



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
1.8.2018	4-6 p.m.	Skagit Community Transit Center
Meeting called by:	Alicia Hughes	
Note taker:	Alicia Hughes	
Attendees:	Members: Alicia Hughes (Skagit County Public Health) Calista Scott (Diaper Bank Skagit) Carl Taylor Christine Valdez (Skagit County Public Health) Heather Perry (Coordinated Care) Heidi Pless (DSHS) Kate Foster (Parents Matter) Lisa Helsen (Juvenile Rehabilitation) Lisset Reyes (Skagit DVSAS) Liz Foster Rachel Handy (NWYS)	
North Sound BHO Attendees:	Irene Richards (System Tri-Lead)	

Introductions/Icebreaker	
15 min	Alicia Hughes
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview: Networking, introductions and the Snowball Icebreaker	

Youth Mental Health Matters Discussion	
50 min	Presentation
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<p>Overview: Split into two groups, one led by Alicia, one led by Irene. Alicia's topic: resources and supports for youth experiencing mental illness and homelessness. Irene: ways that youth and families can get involved in the YFC, how to get their voices heard.</p> <p>At February meeting, will share out results of group discussions.</p>	

Presentation: Northwest Youth Services

20 min

Rachel Handy

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview about Northwest Youth Services in Whatcom and Skagit County

- 100 literally homeless right now between both counties
- 14.9% of youth in poverty in Skagit County
- Affordable housing is #1 need
- Services:
 - Street Outreach in Whatcom County
 - Transitional living – very important resource for transitional aged youth
 - Permanent Housing (Rapid Rehousing) – low-barrier
 - HUSLY 90 Day Shelter – 2 open spots in the Skagit HUSLY Shelter right now
 - Vocational
 - Queer Youth project
 - Teen Court
- Contact Rachel or anyone else at NWYS if you have referrals to make, questions, etc. NWYS is a point of entry for coordinated entry system, so youth can go directly there if in need!

Evaluations/Roundtable Updates

- Next meeting: February 12th in Skagit; March 12th will be in Snohomish. Find a way to do call-ins for future meetings.
- Skagit DVSAS is hiring an Immigrant Services Coordinator – check it out if interested!
- Strengthening Families training happening in Whatcom County, started on 1/17 – contact Kate Foster if interested.
- Peer Certified Counselor trainings happening 1/22-1/26 in Seattle



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
2.12.2018	4-6 p.m.	Skagit Community Transit Center
Meeting called by:	Alicia Hughes	
Note taker:	Alicia Hughes	
Attendees:	Members: Alicia Hughes (Skagit County Public Health) Calista Scott (Diaper Bank Skagit) Carl Taylor Georgi Lakey (Family Tri-Lead) Heather Perry (Coordinated Care) Heidi Pless (DSHS) Kate Foster (Parents Matter) Lisa Helsen (Juvenile Rehabilitation) Lisset Reyes (Skagit DVSAS) Liz Foster Megan Boyle (Compass Health) Rachel Handy (NWYS) Scott Watling (DDA) Pauli Estrada (Visitor) Michael Wallace (WSU)	
North Sound BHO Attendees:		

Introductions/Icebreaker	
15 min	Alicia Hughes
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview:	Networking, introductions and the Heads & Tails Icebreaker

Recap from January's Meeting

5 min

Presentation

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

Reviewed some of the responses from the Youth Mental Health Matters event for the questions:

- 1) How can we engage youth and families in the YFC and make their voices heard?
- 2) What strategies do we have to connect youth experiencing homelessness with mental health/substance abuse services?

WISe Natural Supports Brainstorm

15 min

Dawn Scott

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview:

The North Sound BHO is going through a Plan, Do, Study, Act process. One aspect of this is discussing how we can assist youth and families in making informal supports. The CANS screening for WISe services assesses this at the beginning of services, 30 days, 60 days, and then ongoing through the length of the client's stay in WISe. We want to see a sustained 10% change in those that report they have natural supports. Natural supports are identified as social supports, church members, extended families, neighbors, or other community connections that can be invited to WISe team meetings, assist with the family in various ways, etc.

Dawn asked the group to brainstorm ways that we can a) show families the importance of having natural supports, and b) how to identify natural supports. Ideas/responses from the YFC are as follows:

- Do people have the skills to build these natural supports?
 - Teach families how to have these conversations, how to ask for help
 - This is hard to do, so we need to teach them the skills on how to ask people to be a support to their family
- Reach out to neighbors
- Explain from a strengths-based approach vs. punishment
 - Person-centered planning facilitation: these people go into homes with this tool, keeps the conversation focused on the positive, develop a plan that involves everyone in a circle of support
- Talk to people that are affected by the person's behavior, they may be willing to help be a support
- Explain what kind of support you need very clearly
- Recognize that some family members are not helpful, may have differing views/culture
- The natural supports can help take over where the formal team can't, sustainability of support
- Ask someone to help out in short chunks of time; i.e. respite for 2 hours, not an entire weekend or asking someone to go along with you for a day, rather than ask them to do it alone
- Explain that everyone gets a different thing out of this relationship/support
 - Let families know that youth are learning too
 - Let families know that they can be reciprocal in being a support to someone else, even if it doesn't feel like they can.
 - How can we benefit one another?
- CCS has some flex funding to support natural supports, such as purchasing tickets to a day event for the natural support to take the kids out

Workshop: Self-Care

30 min

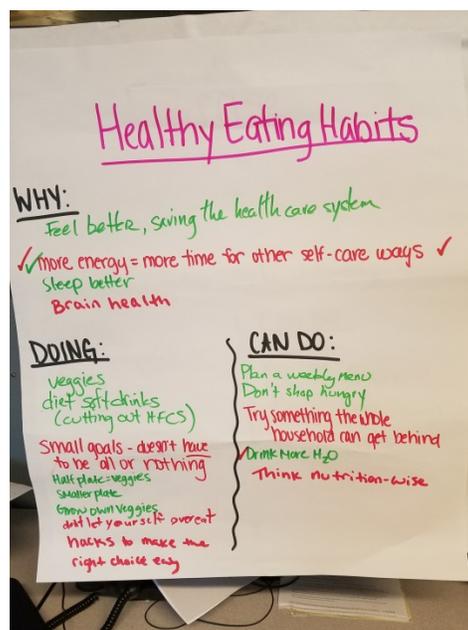
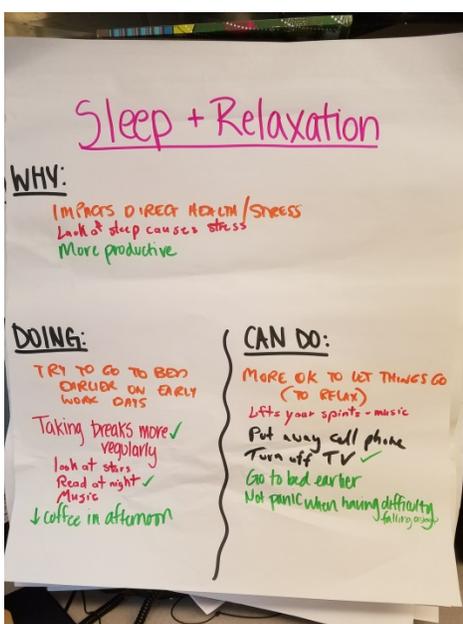
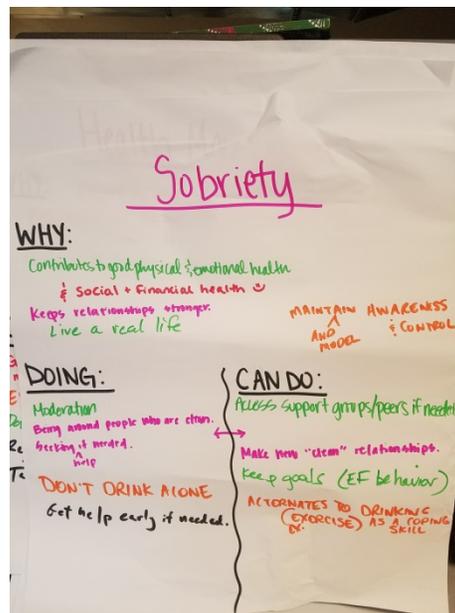
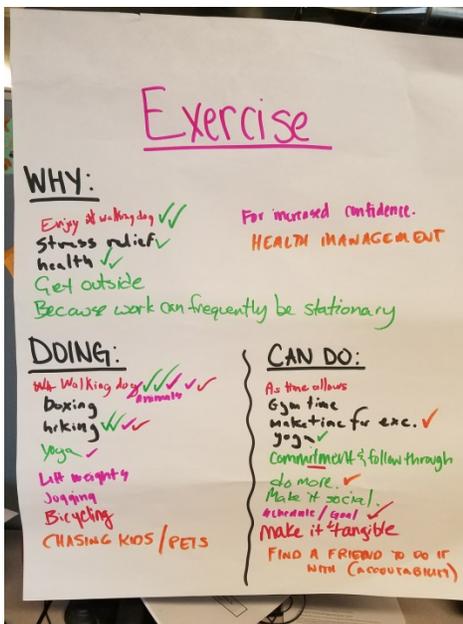
Alicia Hughes

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview:

We discussed the importance of self-care and burnout prevention; one of our strategies in our strategic plan is to enhance the behavioral health workforce. One effort towards that is to prevent burnout with employees. Also important is to ensure that we are taking care of ourselves, understanding compassion fatigue, and identifying practices that can be used to manage stress in the workplace or home.

- We had 10 aspects of self-care listed around the room. Participants paired up, and bounced around the 10 topics, writing: a) Why is this an important aspect of self-care; b) What are you doing now to support this; and c) What can you do?
- Participants were asked to take one thing away from the meeting and try to do it over the next month



Hygiene or Appearance

WHY:

IMPACTS SELF ESTEEM -1 ✓
 Feel good when you look good ✓
 First impressions
 Confidence

DOING:

PROFESSIONAL APPEARANCE
 BASED ON OUR TASKS

Facials
 Taking a long bath/shower
 Get hair done
 Comfortable clothing
 Brush teeth/hair
 Prep outfit

CAN DO:

WAKE UP 10 MINUTES
 EARLIER ✓
 Go to the salon or spa
 Go monthly for hair cut
 Give feedback (or take)

Health Management

WHY:

Easier to maintain health than recover it!
 PROACTIVE IS BETTER THAN REACTIVE
 Fight for better Health Care
 Respect body's limits.

DOING:

Get plenty sleep, water, outside
 morning, Taking lunch!
 EXERCISE
 Doing it.
 Regular check ups
 Take Dr's advice.

CAN DO:

Healthy eating habits &
 regular d.r. VISITS
 VALUING/PRAISING
 WHAT YOU ARE DOING
 (= LESS GUILT)
 Stay informed about your
 health, profile

Inner Peace or Spirituality

WHY:

Getting answers
 Regulating Emotions
 change perspective
 Relax
 Calm inner emotions
 Step back-look @ big picture/find connections
 Being present
 Can help w/ sobriety

FINDING A GREATER
 PURPOSE BIGGER
 THAN SELF

DOING:

Being outside ✓
 Being w/ others ✓
 Listening to music -1 ✓
 Exercise/reading/nature ✓
 Meditation/yoga
 Church ✓
 Reading
 watching tv / movies
 ATTEND GROUPS w/ LIKE
 MINDED PEOPLE

CAN DO:

breathing -1 ✓
 meditation
 Sit & relax
 Imagine the landscape
 Be intentional about time off
 Lose my cell phone
 Turn off
 INTENTIONALLY SCHEDULING
 TIME FOR THIS

Healthy Leisure

WHY:

Meaningful activities balance unmeaningful
 work
 Good way to destress
 Better life quality
 Relax stress & Build confidence

DOING:

Yoga
 hiking
 beach/burn
 reading
 Walking
 Driving
 Health Food
 swim
 vacation

CAN DO:

plan more healthy leisure
 explore other possible activities
 avoid dragging work w/ you.
 Reserve free time
 Try something new ✓
 Watch less TV
 Take vacation time
 Drive to beach or country side
 walk/bike/breast on sand

Self-Improvement

WHY:

Fun, builds confidence
 Professional development & self-improvement rewards
 us and those around us.
 Better yourself so you can better others.
 If you feel better about yourself, you do better

DOING:

Read - inspiring/motivation
 Continuing education
 Meditation
 Giving/receiving feedback
 Podcasts
 Workshops

CAN DO:

Ongoing reflection
 Be more intentional
 Find alone time to process +
 write.
 Support group(s)

Self-Regulation/Self-Control

WHY:

We need boundaries so we don't overwork/take too much on.
 NEED TO KNOW WHEN TO SAY NO
 Get help if over doing it.
 Allows ahimsa (non-harm to self & others)

DOING:

Reflecting on what I am doing/
 thinking.
 Create SMART goals
 NOT SCREAMING / BEING
 AWARE OF THINGS I
 CAN'T CONTROL
 Don't take work home
 yoga
 breathing There are no
 bad emotions,
 Recognize, Acknowledge, express appropriately

CAN DO:

setting clearer boundaries.
 -upholding boundaries.
 UTILIZE HEALTHY OUTLETS
 WHEN I DO NEED TO
 PROCESS
 Set limits.

Evaluations/Roundtable Updates

- Join us in Snohomish for our March 12th YFC Meeting at the Everett Library! <https://www.northsoundyfc.com/rsvp>
- Skagit DVSAS: In March, they are holding a lot of workshops for parents, look out for updates or contact Lisset Reyes at lissetr@skagitdvsas.org
- Northwest Youth Services is hiring a part-time Vocational Coordinator at their Skagit Office
- Developmental Disabilities Administration: contracting right now for providers to serve youth 18 years of age and older
- February 15th they are having a workshop for people to become community guides – if you are interested, contact Scott Watling at WatliSI@dshs.wa.gov
- Juvenile Rehabilitation: Hiring a CDP for Region 2 (Lynnwood to Blaine) – contact Lisa Helsen for details at helsela@dshs.wa.gov
- Diaper Bank of Skagit County: sharing awareness about DCYF Bill re: preparing babies and youth from the early years of life. Question: how can we ensure that families/mothers are receiving the most basic needs, including diapers, from day 1? Suggestion: share information with the Nurse-Family Partnership Team. Diaper Bank of Skagit County is now a nonprofit! Looking for volunteers and board members!
-

Subcommittee Group Activities

15 min All subcommittees

ACTION: Action/Decision (x) Discussion (x) For Information Only ()

- 4 Subcommittees broke out into their groups
- Reviewed the Strategies and Goals worksheets – what are the goals of this subcommittee, what is it we are trying to accomplish, starting the brainstorm of activities
- Subcommittees to report back to larger group at April meeting
- Send Alicia the worksheets as you have them completed



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)	
3.12.2018	4-6 p.m.
Everett Library Auditorium	
Meeting called by:	Alicia Hughes
Note taker:	Alicia Hughes
Attendees:	Members: Alicia Hughes (Skagit County Public Health) David Berg (DDA - by phone) Georgi Lakey (Family Tri-Lead) Heather Perry (Coordinated Care) Kirsten Jones (DDA) Lisa Helsen (Juvenile Rehabilitation) Liz Foster (by phone) Megan Boyle (Compass Health) Sara Waters (Center for Human Services) Scott Watling (DDA – by phone)
North Sound BHO Attendees:	Irene Richards (by phone)

Introductions/Icebreaker	
15 min	Alicia Hughes
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview: Introduction Icebreaker: name one thing you were proud of in the past week	

Youth Mental Health First Aid Course

30 min

Presentation – Megan Boyle, Compass Health

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview:

Equivalent of a CPR First Aid Course

Megan took her first CPR Course; it was at an assisted living facility; made her have an appreciation for the Youth Mental Health First Aid Course

At Compass Health, a number of people trained in adult and youth mental health first aid

*Alicia to email out slides

Discussion:

- Originated in Australia – 23 countries now
- Designed for the 12-18 age range
- A SAMHSA Evidence-based program
- First aid is given until appropriate treatment and support is received
- Stigma is associated with mental illness, so need to reduce this and promote understanding
- Help more people get the help they need. The minimum number of years it takes for a person to seek help is 10 years – this is a long time. We want the capacity to help people get what they need sooner.
- Want to teach more people how to intervene
- We want people to be prepared; understand how common mental illness is; show that you care; and show how you can help
- People will learn about: risk factors, warning signs, information on common mental illnesses, a 5-step action plan, and available resources
- Go over action plan, how it can be used in non-crisis and crisis situations
- ALGEE: Assess for risk of suicide or harm; listen nonjudgmentally; give reassurance and information; encourage appropriate professional help (the first aider shouldn't be the only stop for help); encourage self-help and other support strategies
- Find Your Match activity: a typical activity in the beginning of the training; Leads to interesting conversations where people want to diagnose individuals. Note: just looking for symptoms – it can be very difficult for the mental health first aider to distinguish what is happening with that person in the crisis. Also, a lot of behavioral diagnoses occur (presentation is usually about behavior) but there are a lot of symptoms for depression and anxiety that show up on the surface.
- Mental health professionals really don't need this course – it's pretty basic. But great for anyone!
- A couple of classes coming up – next one is on April 12th in Everett.

Fortunately, Compass received a grant this year – 9-hour course for \$25. Have to have a minimum of 10-30 for a training to host it. **Send out the Skagit County one at ESD on email list

- Lopez Island had a training recently with 30 people!

Evidence:

- Do you do any pre/posts to show its impact? How was it evaluated?
- A lot of evidence to support efficacy of program – increases knowledge and understanding; supports people getting help; decrease social distance; increases mental wellness
- Pre-test as an inventory – what is your opinion?
- At the end, revisit – self-report to see if the way they are looking at things, is there a confidence increase, report back on a survey

Questions:

- This would be really good to train high school students in – maybe next school year?
- Is this training good for youth peers? YES! What they are doing for WISE Snohomish team, having youth and parent partners take this training.

Megan's contact information megan.boyle@compassh.org

ACTION: Action/Decision () Discussion (x) For Information Only ()

Liz Foster asked each group (Skagit and Snohomish) to brainstorm around the following three topics:

1. What is the biggest threat to youth mental health?
 - DDA: The whole system feels very complicated when it comes to getting referrals for EPSDT (Early and Periodic Screening, Diagnostic, and Treatment). Primary care physicians are not knowledgeable about where to refer for EPSDT. This makes it very difficult for parents and young children to navigate this complicated system.
 - Social Media – cyberbullying; pressure; posting when in crisis
 - JR: Going and getting treatment after they are released – disappear before ever even starting. Set 3 up in the past month, everyone went on the run. Hard to get them back and follow through. Unless they have a family that is super involved, which the majority don't.
2. How can we improve the overall mental health of youth?
 - DDA: Now that DDA can't really help with mental health services anymore, seems like a lot of referrals the parents have to go through. Parents have to manage everything on their own, navigate the system, doctors are not aware of EPSDT, don't have the referrals for them, not sure what the parents are looking for. It's a crisis situation. If a parent or family is in a crisis like that, and the system is hard to navigate, it makes it so much bigger. When they are young like that, it's the best time to get started.
 - EPSDT Training: sharing knowledge with physicians; Can the PTCPI do this? Care Coordinators are doing trainings with providers – make sure they are well-informed about knowing what is covered or not covered. If they are willing to have the training, then they can bring it.
 - CPIT Resource: families in crises – they serve anyone regardless of their insurance coverage. Short-term intervention, 24/7 program support. Compass Health has the contract for Snohomish and Skagit and Whatcom.
 - Social Media –talk about appropriate use of social media – what to do if you see things you need to report, bullying online. Online crisis chat on what to do to report on social media sites if someone is talking about self-harm. Social media is not going away – if there was a good social media outlet, where they can feel free to express themselves, say what they need to say, it's a safe place, could be a positive outlet.
 - OSPI has a great site about cyber bullying. Mainly resources – attorney general cyberbullying summit. Protecting children, sexting information, social networking resources. ** OSPI cyberbullying resources:
<http://www.k12.wa.us/safetycenter/InternetSafety/default.aspx>
 - Promoting families to have screen –free family dinners -- **YFC could share some of this information out

(Continued from above)

3. How can we apply these solutions to our regions?

- DDA Solutions: for parents like this who are so overwhelmed: if there is just one contact person or place where people can help out just with that specific problem and someone who can address these issues, not have to be put on a waitlist, or be told they don't know who to refer to.
 - Medicaid: Access Line – one point of contact, can refer to any agency that does Medicaid. VOA can give more information. However, this isn't the same for people with commercial insurance.

Evaluations/Roundtable Updates

- Bonnie Schultz-Lorentzen transitioning into the Convener Role – will be there at the April meeting
- Liz – transitioning out of the youth tri-lead role – will be looking for a new Youth Tri-Lead, so look for the posting!
- Compass Health hiring for the transition-aged youth team (16-21) in Whatcom County
- All Compass Health positions posted online or contact Megan
- WISE now in San Juan County – starting in Friday Harbor
- School-based WISE is at Edmonds School District – expanding into Mukilteo School Team (hiring now)



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
4.9.2018	4-6 p.m.	Skagit Transit Community Room
Meeting called by:	Bonnie Schultz-Lorentzen	
Note taker:	Mel Pedrosa	
Attendees:	Members: Bonnie Schultz-Lorentzen (Skagit County Public Health) Georgi Lakey (Family Tri-Lead) Lisa Helsen (Juvenile Rehabilitation) Sara Waters (Center for Human Services)	
North Sound BHO Attendees:	Irene Richards	

Introductions/Icebreaker	
15 min	Irene Richards
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview: Introduction Icebreaker: attach a TV sitcom famous line to your introduction	

Family Engagement

60 min

Presentation – Karen Kelly & Kim Runge

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview:

Karen shared on the Washington State Community Connectors-Connecting Families, Resources & Ideas, including:

- Mission, vision & values
- Statewide Family Network-Purpose, Design, and function
- Organizational Phases
 1. Phase I-current contact with DBHR (Statewide Family Network)
 2. Phase II-Future Funding (SAMSHA State Family Network grant)
- Annual Events

System of Care Framework

Karen shared on the State framework, including:

- the framework
- current status
- what opportunities are available
- system building
- what is family engagement
- what does it mean to me
- what can I do

Karen led the tables in an activity that enables the group to see all pieces of the puzzle with life in behavioral health, the challenges, barriers and opportunities to make a change.

Karen asked the group to deliberate on themselves and share on what kind of person they are: thinker, facilitator, communicator, encourager, etc.

Questions:

- This would be really good to train high school students in – maybe next school year?
- Is this training good for youth peers? YES! What they are doing for WISE Snohomish team, having youth and parent partners take this training.

Family Engagement discussion

20 min

Irene Richards

ACTION: Action/Decision () Discussion (x) For Information Only ()

Irene tasked the group with homework on what opportunities for increased family engagement. Bring back to the group at the May meeting a few ideas to share with the coalition.

*Keep in mind for families that do want to participate, YFC does has travel or childcare stipend available if these are barriers.

Suggestions

- Send a doodle poll to assess what the needs and gaps are to maybe change up the time or place
- Enable childcare provision
- Clear communications on the roles and responsibility of the family attendee
- Will add this discussion to the May Agenda



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
5.14.2018	4-6 p.m.	Skagit County Transit Station
Meeting called by:	Bonnie Schultz-Lorentzen	
Note taker:	Bonnie Schultz-Lorentzen	
Attendees:	Members: Bonnie Schultz-Lorentzen (Skagit County Public Health) Georgi Lakey (Family Tri-Lead) Kate Foster (Family, and Strengthening Families) Calista Scott (Skagit County Diaper Bank) Dawn Scott (Catholic Community Services) Heather Perry (Coordinated Care) Heidi Pless (DSHS) Lisset Reyes (Skagit DVSAS) Irene Richards (Service Provider Tri-Lead) Kim Baker (didg ^w álic Wellness Center) Lisa Helsen (Juvenile Rehabilitation) Scott Watling (DDA) Paulino Estas (Visitor)	
North Sound BHO Attendees:	Irene Richards	

Introductions/Icebreaker	
15 min	Bonnie Schultz-Lorentzen
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview: Introduction Icebreaker: The best project I ever worked on was...and why?	

Resource Information Share

30 min Presentation – Kim Baker, didg^wálič Wellness Center

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview:

Kim shared information about the didg^wálič Wellness Center.

- Located in Anacortes
- Opened about 4 months ago
- No waiting list
- Funded by tribal dollars
- Childcare is available
 - Childcare will be accessible while an individual is attending services.
- Cost of services
 - We will accept Medicaid, Cash and Private Insurance
 - There is also a sliding fee for those who can't afford services

The center provides the following services:

- Level II.I Intensive Outpatient Treatment Services
 - Assessments
 - Individual, Group therapy
 - Inpatient treatment referrals
 - DUI/deferred prosecution
 - Medication assisted treatment –Suboxone, Vivitrol, Methadone
 - Gambling Counseling
- Mental Health Counseling
 - Assessment
 - Individual Therapy
 - Family Therapy
 - Can bring in youth as part of the family therapy
 - Parenting Classes
- Primary Medical Care
 - Preventive Care
 - Illness and Minor Injury treatment
 - Lab work
 - Urgent Care
 - Coordination of Care with Medication Assisted Treatment
 - Referrals
- Transportation
 - Shuttle Services from Oak Harbor, Anacortes, Burlington and Mount Vernon Park and Rides if Skagit Transit is not available

- Shuttles as needed to and from the Swinomish Reservation
- Case Management
 - Housing
 - Employment
 - Transportation
 - Domestic Violence Treatment Referrals
 - Education
 - Legal/CPS

Questions:

- What age range does the center provide services for?
 - Must be 18 +
- What is your website?
 - <http://www.didgwalic.com>
- Are you looking for any donations?
 - Yes, they are collecting toiletries and clothing
- Do you give tours?
 - Yes, contact Kim for more information

Kim's contact information kbaker@swinomish.nsn.us

ACTION: Action/Decision () Discussion (x) For Information Only ()

Bonnie led a discussion based on the following questions and got a variety of answers below. Coalition members worked first in small groups, and then shared out to the whole group. The input received is as follows:

1. What topics do you want to hear more about in the Youth and Family Coalition (YFC)?

- a. How to get more youth interested/involved in services available to them?
- b. Hear from other agencies/resources to get more agency partners
- c. Bring in more mental health, education presentations, legal/justice information, community links (justice), SCCA volunteer program, Youth Mental Health First Aid
- d. How to get through “the system”
- e. Success stories on who made it through – what does it take, have youth participate
- f. How to access housing and Housing Programs
- g. Presentations on IEP’s and how to go from IEPs to higher education, youth Chemical Dependency treatment, Smokey Point Behavioral Health Hospital, Cocoon House (Snohomish), Oasis Teen Shelter, REACH Peer Center, Joel B at Deaf and Speech Clinic (Bellingham), Cocoon House, Northwest Youth Services, Kinship of King County or Whatcom, Ryan’s House

2. What’s working well?

- a. Detention has a Behavioral Health Specialist (Compass) working with kids in detention for 3-4 months after release
- b. Hearing from agencies/resources
- c. We really like having the meetings the same time/place. Makes it easier to remember.
- d. Great organization/layout of meeting
- e. We have plenty of time to network/discuss
- f. Consistent attendance by providers, etc
- g. Agenda is provided and notes are sent out if you can’t come

3. What needs improvement?

- a. Having more families engaged, capturing family youth voice, even if they aren’t attending
- b. More advertisement of the meetings
- c. Focus of what information we are trying to gather from families/youth
- d. Incentives for youth

e. Child care

4. How can we increase family and youth engagement?

- a. Increase advertising, communication regarding services for youth and families
- b. Advertise at schools, Dr. offices, churches, detention, libraries, SUD locations for rehab
- c. Present at other meetings/places where there are people
- d. If we are clear about the questions we have, or information we are soliciting, we can have members ask the families and youth we know.
- e. Increase our focus to better ask others
- f. Utilize technology
- g. Surveys to gather information
- h. **Quarterly focused meetings** – One for youth and one for families
- i. Hold a youth open house
- j. Advertise with Post Cards to spread the word

5. What do you think is the best way to do a Needs Assessment of the regional communities? (ex. Digital surveys, focus groups, etc.)

- a. Focus group first and then use the digital survey to choose the top 2-3 need items
- b. Focus groups at different times, maybe partner with other agencies who are already holding focus groups
- c. Radio service announcements
- d. Post at food co-op, food banks newspapers, service providers (ccs, compass etc.), churches, migrant camps, Goodwill, support groups (SDVSAS, CCS, Wellness Center)
- e. Online surveys
- f. Bring to other meetings
- g. Share information with youth and families
- h. Have the surveys on post cards for ease
- i. Have your say café

Evaluations/Roundtable Updates

- We are still looking for a new Youth Tri-Lead, please share out!
- The next YFC meeting will be held in Oak Harbor. Location to be determined soon!
- didg^walič Wellness Center is expanding their services to include Mental

Health Service, check out their flyer

- Foster Care Information Night on June 16th!



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)	
6.11.2018	4-6 p.m. Alfy's Pizza, Oak Harbor (O.Harbor) & Skagit Station Community Room
Meeting called by:	Bonnie Schultz-Lorentzen
Note taker:	Bonnie Schultz-Lorentzen
Attendees:	Members: Oak Harbor Attendees Bonnie Schultz-Lorentzen (Skagit County Public Health) Scott Watling (DDA) Heidi Pless (DSHS) Cathi MannFisker (WSU) Sigornae Douglas (Stanwood/Camano ESD) Amber Truex (Ryans' House) Sue Gray (WGU) Tiffany Wheeler-Thompson (Parent to Parent) Jaemee Witmer (Toddler Learning Center and LFRC) Amy Garrett (Pediatrics of Whidbey Island) Skagit Station Attendees David Berg (DDA - by phone) Heather Perry (Coordinated Care – Mount Vernon) Kirsten Jones (DDA) Lisa Helsen (Juvenile Rehabilitation) Megan Boyle (Compass Health) Sara Waters (Center for Human Services)
North Sound BHO Attendees:	Irene Richards (At the Skagit Station Community Room)

Introductions/Icebreaker	
15 min	Bonnie Schultz-Lorentzen & Irene Richards
ACTION: Action/Decision () Discussion (x) For Information Only ()	

Overview:

Introduction

Icebreaker: Technical Difficulties made it so we did quick introductions saying our name and what brought us to the coalition.

Presentation by Ryan's House

30 min Presentation – Amber Truex and Youth, Ryan's House

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

Amber described the Drop-In Center, Housing Programs, and other services available. Three youth from Ryan's House presented on their experiences before and now during their stay at Ryan's House.

Discussion:

Drop- In Center

- Open to all youth ages 12-24 Monday to Friday 7am-7pm
- Set up like a home – living room, tv, games, full dining room and kitchen offering three meals a day plus snacks
- Clothing closet available to youth
- Offer showers and laundry
- Youth Advocates available to:
 - Help with ID, food stamps, birth certificate, SSN applications etc.
 - Vocational support

Housing Programs

- For young adults 18-24
- Offers emergency, short term, and transitional housing on site
- Strict rules with random drug screens
- Youth expected to be in school or working full time, OR, onsite working 20 hours a week and seeking employment 20 hours per week
- Daily chores and responsibilities
- Youth aged 12-17 can only be housed in Host Home Programs under RHFY.
- There is transportation available to help youth get to appointments.

For more information, visit www.ryanshouseforyouth.org.

Annual Assessment Preparation Discussion

45 min

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview:

At each location the coalition brainstormed questions they would like to see posed on the North Sound Annual Assessment. This was done in both a large group and in small groups. The questions will be compiled and put into our survey for the FYSPRT assessment in the fall.

Evaluations/Roundtable Updates

- None at this time



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
7.9.2018	4-6 p.m.	Skagit Station Community Room
Meeting called by:	Irene Richards	
Note taker:	Mel Pedrosa	
Attendees:	Members: Kate Foster-Parents Matter Dawn Scott-CCS Heather Perry-Coordinated Care Heidi Pless-DSHS Lisset Reyes-Skagit DVSAS Irene Richards-NSBHO Lisa Helsen-JV Rehabilitation Megan Boyle-Compass Health Scott Watling-DDA Rachel Handy-NWYS Amanda Mims-THS Angela Etter-DCYF Wendy Bartholomew-CCS	
North Sound BHO Attendees:	Irene Richards	

Introductions/Icebreaker	
15 min	Irene Richards
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview: Introduction Icebreaker: Introductions and share what your favorite place to visit in the Washington Summer	

Deaf & Hard of Hearing Presentation

90 min

Presentation – James Christianson

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview:

James presented on the access to services for deaf and hard of hearing, including the barriers, levels of deafness, family impacts & stigma, inclusion & cultural inequity, and cultural behaviors.

Q& A

- Are there any considerations that service providers to be aware of through using written communication with a deaf person? (i.e. HIPAA, PHI)

There is a fine line, but most deaf people speak English very well and can understand written communication.

- If there are deaf children that aren't going to a deaf-school, are there avenues where they can socialize with other deaf children?

Not many, Seattle has more social groups available. The deaf community in this area is very small. Most kids around here have an educational interpreter with them.

- If I need to communicate with a deaf person in a crisis situation, what is the best way?

Interpretation is the best method. Sometimes deaf people don't want help, and it's appropriate for them to be asked if they want an interpreter rather than assume they need one.

- People on my team have worked with a child with significant behavioral problems as well as hearing impairment. Services were used to address her behavior, but lacked the communication skills. Is there a service method that facilitates for multiple domain?

That is difficult in this small community due to the lack of resources, it takes a specialty trained interpreter and skilled professional to help this sector if the community.

- In that situation, how important is it to involve that child's deaf peers?

Often times their peers are ahead in their social skills and they recognize that, in my opinion it's better to bring in a deaf adult that understands what the problem is.

- What does privacy look like in the deaf community?

It's important to communicate to the client that confidentiality is a priority, and identifying what the client approves to be shared.

WISe Presentation

Irene Richards

ACTION: Action/Decision (x) Discussion () For Information Only ()

Due to time shortage, this presentation was tabled until the next YFC Meeting

Survey Review

10 min

Irene Richards

ACTION: Action/Decision (x) Discussion () For Information Only ()

Overview:

Irene shared a draft of the Annual Assessment for the group to review and approve for distribution.



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
8.13.2018	4-6 p.m.	Skagit Transit Community Room
Meeting called by:	Bonnie Schultz-Lorentzen	
Note taker:	Bonnie Schultz-Lorentzen	
Attendees:	Members: Georgi Lakey (Family Tri-Lead) Kate Foster (Strengthening Families) Dawn Scott (CCS) Heather Perry (Coordinate Care) Lisset Reyes (Skagit DVSAS) Scott Watling (DDA) Tamara Galbert (Therapeutic Health Services) Rachel Handy (NWYS) Amanda Mims (THS) Jillian Bower (THS) Wendy Bartholomew (CCS-WISe) Rachelle Brown (WISe Parent) Trinity Landrun (WISe) Ben Baker (CHS)	
North Sound BHO Attendees:	Irene Richards	

Introductions/Icebreaker and Updates	
10 min	Bonnie Schultz-Lorentzen
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview: Introduction & Icebreaker: What made you smile today? Updates: <ul style="list-style-type: none"> • DVSAS Skagit has launched their Facebook page in Spanish! • Northwest Youth Services has Fred Pulphus joining the Skagit location as a part time Mental Health Clinician! • Strengthening Families will be holding a three day training to train Facilitators of the program: September 26, 27, 28, 8:30 – 4pm in Burlington. 	

Presentation

35 min

WISE Presentation – Irene Richards

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

Irene presented WISE updates with a focus on the Behavioral Health Organizations (BHO) 2018 Plan to Study Act.

- Background of WISE, part of a lawsuit
- WISE stands for Wraparound Services with Intensive Services
- WISE Providers in North Sound
 - Island: Compass Health, 27
 - San Juan: Compass Health, 8
 - Skagit: Catholic Community Services, 32
 - Snohomish:
 - Compass Health, 130
 - Center for Human Services, 10
 - Therapeutic Health Services, 20
 - Whatom:
 - CCS, 52
 - Compass Health, 20
- Why are we doing a Plan To Study Act?
 - Engaging natural supports to promote recovery is one of the WISE principals
 - Our belief is that it will help sustain long term progress
 - We want to have more natural and informal supports on WISE teams
 - This has been a challenge across the state
- Goal of the Plan to Study Act
 - Increase community connections
 - Increase natural and informal supports on the WISE teams
- Summary
 - There is progress being made, although not as much as expected
 - More progress is needed for community connections
 - We will need to modify our plan

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

A review of the Individual Education Plan process.

- History of Special Education
 - Plessy v. Ferguson
 - Idea that separate, but equal at this time period
 - Brown vs. Topeka Board of Education
 - Separate is not equal
 - PARC v. Pennsylvania
 - Someone with a disability could not get into a regular school
 - Students with disabilities advocates rallied for change
 - FAPE: Free Appropriate Public Education
- How does history impact us today?
 - Federal regulations developed through advocacy and litigation
 - Heavily regulated and monitored
 - Processes for child find, evaluation, IEP's, etc.
 - Procedural safeguards
 - Individuals with Disabilities Education Act (IDEA)
Reauthorization/relationship to NCLB/ESSA
 - Ongoing case, continues into today
- What is Special Education?
 - Specially designed instruction that addresses the unique needs of a student eligible to receive special education services.
 - Provided at no cost to parents and includes the related services a student needs to access her/his educational program
 - Different than a 405 plan (accommodations) although it can get wrapped up into the plan
 - PARC now called the Individuals with Disabilities Education Act (IDEA)
- What rights do parents and students have under the law?
 - Rights are outlined in a document called Notice of Special Education Procedural Safeguards.
 - School districts are required to give a copy of this document to the students and their families who are receiving special education services.
- How does Special Education Work (in ten steps)?
 - <http://www.k12.wa.us/SpecialEd/Families/HowItWorks.aspx>
 - Always email the Special Education Director directly.
 - Make a request for an evaluation to determine if a student qualifies to receive special education services. Must be made in writing to make biggest impact.
 - REFER to the timeline in Lara's Power Point
 - Parent has the opportunity to say they don't want the IEP

- If things don't go well, parents can...
 - Go through Due Process
 - Not generally the best way
 - Parents would need to use their own attorney initially
 - If the parent doesn't win, the parent will need to pay the fees
 - Ombudsman to act as a mediator between family and district
 - Citizen's complaint
 - Written formal complaint by a parent to OSPI
 - OSPI conducts an investigation based upon information submitted and makes a decision
 - Mediation
 - Optional for all parties, although any agreements reached are binding
 - Low/no cost
 - Mediators are trained (Sound Options is our provider in Washington State).
 - Free to parents, must set aside 6 hours to meet
- Districts in Skagit County
 - Anacortes School District: Fran McCarthy, 360.293.1216
 - Burlington-Edison School District: Jeff Brown, 360.757.3311
 - Concrete School District: Leilani Thomas, 360.853.8116
 - Conway School District: Amanda Lewis, 360.445.5785
 - LaConner: Andrew Wheeler, 360.466.3171
 - Mount Vernon: Clint Carlton, 360.428.6141
 - Sedro-Wooley: Tony Smith, 360.855.3865

Annual Assessment and 2018 Calendar Review

10 min Bonnie Schultz-Lorentzen

ACTION: Action/Decision (x) Discussion () For Information Only ()

Overview:

Annual Assessment check-in.

- We have about 20 surveys in! Five of them from youth.
- Most of the surveys so far have come from the Ready to Learn Fair in Anacortes. We had a great response from families who seemed very willing to share their experiences and raise their voices.
- Takes about 2 minutes to complete the survey
- Spanish version of the survey now available in PDF
 - Will have Spanish Survey monkey available by the end of this week.
- Bonnie can print out the surveys and deliver them to organizations
- Completed hardcopy surveys can be:
 - Scanned back to Bonnie at bonnies@co.skagit.wa.us
 - Mailed to 700 S Second St. Room 301, Mount Vernon, WA, 98273

- Please share out the survey to your networks!
- Suggestions from coalition members on survey outreach:
 - Homeless Connect, Ferndale Coalition, Recovery Centers, Back to School events.
- Heather from CCP will connect Bonnie with Liza from Snohomish Public Health and Shala from Fostering Together.
- Survey deadline is August 31st.

2018 Calendar Update

- Looked over the calendar
- May 2018 discussion on presentation topics reflected in the calendar
- Let Bonnie, Irene, or Georgi know if there's something else you would like to see on the calendar
- NEXT month – September
 - Two locations will be available.
 - Skagit Station Community Room
 - Family Resource Center on San Juan Island
 - Presentations
 - Family Resource Center
 - Strengthening Families (Kate Foster)
 - Bonnie, Irene and Georgi are working on technology issues
 - Hope to have a call in number available for those who can't make it to either location.
 - Heather and her team will be presenting at January's meeting on the Coordinated Care Program – changes for all foster, alumni, and adopted youth.



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
9.10.2018	4-6 p.m.	Skagit County Transit Station & San Juan Island Family Resource Center
Meeting called by:	Bonnie Schultz-Lorentzen	
Note taker:	Mel Pedrosa	
Attendees:	Members: Bonnie Schultz-Lorentzen (Skagit County Public Health) Kate Foster (Family, and Strengthening Families) Heather Perry (Coordinated Care) Heidi Pless (DSHS) Lisset Reyes (Skagit DVSAS) Rachel Handy (NWYS) Tiffany Wheeler-Thompson (Parent to Parent) Wendy Bartholomew (CCS-WISe) Issac (Safe San Juan) on phone Jennifer Armstrong (SJI Family Resource Center) Ashley Strutz (SJI Family Resource Center) Dave Dunaway (SJCounty Health and Community Services)	
North Sound BHO Attendees:	Irene Richards	

Introductions/Icebreaker	
10 min	Bonnie Schultz-Lorentzen
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview:	
Agenda Review and Introductions	

Resource Information

20 min Presentation – Kate Foster, Strengthening Families

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview:

Kim gave an overview of the Strengthening Families Program including:

- What the program is.
- The program format
- Protective factors addressed
- Youth factors addressed
- Session topics for youth/parents/families
- The strategic framework
- Benefits to parents/community/tax payers

Questions:

What does the cost to attend the program go to?

- It depends on the community that is hosting, some are free.
- Dinner and childcare is included
- Helps to cover the cost of the trainer and curriculum
- You attend 1 night a week for 7 weeks

Is there a website for people to see where the next one is in their area?

- www.SFP.WSU.edu

Are you starting this program soon?

- San Juan Island is starting in a couple of weeks, there are a few Spanish-speaking meetings and English speaking in the next couple of months

Given the time commitment, what's a realistic completion rate?

- I always over recruit, so invite 14 families
- If a family comes to the 2nd meeting, it's rare to have the families not complete the program
- Incentives work, and tailoring the program to the community is effective
- Contribution of a variety of levels have worked as well, such as dessert or beverages on a week.

*** Train the Trainer Training is September 26,27,28, in Burlington.

San Juan Island Family Resource Center Presentation

40 min

Jennifer Armstrong

ACTION: Action/Decision () Discussion (x) For Information Only ()

Jennifer shared the work that the San Juan Family Resource Center is doing, including:

- San Juan's young families
- What it's like to be a young family on San Juan Island
- The Island's economy
- Rural Living: the reality of limited resources
- Isolation
- Early challenges can have lifelong impact
- Kindergarten readiness
- What can help
- The Strengthening Families protective factors in action: Padres Todo Juntos
- What is Padres Todo Juntos?
- Parental resilience
- Increased confidence and competence
- Some key ideas
- Social connections
- Better social support networks and key ideas
- Concrete support in times of need
- Finding help when its needed and key ideas
- Knowledge of parenting/child development
- Increased parenting knowledge and key ideas
- Social and emotional competence of children
- More opportunities for building social and emotional competence and key ideas

Questions:

What are the hours of operation?

- Monday to Friday 8:45-4:00pm
- Special appointments are as needed

How many homeless families do you serve?

- There were about 12 last year that were served

Are there any programs geared towards strong-willed children?

- The WISe program just launched this summer, and it has been an amazing resource for the community, primary source of referrals are from school counselors.

Evaluations/Roundtable Updates

- Family Youth System Partner Round Table (FYSPRT) Statewide Meeting Update
 - Irene Richards share an update on the recent quarterly state meeting, including updates at the state level, sharing our work and resources, and addressing common barriers throughout the FYSPRT groups a the state level
 - Highlights:
 - Respite care in all counties (North Sound does not have this service), DSHS-DBHR attended this meeting to reassure the State FYSPRTS on the progress of this issue
 - A youth panel was available for feedback on their experience with WISE Services
 - DSHS-DBHR also shared system updates within their organization, Irene disseminated the list to the group
- YFC Annual Assessment Update:
 - Bonnie gave a short update on the progress of the survey. 125 surveys, Skagit and Whatcom were the most robust, with service providers making up the majority of the responders. The full report will be presented at the October 8th meeting.
- Evaluations and Networking



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
10.8.2018	4-6 p.m.	Skagit Transit Community Room
Meeting called by:	Bonnie Schultz-Lorentzen	
Note taker:	Mel Pedrosa	
Attendees:	Members: Dawn Scott (CCS) Heather Perry (Coordinate Care) Lisset Reyes (Skagit DVSAS) Wendy Bartholomew (CCS-WISe) Tiffany Wheeler-Thompson (Island County P2P) Heidi Pless (DSHS-Adoptions) Lisa Helsey (DSHS-Juvenile Rehab) Scott Watling (DDA) Mary Jo Duburow (The Arc of Whatcom) Greg Kanehen (Marysville Together Coalition) Tammy Hargett (Public Health Intern)	
North Sound BHO Attendees:	Irene Richards	

Introductions/Icebreaker and Updates	
10 min	Bonnie Schultz-Lorentzen
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview:	
Introduction & Icebreaker: Favorite past Halloween costume?	
Updates:	
<ul style="list-style-type: none"> • Juvenile Rehab will be moving to Children Youth & Family shortly due to the transition from DSHS to HCA • CCS will have 10 more slots come as of December 1st • DSHS-Adoptions will be celebrating National Adoption Day on November 16th • The next YFC Meeting is on November 5th, due to the Veteran's Day holiday • Skagit County Public Health is in process of receiving a grant to expand CPWI coalitions to La Conner and Sedro-Woolley 	

- The Evening of Hope event is scheduled for October 25th located at La Venture Middle School from 6:00pm-8:00pm, will include a resource fair and desserts. Open to all Mount Vernon families
- DVSAS-October is Domestic Violence Awareness month and DVSAS is encouraging all persons to where purple. The DVSAS auction is scheduled for November 3rd from 5:30pm-8:30pm, located at the Swinomish Casino Resort (Costume or semi-formal attire)
- Coordinated Care is working on scheduling presentations on the Behavioral Health integration effective on January 1, 2019

Presentation

35 min

Smokey Point Behavioral Hospital-Alicia Jacobs

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

Alicia presented on the Smokey Point Behavioral Hospital including program features, capacity, and processes of the facility.

- Just opened in June of 2017, privately owned (US Healthfest)
- All insurance accepted, all counties welcome
- Inpatient only
- Operates 115 beds and provides crisis stabilization for acute behavioral and psychiatric disorders, as well as treatment for co-occurring mental health and substance abuse disorders
- Treats youth & adults from 13+ (12 year olds on a case-by-case basis)
- The adolescent program offers a safe environment, psychiatric evaluation, education, therapy classes, recreation classes, family meetings, stabilization, crisis safety planning, etc.
- Treatment includes: anxiety/panic Disorders, depression, mental health disorders, substance use disorders, eating disorders, co-occurring disorders

North Sound YFC Behavioral Health & Wellness Results

20 min

Bonnie Schultz-Lorentzen

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

A review of the results from the Behavioral Health & Wellness online survey.

- Out of 136 surveys 8% were youth, 30% families, 0% Spanish surveys
- Highest concerns were Opioid and meth use, mental health disorders and lack of services, suicide
- The most popular venue for information dissemination was the website, second was social media, third hotlines
- A lot of positive feedback on the behavioral health services community
- Largest need communicated by professionals was additional training
- Predominately obtaining information from peoples primary care offices, faith-based facilities, and insurance companies

Strengths & Barriers in the North Sound Behavioral Health System

20 min

Bonnie Schultz-Lorentzen

ACTION: Action/Decision (x) Discussion () For Information Only ()

Overview:

Group activity determining the strengths and barriers of behavioral health and wellness services available.

Strengths:

- WISE
- Mental Health agencies
- SUD services
- Medical providers
- School services
- Increase awareness of issues
- Quick response/access
- Emergency services
- Insurance coverage
- Collaboration among treatment providers

Barriers:

- Culture and language
- Personal barriers(consumer)
- Lack of resources(consumer)
- System and provider issues
- Access (time and capacity)

How do we move forward to address these issues?

Suggestions included

- Include incentives with the survey distribution-amazon, Safeway, Xbox
- Reducing stigma across all cultures
- Reach out to Youth earlier for better survey results
 - Go out to the schools
 - Make the surveys interactive so that youth can see how other youth have voted
 - Continue to talk about ways that we can engage more youth



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
10.8.2018	4-6 p.m.	Skagit Transit Community Room
Meeting called by:	Bonnie Schultz-Lorentzen	
Note taker:	Brianna Steere	
Attendees:	Members: Kate Foster (SFP) Lisset Reyes (Skagit DVSAS) Wendy Bartholomew (CCS-WISe) Tiffany Wheeler-Thompson (Island County P2P) Rachel Handy (NWYS) Lisa Helsen (DSHS-Juvenile Rehab) Caylie Scigliabaglio (YouthNet) Jon Rylaarsdam (YouthNet) Eleven Vexler Jen Cole (PAVE)	
North Sound BHO Attendees:	Irene Richards	

Introductions/Icebreaker and Updates	
20 min	Bonnie Schultz-Lorentzen
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview: Introduction & Icebreaker: Favourite Book Updates: <ul style="list-style-type: none"> - Introductions/Updates: <ul style="list-style-type: none"> o Strengthening Families: Programs happening in Burlington, MV, Anacortes – eligibility is that the families have a 10-14 y.o. Health Dept funds program, dinner is served. 7 weeks, 2.5 hours/week o Island County P2P: None o Youthnet (foster care): Movie, Instant Family, premiering 11/6 at 7 PM at Cascade Theater. Orientations coming up if anyone wants to learn more about foster care. Recently added a program to do therapeutic foster care on top of traditional foster care. More people on team to be able to be involved in community. o Rachel – Skagit County Youth Housing Services?: WA State was selected to receive \$4.6 million to go to communities to develop 	

programs for homeless youth

- DSHS Juvenile Rehab: None
- Skagit DVSAS: P/T Volunteer Coord position open and legal advocate position open, looking for bilingual candidates
- PAVE: Special Ed Advisory Council convenes 11/7 and 11/8 and PAVE is on council with OSPI, families can make public comments if they have concerns about services child is/isn't receiving.
- Generations Forward – Family Focus (Whatcom County)
- Concrete Living With Grief – 11/17 9 AM-1 PM
- Reminder that next meeting will be in both Skagit and Whatcom Counties, would like focus to be on housing in response to feedback from the group. Skagit County Housing Dept. will be giving updates on what is happening locally
- Bonnie is QPR trainer, reach out to her if interested in training (1.5-2 hours)
- Bonnie can also offer vaping training if interested
- Medicaid shift: Bonnie will not be FYSPRT lead but Irene will be taking over. Irene is now looking for system provider to fill in to her tri-lead position that will be empty. System provider commitment is about 6 hr/mo to prepare and plan for YFC meetings.

Presentation

30 min

WISE Update

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

Update of Wrap Around Intensive Services in NorthSound region.

- Orientation video (<https://www.northsoundyfc.com/get-involved>)
- North Sound WISE Providers:
 - CCS (32 slots in Skagit County and 52 slots in Whatcom County)
– contact: Davn Scott
 - Catholic Community Services (CCS) is the only provider in Skagit County to have a non-Medicaid slot
 - Center for Human Services
 - Compass Health (150 slots in Snohomish Co, 27 in Island Co., 8 in San Juan, 20 in Whatcom (specific for transition age youth ages 15-20)
 - Therapeutic Health Services (THS) – 20 slots in Snohomish Co.
- Service snapshot:
 - 7/1/17-6/30/18, 491 youth served, most coming through Special Ed system
 - Average age, 12 (males 63%)
- Intervention needs are decreasing after 6 months, strengths development are increasing after 6 months
- Expansion plans for our region: current capacity = 329, goal by 3/19 = 502, add one more WISE provider
- County of residence does not necessarily dictate county of WISE service, can receive services in County other than residence if family is willing
- Wait time can vary – 30 days to 3 months, generally able to get families in pretty quickly

Presentation and Discussion

50 min

Strategic Planning: Bonnie Schultz-Lorentzen and Irene Richards

ACTION: Action/Decision (x) Discussion () For Information Only ()

Overview:

Work together as a group on the YFC's Annual Strategic Plan.

- Review Last Month and the Annual Assessment
 - WHAT did we do last month? WHY are we doing it?
 - New/emerging MH or substance use needs: increasing homelessness, increased substance use and overdose, fear of deportation, lack of treatment services, need for more MH services and supports.
- What were the Barriers?
 - Let's add these to the conversation as well.
 - Sort #5 & 7
 - Added to barriers of transportation, etc.
- Strategic Planning
 - Review Five Critical Issues of 2017/18
 - Who has seen this before?
 - Looking these over, as a community/region, have you seen any progress on these critical issues?
 - How about as a coalition? (inc. knowledge of community services and programs)
 - There are a lot of great ideas in here, and really thoughtful intentions of what needs to be changed on a system level.
 - These are huge systemic issues on a local or regional level.
 - As a coalition let's look to the future and identify what we can impact together!!
 - In small groups, identify barriers that you and your group feel as a coalition we can impact
 - As a coalition, individually walk around to the different posters and put stickers on 5 barriers that as a coalition, together, we can impact
 - No rules about how many can go beside each barrier. If you think we should really focus on one issue, you can put 2, or 5 stickers beside it. It's up to YOU.
 - In total we had 4 posters the coalition created, plus last years 2017/18 Identified Critical Issues poster, and the Barriers we identified from last month.
 - The Coalition facilitator and tri-leads will meet before the next meeting and summarize the data.

Next Month

ACTION: Action/Decision (x) Discussion () For Information Only ()

- Skagit County Housing – Update from Skagit County Housing and Community Services
- Finalize our strategic plan
 - Identify 5 Key Issues: In the North Sound region, what can we impact together as a coalition that will help youth, families and community members in the Behavioral Health System.
 - How will we address these 5 issues?



North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
12.10.2018	4-6 p.m.	Skagit Transit Community Room
Meeting called by:	Bonnie Schultz-Lorentzen	
Note taker:	Irene Richards	
Attendees:	Members: Lisset Reyes (Skagit DVSAS) Wendy Bartholomew (CCS-WISe) Rachel Handy (NWYS) Eleven Vexler Jen Cole (PAVE) Scott Watling (DDA) Amy Freeto (CPS/FRS) Kayla Schott-Bresler (Skagit County)	
North Sound BHO Attendees:	Irene Richards	

Introductions/Icebreaker and Updates	
15 min	Bonnie Schultz-Lorentzen
ACTION: Action/Decision () Discussion (x) For Information Only ()	
Overview: Introduction and Updates: <ul style="list-style-type: none"> ➤ YFC <ul style="list-style-type: none"> ○ Family, Youth and System Tri-Lead Positions are open ○ In December, Irene Richards will be the new facilitator ○ There are two youth interested in the Youth Tri-Lead Position 	

Presentation

15 min

Skagit County Housing and Services Update
Presenter: Kayla Schott-Bresler

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

Skagit Housing Update

- Permanent Supportive Housing with Catholic Community Services will open up in 2021
 - 70 apartments
 - For individuals with physical disabilities or emotional disorders
 - Currently looking for a location, preferably downtown
- Recovery Housing
 - Four locations in the community
- Skagit County is looking for housing non-profit organizations to partner with. Please contact Kayla for more information.
- Homelessness
 - Housing Resources
 - Community Action
 - Need for housing far outweighs resources
 - Winter Shelters are open at 7th Day Adventist
 - Open every night throughout the winter
 - Can shelter 23 people
 - Anacortes – families are getting hotel vouchers
 - Plan to End Homelessness
 - County will be looking for stakeholder input in the new year and has offered to come back to the coalition in 2019 and ask for the coalition's input.
- Diversion Training
 - Contact Kayla

Contact Information for Kayla Schott-Bresler

- kaylasb@co.skagit.wa.us
- 360-416-1520

Presentation and Discussion

1 hr 30 min

Strategic Planning: Bonnie Schultz-Lorentzen and Irene Richards

ACTION: Action/Decision (x) Discussion () For Information Only ()

Overview:

Work together as a group on the YFC's Annual Strategic Plan.

- Reviewed FYSPRT's Mission and the role of the YFC
 - What is the purpose of FYSPRT and the YFC? Why do we meet?
 - Review Executive Summary of Goals of the YFC
 - This is a fluid document, and the goals of the YFC can be reviewed and amended in 2019.
 - Review Challenge and Solution Submission Form
- Allowed time for members who were not present at last month's meeting to identify five key areas that they YFC can impact as a coalition
- As a coalition, we identified the **5 Key Critical Issues** that we would like to impact in the North Sound region.
 - Increase Resource Sharing and Awareness
 - Expand Prevention Services
 - Partnership/Dialogue between Providers, Schools, and Systems.
 - Look at Costs for Non-Medicaid Behavioral Health populations
 - Increase Cultural Understanding and Humility Within Our Community
- Two of the Critical Issues – Increase Resource Sharing and Awareness, and Expand Prevention Services, were identified last year and will remain the same for 2019.
- Overall, we took the time to make the language of the key critical issues reflect the goals of the YFC
- The YFC should feel like a place where people come and make a difference in the system, where they can make an impact and work together to address inequalities in the Behavioural Health system
- In two small groups, we started the process of creating Action Steps for Increasing Cultural Understanding and Humility within our Community, as well as Partnership/Dialogue between Providers, Schools, and Systems.
 - Due to time, the coalition agreed to return to these issues and adjust the language as necessary in upcoming meetings.
- Action Steps were started and are still in process.

Next Month

ACTION: Action/Decision (x) Discussion () For Information Only ()

- Two Locations: Whatcom and Skagit County
- Presentation: Northwest Youth Services will present on 22 North (a newly completed housing project), the GroundFloor, and share resources.
- Heather Perry from Coordinated Care will share changes to Medicaid and what that might look like for the community
- Continue to work together on identifying Action Steps for the YFC's Strategic Plan and Five Critical Issues.