believing that schools need to provide and pay for behavioral supports in the schools. Other challenges are that typically only students with Medicaid receive services and only 40% of students end up being reached. She also mentioned that there are challenges with counselor/student ratio.

- A Mason county parent mentioned that a kindergarten teacher could have a group of students with behavior issues, but how do they decide who needs services? How are people made aware of services? Are their bi-lingual services?
 - The ESD 113 representative stated that bi-lingual services are provided at the school (Evergreen Elementary) and there is access to interpreter services. Also, that Consejo Counseling is available in Mason county. However, providers can't always find bi-lingual staff to hire.
- A Thurston parent asked about behavioral health services in Tumwater schools.
 - The ESD 113 representative stated that they were working with SeaMar and the district on a year-long intensive mapping system. They met in February and March, but haven't met since COVID 19 restrictions have been in place.

A Family Tri-lead moved to the closure vote announcement for the Trauma Informed Care training area of focus. Here are some details:

- The tri-lead informed the group that a majority of the votes were in favor of closure with 17 voting yes and 3 voting no. He then explained that the group will need to choose an item from the 3-5 year strategic plan priorities list.

Another Family Tri-lead let the group know that each strategic plan priority will be read, one by one. Background information and explanations will be provided for some that are not self-explanatory. Here are the priorities and information shared with the group:

- Recruit youth as participants for the System of Care Partnership.
Background information: Originally, we were counting on Sound Youth for technical assistance in this area, but they lost their funding. Then we started working with Greg Williamson from the Department of Children, Youth and Families, Office of Youth Engagement, Adolescent Programs, but he has been unable to attend meetings and assistance for several months. However, the tri-leads are meeting with Youth Move National in July to find out about their technical assistance.
- Increased use of culturally competent strategies for outreach to historically marginalized populations for participation in the SOCP.
- Workforce development strategies to increase use of research and evidence based services, youth/peer supports, school/community based services.
- Development of Coordinated Services.
Background information: This is about agencies and providers coordinating and communicating with each other with a wraparound approach rather than a silo approach to serving families. The agencies or services for one youth may include child welfare, behavioral health, education, developmental disabilities, probation services/courts and physical health needs.

➤ Improved utilization rates & access to evidence based services for mid-level children/youth.

Background information: This is about making sure youth are getting the right level of service to get their needs met at the right time and with the right level of intensity. The Administrative Services Organization explained some of the history for this priority. This included information about access to care standards and assessment tools, such as the Level of Care Utilization System (LOCUS) assessment, the Child and Adolescent (CAL) LOCUS, then the Child and Adolescent Needs and Strengths assessments, the cross walk between the tools and creating targets to reduce the need for more intensive services. The hypothesis when this item was placed on the list was that there was a correlation between a high level of referrals to Wise and that this could be due to children and youth not accessing less intensive levels of care.

- A parent from Mason county and a parent from Thurston county asked about how we can access the data now that the Behavioral Health Organization no longer exists. The answer given, was that this may be possible through partnership with the health plans.
 - The Community Youth Services representative said that they track demographics for marginalized populations and compare it to population for each county.

➤ Participate in stakeholder groups to implement accountable communities of health in 2020.

Background information: The ESD 113 representative provided some information about this priority after after defining the word 'stakeholder' (individual or group who can affect or are affected by an issue) due to a question from a parent. She explained that the formation of regional and community based groups, began about 5 years ago with Medicaid transformation and the work to integrate physical and mental health services. These are the Accountable Communities of Health (ACH) and our regional ACH is the Cascade Pacific Action Alliance www.cpaawa.org and you can invite yourself to meetings. ESD 113 is on the board for education reasons.

- Catholic Community Services (CCS) said they could share about their experience applying for funds to support their project. They ended up not using the funds, but they were able to embed mental health crisis services in a pediatrician's office.
- There was additional discussion about the ESD student assistance services and school based health centers. This included clarification that the Peninsula Community Health Services building located on the North Mason High School campus is not related to CPAA.

A Family Tri-lead let the group know that we were going to begin a discussion about the use of Zoom for our monthly meetings. The tri-lead asked the group to share their thoughts about the benefits or any concerns they may have about this type of meeting. Here are some highlights from the discussion:

- One of the Administrative Services Organization (ASO) representatives explained that they asked for the discussion so that the group could review the pros and cons of camera use, sensitive information being shared, family members coming into view that did not choose to be part of the meeting and protection of privacy.
- Parent comments included the following:
 - zoom has camera options (off/on)
 - zoom has call-in option
 - zoom hand raising option
 - zoom has chat box
 - zoom admits people
 - attendance information
 - zoom is easier
 - never kicked off conference call
 - conference call kicks me off
 - zoom kicks me off
 - okay with zoom
 - zoom white board option
 - zoom sharing documents
 - more concerns with MS Teams
 - MS Teams has options
 - liability not protected
 - professional zoom
 - HIPAA compliant
 - password
 - different zoom versions
 - zoom costs
 - free offer – Family Alliance
 - free offer – North Thurston Schools
 - free offer – ESD 113
 - no preference

Another Family Tri-lead asked if the Administrative Services Organization (ASO) representative had an update about the behavioral health services matrix. Details below:

- The ASO representative shared that she had heard from the health plans and was told they are not able to release information about providers they use and this is a barrier to updating the matrix. However, she suggested that the matrix could be used to view the network of services and individuals could contact their health plan to see if providers are covered. A disclaimer could be added to explain this.
- The matrix can be updated for ASO services along with the crisis services network and all services funded by treatment sales tax.
- Parents from both counties were supportive of the value of the matrix and want a copy of the document after it has been updated with the ASO services.

A Youth Tri-lead asked for an update about the systemofcarehub.com marketing items.

- The convener provided some background information and then an update. The voice over for radio has been completed but the video has not been approved by the Thurston county health department. A small change was made to correct the link at the end of the video, but it was not approved because the actors were not wearing masks and there was no social distancing.

A Family Tri-lead then asked the group for any updates for new or existing programs. Here are some highlights:

- Catholic Community Services (CCS) crisis team is offering a mix of services that includes in-person with use of person protective equipment and telehealth.
- CCS shared their Wraparound with Intensive Services (WISe) data from the Behavioral Health Assessment Solution (BHAS) Strengths Development Over Time and Average Impact reports. The range for these reports was from 6/1/19 through 6/24/20.
 - Link to other reports for Thurston/Mason on the Health Care Authority website: <https://fortress.wa.gov/hca/wisebhasreports/Thurston-Mason.html>
- South Sound Behavioral Hospital announced that they were moving up the launch date for opening their adolescent unit to 8/3/20. This inpatient unit will have 14 beds and it is for youth ages 13-17. They will accept both voluntary and involuntary admissions. There will also be access to intensive outpatient services. These are short term hospitalizations. Long term hospitalization needs will be referred out to other treatment facilities.
- The convener shared that SeaMar behavioral health is continuing with telehealth services but is now offering in-person intakes and sessions.

A System Tri-lead then adjourned the meeting, after thanking everyone for their participation and announced the next meeting on Friday, July 24th

