



Mason Thurston System of Care Partnership (SOCP) Regional Family Youth System Round Table Partnership May 28, 2021 Summary Meeting Notes

The Youth Tri-lead called the meeting to order and made the following requests and announcement 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;
- be patient as we learn how to use some processes online that were previously completed in person;
- feel free to share a question or comment after each agenda item.

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

The System Tri-lead read the goals for the day;

- Follow up on questions for pediatrician.
- Announce vote results for Area of Focus top two needs.
- Identify strategies and develop plan to work on the needs.
- Share time for updates, questions and comments.

The Youth Tri-lead asked if there was an update from the Catholic Community Services (CCS) participant on questions or training for the pediatrician.

- Questions about whether they use the Ages and Stages questionnaire?
 - “Yes we do at 9 mos, 18 mos and 24 mos and when concerns arise. We do not do the Social Emotional (SE) version. We do the regular in English and Spanish. We also do the Modified Checklist for Autism in Toddlers (MCHAT) at 18 mos and 24 mos.”
- Additional Information about the training.
 - Dr. Harvey and Dr. Huong have developed a training about COVID for the schools, and they said they could probably do the training for the SOCP if desired.

A System Tri-lead reminded the group of tasks completed so far in their work on the new area of focus, 'crisis services and warm hand offs after crisis services'. A list of strengths and needs was created and the top two needs were chosen. The tri-lead then let the group know that (today) they would be identifying strategies to work on those needs and make a plan.

The Youth Tri-lead then announced the vote results for the top two needs; 'education and training' and 'creating a crisis services matrix' were chosen by a large margin of votes to break the tie between that item and 'finding youth and families.'

The System Tri-lead then asked participants to identify strategies for education and training. They are listed as follows:

- Crisis responders come and do a presentation.
 - Olympic Health and Recovery services – Amy Martin contact to help arrange. To include explanation of Designated Crisis Responder (DCR).
 - Catholic Community Services (CCS) – Heidi Williams with the crisis supervisor can share information about mobile crisis response and what that looks like. Heidi will answer questions for her agency as best as she can.
- Community Youth Services-Steps to Wellness – Rosie's place-Athena Grijalva is the contact.
- Inpatient treatment and how it relates to crisis services- what it looks like.
- Crisis numbers/non-emergency numbers/get the word out (different ways of ... using technology of some kind (youtube, facebook, etc), not just flyers, brochures, etc), inviting community leaders, - Lauren Farmer(funding possibly)
 - Video to include spectrum of options and how different pieces fit together.
- List of general questions for crisis providers.
- Feedback from the families/community.
- Connection with Law Enforcement – Dena Wagner offered to follow up in Mason county. Amy Martin offered Olympic Health & Recovery with partnership of law enforcement.
- Bilingual connection.
- Expectations in/for crisis services- generalize direction/involvement (who-what-where-when-why).
- Other community/natural supports.
- Dispelling myths about mental health.
- "What I wish I knew about crisis services" – Heidi W, CCS representative, some type of community outreach – those that are not being reached, schools, safe places, doctor offices, etc... Amy Martin, Administrative Services Organization (ASO) to compile for adult services.
- Differences between CCS Crisis services and Wraparound with Intensive Services (WISe) – what true connection is between two. (Email sent after the meeting to provide CCS Director's contact information and director is inviting parents with questions to a special meeting.)
- Helps to know when crisis is accessible.
- Community training around crisis – not just internal training.
- Olympia Indivisible – Dena Wagner mentioned this and offered to check into it. (<https://www.olympiaindivisible.org/> A local chapter of the Indivisible progressive political movement.)
- Look into collective group of partners – Crisis System Meeting (Mason/Thurston)
- Emergency Room – before, during, after, help to eliminate as much confusion as possible.

- Substance Use Disorder – part of – who, what, where, when, how, more information and resources, gather more information.

The System Tri-lead then asked participants to identify strategies for creating a crisis services matrix. They are listed as follows:

- Similar to the behavioral health matrix for Mason and Thurston counties – add-ons, more robust – Amy Martin offered to take lead, possibly. Rough draft could be presented to group in June.
- Decision tree type of information.
- Information available based on insurance, age.
- Technology used to help – ways to do a check in especially in a crisis,
- CCS has implemented Partners for Change Outcomes Management System (PCOMS) and it has training; measures relationship between therapist and family/youth, etc...
- App – “NOT OK” app - www.notokapp.com A free app with a way to ask for help without having to ask. It is for people in crisis that serves as a digital panic button to contact those you choose. It also serves to get immediate support via phone call, text and GPS location when someone is struggling and needs to reach out.
- App – “Not Really Strangers” – they send out email messages/texts – uplifting messages/positive affirmations, can call as well. Text ‘wallpaper’ to the hotline: 1-323-210-3807.
- Crisis text line – text “home” 741741.
- Clarifying - LOCAL and NATIONAL.
- How to be able to share and make a little bit easier for families.
- Substance use Disorder – included in matrix, with correct information and steps.
- Places to share – in community, schools, doctor’s offices, etc...

Other comments and questions:

- Where do 911 calls go in Mason county? Do they go to law enforcement? Are they re-directed (for behavioral health crisis)? Can we call a non-emergency number?
- The legislature is trying to get 988 started and passed House Bill 1373-Promoting student access to information about behavioral health resources.
 - <https://app.leg.wa.gov/billssummary?BillNumber=1373&Year=2021&Initiative=False>
- CCS wants feedback when crisis response doesn’t work.
- Open house or forum with law enforcement.

The Youth Tri-lead asked the group if they had any program updates or anything to share.

- The ASO announced that as of July 1st mental health services for youth in Thurston detention will be provided by Catholic Community Services instead of Community Youth Services (CYS).
 - CYS will continue to provide diversion services in Thurston county.
 - There was a discussion and questions about youth losing Medicaid while in detention.
- Gaby Hyre is the new director for Host Homes in Thurston county. Services begin for high school students begin on June 22nd. Gaby’s email: ghyre@thurstontgether.org
- There is a Mental Health First Aid training on June 7th being offered by Educational Service District 113 that was sent out to the group and posted on the System of Care Partnership facebook page.

The meeting was adjourned after the Youth Tri-lead thanked everyone for their participation and it was announced that the next meeting would be on June 25th.

This information was sent to the SOCP after the meeting by the convener:

Catholic Community Services Director Contact Information:

There have been questions about Catholic Community Services (CCS) Crisis Stabilization and response to crisis for youth/families receiving Wraparound with Intensive Services from CCS, during the meeting this morning and in past meetings. Heidi Williams is the CCS Director and can answer your questions. Just call the office at 360-878-8248 and ask for Heidi or call her cell at 360-791-0785.