



## **MASON THURSTON SYSTEM OF CARE PARTNERSHIP**

A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP

### **JUNE 23, 2023 SUMMARY MEETING NOTES**

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***A Family 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 Family Co-Tri-lead read the vision and 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.***

***The Family Tri-lead continued and read the goals for the day after the convener completed introductions.***

- Our first goal is to announce the Family Tri-lead position survey results.
- Our second goal is to hear an update from the workgroup for the Area of Focus.
- Next we will hear from Catholic Community Services WISe (Wraparound with Intensive Services) provider and they will present data and information about their services.
- Following the Wise presentation, we will hear from the Peer Olympia Family Navigator and then Share Time will be our last agenda item.
- Time for questions, answers and discussion will be included for each agenda item.

***A Co-Family Tri-lead announced the results of the Family Tri-lead positions survey as follows, followed by congratulations to the new Co-Youth Tri-lead:***

- The results are that Philip Compton was voted in as a new Co-Family Tri-lead and Jacque Ward was also supported by the vote to continue in her role as Co-Family Tri-lead. Both were congratulated.

- Dena Wagner will continue as a valued parent participant in the System of Care Participant and participants shared their appreciation for her contribution as a Co-Family Tri-lead.
- Congratulations were also shared for newly elected Co-Youth Tri-lead, Alex Jacobson.

***The Co-Family Tri-lead added that Tri-lead positions will be opened up annually so that more people have the opportunity to serve.***

***Another Co-Family Tri-lead then let the group know that Catholic Community Services would begin their Wise programs presentation by Amber Myers, because the workgroup update speaker needed more time.***

- Here is the link to the presentation:



WISe and Crisis  
Support in Thurston a

- A Skokomish Tribe participant suggested that when you are working with students it might be good to ask them if they are a 506 (Tribal) student and see if this is reflected in Skyward.
  - Amber's response was that they try to connect youth to their community and culture. She expressed thanks for the comment and said she was making a note.
- A parent asked Amber to define CBT.
  - Amber's defined the acronym as cognitive behavioral therapy and that mindfulness is offered among other methods that can be combined into a 'treatment balm'.
  - Amber added that there is a shortage of therapists and youth peers. She stated also that all of the team is important (care coordinator/facilitator, youth/parent peer and therapist).
- The convener asked about crisis as hospital diversion and how the crisis team works to keep youth in their home.
  - Here are some items that Amber included in her response:
    - the crisis team removes dangers in the home or what could be a danger
    - the team identifies parenting skills that may be needed
    - strategies for the youth that include self-soothing,
    - identification of what is working or not working to help avoid more restrictive level of service
- A parent mentioned that Amber was on the team for their youth when crisis responded.

- The Shelton Schools participant commented that ‘when we talk about Wise we talk about an approach’ and then asked who is supposed to use Wise and when are we supposed to use it? ‘At first I thought it was only Community Youth Services (CYS) and now I know that Catholic Community Services (CCS) uses it.
  - Amber responded to this question saying that we also have the director from CYS and said that WISE offers and child and family team and the family’s natural supports, bringing together a mission and we meet every 30 days. The staff consists of a care coordinator/facilitator, a therapist and a certified peer counselor with their (certified peer counselor) personal experience. The Certified Peer Counselor can share their story and build optimism. The team offers 24/7 coverage. CYS offers different Wise programs.
  - The CYS Transition Age Youth (TAY) Wise program director responded by explaining their Multi-systemic Therapy (MST) program for youth ages 12-17 that focuses on working with parents. MST can work with youth who are diagnosed with Autism Level 1. The Wise Coordinator helps describe the programs to find out which would be the best fit, either MST focusing on the caregiver and behavioral focus for the youth or CYS TAY Wise which is structured the same as the CCS Wise program, but for youth starting at age 15.
  - Amber concluded by sharing that CCS serves children/youth birth through age 20.
    - [Mason Thurston WISE Webpage Link](#)

***A Co-Family Tri-lead then introduced the Area of Focus workgroup update agenda item.***

- A parent from the workgroup explained that the group was just getting started and discussing what is already happening in schools to avoid duplication or pushing schools to take on extra work. The Education Services District 113 participant in the group can look at Multi-Tiered System of Supports (MTSS), which is a framework for enhancing the implementation of evidence-based practices to achieve important outcomes for every student. All schools have Tier 1 and Tier 3 is WISE.
- The workgroup meets every month and will continue to report their progress.

***A Co-Family Tri-lead introduced B Willis from Peer Olympia and explained that he would be sharing his role as Family Navigator. Following are some highlights.***

- B Willis shared that he is 39, uses he/him pronouns and is Native American, Black and Hawaiian. Here are some details that B shared about his journey.
  - B was involved in the Youth at Risk program, had an abusive mom, hung out at juvie. He was diagnosed with Oppositional Defiant Disorder and Attention-

Deficit/Hyperactivity Disorder later retracted. He shares that he grew up in the system and was in and out of systems. He went to prison and got his GED valedictorian and 15 certificates from Evergreen College since he has been home from recent incarceration. He has his Substance Use Disorder certificate and has been with Peer Olympia since April. He is life coach certified.

- B married young and is the father of 7 and has 2 grandbabies and 2 of his children have been in and out of the system.
- He has taken a lot of steps to heal his own trauma and has maintained consistency as a parent and parent instructor.
  - B is on the drug court board.
  - Speaker at prisons.
  - Schedule to meet with Catholic Community Services Wise to discuss collaboration.
- When B started in his role as a family navigator, there wasn't a clear definition about the role. The elevator speech was about supporting people in recovery needing support, helping relatives and family members navigate the difficulties, triumphs and opportunities. Also, support for people that are actively using or have mental health disorders and experience with the justice system. B explains that he is not a therapist and he is there to support, advocate, listen and help strengthen relationships within families.
- B also takes it farther and has developed a family-strengths parenting support group, developed re-entry outreach and recovery support. He is dealing with re-entry himself.
- B explains that recovery is not just drug or alcohol-related. People can be in recovery from any type of trauma. B helps family members support the individual in their family experiencing re-entry and there is a need out there that is not being met. He talks with juvenile detention in Thurston. Support for people dealing with family coming in and out of institutions and their first steps as a sober person. It's all re-entry and recovery. People who are trying to support others may have never experienced incarceration or substance use disorder and they may lack skills to support that person and they may end up back in the system. His goal is to get them to their foundation in supporting something – triggers, trauma and resources and a bigger wraparound. He uses all types of ways to do it and he is a certified peer counselor. Social media is a big deal and I created the Parenting Bank, that is a public group on facebook. It is real and genuine and group members give positive feedback.
- B worked with a mom in Mason with a youth that was about to be sent to prison. The Wise team was already in place. The youth ended up going from manifest injustice to zero days in jail and B was invited to a Wise team meeting. He believes his experience and background is rare in a helping position and he is currently living in a federal half-way house. B was 12 years old when he was first

incarcerated. It's a punishment based system and it is hard to send a youth to be incarcerated for a long time. Youth are not developed and lack the skills and ability to regulate their emotions.

- A parent asked B about removing marks on youth records and said that 'it bit her brother in the butt'.
  - B answers that he can get answers from Peer Olympia. He knows judges now that consult him and also prosecutors. He is also very responsive on social media and very transparent. He said that juvenile records are sealed after 21 or 23.
    - The parent said this didn't happen for her brother and went on to say that her brother was protecting himself and he had those points.
  - B said that in prison they call it legal beagle stuff and there can be a miscalculation of points. Thurston was counting things as a full point. 3 felonies is 1 point. B was helping people inside reduce points. Sometimes attorneys don't know. One of his maturities is knowing the system has failed me, but it isn't always a malicious attack. B has filled out paper work and sent it to the court and it has been accepted. It is expensive and can cost \$4,000 or \$5,000.
  - When parents come his way, he lets them know that it is just looking things up and you can bring things to attorneys and they will do it. B helps parents develop advocacy skills. 'If your child is in the system, do your research – we can google anything as much as any lawyer'. You can look up RCW's (Revised Code of Washington). B's biggest advice is to educate yourself.
  - There are 9 different programs for youth now (within detention) and when B was there in Thurston, there were 4 units and they were all full. Now there is 1 unit and it is not full most of the time. He is really excited about that. B says if your child is involved with the system, do research and advocate for them. If you don't know about a right, then it could end up being a consequence for your child. Education is the key to navigating our broken system. Just know facts and navigate with knowledge.
- A parent commented that who you (B) were is not who you are now and you are able to share that information.
  - B says that he didn't change who he is, just his priorities.
  - You can direct message me on Facebook and the group there is **The Parenting Bank or look for Bilal Willis.**

***A Co-Family Tri-lead introduced Share Time and explained that it is time set aside for anyone in the group to talk briefly 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 Community Youth Services participant let the group know that they are hiring.
- The Mason County Juvenile Justice participant shared his appreciation for B and explained that manifest injustice is above normal sentencing guidelines. He referenced

the earlier situation B described about the youth headed for prison and said he was the one who made the decision to avoid prison. He could see that this youth was on a bad course and the youth showed up with a full team of support. He said that since the youth had support that we needed to find out where he could go and to avoid institutions. We've gotten away from incarceration, but our frustration is that there are a lack of community services. Mental health and substance use disorder treatment needs to improve and it just isn't enough to meet the need.

- A parent shared their appreciation for B's presentation.
- Another parent shared that they had visited drug court in Thurston and the great things being accomplished. Also, that it didn't have the feel of a 'formal court' setting and was very supportive of the individuals in the program.
- A parent shared they had been home taking care of their daughter who has reached age 18 and learning how to be an adult. She said she was putting in her application to be her daughter's caregiver.
- One of the Co-Family Tri-leads said that summer has taken off with a bang and anyone that wants to come and hang out at their place, is welcome.
- B shared that on June 15<sup>th</sup> he became a grandfather. The baby is super healthy with big-old hands.
- Another parent shared that their youth will be starting college or a trade school. They hit a bump but got back to it and functioning and trying to find a way to be an adult. They got a GED and taking it one step at a time at the community college.

***A Co-Family 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. Also, the Tri-lead shared that an email with a link for the quarterly meeting evaluation will be sent. The Tri-lead then thanked everyone for their participation. She then announced that the next meeting will be held on July 28<sup>th</sup> and adjourned the meeting.***