



Mason Thurston
System of Care Partnership (SOCP)
Regional Family Youth System Round Table Partnership
March 26, 2021 Summary Meeting Notes

A Youth Tri-lead called the meeting to order and made the following requests and announcement for participants to:

- ***mute their phone when they are not speaking;***
- ***raise their hand using Zoom or on video and say their name before speaking; and***
- ***avoid over-talking by waiting for others to finish speaking.***

The Youth Tri-lead then asked the convener to read through the roster to sign in participants. He then read the vision and mission statements, followed by the eight part comfort agreement.

From the new participant representing Child Care Action Council: I'm happy to be the Infant and Early Childhood Mental Health Consultant who serves child care centers and family childcare in the area and we focus on social and emotional learning as a way to support resilience and ensure that were being strengths based.

The Department of Children, Youth and Families told the group they could contact her at: wendy.skarra@dcyf.wa.gov

A Co-Family Tri-lead read the goals of the day listed below;

- Tri-lead update about continued monitoring of some areas of focus/work items.
- Tri-lead update about behavioral health in schools spreadsheet.
- Question and discussion about a visit from a pediatrician. (Sebastian)
- Review of need's lists prior to vote.
- Thurston Treatment Sales Tax (TST) guest speaker.
- Share time for updates, questions and comments.

A Co-System Tri-lead let the group know that some of the work items, such as 'Strategies to increase participation of marginalized populations representation on the SOCP' and Increased youth participation' will continue to be monitored and updates made to the group when available but won't necessarily be on the agenda each month.

- A few parents voiced their agreement with this announcement.

A Co-Family Tri-lead then announced that the ‘Behavioral Health in Schools’ spreadsheet has been moved to the parking lot list. The spreadsheet helps families and others know where there are behavioral health services available in schools, but is being moved due to things being up in the air during the pandemic.

- Parents from both counties agreed that it was right to move the schools spreadsheet.

A Co-Youth Tri-lead then asked the group if they wanted to host the pediatrician that the director of Catholic Community Services offered to contact (since they have embedded mental health services there) at the February 2021 meeting. After hearing that this was supported by most in the group, he then asked what questions the group has for the doctor. Here are some highlights from the discussion:

- The Educational Service District 113 (ESD 113) participant noted that they invited a consultant, a nurse, to be a regular participant on the SOCP so that questions could be answered. She also asked if everyone was aware of the governor’s proclamation regarding schools and then the ESD 113 nurse participant shared the link related to the 3 foot rule:

<http://wasa-oly.org/WASA/images/WASA/6.0%20Resources/6.1.7%20Miscellaneous/Talking%20Points%20Moving%20Social%20Distancing%20Requirements%20Between%20Students%20in%20K12%20to%20Three%20Feet.pdf>

Note: WASA is Washington Association of School Administrators

She also asked if everyone was aware of the proclamation requiring all school districts to offer in person learning for all students no later than April 19th.

- The ESD 113 nurse COVID consultant offered the following highlights from the Office of the Superintendent of Public Instruction (OSPI) when introducing the new rules as well as some Centers for Disease Control (CDC – <https://www.cdc.gov>) updates as follows:

- There are a few important components to the announcement that you should know:

The timeline of this change is as follows:

- This goes into effect immediately. This means schools may begin reducing distance between students to a minimum of 3 feet now. For the remainder of the 2020–21 school year, this is a minimum requirement, and school districts will retain the option to maintain 6 feet of distance.

Beginning this summer and carrying into the fall, districts will no longer have the option of using the 6-foot minimum between students. As long as trends of reductions in cases continue and a majority of our state’s adult population has received their COVID vaccine, schools will not need to continue placing students at 6 feet apart.

The CDC guidance only recommends a reduction of distance between students. The guidance for distance between staff, as well as between staff and student(s), remains 6 feet.

- The CDC also recommends 6 feet of distance between students in certain circumstances, including, but not limited to:
When masks can't be worn, such as when eating.
If they are middle and high school students that are not cohorted and the community transmission is above 200 per 100,000 population over a 14-day period or test positivity is above 10%.
When they are in situations with the express purpose of increased exhalation, such as choir, band, or physical education.
The science continues to support layered mitigation measures in schools, including the universal wearing of masks.
- Additional info shared by the ESD nurse consultant:
 - Here is the link to register for vaccine:
<https://form.findyourphasewa.org/210118771253954>

- There were questions and comments from parents about mask wearing and began with wondering what happens with students who cannot keep their mask on.
 - ✓ A comment from one of the ESD 113 participants was that the state Department of Health says that students with no mask cannot be in the same room with masked students. Also, that teachers have to wear masks and shields with drapes.
- There was another question about whether parents will have to come to school and pick up their student when they are unable to wear a mask?
 - ✓ A comment in reply was that schools are in a tough spot and will likely become more strict with evidence of variants and outbreaks. Schools will be pretty strict in adhering to health department requirements.
 - ✓ In addition, the ESD 113 told the group that schools have been pretty successful with strategies to help students keep masks on. But when students masks are off it creates risk to other students. Some schools have tried small groups.
- Here are the questions the group had for the pediatrician, either to be asked in person at a meeting or through submitting them through the Catholic Community Services participant:
 - How Covid relates to mental health
 - How Covid relates to anything we are doing
 - Vaccinations
 - Ages and stages screening questionnaire; do they (pediatric practice) know about it and do they use it
 - What kind of ways they stay safe through Covid.

A Co-System Tri-lead then asked that the strategic plan 3-5 year goals list and the parking lot needs list be displayed for the group. She explained that a new area of focus or work item

needs to be chosen from the lists and that the convener would send a request for votes and asked if there were questions. Following are highlights:

- There was a question about using both lists for the vote and it was explained that the strategic plan 3-5 year goals list is a static list and that we are currently working on two of those goals. Whereas the parking lot list is more fluid and has items added by participants over time. Items are chosen from both lists of needs and an example was when the assessments item from the parking lot list was voted for and resulted in the creation of the guide.
- There was a discussion about the meaning of the recovery model and physical health v. mental health. Also about COVID-produced collective trauma for parents, schools and students. Oppositional behavior may be a part of processing that trauma in order to move towards resiliency. Recovery can cover a lot of ground and was praised as a great topic.
- Coordination of services is one of the items and typically parents are managing services and communication with multiple providers. There is a need for a way to make connections between and among services.
- Crisis services was discussed and a parent described their experience with a local hospital and what happened at the time of discharge with their 18 year old. The parent spent 12 hours in the hospital parking lot due to problems related to discharge. It was mentioned that the managed care organization could be contacted and a release of information (ROI) might have been used to help that situation. It was also mentioned that there have been a lot of changes to the Health Insurance Portability and Accountability Act (HIPAA) and it was possible that there are some training needs. The Educational Service District participant mentioned that they've had training on imminent risk.
- Workforce development to increase the use of research and evidence based practices (EBP's), youth/peer supports, school/community based services was discussed. The Behavioral Health Resources participant and tri-lead explained that EBP's are required to be used and they are studied, measured and proven to be effective. But there are workforce needs that create barriers and gaps.

A Co-System Tri-lead then introduced the guest speaker and Program Manager for Thurston County Treatment Sales Tax (TST). Carrie Hennen provided information and announced that a survey would be sent (by the convener) for Thurston county residents in the group. Here are some highlights from the conversation:

- A parent asked Carrie to define TST. She explained that Washington state allows counties to collect a 1/10 of 1% sales tax to use for behavioral health treatment and support services. It is used to expand eligibility for individuals who are not eligible for Medicaid such as crisis stabilization services, Multisystemic Therapy (MST) and other programs. Thurston county recent dollar amount is \$7 million and this funds more than

30 programs where Medicaid cannot be used, such as adult treatment court and drug court.

- A gaps analysis is done to find out what is missing and to inform future investments. A survey is sent to help with analysis. Donna will be sending the survey.
- There were questions about Mason county treatment sales tax and Carrie provided this information: Mason County contacts for TST are Todd Parker (tparker@co.mason.wa.us) and Lydia Buchheit (lydiab@co.mason.wa.us). A Co-Family Tri-lead, Paul McQuilkin, also said a person in his family could be contacted.

A Co-Family Tri-lead asked the group if they had any program updates or anything to share.

- An ESD 113 participant (Sara Ellsworth sellsworth@esd113.org)shared information about a free training:
 - Cannabis/Marijuana – What the science says and what adults need to know.
 - Dr. Jason Kilmer – trainer.
 - 75 minute training on April 12th at 3 pm or May 11th at 6:30 pm.
 - Already posted on the Mason Thurston System of Care Partnership facebook page.
- Announcement that individuals ages 16 + with special healthcare needs will have access to the COVID vaccines by March 31st. Also, a parent brought up their youth with MS and there was a discussion about not enough studies being done with certain populations, not enough enrolled, to determine side effects.

A Co-Youth Tri-lead then adjourned the meeting, after thanking everyone for their participation, announced the next meeting would be on April 23rd and adjourned the meeting.