

Youth and Family Coalition		
<b>1.10.2022</b>	<b>4:00 p.m. – 6:00 p.m.</b>	<b>Virtual</b>
Meeting called by:	Tri Lead Kate Foster	
Note taker:	Maria Arreola	
Attendees:	Stephanie Grant, Cai, Marci Bloomquist, Kari Holley, Samantha Kiyota, Dawn Scott, Salina , Starleen Lewis, Soya Wolheltz, Megan Boyle, Sondra Archuleta, Jerri Clark, Tonya Bieche, Val Jones, Angela Fraser-Powell	

Introductions, Announcements and Updates
<p style="text-align: center;"><b>Land Acknowledgement</b></p> <p style="text-align: center;">We acknowledge, with humility, that the land of the North Sound region today is the territory of People of the Salish Sea. Their presence is imbued in the waterways, shorelines, valleys, and mountains of the traditional homelands of the Coast Salish People, since time immemorial.</p> <p>— Jerri spoke of the families to be able to describe the crisis and get help. Families should not be able to know code words or framing there help correctly to get the adequate help needed.</p>

<b>Presentation – Crisis and Stabilization Overview.</b>	
4:20-5:20	
ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )	
<p>Val is a member of the Clinical Oversight at the North Sound BH-ASO. She started working in the mental health field at the age of 17. Val has had various positions at agencies before working for North Sound BH-ASO. She has worked at the organization since 2014.</p> <p>Angela is a member of the Clinical Oversight team at the North Sound BH-ASO. She has been working in the mental health field for over 20 years. She has been working for North Sound BH-ASO for 15 years.</p> <p>— Crisis Services – Toll Free Line 1800-584-3578</p> <ul style="list-style-type: none"> <li>○ Available to anyone seeking assistance with a behavioral health crisis</li> <li>○ Calls are answered by master’s level Mental Health Professionals who can dispatch teams when necessary.</li> </ul>	

- North Sound BH-ASO contracts with the Volunteers of American to operate the 24 hours crisis line.
- Volunteers of American also operates a chat service [www.imhurting.org](http://www.imhurting.org)
- Volunteers of America [www.voaww.org/behavioralhealth](http://www.voaww.org/behavioralhealth)
- WA Indian Behavioral Health HUB [www.voaww.org/wa-ibh](http://www.voaww.org/wa-ibh)
  - Operated by Volunteers of American
  - Provides culturally appropriate services for people who are affiliated with the Native American and Alaskan Native communities.
  - Statewide resource
  - Coordinate care for individuals before a crisis
  - Coordinate care after discharge from a facility
- Crisis Services – Mobile Outreach Teams
  - North Sound BH-ASO contracts with Snohomish County Human Services and Compass Health to provide both Voluntary and involuntary crisis services
  - Snohomish County Human Services provide outreach Services
    - Designated Crisis Responders [DCRs] who can provide either voluntary or involuntary detentions
  - Compass Health provides Mobile Crisis Outreach Services in Skagit, Whatcom, Island and San Juan Counties
- MCOT and DCRs
  - Mobile Crisis Outreach Teams [MCOT]
    - MCOT teams are multidisciplinary
    - Provides voluntary services. Primary staffing consists of Mental Health Professionals [MHPs], Substance Use Disorder Professionals [SUDPs] and Certified Peer Counselors [CPCs]
  - Designated Crisis Responders
    - Mental Health Professionals with additional substance use disorder training .
    - Authority to determine an individual to be detained on an involuntary behavioral health unit.
    - Look at each situation from both a clinical and legal perspective to determine if someone meets criteria for a 5 day hold at an Evaluation and Treatment facility [E&T], inpatient mental health hospital, or secure detox facility
- Wraparound with Intensive Services [WISe] Coordination
  - Required to do 24/7 response to enrolled families
  - North Sound BH-ASO works to ensure that crisis providers know when WISe is involved by working with the Medicaid Apple Health MCOs.
- Family Initiated Treatment
  - In WA state, youth ages 13-17 must consent to their own behavioral health treatment
  - Family Initiated Treatment [FIT] allows parents/caregivers to request inpatient mental health treatment for youth
  - If the young person meets medical necessity for the level of treatment requested, FIT is a pathway to care.
  - Young individuals up to the age 17 are sometimes detained by a DCR, the preferred approach is to work with families to identify and access the right level of care. If that level is hospitalization, families can use FIT to help get the young individual in treatment.

- This is not what the North Sound BH-ASO directly oversees. If you would like to learn more please visit the link <https://www.hca.wa.gov/health-care-services-and-supports/behavioral-health-recovery/family-initiated-treatment-fit>
- 988 Investments
  - Last year, the WA legislature approved House Bill 1477 which invested in suicide prevention and crisis services. These investments include but not limited to
    - New technology for crisis call centers
    - The expansion of crisis teams
    - Short term respite facilities
    - Peer run respite
    - Same day walk in behavioral health services
  - <https://www.hca.wa.gov/about-hca/behavioral-health-recovery/crisis-response-improvement-strategy-cris-committees>
- Stabilization Continuum of Care
  - Crisis stabilization services for children, youth and families are most effective when they exist along a continuum of care that accounts for community capacity as well as strengths and needs of families.
  - Crisis describes the acute sense of urgency felt by a caregiver of a youth
  - Stabilization happens over time and works to help youth and families address future crises
  - Shifting emphasis from crisis to stabilization helps us collectively work to build community resiliency
  - Gaps along the continuum can create barriers to stabilization
  - A youth or family can enter the continuum of care at any point. What we would like is to have few people wait until it turns into a crisis.
- Planning
  - Phase 1
    - Discuss opportunities with our partners, including County Coordinators, current crisis providers, hospitals, educational service districts and YFC.
    - We want to know what resources and opportunities are seen at a local level that would help youth and families attain greater stability.
  - Phase 2
    - Look for a consultant that can do the work of gathering local stake holders in each county to map out resources, identify gaps, needs and opportunities in each county.
  - Phase 3
    - Put together a scope of work for each program and working with partners to establish common metrics for evaluating the program's success.
- Desired Outcomes
  - Interrupt care pathways to divert children and youth from unnecessarily restrictive interventions or levels of care (specifically, the use of law enforcement and hospital emergency departments).
  - Create conditions that allow parents and caregivers to reach out for help (shifts in language and culture, such as emphasizing “stabilization” over “crisis” to encourage families to reach out sooner and focus on long-term stabilization or recovery).

<ul style="list-style-type: none"> <li>○ Prioritize the voices of parents and caregivers in determining the crisis and the action steps to meet the needs of each young person to help move the family toward stabilization.</li> <li>○ Create access points that are easy for parents and caregivers to get assistance that minimizes stigma.</li> <li>○ Create feedback loops that focus on meeting needs.</li> <li>○ Engage communities in supporting children, youth, and families.</li> <li>○ Create equity in access, workforce, and service delivery.</li> </ul>

<b>Developing Land Acknowledgments</b>	
5:20 – 6:00	Agenda Topic
ACTION: Action/Decision (X) Discussion ( ) For Information Only ( )	
<ul style="list-style-type: none"> <li>○ Breakout Room Questions and Responses <ul style="list-style-type: none"> <li>▪ Why are we doing this land acknowledgment? <ul style="list-style-type: none"> <li>• Honoring and respecting and working a long side a sovereign nation. Honoring that space in a meaningful way, the level of government we are speaking to.</li> </ul> </li> <li>▪ What is our end goal? <ul style="list-style-type: none"> <li>• To incorporate their culture throughout the future</li> </ul> </li> <li>▪ When do we want to do the land acknowledgement? <ul style="list-style-type: none"> <li>• At the beginning of the meeting. It centers and calms us.</li> </ul> </li> </ul> </li> </ul>	
<b>Conclusion/Outcomes</b>	
Further discussion of developing a land acknowledgement during the February meeting.	

<b>Evaluations</b>	
15min	
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
Overview: Link was sent to the committee	
Discussion Points: <ul style="list-style-type: none"> <li>• Evaluations link sent to committee</li> </ul>	
<b>Conclusion/Outcomes</b>	
Committee will complete the online evaluation	

**Next meeting is - Monday, February 14, 2022, from 4:00 pm – 6:00 pm**