



Mason Thurston
System of Care Partnership (SOCP)
Regional Family Youth System Round Table Partnership
November 20, 2020 Summary Meeting Notes

A System Tri-lead called the meeting to order and made the following requests and announcement 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.***
- ***make intentional pauses after each agenda item.***

The System Tri-lead asked the convener to read through the roster to sign in participants.

A Co-Youth Tri-lead then read the vision and mission statements, followed by the eight part comfort agreement.

Another Co-Youth Tri-lead read the goals of the day listed below;

- Share behavioral health assessments document workgroup update and ask for feedback on flow-chart.
- Share success, updates and continue work on representation of historically marginalized populations.
- Share first youth online meeting update.
- Time for sharing new programs, updated programs, questions and comments.

A Co-Family Tri-lead asked for an update from the behavioral health assessments document workgroup.



Nov12_BH_AssessChar
rtDraftPg1.pdf



Nov12_BH_AssessCha
rtDraftPg2.pdf

- The two page document was displayed for the group and thoroughly explained by a parent from the workgroup. Highlights from the discussion listed below:
 - The Juvenile Rehabilitation representative praised the document and the workgroup. She mentioned that it would be helpful for families who want an assessment for their child.

- Parents also praised the document and one commented that the list of behaviors was very thorough.
- There was a question about who would use the information from the Developmental Disabilities Council (DDC) representative. This question was answered by multiple parents, at least one mentioning that this would have been helpful in the past or even now. One parent said it would be helpful for youth/families wanting or needing an assessment for a variety of purposes. Another parent mentioned that it would be helpful for a parent looking for an assessment but not sure which one they need.
 - The DDC representative then thanked the parents who answered and advocated that families be encouraged that the first important assessment would be to rule out a medical condition and with a pediatrician or Advanced Registered Nurse Practitioner (ARNP).
 - Note: This option is included on page one of the document
- The parent who had explained the document then began asking the group for their input on three specific items; whether substance use disorders and co-occurring mental health and substance use disorder be separated or combined into one category (on page two); whether crisis information should be included and if so, how detailed it should be; color(s) of the flow chart document.
 - Input about substance use disorders and co-occurring mental health and substance use disorders separated or combined:
 - The Community Youth Services representative wanted the categories separated and also suggested that after Co-occurring, mental health and substance use disorders should be in parentheses. She also suggested adding 'and using substances' for both categories under 'Target Symptoms'.
 - Some parent comments included:
 - I'm dealing with someone with substance abuse and anxiety along with PTSD (Post Traumatic Stress Disorder).
 - The PTSD and anxiety cause the alcohol abuse so you need to deal with that to fix the other.
 - That will be hard when they refuse help.
 - The term comorbidity is an important consideration when we think of the presence of two disorders like anxiety or depression with Autism.
 - I'd like to suggest adding when people disassociate or have that behavior.
 - Try Al-Anon, they can help but it is hard because you have to do nothing.
 - Input about whether crisis information should be included and if so, how detailed it should be:
 - Parent input included:
 - Adding more? I would be overwhelmed.
 - I want it to be local information.

- Crisis information/phone numbers are listed on the Family Alliance and other sites. This is an assessments document.
- It should include the crisis text 741741 (Note: This is already on the document.)
- The child welfare representative suggested to have crisis lines listed for all Administrative Services Organizations in the state. Also that it should be noted which ones are local v. national.
- The Amerigroup representative stated that it can be helpful to list national crisis help lines if someone is out of the area, is comfortable with this document/has access to it, but isn't sure who to call while they are out of Thurston/Mason temporarily.
- A parent and a system representative supported the inclusion of the national suicide prevention lifeline.
- Input about color(s) of the flow chart document:
 - It should be black and white.
 - It should be same as the developmental disabilities box with the blue border and links in black and white, but the title should be in black ink.
 - It is expensive to print documents in color.
 - We need to keep in mind about how this will print in grays for those who won't be able to print it in color.
 - White background makes it easier to see.
 - We need to keep those with visual impairments in mind when making these decisions.

A System Tri-lead then asked for updates on outreach to marginalized populations in order to increase representation on the System of Care Partnership. Highlights follow:

- Tribal representation has increased after only one request for outreach with all tribes represented at the October meeting. The Community Youth Services representative was reaching out during the September meeting. Also that the parent and member of the Skokomish Tribe had also worked on outreach that resulted in more representation.
- The convener has reached out to Cielo Programs and the director of clinical services was not available in November, but has committed to attend in December and will be receiving monthly invitations.
- The convener is also having conversations with the chair of the Governor's Commission on African American Affairs, who has referred her to a possible connection in Olympia.
- The Community Youth Services (CYS) representative suggested that we need physical health representation and mentioned Olympia Pediatrics as a resource. The convener offered to ask the Catholic Community Services (CCS) representative about this, since they have embedded mental health services at that practice. The CYS representative will serve as back-up if CCS is not successful.

- The Educational Services District 113 offered to invite a nurse who is involved and up to date on COVID 19, to come back to our meetings.
- A parent mentioned Oakland Bay Pediatrics and was asked to invite one of the doctors there.
- The convener has a message in to Stonewall Youth in Olympia.

A Youth Tri-lead then explained about the first youth-only online meeting held in November.

- The Co-Youth Tri-lead said there were five youth present and the main purpose was for youth to have a place where they get to know each other and talk about issues important to them. Here are some highlights from the discussion:
 - The group wanted to know if this was going to be on-going. The youth tri-lead said it was and the next meeting has been set for December 4th at 3 pm.
 - The first meeting went well and youth like WISe services but one of them commented that they shouldn't have to be so deep in the system before getting access to WISe. Another commented that when they were in the hospital that no one listened to them.
 - The Community Youth Services representative offered to come to the next youth meeting and talk about opportunities for leadership.
 - Parents praised the co-youth tri-lead for his leadership.
 - Contact the convener if youth want to join this group at familyalliancewashington@gmail.com or call 360-790-7505 and send the name and email address for the youth.

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

- The parent representative for the state Developmental Disabilities Council (DDC) shared an update. Here are some highlights:
 - The council is addressing via policy and advocacy from the results of its 5 year survey and community meetings as follows;
 - Access to appropriate and quality resources is often hindered by the lack of coordinated care, inaccessible clinical settings, lack of access to diagnostic resources, the cost and availability of medical equipment and language and cultural access.
 - Lack of qualified, informed and trained caregivers to work with individuals experiencing behavioral health challenges.
 - The convener asked if there was a plan or proposal for creating a greater pool of caregivers. Even if there is funding for training, a deficit still exists. The DDC representative said he will bring that question to the council.
 - Current resources were discussed such as Carina Care and Korean Women's Association.

- The Educational Services District 113 (ESD 113) announced Mental Health First Aid virtual training on Monday November 23rd and December 4th. Fliers with details will be posted on the System of Care Partnership facebook page. There is still space available and the training is for parents, teachers, coaches, anyone that has direct contact with children/youth. She also mentioned there is a training for teens and peers but it is not offered here. There was a national pilot and three other ESD's applied.
- The Co-Family Tri-lead announced that there was still an opening for one System Co-Tri-lead. The convener added that we have a few individuals who have offered to take the position if no one else came forward. It is hoped that the position can be filled by the end of 2020.

A Co-Family Tri-lead then adjourned the meeting, after thanking everyone for their participation and announced the next meeting will be held on December 18th.