



Mason Thurston  
System of Care Partnership (SOCP)  
Regional Family Youth System Round Table Partnership  
October 23, 2020 Summary Meeting Notes

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***A System Tri-lead called the meeting to order and made the following requests, asking 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 System Tri-lead asked the convener to read through the roster to sign-in participants. The convener began the process with the announcement of a new Co-Family Tri-lead, who had received all 'yes' votes prior to being welcomed to the position.***

***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 services matrix update.
- Share information about additions and removals for the [systemofcarehub.com](http://systemofcarehub.com).
- Share behavioral health assessments document update.
- Share updates and continue work on representation of historically marginalized populations.
- Share National Youth Move technical assistance update.
- Time for sharing new programs, updated programs, questions and comments.

***The Co-Youth Tri-lead then asked for an update of the behavioral health services matrix document from the Administrative Services Organization (ASO).***

- The update included progress with identification of services provided through one of the health plans (Managed Care Organizations) so they could be highlighted on the document. A note advising families to check with their health plan to make sure services are available to them, was also added to the document.
- The document will be available to send to the group when services available from all four health plans can be identified. One of the health plans asked about who was contacted at their organization and there was an exchange of information

- The ASO representative explained that there is a plan to identify the health plan with an acronym instead of highlighting to make the document easier to read.
- There was also a question about where this document would 'live' when completed. The convener told the group that the document would be attached to the System of Care Partnership web page and any participant could post it on their site.

***A Co-Family Tri-lead then explained to the group that there was information on the agenda to assist with adding and removing items from the systemofcarehub.com site. This included the website link and an email address to use (support@dohdoh.com) for technical assistance.***

- The site was displayed for the group with a live demonstration of the interactive features, as they were explained by the convener.
  - The group was told that they can contact the convener for assistance or if anyone has questions.
- A parent brought up a question about an individual military veteran family and barriers related to accessing mental health services for a youth in the family in need of support. This was about the family not believing mental health needs were real even though the veteran experiences Post Traumatic Stress Disorder. Also, that the parent was bringing this issue to the group due to multiple clinicians present.
  - Another parent in reply, mentioned that ten years ago they had the same beliefs. But they ended up recognizing that it was a problem that needed to be solved and the situation can be improved. The parent suggested using words like obstacle or hurdle.
  - The Educational Services District spoke about this issue with military families and students and that this is something they deal with as a provider. The relationship between mental health and military careers was mentioned.
  - The discussion ended with a suggestion that patience is needed in these situations.
- Note: Prior to this meeting, the tri-leads determined that it would be best to display the site but not go through every program because it would probably require a lot of meeting time and slow progress on other work items. Also, that providing information about adding and removing programs would be provided. The convener checked in with the individual making the request for the review to make sure this would satisfy their request.

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

- The two page document was displayed for the group and explained by a parent from the workgroup. Highlights from the discussion listed below:
  - The parent described the struggle with trying to include enough information to make it helpful but not lengthy, so that it will be useful and easy to read.
  - They went on to explain that there was discussion about naming the document and suggestions from the group are welcome.
  - There is a plan to work on graphics so that it is color coded.
  - The convener will send the document to the group with a request for input.

***A System Tri-lead then announced that we would continue work on a new area of focus: Increased use of culturally competent strategies for outreach to historically marginalized***

***populations for participation in the SOCP. The system tri-lead asked for updates from those who offered to work on outreach. The tri-lead also explained that the brainstorming process used when the group tackles a new work item (area of focus) can be messy and can seem chaotic, but it is a method we use to make sure we hear from everyone in the group. See highlights with follow up on outreach below:***

- Two participants reached out to tribes in September resulting in the attendance of all three tribes in the region, present for the October meeting.
- One participant is working on contact with Cielo and Cielo Blue and the Guatemalan community and will continue those efforts.
- A participant is working out outreach to organizations that support LGBTQIA populations and will continue those efforts.
  - Invitations to the Pizza Klatch executive director will continue. The convener is told that there is a re-organization in progress.

***A Youth Tri-lead then explained about the technical assistance the tri-leads had been receiving from National Youth Move.***

- A Co-Youth Tri-lead will be leading a group of youth in Zoom meetings. The purpose of the meetings will be to better engage youth, learn what issues are important to youth and what youth need from the System of Care Partnership (SOCP).
  - A Co-Youth Tri-lead or other youth will bring issues they care about to the SOCP.
  - Dates and times to be determined by the youth.
  - Contact the convener if youth want to join this group at [familyalliancewashington@gmail.com](mailto:familyalliancewashington@gmail.com) or call 360-790-7505.

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

- Three parents shared about how Wraparound with Intensive Services (WISe) was helpful and here are a few details:
  - Staff followed through on promises after WISe closed and kept in touch.
  - Staff kept things professional, but still felt like a friendship.
  - When a parent felt embarrassed with their situation, staff was helpful and let them know it was okay.
- The parent representative for the state Developmental Disabilities Council (DDC) shared an update. Here are some highlights:
  - The DDC is currently analyzing 600 responses to their survey.
  - The top three needs are:
    - Healthcare
    - Employment

- Services and supports related to Autism Spectrum Disorder or neurodevelopmental disorders.
- The Catholic Community Services representative told the group that their services are now 100% in person except psychiatry is offered using telehealth. Online services are helpful but not as effective as in person. Staff are equipped with personal protective equipment from the county emergency management services. There is a safety plan for staff that work in the office including use of thermometers and sanitizer. Child and family teams can still meet outdoors.
- The Behavioral Health Resources (BHR) representative talked about their New Journeys (First Episode Psychosis) program provides some services in person and some on Zoom. There are no requirements for any specific type of insurance.

The program offers:

- individual and family therapy
  - peer support
  - psychiatric services
  - support with education and employment
  - cognitive behavioral therapy
  - case management
  - family support
- The program director could come to a meeting and share more information.
- The representative brought up psychotic episodes and a parent asked her to describe psychosis. It was explained as follows:
    - Hallucinations and seeing, hearing, believing things that are not real.
 BHR's general outpatient services are mostly on Zoom and phone. They offer medication management and psychiatric evaluations.
  - The Educational Services District 113 (ESD 113) representative said that they never stopped in person services. Telehealth is not as successful for treatment with students on Zoom all day for their classes. Groups are five or less clients and attendance is documented. A comprehensive health screening is in place.
  - A parent who is also a member of the Skokomish Tribe shared that WISE staff came to see a youth and asked 'how are you doing'. She said that is not going to be helpful and that more specific questions need to be asked, such as 'do you feel safe' or 'how are you sleeping'. The Molina representative added, don't ask 'how's it going'.
  - The Molina Health Care representative shared information about the 'Question, Persuade, Refer' training. QPR is suicide prevention training like CPR and is not treatment. This training is for anyone who comes into contact with individuals at risk and was put in place due to the rising suicide rate in Thurston county. Some examples for school staff that could be trained, are teachers, custodians and office staff. Family

Education and Support Services (FESS) is sponsoring a training on October 27<sup>th</sup> on Zoom. There will be one hour for debrief afterwards because some of it can be triggering. It is open for parents and any adult can apply for it, but it is mostly for those around kids. The training will be opening up to the public and large organizations are interested, but there are only four certified as gatekeeper trainers. You can call FESS to get more information at 360-754-7629.

- This type of training is offered by the ESD, but it is three hours long and is required for teachers.
- The new Co-Family Tri-lead shared information about one of the weekly Family Alliance for Mental Health support groups on Zoom at 9 pm on Wednesdays.  
<https://www.familyallianceformentalhealth.com/>

***A System Tri-lead then adjourned the meeting, after thanking everyone for their participation and announced the next meetings will be held on November 20<sup>th</sup> and December 18<sup>th</sup>.***

Post meeting follow up: The convener sent contact information for the New Journeys program and the QPR training. The behavioral health assessments document was also sent with a request for input.