



**MASON THURSTON SYSTEM OF CARE PARTNERSHIP**  
A REGIONAL FAMILY YOUTH SYSTEM ROUND TABLE PARTNERSHIP  
**MAY 26TH, 2023 SUMMARY MEETING NOTES**

---

***A System 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 Youth 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 Youth Tri-lead continued and read the goals for the day.***

- The first goal is to hear an update from the workgroup for the Area of Focus.
- Then the WISE (Wraparound with Intensive Services) providers will present data and information about their services.
- After these presentations, we will hear from the Youth and Family Tri-lead candidates when they share their interest statements.
- The next goal is to discuss meeting time changes 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 let the group know that Community Youth Services would begin their Wise programs presentations first, after a Co-System Tri-lead asked to wait on the first agenda item (workgroup update) and the convener announced that the Catholic Community Services Wise presentation would be presented in June instead of today.***

- Here is the link to the presentation:

- [https://www.canva.com/design/DAFjR41\\_NTE/70ZKARFs1dXnunvvR2ciYg/view?utm\\_content=DAFjR41\\_NTE&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink](https://www.canva.com/design/DAFjR41_NTE/70ZKARFs1dXnunvvR2ciYg/view?utm_content=DAFjR41_NTE&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)
- A parent asked about openings for youth who are not eligible for Medicaid.
  - The answer was given as 5 at a time for the Multi-systemic Therapy (MST) program, 3 for the Transition Age Youth WISE program and 13 for the Catholic Community Services Wise programs.
- Another question from the same parent was to ask about MST accepting referrals for youth with Autism.
  - The answer to this question was that the program focuses on youth with acting out behaviors. MST was previously not able to include youth on the spectrum and if the Autism diagnosis is the main reason for acting out, an Autism specific program is going to provide more benefit. If not, then we work with them.

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

- The Co-System Tri-lead explained that the workgroup held their first meeting and said they are still looking for more information from additional school districts, such as Tumwater, Pioneer and North Mason. Following are some highlights:
  - Great meeting!
  - The number of districts participating was impressive.
  - Good ideas about partnering.
  - We had some great people there. We need one message across the board and to not go in and change things all at once. Start small and build on that.
  - We need to bring in Scott Hanauer, who led the Thurston Thrives work.
  - The Question, Persuade, Refer (QPR) and Mental Health First Aid (MHFA) programs are different and both can be found in school districts.
  - The Co-System Tri-lead plans to discuss the workgroup with the Educational Services District 113 (ESD 113) participant and invite her to the meetings.
    - The ESD 113 participant came into the meeting later on and asked to be a part of the workgroup.
  - We talked a lot about definitions, using the same or common language. There were different perspectives and not reinventing the wheel.
  - There is a need to avoid acronyms.

***The Co-System Tri-lead thanked everyone for their interest, support and all the energy around this work.***

***Another Co-System Tri-lead introduced the Tri-lead Positions Update agenda item and asked the Youth Tri-lead candidate to share their interest statement with the group.***

- Hello! My name is Alex Jacobson, and I am interested in temporarily filling the System of Care Youth Tri-Lead position. I think it is imperative to include youth's voice at the table when considering healthcare decisions, both for mental health and overall wellness. All too often, youth are told that they don't know what they need; however, I believe that youth are the first people we should be asking when it comes to their mental health. When I was accessing services in the not-so-distant past, it took a long time for me to feel empowered to make my own decisions, or to speak up about what I needed. If I was selected as the Youth Tri-Lead, I would work to include youth voice at the meetings and create leadership opportunities for teens to work on the empowerment of themselves and their peer community. Because of my work as a peer counselor, I recognize that I am part of the system and would focus on bringing my experience as a youth, rather than a systems representative, to share with youth. Thank you for your consideration.

***The Co-System Tri-lead then asked the Zoom operator to set up a poll for the group to take part in, either showing support for the youth or not showing support.***

- The poll results were 100% in support of the youth.

***The Co-System Tri-lead then asked the new Family Tri-lead candidate to share their statement of interest with the group.***

- Hello everyone; I am Philip Compton, a family partner in the System of Care Partnership and would like to be considered for the position of a Family Tri-lead. I have been a member since my 18 year old son was in elementary school. I was helped through those early years by Family Alliance for Mental Health and through them began attending training and helping other families with IEPs and other meetings with their children's schools. I was co-chair of the Family Alliance Dads support group for several years and have recently joined Ty Ward in restarting that group since former chairman Paul Mcquilkins' passing. I have learned that our Systems Partners honestly have the best interest of the behavioral and mentally challenged at heart. It is through that understanding that we as Parent Partners have a need to communicate the needs of our community AND develop and present viable solutions to the entire group. As a Family Tri-lead it would be my goal to see to it that the concerns of families are always represented in the planning and scheduling of System of Care meeting business. It has been my privilege to witness the effectiveness of strong representation through the example of our late representative, Paul McQuilkin. Thank you for your consideration.

***The Co-System Tri-lead explained that the survey vote link that was sent previously would be sent again so the voting could continue.***

***A Co-Family Tri-lead then introduced the continued discussion (agenda item) about changing meeting times and asked for ideas. She also mentioned that morning meetings during the summer and afternoon meetings during the school year had been discussed.***

- A parent supported the idea (above) mentioned and said it would improve youth participation.
- Another parent discussed getting support for youth in school to get possible credit and/or building resumes and college applications. This could encourage them to participate in the community and see if we can get that done.
- A school district participant said that the term credit is something that is going towards graduation and may or may not be used for that purpose but might be good for resume building. This would also depend on youth knowing someone at their school to advocate for them. It is very student dependent.
- A parent mentioned that after school is out might make it more difficult for systems participants.
- A parent commented that afternoon would have to be late enough for people getting to their devices.
- A youth mentioned that some schools don't get out until 3:50 pm, unfortunately. But it depends on what age group of youth are interested in coming.
- Another parent said that we need alternate times for students saying that she realizes students are in school, have extra-curricular activities, etc... I still believe we need to prove an alternative for youth to be part of this. Maybe a way for them to listen/read bullet points and provide feedback via text, polls, etc.

***The Co-Family Tri-lead then asked the Zoom operator to set up a poll for the group and there was a mixed response. The convener suggested that the Tri-leads develop next steps.***

***The Youth Tri-lead introduced share time and explained that it is time set aside for anyone in the group to talk 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 Educational Service District 113 participant brought up training: Question, Persuade, Refer (QPR) and here is the flyer (below). She also shared about the Surgeon General's warning about social media with good tips for youth and parents. The impact is unknown. Here is a link for this information:  
<https://www.hhs.gov/about/news/2023/05/23/surgeon-general-issues-new-advisory-about-effects-social-media-use-has-youth-mental-health.html>



Question. Persuade.  
Refer. updated 2-2022

- A parent shared that their son's fixation on CD's and being told they could not return to a local business was turned around to an opportunity to help organize the CD's by the store's manager.
- Another parent shared that they had received a call about their experience with the Wise program and wanted to know if others had received the same type of call. She initially thought it might be a scammer.
  - A parent responded that they had received a call two years ago that may have been similar.
- The Behavioral Health Resources (BHR) participant shared that they offer same day intakes and same clinicians who cover different locations. They may also be able to complete intakes via Zoom. If they are slammed for intakes and can't get to you then we can schedule for the next day. We had a waiver during the pandemic for phone intakes, but no we can only complete them in-person or via Zoom
- A Family Tri-lead shared about the resource (on every agenda) for technical assistance to assist with starting a story group. Anyone interested can contact a Tri-lead. Tri-lead contact information is included on every meeting agenda.

***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 June 23<sup>rd</sup> and adjourned the meeting.***