



MASON THURSTON SYSTEM OF CARE PARTNERSHIP

A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP

MARCH 25, 2022 SUMMARY MEETING NOTES

A 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. Then the Youth Tri-lead read the vision, mission and eight-part comfort agreement.

Another Youth Tri-lead read the goals for the day.

- Needs List Vote
- Share Time

A System Tri-lead asked for the needs list to be displayed and explained that they are being asked to vote for one item and to type the letter that identifies that item into the chat. Also, that chat is being used instead of a voice vote to document the vote and to make sure the count is accurate. She let the group know that a Youth Tri-lead would be checking the chat for votes. Following are highlights from the conversation after the System Tri-lead read each item from the needs list:

- A parent asked about the 'h' item and what it means.
 - H) More mental health awareness and fluency taught in schools, to parents and to staff. The Ending the Silence presentation with NAMI Mason/Thurston is a good starting point.
- The Youth Coordinator for NAMI Thurston/Mason responded by letting the group know that 'Ending the Silence' is primary for students, but can be used for parents and school staff.
- The North Mason Schools participant said that he is voting for 'h' because of the emphasis on schools social/emotional health, that he is familiar with NAMI Seattle and this would be a good partnership.

- The Olympia Schools representative said that she could talk about the framework that some districts are using. Ours is on mental health preventive work and the growth we hope to have with that.
- A Family Tri-lead shared that she is a parent of a child with a disability and concerned about kids getting lost. People with a disability you can see get help, but there is a lot you cannot see. We need to get beyond what you can see. Ending the Silence would be good for students, staff and others.
- A Youth Tri-lead said that with 'h' it says parents and staff – well what about the kids? They should have awareness – I'd like my peers to have awareness too. Parents & staff is good but youth need this too.
 - The other Youth Tri-lead said that she agreed.
- A parent and African American advocate commented that as a stakeholder with lived experience and having facilitated the importance of cultural competency on different levels including cultural stereotypes, I can say that there is no cultural competency in the area of domestic violence (DV) that exists in the WISE program. No one is trained in DV. If we are dismissive and everyone is going with assumptions, then we won't dismantle it and won't address it.
- The Behavioral Health Resources participant thanked the parent (above) for explaining how that can be integrated into programs.
- The Olympia Schools participant began to explain what Olympia and other districts are implementing to support student mental health.
 - She explained that they are following the Multi-tiered Systems of Support (MTSS) framework. The MTSS is offers ways to look at prevention and intervention by identifying kids and their needs. MTSS is a three tier health model. For 80% of the population with needs will benefit from Tier 1 supports. Tier 2 increases those supports and Tier 3 offers more individualized supports.
 - Tier 1 suggests diet and exercise. Then if that is not working, then maybe medicine or a specialist is suggested in Tier 2. Tier 3 offers specific individualized attention that could be implemented in schools as social/emotional learning.
 - We have an Evidence Based Practice (EBP) for Tier 1 and second steps for younger students.
 - This is a work in progress but things are happening. Schools are partnering with NAMI and a lot of schools have suicide prevention programs.
 - This (above) is all about item 'h'. I work with other districts and things could be better. I voted for 'l' because I do a lot of referring. There are not a lot of providers. For kids that are in Tier 3 there is not enough resource to respond. I am happy to answer questions.

- Item 'i': More mental health providers available to young people and their families regardless of income and health insurance. This would be a change in the system as well as services rendered
- The North Mason Schools participant said that he echoes what was said by Olympia Schools. I went with 'h' for my vote. In the past we flooded our mental health providers within an MTSS system. We need to enhance our Tier 1. When we have a student who is at a Tier 3 level, we need more providers. Item 'h' seems to meet a lot of needs.
 - The Olympia Schools participant responded saying that mental health services in the schools that are already in place is helpful.
- The North Thurston Public Schools participant told the group that she is a mental health specialist for the district and we do mental health awareness. However, over the course of the past year with restarting school full time, students have forgotten some things that they've learned.
- A Mason County parent shared that she chose 'i' over 'h' and agree with the Olympia Schools and North Mason Schools participants about what is going on with the schools. This is because 'i' is more broadly written and includes those students who are not in schools. 'i' gives more opportunity to work on more that maybe the schools are not able to work on.
- The North Mason Schools participant said that he is not trying to influence anyone's vote. I've been involved in the integrated framework, school based and mental health integration and why I like 'h' more is that the curricular component is more driven by services available.
- The Olympia Schools participants shared that there is a lot of partnering going on with our relationship with Behavioral Health Resources and SeaMar that are coming in to provide services to the students. However, it isn't enough. We're doing the community schools model which is Tier 1. This is not just our district but there is cool stuff happening elsewhere. Partnerships are really important to bring a flow to services.
- The North Mason Schools participant said that he appreciates what was just said and agrees. A lot of that becomes a tier 3 and it would be great to have our partners for Tier 2 and then Tier 1. I think we're on track, but there are many things on this list that are important.
- The Olympia Schools participant shared that she thinks 'h' and 'i' belong together.
- A Mason parent participant said that she agrees about 'h' and 'i'. Also, about the Tiers, that a lot of lower Tier students are not seen as having an immediate need.
- Another Mason parent shared that the counselors at Shelton High School cannot provide a whole lot, other than connecting the students with Behavioral Health Resources. But what about the youth on the street? They need to talk with someone right now. They are on the verge of snapping. They can't wait.

- The Behavioral Health Resources participant said that they can only speak about their agency, but we partner with school districts. We have an office in Shelton and people can walk in and request an intake.
- A system participant commented that there are crisis services from Catholic Community Services and Community Youth Services Rosie's place. There are systems that are set up to help youth on the street.
- A Thurston parent asked about 'm' and noticed that it says 'family support.
 - M) Family Support. Stress is less when you have help.
 - The convener responded that this was an item that came from an anonymous survey and if the person who submitted the item is here, they can decide to comment on it or not comment on it.
- The Behavioral Health Resources participant and also the System Tri-lead offered that family support could be formal or natural supports and if someone can speak to this, there is time to share.
- There was a question about item 'g' and the convener answered that 'g' would get at those less intensive services that participants have been talking about.
 - Item 'G': Improved utilization rates and access to evidence- based services for children/youth with mid-level behavioral health needs.

The System Tri-lead then explained to the group that an email would be sent to request a vote from any participant who was unable to enter their vote into the chat during the meeting or that was unable to attend the meeting. She also reminded the group that votes are being counted by one of the Youth Tri-leads.

The Family Tri-lead then introduced Share Time and explained that it is a time for anyone in the group to talk about successes, challenges, questions, comments, information, updates or anything else that a participant wants to share with the group.

- A Mason County parent told everyone that they are appreciated and all the information given is helpful.
- Another Mason County parent said the same and added a comment. I come in with my mind set on something and get my ideas challenged and there are so many people from different areas. I really enjoy this group.
- A Thurston County parent apologized for missing meetings due to work. Then commented that she is really grateful for this space, for collective minds coming together. She then shared that she has been involved with her daughter's mental health crisis and very involved with the crisis team and the WISE program. I spoke with a supervisor for one and a half hours and was relieved and saddened, but didn't know where to turn due to the overlooking of simple things related to domestic violence and the harm that was being caused. The supervisor said we were the first family that wasn't so broken that this could be shared and that they don't have this component (domestic violence challenges)

and they need this component. Also, the supervisor said that they are not equipped or qualified and that this was new to the supervisor. My daughter tried to stab herself with a knife. She then asked, how do we have these services and it is still not enough? It is hard to talk about and I'm suffering in silence with my family. We often don't talk about these things. Resources are offered but we are still not there. No one could tell me how to address the situation. It was still really awkward.

- The Catholic Community Services participant said 'thank you, thank you, thank you. One of the beautiful things about this group is to hear about different needs and we hardly have the expertise needed. This group helps us identify places of need and it is hard to talk about this stuff. I appreciate you reaching out. Thank you so much.
- The Community Youth Services (CYS) said that she appreciates your (parent above) vulnerability and appreciate this shared space. This is Carrie from the CYS Transitional Age Youth Support Program. I do not have any updates on services. We are continuing to enroll WISE youth 15-21 for Mason and Thurston counties.
- A Mason County parent said that she noticed that we have a hard time with the way youth sees things and the way we see things as parents/adults. She then paraphrased what one of the Youth Tri-leads said earlier about appreciating all these adults that want to help but I want my peers to understand so they aren't confused. We have the North Mason Schools (participant) point of view and NAMI's view and no way we would hear these views at one place and time without this group. I appreciate there are so many different types of people to make it fully taken care of. It has to do with our youth and our youth are telling us what they want, but we can only do this when we are here all at one time and it's awesome.
- A Thurston County parent asked about the New Market Skills Center and a youth is in the final steps and will be graduating. Does anyone know if they go over a plan about what they will do after New Market? How are they prepared? Is it the same as a school district or is it different?
 - Two school district participants answered. One said they could answer depending on whether the student was on an Individual Education Plan or not. When the answer was yes, another district answered that the student's home school (resident school district) should have a connection to the skills center and the skills center works with the district. The district still holds the student as well as the skills center.
- One of the Youth Tri-leads reminded the group about youth meetings every month on first Fridays from 4-5 pm. However, the April meeting will need to start at 3 pm and though it is on April 1st it is not an April Fool's joke.
- A Coordinator for Family Alliance for Mental Health reminded the group that it still has support group meetings for parents every Thursday from 6:30 to 8 pm on Zoom. Also, that different parents have started facilitating within the last few meetings as well as parents reaching out to each other.
- A Family Tri-lead commented on masking and her child's experience with it. They are happy with a teacher at the North Mason High School self-contained classroom. Her child puts a mask on when he is asked to and is excited to go to school. It is really important

that he make the decision about what he will do. If anyone needs to go to North Mason they will be blessed to do so.

- Another Mason parent commented that she was glad about this (above) parent's experience. Then commented that a lot of youth are having trouble with the mask. One kid of mine is wearing a mask and the other is not wearing a mask. I'm still on the fence about mask wearing.
- The parent who previously commented said that a lot of kids are building their immune systems back up. Everybody has an opinion and how people decide to do things is up to them. My kid has allergies due to spring time. I hope everyone has success in what they are doing.
- A Thurston County parent commented that where she works (daycare) the teachers wear masks and the kids mostly don't wear masks. It has helped keep the COVID out but maybe not other stuff.
- A Mason parent commented about people that are closed and don't want to be around others have opened up due to mask wearing. It gives people more of a security. My sister is one of those and the mask helps.
- The Catholic Community Services participant shared new stuff. It was that their mental health program co-located at Thurston Juvenile Detention is now starting in Mason County. They have also found funding from the Administrative Services organization, using Marijuana tax to provide embedded crisis services in primary care offices and having conversations with different medical providers. We don't know yet where this will be and we are currently talking with the Mason Clinic. Please let them know if you have ideas. Contact Heidi Williams at 360-791-0785.
 - The North Mason Schools participant said that they work with the Peninsula Community Health Clinic. They offer medical and mental health services.
 - The Catholic Community Services participant then said that she would reach out to them.
- A Thurston County parent shared about a cultural awareness bazaar and about how to put related language into our bullying policies. She then shared information about an equity symposium and was asked by the convener to send it in an email so that it could be shared with the group.

The 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. She also shared that the convener would be sending a link to the quarterly evaluation survey. The Family Tri-lead then thanked everyone for their participation and announced that the next meeting will be held on April 22nd.