

**North Sound Behavioral Health Organization (North Sound BHO)  
Family, Youth, System Partner Roundtable (FYSPRT)  
North Sound BHO - Conference Room Whatcom  
MEETING SUMMARY**

Family, Youth, System Partner Roundtable (FYSPRT)	
<b>1.18.2017</b>	<b>12:00 p.m. – 1:30 p.m.</b>
Meeting called by:	Julie de Losada, Skagit County
Note taker:	Lisa Hudspeth
Attendees:	Julie de Losada, Georgi Lakey, Dawn Scott, Megan Boyle, Lisa Helsen, Greg Wennerberg, Nina Weaver, Mary Larson, Christine V
North Sound BHO Attendees:	Kristen Hagin, Irene Richards, Lisa Hudspeth
Attendees by phone:	Amanda Franke, Liza Patchen-Short

Announcements and Updates
<ul style="list-style-type: none"> <li>• Request made for nameplates</li> <li>• Georgi: <ul style="list-style-type: none"> <li>○ Washington State Community Partners would like to visit next month <ul style="list-style-type: none"> <li>▪ Would like to talk about community needs</li> </ul> </li> </ul> </li> <li>• Irene announced Colleen Bowls has been hired as the new Children’s Manager for North Sound BHO <ul style="list-style-type: none"> <li>○ Currently a Substance Use Disorder (SUD) Quality Specialist for North Sound BHO</li> <li>○ February 1, 2017 will be official start date</li> </ul> </li> <li>• North Sound BHO will be hosting a Peer Training from February 6-10, 2017</li> <li>• The next State FYSPRT meeting is scheduled for February 6 from 9:00 -3:00 in Lacey, WA</li> <li>• Dawn Scott is looking for a WISE Therapist in Skagit County</li> <li>• Lisa Helsen – will not be receiving any money from Governor’s Budget; lost regional administrator; realignment of regions</li> <li>• Brief conversation ensued regarding Blue Ribbon Commission <ul style="list-style-type: none"> <li>○ Started in March 2016</li> <li>○ Governor made proclamation that all DSHS entities, Department of Early Learning, Office of School Public to convene and create a workgroup to look at realigning workforce</li> <li>○ Mental Health was not part of the commission</li> <li>○ A strategy paper came out in November 2016</li> <li>○ Julie will look at having more information at February 2017 meeting</li> </ul> </li> <li>• System of Care Institute (SOCi) has been cancelled due to unknown budget for mental health</li> </ul>

Behavioral Health Education Specialist Position	
5 minutes	Julie de Losada
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
<p>Overview:</p> <ul style="list-style-type: none"> <li>Julie shared that there is a posted position at Skagit County</li> <li>Bachelor's degree is minimum education requirement</li> <li>30-50% of time will be focused on FYSPRT <ul style="list-style-type: none"> <li>Remainder of time will be working with Julie on a team of three to do contract management for Behavioral Health for Skagit County</li> </ul> </li> <li>Pay will be \$48-\$52 with full benefits</li> </ul>	
<p>Discussion Points:</p> <ul style="list-style-type: none"> <li>Not applicable</li> </ul>	
Conclusion/Outcomes	
<ul style="list-style-type: none"> <li>Not applicable</li> </ul>	

Deliverables	
30 min	Julie de Losada
ACTION: Action/Decision ( ) Discussion ( ) For Information Only ( )	
<p>Overview:</p> <ul style="list-style-type: none"> <li>Julie noted that there are several deliverables for the FYSPRT contract, including a Needs Assessment <ul style="list-style-type: none"> <li>Would like to spend time reviewing needs from <i>2016 Have Your Say Cafes – Needs Assessment</i>; specifically, current state and future state.</li> <li>Based upon review, will create three (3) goals <ul style="list-style-type: none"> <li>Is it reasonable</li> <li>Do we have access to data? How we will know if we shift the system?</li> <li>What resources are needed?</li> </ul> </li> </ul> </li> </ul>	
<p>Discussion Points:</p> <ul style="list-style-type: none"> <li>Julie asked individuals present to review the <i>2016 Have Your Say Cafes – Needs Assessment</i> and share 2-3 areas that stood out to them (specifically in regards to current and future state).</li> <li>Conversation ensued regarding what areas/needs stood out to individuals: <ul style="list-style-type: none"> <li>Housing</li> <li>Education</li> <li>Access</li> <li>Workforce (lack of); include creative ideas to increase workforce</li> <li>Cross Integration in Workforce of information, including how to access services</li> <li>Access to Youth SUD beds, detox and treatment</li> <li>Peer Support for Youth and Family</li> <li>Education of what is available</li> </ul> </li> </ul>	

- Youth Voice (different than youth support)
- Supporting families in strengthening relationships
- Some sort of support on Islands (i.e. Fun House, Peer Center, Drop-In Centers)
  - This is needed across regions
- Prevention
- “No Wrong Door”
- Bringing county-specific strategic planning conversations together (lots of duplication)
- Foster Care
- VOA Chatline
- Bring people together in a more effective way
- Prevention, including education; place for families to come together (activities), leaderships opportunities for youth
- Siloed systems needing integration, collaboration and education
- “Hand-Holding” for families (i.e. point person for multi-system children); community navigator
- Build resiliency
- Public Work Initiatives (WPA – Work Projects Administration)
- Mental Health support
  - Large amounts of depression and anxiety being experienced)
- Wellness Fair given as example to bring people together
- Wellness Coalition
- Universal Prevention (large gaps)
- Work force in finding Individual Providers that help give families a break and help families with personal care
- Respite (hard to find providers, both individual and agency)
- Parent/Caregiver support and training
- Request: Julie would like to come back to this conversation at February meeting. If you have any hard data from your community or agency that is looking at needs in the area, please email
- Request made for review of the Health Needs Survey (either March or April)

### **Conclusion/Outcomes**

- Will continue conversation at February 15, 2017 meeting

WISe Annual Report	
TIME	PRESENTER
ACTION: Action/Decision ( ) Discussion ( ) For Information Only ( )	
<p>Overview:</p> <ul style="list-style-type: none"> <li>Irene currently working on annual report for WISe and would like to know if there is any specific information people would like to see <ul style="list-style-type: none"> <li>Brief conversation ensued regarding what information individuals would possibly like to know more about: <ul style="list-style-type: none"> <li>Request for timing (when referred and how long to get into program)</li> <li>Who made the referral</li> <li>What has changed for the family <ul style="list-style-type: none"> <li>Comment from provider: How would we measure what has changed? We use the CANs and CA/LOCUS. Recommendation made to review goals with family and ask how they have changed</li> <li>May be included in success stories</li> <li>Do not need to think of success stories as only after discharge</li> </ul> </li> <li>General areas of focus (trends)</li> <li>Allow for subjective data in addition to the objective data collected</li> </ul> </li> </ul> </li> <li>Timeline for report: February or March meeting</li> </ul>	
<b>Conclusion/Outcomes</b>	
<ul style="list-style-type: none"> <li>Not applicable</li> </ul>	

**Next meeting is: Wednesday, February 15, 2017 from 12:00 pm – 1:30 pm**

**North Sound Behavioral Health Organization (North Sound BHO)  
Family, Youth, System Partner Roundtable (FYSPRT)  
North Sound BHO - Conference Room Whatcom  
MEETING SUMMARY**

Family, Youth, System Partner Roundtable (FYSPRT)			
2.15.2017		12:00 p.m. – 1:30 p.m.	CR_Whatcom
Meeting called by:	Julie de Losada, Skagit County		
Note taker:	Annette Calder, North Sound BHO		
Attendees:	Nina Weaver (Catholic Community Services), Christine Valdez (Skagit Public Health), Georgi Lakey (Family Tri-lead), Carolyn Cox (Washington State Community Connections), Lynda Richards (Island County Human Services), Liza Patchen-Short (Snohomish County Human Services), Amanda Franke (Snohomish County Human Services), Lisa Helsen (Juvenile Rehabilitation), Scott Watling (Developmental Disabilities Administration); Mary Larson (Developmental Disabilities Administration)		
North Sound BHO Attendees:	None		
Attendees by phone:	Carol Bailey (Children's Administration)		

Announcements and Updates
<ul style="list-style-type: none"> <li>Mary Larson noted this will be her last meeting and Scott will be the new representative to this group for DDA.</li> <li>Carolyn Cox addressed the group and said she is the Project Manager for Washington State Community Connectors, noting she joined in August and has been working with FYSPRTs, working with WA state workforce collaborative. State has provided funding for trainings and will be facilitating trainings across the state that are relevant to each area. Conducted one in Greater Columbia with over half of the participants being youth; training was well received. Will be holding the first annual Children's Summit in May in Yakima. Carolyn said she would really like providers and families to come and see what the state is doing for families. Carolyn said they are also looking at workforce regarding peers. Dr. Eric Bruns will present on Evidence Based Practices (EBPs). WISE manager from WSU, Michelle Mann, will be present as well as other leaders from across the state, including a special guest speaker. Julie said this group is struggling with getting more youth and parent partners to the table, noting this is a priority going forward as part of the strategic plan and asked if Carolyn had any suggestions to please let us know. Carolyn noted this group is not alone regarding getting youth, parents and families involved.</li> </ul>

	PRESENTER: Julie de Losada
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
Overview:	
<ul style="list-style-type: none"> <li>Review previous minutes for accuracy. No quorum present so action could not be taken.</li> </ul>	
Discussion Points:	
<ul style="list-style-type: none"> <li></li> </ul>	
<b>Conclusion/Outcomes</b>	
<ul style="list-style-type: none"> <li>Minutes for both months reviewed, no corrections noted. Minutes will be presented for approval at a subsequent meeting when a quorum is present.</li> </ul>	

<b>Update on Hiring a Convener</b>	
	PRESENTER: Julie de Losada
ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )	
Overview: Julie discussed that she took this contract with her to the County, noting it was advertised for, received about 30 applications but only offered interviews to 3 and discussed why. Julie noted that 2 have proceeded to the second round of interviews and responses to the supplemental questions. Julie directed the group to Tab 2 and reviewed the materials, asking the group to take some time to review and be ready to discuss what they liked about each candidate and if there were any red flags for either candidate.	
Discussion Points: Group discussion ensued on the responses to the supplemental questions and the group felt candidate 1 was a better fit for this role and comes with a lot of experience and qualifications that are relevant to this work.	
<b>Conclusion/Outcomes</b>	
<ul style="list-style-type: none"> <li>Julie said the County will make an offer today. If all goes well the convener will be on staff by the next meeting, which Julie would attend and then would plan to step back and let the convener lead the process.</li> </ul>	

<b>Attendee Data Review SKIPPED</b>	
	PRESENTER: Julie de Losada
ACTION: Action/Decision ( ) Discussion ( ) For Information Only ( )	
Overview:	
Discussion Points:	
<ul style="list-style-type: none"> <li></li> </ul>	
<b>Conclusion/Outcomes</b>	

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### Review Blue Ribbon Commencement

PRESENTER: Julie de Losada

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

Overview: Julie addressed the group about how decisions are made in Washington Government and how the message is shared with staff at agencies. Blue Ribbon Commission is an executive order issued by Governor Inslee in February 18, 2016. In the executive order, it was recommended that a new department be formed to look at how services are delivered to Children, Youth and Families as well as the outcomes.

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Discussion Points:

- Julie reviewed and summarized the conclusions of the Blue Ribbon Commission Final Report with the group and discussion took place throughout. Julie distributed HB1661: Creating Department of Children Youth and Families so the group would have this information.

### Conclusion/Outcomes

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### Review Current Legislative Issues

PRESENTER: Julie de Losada

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

Overview:

- Julie noted there are routine workgroups held at the capitol to help people understand how the legislative process works.
- A document is available on how the governor's budget process works.
- A lot of legislation around education this session.

Discussion Points:

- If this information is helpful the group could continue this topic at a future meeting.

### Conclusion/Outcomes

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### FYSPRT Name Change SKIPPED

PRESENTER

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

Overview:

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Discussion Points:
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<b>Conclusion/Outcomes</b>
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<b>Children's Administration Questions</b>	
	PRESENTER
ACTION: Action/Decision ( ) Discussion ( ) For Information Only ( )	
• Julie will send out a reminder for the group to complete this work on Basecamp.	
Discussion Points:	
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<b>Conclusion/Outcomes</b>	
•	

<b>Discuss Website SKIPPED</b>	
	PRESENTER
ACTION: Action/Decision ( ) Discussion ( ) For Information Only ( )	
Overview:	
•	
Discussion Points:	
•	
<b>Conclusion/Outcomes</b>	
•	

**Next meeting is: Wednesday, March 15, 2017 from 12:00 pm – 1:30 pm**



**North Sound Behavioral Health Organization (North Sound BHO)  
Family, Youth, System Partner Roundtable (FYSPRT)  
North Sound BHO - Conference Room Whatcom  
MEETING SUMMARY**

Family, Youth, System Partner Roundtable (FYSPRT)			
<b>3.15.2017</b>		<b>12:00 p.m. – 1:30 p.m.</b>	<b>CR_Whatcom</b>
Meeting called by:	Julie De Losada		
Note taker:	Carolyn Radach		
Attendees:	Nina Weaver (Catholic Community Services), Georgi Lakey (Family Tri-Lead), Christine Valdez (Skagit Public Health), Alicia Hughes (Skagit County), Scott Watling (Developmental Disabilities Administration), Lisa Helsen (Juvenile Rehabilitation), Carol Bailey (Department Social Health Services), Megan Boyle (Compass Health), Dawn Scott (Catholic Community Services)		
North Sound BHO Attendees:	Coleen Bowls, Irene Richards		
Attendees by phone:			

Announcements and Updates
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Introduction of new Convener	
5 min	Julie de Losada
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
Overview: Julie introduced the new Convener, Alicia Hughes.	
Discussion Points: Julie explained the necessity for the convener what her role would be and who she would be working with.	

Review Minutes from February	
10 min	Julie De Losada
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
Overview: <ul style="list-style-type: none"> <li>Reviewing the minutes from February.</li> </ul>	
Discussion Points: <ul style="list-style-type: none"> <li>Not applicable</li> </ul>	
Conclusion/Outcomes	

- Minute/Notes from February's meeting were accepted by all.

## Statewide FYSPRT

20 min

Julie de Losada

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

### Overview:

- There is a statewide Family Youth Services Partner Roundtable (FYSPRT) that meets in Lacey once a quarter. Next meeting is tomorrow, 03/16/2017. Open to anybody. Nina and Georgi will be attending.
- Julie reviewed who attends the statewide FYSPRT meeting and what their roles are.
- Julie gave an overview of FYSPRT's history and the challenges that it has presented.
- Julie asked for brain storming questions for Nina and Georgi's attendance. Brainstorming was based on the action items posed by the Children's Administration (CA).

### A. Action Item #1

#### Brainstorm Questions:

1. If there are gaps (limitations) in services of Child Protective Services (CPS), foster care and adoption, what are those gaps or barriers? What communities are facing these challenges?

#### Gaps or Limitations:

- Children (not in dependency) that cannot return home due to sexual offenses.
    - ❖ Not having a plan.
    - ❖ Lack of predictability and consistency for the child involved.
  - Lack of emergency housing for kids that are abandoned by parents or cannot return home.
  - Lack of parental support and training for parents that adopt.
2. What other services would help improve child and family outcomes?

#### New Services:

- Creating a system of care within Medicaid that involves blending of programs.
- Education and outreach of systems and programs.
- Trying to get people information so they can access the system.
- Irene thinks that it would be helpful to have a CA rep at a FYSPRT meeting to let agencies know what is available, to get feedback from them on where they see the gaps at, and to get better community feedback.

## B. Action Item #2

1. Does your Regional (or Local) FYSPRT actively engage in conversations about how WISE is working in your area? (For example, do people know about it? Are Child and Adolescent Needs and Strengths (CANS) assessments being completed in a timely fashion? What are the outcomes? These are sample questions only; other information is welcome.)
    - \* If no, what are the barriers?
    - \* If yes, how is WISE data driving decisions at the Regional (or Local) level?
  2. Is how you are receiving WISE data effective?
    - \* If not, what do you think would be more effective?
- Julie asked the group to think about recommendations for Action Item #2, based on the WISE data that Irene presents; as well as any suggestions on ways to receive the data on WISE.

## Conclusion/Outcomes

- Carol Bailey offered to have someone come in and talk about the different services that are available and the intake process.
- Julie asked Georgi and Nina to report on Action Item #2 at the statewide FYSPRT meeting.

## WISE Annual Summary

30 min

Irene Richards

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

### Overview:

- Irene presented a Power Point summarizing Wraparound Intensive Services (WISE) for 2016.
- Topics included
  1. WISE Implementation:
    - a. Counties (Snohomish, Skagit, Whatcom, and Island)
    - b. Agencies (Compass Health and Catholic Community Services)
    - c. Current Capacity (224) and Target Capacity (290)
    - d. Total of youth that are served (381)
    - e. Length of stay in program (10 months)
    - f. Service hours involved in the program (10hr/month)
  2. Program Demographics:
    - a. Average age: 12
    - b. Males: 63%
    - c. Females: 36%

3. Ethnicities in the Program:
  - a. Caucasian: 51%
  - b. Hispanic: 18%
  - c. Other: 15%
  - d. America/Alaska Native: 7%
  - e. African American: 6%
  - f. Asian/Pacific Islander: 3%
4. Program Outcomes that increased within six months:
  - a. Relationship Permanence
  - b. Natural Supports
  - c. Resiliency
  - d. Talents and Interests
  - e. Educational System
  - f. Community Connection
5. Key Intervention needs that decreased within six months:
  - a. Emotional Control
  - b. Mood disturbance
  - c. Decision making
  - d. Family
  - e. School achievement
  - f. Interpersonal
6. Irene reviewed the results of the Youth and Family Survey questions. Including:
  - a. The team came up with ways to help them, or their child
    - i. Youth: 97% / Caregiver: 89%
  - b. The team made it easy for them to say what did not work
    - i. Youth: 89% / Caregiver: 91%
  - c. The team increased the support they get from family and friends.
    - i. Youth: 83% / Caregiver: 67%
  - d. The team has given them the confidence to deal with future problems.
    - i. Youth: 92% / Caregiver: 80%
7. Irene relayed highlights that came out of the program.
8. Irene talked about what comes next:
  - a. Wise Expansion
  - b. Potential barriers (workforce needs v. workforce availability and geographical limitations)
  - c. Continued training for WISE staff
9. Conclusions that were made:
  - a. WISE is being utilized.
  - b. Overall there have been good outcomes.
  - c. Youth and family survey to continue this year.

## **Conclusion/Outcomes**

- Not applicable

## Introduction to draft strategic plan

30 min

Julie de Losada

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

### Overview:

- Julie presented a Power Point to present an introduction to drafting a strategic plan for Family Youth Services Partner Roundtable (FYSPRT).
- Topics included looking at the following questions:
  1. Why strategic planning?
  2. Who are we? **VISION STATEMENT**
    - a. Inspires us to dream
    - b. Describes what we hope to achieve
    - c. To described outcomes in ideal terms
    - d. An anchor point for strategy
  3. What do we do? **MISSION**
    - a. Inspires us to action
    - b. Describes what the group is going to do
    - c. Why we are doing it
  4. How do we do what we do? **VALUES**
    - a. Provide core principles
    - b. Define the culture of our shared work
    - c. Should be felt by the people we serve
  5. Where are we now? **NEED ASSESSMENT**
    - a. Gathers accurate information
    - b. Determines current situation
    - c. Identifies issues for action
  6. Where do we want to be? **GOALS**
    - a. Broad Aims
    - b. Short-term and long-term
    - c. Foundation for developing objectives

### Suggested Goals:

- i. Family and youth will be appropriately represented on the FYSPRT.
- ii. Members will have a better understanding of the purpose of FYSPRT.
- iii. FYSPRT members will understand their role.
- iv. FYSPRT members will feel that this committee is meaningful at a local level; and not merely a requirement of the state contract.

7. Where do we want to be? **OBJECTIVES**

- a. High level areas of focus
- b. Create a call to action
- c. Point team in the right direction

Suggested Objectives Included:

- i. Having two new FYSPRT family members by May 2017.
- ii. Having two new youth members by May 2017.
- iii. By June 2017 identifying four projects to be completed by December 2017.
- iv. Develop a 12-month work plan by July 2017.

8. How will we get there? **STRATEGIES**

- a. Describe your approach
- b. Less specific action plan
- c. Follow the path of least resistance
- d. Advance the mission

Suggested strategies:

- i. Two new family and two new youth partners by May 2017
  - ❖ Describe what's in it for them and make participation easy.
- ii. Four completed projects by December 2017
  - ❖ Develop a process for the Tri-leads to "lead" the work.
- iii. Develop a 12-month work plan
  - ❖ Dedicate time and human resources.
  - ❖ Ensure relevancy to all members.

9. How will we get there? **ACTION STEPS**

- a. Who will do it?
- b. When it will be done
- c. The timeline surrounding the objectives strategies

Suggested action steps:

- i. Develop a dialogue for recruiting new members.
- ii. Use existing flyers to reach out to the community.
- iii. Calendar time for the Tri-Leads to meet.
- iv. Develop and review action plan.

**Conclusion/Outcomes**

- Group wants to look at changing the meeting time so that all parties can be included.
- Julie asks for permission to use the described activities to send the deliverable to the state.
- No one objected and Julie said that she would send out the deliverable.

**Next meeting is: Wednesday, April 19, 2017 from 12:00 pm – 1:30 pm**

**North Sound Behavioral Health Organization (North Sound BHO)  
Family, Youth, System Partner Roundtable (FYSPRT)  
North Sound BHO - Conference Room Whatcom  
MEETING SUMMARY**

Family, Youth, System Partner Roundtable (FYSPRT)	
<b>4.19.2017</b>	<b>12:00 p.m. – 1:30 p.m.</b>
	<b>CR_Whatcom</b>
Meeting called by:	Julie De Losada (Skagit County Public Health), Alicia Hughes (Skagit County Public Health)
Note taker:	Carolyn Radach (North Sound BHO)
Attendees:	Nina Weaver (Catholic Community Services), Georgi Lakey (Family Tri-lead), Carolyn Cox (Washington State Community Connections), Greg Wennerberg (Advisory Board Member), Carol Bailey (Children's Administration), Jennifer Alderman (Behavioral Health of SnoCo), Dawn Scott (WISE), Christine Valdez (Skagit Public Health)
North Sound BHO Attendees:	Irene Richards
Attendees by phone:	Cary Robertson (Coordinated Care)

Announcements and Updates
<ul style="list-style-type: none"> <li>No one had any objections to the meeting notes from March.</li> </ul>

Update on Core Documents (Charter, LT Plan draft, Strategic Plan)	
Time	Alicia
ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )	
<p>Overview:</p> <ul style="list-style-type: none"> <li>Group discussed the purpose of FYSPRT (Family Youth System Partner Round Table), the charter, and the strategic plan.</li> </ul>	
<p>Discussion Points:</p> <ul style="list-style-type: none"> <li>Tri-Leads currently meeting every other week.</li> <li>Discussion was held on the Charter. <ul style="list-style-type: none"> <li>Charter is in draft and will be working on it as a team.</li> <li>Regional membership was discussed.</li> <li>In the process of finalizing issues around decision making, voting, meeting structure and timing of the meeting.</li> <li>Final version of charter to be ready by the next meeting (May 17, 2017) <ul style="list-style-type: none"> <li>❖ Pending the Mission Statement.</li> </ul> </li> </ul> </li> </ul>	

- Georgi reviewed the purpose and role of FYSPRT.
  - The main goal is to bring family, youth, and service providers together to facilitate improvements within the system.
  - 51% of the FYSPRT group is intended to be youth and family partners.
    - ❖ This remains challenging with the current time frame for the meeting.
    - ❖ Anyone is welcome to join FYSPRT.
    - ❖ Anyone can add people to Basecamp, so that they can see what FYSPRT is about prior to joining.
  - The FYSPRT Tri-Leads are Georgi, Nina, and Irene
    - ❖ The Tri-Leads represent all five counties in the North Sound region.
    - ❖ Nina says that the goal of the state is for every county to have their own FYSPRT.
      - Julie says that the budget does not support this endeavor right now.
      - Alicia says that she has called to speak to other conveners about what they have encountered.
      - Carolyn Cox says that they may be able to help with the finances of creating other FYSPRTs.
  - Benchmarks are being strategically planned.
  - Alicia sending out updates on trainings.
  - Website is running smoother.
- Leadership Team Plan
  - Alicia says the team Plan is currently being developed by the Tri-Leads.
  - A document that will keep the groups goals on track.
  - Tri-Leads will present to the group once finalized.
- Strategic Plan update
  - Alicia crated a dashboard to track the progress on the Strategic Plan.
  - Immediate next steps include:
    - ❖ Finalize Leadership Team Plan
    - ❖ Finalize Charter
    - ❖ Develop regional Policy & Procedures document
  - Requirements from the FYSPRT manual included in the Strategic Plan.

### Conclusion/Outcomes

- Julie says that she is going to bring up the issue of communication and feedback protocol to the state meeting

### New Date and Time for Monthly Meeting

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

Overview:

- Group discussed setting a new time for the FYSPRT meeting.



### Discussion Points:

- Proposed time, Second Tuesday of the month, 3:30-5 p.m.
  - Georgi believes that this time will work better in recruiting new members.
  - Nina wonders we should go with the change and reevaluate after more members are established.
  - Irene suggested sending a Survey Monkey or Doodle Poll in order get more input on the time.
  - Greg suggests possibly rotating schedule to accommodate different people at different times.
- Julie suggests that there needs to be a routine time and possibly a quarterly Tri-Leads meeting, to bring a family voice into the conversation.
- Julie asks if this time works for the professionals.
  - Christine says even with this time it will most likely be Skagit youth involvement, not from other counties.
  - Alicia says some of the FYSPRTs are rotating their meetings as to accommodate more youth demographics.
  - Possibility exists to pre-calendar meetings in different counties so that each county can be involved.
- Dawn suggests using school incentives, like Lettering in Community Service, to get school age involvement.
  - Christine says that Skagit, Sedro Woolley, Burlington, Anacortes and Concrete have a program like this.
- Carolyn suggests using a GTM (GoToMeeting), Google Hangout, or Facebook Live feature to facilitate more involvement with the youth or families.

### Conclusion/Outcomes

- Julie asks the Tri-Leads to spend more time brainstorming.
- May 17<sup>th</sup> same time for next meeting.

### Name Change Brainstorm

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

#### Overview:

- To discuss changing the name of FYSPRT.

#### Discussion:

- Alicia presented the names that the Tri-Leads came up with:
  - The Family Youth Alliance
  - North Sound Youth and Family Coalition
  - North Sound Partnership for Youth and Families
- The consensus of the group was around the second option.

- Greg acknowledged that FYSPRT name still need to remain in order be acknowledged by the state.
  - Alicia says that other FYSPRT groups have changed their name and kept FYSPRT as a subheading.
- Nina suggests rewriting charter language to make the new brochures more user friendly.
  - Alicia suggests that this be a project for youth once they are involved.
  - Georgi is concerned with having to use the brochures now in the recruitment efforts of the Tri-Leads.
  - Julie proposed developing a temporary flyer/card to hand out to people, which would include a link to the states FYSPRT website.
    - ❖ Julie wants to address, with the state, the limitations imposed by mandates of the statewide FYSPRT on our printed materials.
- Discussion was held on ways to make the room a more inviting environment.
  - Other locations where FYSPRT is held include...
    - ❖ Alternative High School
    - ❖ Middle School Library
- Other ideas to improve involvement included:
  - Giving a short orientation to new people.
  - Breakout sessions.

#### Conclusion/Outcomes

- Not applicable

#### Website Discussion

Time	Presenter
ACTION: Action/Decision () Discussion () For Information Only ()	
Overview:	
<ul style="list-style-type: none"> <li>• Will Discuss at May meeting</li> </ul>	
Conclusion/Outcomes	
<ul style="list-style-type: none"> <li>• Not applicable</li> </ul>	






#### Healthy Youth Survey Results

Time	Presenter
ACTION: Action/Decision () Discussion () For Information Only ()	
Overview:	
<ul style="list-style-type: none"> <li>• Christine presented a Power Point presentation with results from the Healthy Youth Survey.</li> </ul>	

## Discussion:

- The Survey included students in the 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grades
  - Participation rates were reviewed (anything below 70% is not high enough to get accurate results)
    - ❖ 1,161 (82%) of Grade 6 students
    - ❖ 1,151 (82%) of Grade 8 students
    - ❖ 1,036 (70%) of Grade 10 students
    - ❖ 748 (53%) of Grade 12 students
- Area of Concern was Depression and Suicide.
  - **Depression** - One out of three students reported feeling so depressed in the previous year that they stopped doing their usual activities
  - **Suicide**
    - ❖ One out of seven Sixth Graders said they have thought about killing themselves.
    - ❖ One out of five, of any grade, reported contemplating suicide in the previous year.
    - ❖ About 15% of 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> Graders said they had made a suicide plan in the previous year.
- Someone in the Community to Talk To
  - Percent of students who report having an adult in their community they can talk to about something important:
    - ❖ 8<sup>th</sup> Graders: Skagit 75% / State: 74%
    - ❖ 10<sup>th</sup> Graders: Skagit 77% / State: 74%
    - ❖ 12<sup>th</sup> Graders: Skagit 81% / State: 74%
  - About one out of four 10<sup>th</sup> Graders said they had no adults to turn to or were not sure who to turn to.
  - When they do seek help, friends and peers are their first choice.
  - About half said they received info at school about identifying warning signs or how to help.

## Conclusion/Outcomes

- Christine will present again next month.

**Next meeting is: Wednesday, May 17, 2017 from 12:00 pm – 1:30 pm**

**North Sound Behavioral Health Organization (North Sound BHO)  
Family, Youth, System Partner Roundtable (FYSPRT)  
North Sound BHO - Conference Room Whatcom  
MEETING SUMMARY**

Family, Youth, System Partner Roundtable (FYSPRT)	
<b>5.17.2017</b>	<b>12:00 p.m. – 1:30 p.m.</b>
Meeting called by:	Alicia Hughes
Note taker:	Carolyn Radach
Attendees:	Christine Valdez (SHPC), Nina Weaver (CCS), Rachel Nies (Evergreen Health), Greg Wennerberg (Advisory Board), Mark McDonald (Advisory Board), Scott Watling (Developmental Disabilities Administration), Georgi Lakey (FYSPRT), Carol Bailey (DCFS), Helena Schfegel (DVSAS), Linda Richards (Island County), Kim Olander (OMBUDS)

Announcements and Updates
<ul style="list-style-type: none"> <li>• Rachel said that Evergreen Health was going to hold a Youth mental Health First Aid training to be held and Training the Trainer</li> <li>• Christine spoke about Strengthen the Families training, Motivational Interview (MI) training, and Youth Mental Health First Aid taking place in Skagit</li> </ul>

Name Approval/Date & Time Change	
Time	Presenter
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
Overview: <ul style="list-style-type: none"><li>To discuss newly proposed name and date and time</li></ul>	
Discussion Points: <ul style="list-style-type: none"><li>Newly approved name is Youth and Family Coalition.</li><li>Time change was discussed. Want to change time to the second Monday of the month from 4-6 p.m.<ul style="list-style-type: none"><li>Next meeting June 12 from 4-6 p.m.</li><li>Need to check availability with BHO.</li><li>Trying to get more participants from other counties.<ul style="list-style-type: none"><li>❖ Looking at rotating between counties</li></ul></li></ul></li></ul>	

Leadership Team Plan	
Time	Nina / Georgi
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	

Overview:

- Discussion around what the Tri-Leads do.

Discussion Points:

- Georgi and Nina discussed who was a Tri-Lead and what is involved. This discussion also included the following topics:
  - Goals
  - Core Expectations
  - Tri-Lead Composition
  - Role of FYSPRT Tri-Leads
  - Role of FYSPRT Convener
  - Participation in Statewide FYSPRT Meeting
  - Meeting Facilitation

### Healthy Youth Survey (HYS) Data Activity

Time

Presenter

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

Overview:

- Update from the last meeting on HYS Data

Discussion Points:

- Eight-way tug-of-war involved with youth.
- People up into groups to look at the data and report to the group on their findings on the Risk Factors and Protective Factors involved in the HYS.
- The Groups broke up into the following categories:
  1. Individual and Family
    - **Strength:** Youth feeling they Could talk to their family. **Challenge:** Went down as youth got older.
    - **Challenge:** Parental attitude about substance use affected teens, but parents did not engage in conversation with youth about substance use.
    - **Strength:** Substance use was being reported among peer group went down. **Challenge:** Perceived drug use went up.
  2. Community
    - **Challenge:** 35% of 8<sup>th</sup> graders saying it's easier to get a gun than marijuana.
    - **Strength:** Majority did not find it easy to get a gun.

### 3. School

- **Strength:** Regional numbers were even with the state.
- **Challenge:** 2/3 of students said that teachers were not reporting positive reinforcement.
- **Challenge:** Failures in School were increasing.
- **Strength:** Students had increased opportunities to participate in after school activities.

#### Statewide FYSPRT Challenge and Solution Form (DOT Activity)

Time

Presenter

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

##### Overview:

- Coming up with topics of challenges that are seen within the communities.

##### Discussion Points:

- 2016 HYSC collecting responses about what was and was not working.
- Alicia sorted what was not working into trends. Each of the members then participated in choosing two topics from the below list that they wanted to start with:
  1. Prevention
  2. Workforce Development
  3. Insurance
  4. Substance abuse disorders
  5. Housing/homeless services
  6. School-based services
  7. Funding
  8. Care coordination
  9. Outreach/education
  10. Transportation/access to services
  11. Services for young children
  12. Parent education
  13. Older youth (13-21)
- The group voted to take a look at **Outreach and Education**

- Alicia went over the Challenge and Solution Form and the group discussed the following issues with the chosen category:
  1. Description (including solution, best practice, success story, or challenge/barrier):
    - Trainings, but they are not connected to each other.
    - Reaching out to underserved populations.
  2. Solutions Tried:
    - Central place for information to be disseminated. Sharing information.
    - Information provided through “word of mouth” methods. Using social media in outreach methods.
  3. Desired Outcomes:
    - Written information as to who can attend trainings.
    - Shore up people falling through the cracks.

Family/Youth/System Perspective activity	
Time	Presenter
ACTION: Action/Decision ( ) Discussion ( ) For Information Only ( )	
Overview: <ul style="list-style-type: none"> <li>• Postponed until next meeting</li> </ul>	

Summit Update	
Time	Presenter
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
Overview: <ul style="list-style-type: none"> <li>• Children’s Behavioral Health summit update.</li> </ul>	
Discussion Points: <ul style="list-style-type: none"> <li>• Georgi spoke about who attended and Youth Sound presentation.</li> <li>• Nina excited about state starting to certify peer substance use disorder counselors.</li> <li>• Georgi and Nina were invited to join the Workforce Steering Committee. Works with FYSPRT, WISe, does trainings for peer counselors.</li> </ul>	

**Next meeting is: Monday, June 12, 2017 from 4:00 pm – 6:00 pm**

# North Sound Youth and Family Coalition (YFC)

## MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
6.12.2017	4-6 p.m.	Skagit Community Transit Center
Meeting called by:	Alicia Hughes	
Note taker:		
Attendees:	Nina Weaver (Catholic Community Services) Amanda Franke (Snohomish County) Georgi Lakey (Family Tri-Lead) Christine Valdez (Skagit County Public Health) Alicia Hughes (Skagit County) Scott Watling (Developmental Disabilities Administration) Lisa Helsen (Juvenile Rehabilitation) Megan Boyle (Compass Health) Dawn Scott (Catholic Community Services) Carl Taylor	
North Sound BHO Attendees:	Irene Richards	

Introductions	
10 min	Alicia Hughes
ACTION: Action/Decision () Discussion () For Information Only (x)	
Overview: Brief introductions from each participant	
<p>Discussion Points: Discussion about how to RSVP for future meetings. Calendar invite was sent, but what about month to month, need to know for food/agenda purposes.</p> <p><b>Action Item:</b> Alicia will send out the agenda one week in advance and ask for people to RSVP.</p>	



<b>Review Minutes from May</b>	
5 min	Alicia Hughes
ACTION: Action/Decision () Discussion () For Information Only (x)	
Overview: <ul style="list-style-type: none"> <li>Reviewing the minutes from May.</li> </ul>	
<b>Conclusion/Outcomes</b>	
<ul style="list-style-type: none"> <li>Minute/Notes from May's meeting were accepted by all.</li> </ul>	

<b>Statewide FYSPRT Meeting Update</b>	
10 min	Alicia Hughes, Tri-Leads
ACTION: Action/Decision () Discussion () For Information Only (x)	
Overview: <ul style="list-style-type: none"> <li>NS YFC had great representation at this meeting!</li> <li>Challenge and solution form – our topic of “Education/Outreach” was voted as the second topic to be discussed (Most likely in December). Respite Care was #1.</li> <li>Family Tri-Lead reported that all FYSPRTs are required to provide feedback to the state, it would still be nice to know how this information is being acted upon, what the state is doing with it.</li> <li>Good to hear from other regions, variance among groups as far as how far along they are.</li> <li>Still some frustration regarding feeling talked at during the state meeting; challenging each other/the state does not seem to be encouraged; different communication styles may not be honored.</li> <li>Travis is stepping down from the Youth role, transitioning this out over the next 6 months.</li> <li>System Tri-Lead position is also open.</li> </ul>	
<b>Conclusion/Outcomes</b>	
<ul style="list-style-type: none"> <li></li> </ul>	

YFC Visitors vs. Membership Conversation	
10 min	Alicia Hughes
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<p>Overview:</p> <ul style="list-style-type: none"> <li>How to distinguish between a visitor and a member, is this important to classify? Yes, subcommittees, commitment, access to resources, small expectations of participation in groups</li> <li><u>Topics included</u> <ol style="list-style-type: none"> <li>When to be considered a member – after 3 meetings, invite to be a member</li> <li>Frequent attendance, Access to basecamp, voting privileges,</li> </ol> </li> <li><u>Action Item #1</u> Create table tent name cards for members – let people design them at next meeting. Can distinguish between visitors and members. Alicia to create the “membership roster” and confirm with frequent participants if they are fine with being considered a “member”.</li> </ul>	
Conclusion/Outcomes	

Activity for future meeting topics	
20 min	Alicia Hughes
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<p>Overview:</p> <ul style="list-style-type: none"> <li>• WISE youth graduates to come</li> <li>• WISE girls support group – give us insight (Follow up with Dawn)</li> <li>• Tribal – Nina has connection to Swinimish, follow up with her</li> <li>• IF Project</li> <li>• Youth group to discuss what life is like for young people</li> <li>• New community justice center</li> <li>• Boys and girls club teen groups</li> <li>• Care Coordinator (Health Homes?)</li> <li>• Oasis Teens Talk – Nina to follow up</li> <li>• ART, aggression respond training – most probations offer this</li> <li>• Lazarath House – talking about history in gangs</li> <li>• Human Services groups at colleges – youth/young adults</li> </ul>	
Conclusion/Outcomes	

Strengthening mental health in our community	
25 min	Alicia Hughes
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<p>Overview:</p> <ul style="list-style-type: none"> <li>Brainstorming activity from SAMHSA's Community Conversations about Mental Health. Discussed the topic of how to strength mental health in our community. Broke into 3 groups.</li> <li><u>Topics included</u></li> </ul> <p><b>Idea #1:</b> Education/outreach for youth and families. Focus on underserved populations, those that are typically harder to reach. Not on Fad topics. Education for healthcare providers, EMS, ER, PDs</p> <p><b>Why is this important?</b> Families not knowing where to turn to; the more we know, the easier it is to understand; a lot exists out there, but we don't want ot reinvent the wheel. Need to know what is happening.</p> <p><b>Concerns?</b> Constantly changing information, need to stay current, accurate info. Underserved populations need to dig deeper. Fine line between glorifying a topic vs. education (i.e. bullying, fad topics, is there anything that is really working with this?)</p> <p><b>Positives?</b> Leaving space to have these conversations; Complete triangle of information. Referring to partners, continuing to be on the same page as other providers. Resources on standard/best practices to build skills for skillful referrals. Make sure we have effective discharges, contacting case managers; place where people can access these services. Place where people can access these services. Having a hub for this information. Someone has to keep it current; family and youth easy access online.</p> <p><b>What can you/we/the YFC do to help?</b> More people at YFC; mental health community resource fair – something similar in different locations; ideas on how to reach more youth and families and underserved populations; more trainings and mini workshops at the YFC; Be clear on what exists already; spate out needs of each community</p> <p><b>Idea #2:</b> Have a case manager for kids and families going through the system</p> <p><b>Why is this important?</b> To help get kids to appointments, to other resources; give them a point person/care coordinator/navigator; Health Homes, through Compass Health, has something similar. Gives them access to care coordinator who assts them in managing their needs/appointments/etc. Is this adult-focused? Children? Limitations? Which county?</p> <p><b>Concerns?</b></p> <p><b>Positives of this?</b> Seriously mentally ill can get help and a care coordinator; point person would be much better in assisting people; sometimes it takes 5-10 ER visits before they receive this kind of help; kids through DDA, CA, JR could all have this resource; continuum of care, a step up from outpatient but not WISE yet.</p> <p><b>What can you/we/the YFC do to help?</b> Learn more about Health Homes, what is this capacity? Funded? Other regions?</p> <ul style="list-style-type: none"> <li><u>Action Item #1</u></li> </ul> <p>Resource Fair – look into what exists, mini one with YFC?</p> <p>Collect ideas on how to reach more youth and families (completed in June YFC meeting)</p> <p>More mini workshops/trainings at YFC</p> <p>Learn more about Health Homes</p>	
Conclusion/Outcomes	

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YFC Meeting – Brain writing activity	
20 min	Alicia Hughes
ACTION: Action/Decision () Discussion (x) For Information Only ()	

## Overview:

- New, modern method of brainstorming ideas. Four problem solutions, pass from person to person to gain insight/expand on other ideas you see written down.
- Topics included
  1. How can we structure the group more effectively?  
Give members a task to bring back; front load the involvement; presentation on specific topics; bring in a youth group to talk about a day in the life; take a break at one hour; out of chairs is good; roundtables to hear from all; ask group for suggestions for future meetings;
  2. How can we get more youth to attend the YFC?  
Contact school counselors, school clubs i.e. leadership club, peer mentor groups, youth advocates, HS and college level; juvenile courts; make youth feel like they are needed/the topics are relevant; go where youth are and invite them; move locations; clear message about what they would get out of a meeting; create a Facebook page; credit for attending; ways to invite groups of kids (peer support); prizes and incentives; boys and girls club; detention; where kids hang out
  3. How can we get more parents/community members to attend the YFC?  
Get parents in/out of WISE program, those in outpatient programs; Flyers to schools/districts; flyers and advertising/presentations to where parents and children are; Mother support groups; WA Perinatal support group; combine with other coalitions/meetings i.e. Skagit Resource Coalition meeting; identifying parents and community members first; flyers in mental health service provider buildings.
  4. What do you need from these meetings to make your experience more beneficial, valuable, worthwhile?  
Clear purpose of goals; more system partners; decisions made and action steps assigned; more youth and family attending, hearing their voices; earlier in day; educational resource presentations; maintain connection beyond monthly meetings – i.e. social media; members presenting on organization/their experiences.
- Action Item #1  
**Tri-Leads and Convener to meet during next leadership meeting and discuss this feedback, come back to the group with some action items and next steps.**  
**Need fidget items on the desks**  
**Have a back-up plan if we have a lot of youth/families attend. Work with Nina and Georgi on developing this out.**

## Conclusion/Outcomes

## Announcements and Updates

- Next Youth Mental Health First Aid course is on June 26<sup>th</sup> and June 27<sup>th</sup>
- Scott (DDA): The positive behavior support that providers were offering through waivers at the DDA, they were told last week that this is not coming through the DDA anymore. Now going through EPSDT, which is a children's Medicaid program. Families will need a referral from their physicians to get services. Concern is that these youth continue to be supported and get the services they need in a timely and low-barrier manner. If doctors can say the need this support, then they can get it. Concerns that there are trainings for providers. Will doctors know they have this responsibility now? How will they get this information?
- Next meeting is: Monday, July 10<sup>th</sup> from 4-6 p.m.

# North Sound Youth and Family Coalition (YFC)

## MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
<b>7.10.2017</b>	<b>4-6 p.m.</b>	<b>Skagit Community Transit Center</b>
Meeting called by:	Alicia Hughes	
Note taker:	Alicia Hughes	
Attendees:	<p><b>Members:</b>  Alicia Hughes (Skagit County Public Health)  Nina Weaver (Catholic Community Services)  Amanda Franke (Snohomish County)  Georgi Lakey (Family Tri-Lead)  Christine Valdez (Skagit County Public Health)  Megan Boyle (Compass Health)  Dawn Scott (Catholic Community Services)  Heidi Pless (DSHS, Mount Vernon)  Helena Schlegal (Skagit DVSAS)</p> <p><b>Visitors:</b>  Monica Weidart, Ohana  Dee Wilkens, Recovery Coach  James Dixon, NSBHO  Christine McKellar, Ohana</p>	
North Sound BHO Attendees:	Irene Richards	



Introductions/Housekeeping	
20 min	Alicia Hughes
ACTION: Action/Decision () Discussion () For Information Only (x)	
<b>Overview:</b> Brief introductions from each participant	
<b>Discussion:</b> <ul style="list-style-type: none"> <li>When you introduce yourself, add an item to the Comfort Agreement if you wish. This is this month's icebreaker, and we will have some fun new icebreakers to start meetings with in upcoming months.</li> <li>It was the request from the YFC members that we highlight the goals of the Coalition at each meeting. Georgi announced the three goals that we came up with and briefly tied that in to today's meeting ("Providing educational resources to the community")</li> <li>Name tags for members – please feel free to design one and we will keep them for each meeting</li> </ul>	
<b><u>Action Item:</u></b> <ul style="list-style-type: none"> <li>Parking Lot paper on wall – if you have additional questions, comments, topics for future meetings, use the stickys on the table and post it up there. Will review at the end of each meeting.</li> </ul>	

YFC Website Review	
5 min	Alicia Hughes
ACTION: Action/Decision () Discussion () For Information Only (x)	
<b>Overview:</b> <ul style="list-style-type: none"> <li>Pulled up new website – posting link on Basecamp to get feedback from members</li> <li>Please share events, resources, etc. so I can share out on the website.</li> <li>Nina is working on getting a Facebook site up and running. We will both have admin access and track analysis.</li> </ul>	

## **Presentation: Substance Use Disorders**

30 min

Presentation

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

### **Overview:**

Three-part presentation about substance use disorders.

1. Monica from Ohana
2. Christine from Skagit County Public Health
3. James Dixon from the NSBHO

### **Discussion:**

1. Ohana was created by Monica in 2011, wonderful story of the beginning of the support group was shared. Contact Ohana through their Facebook page at: <https://www.facebook.com/ohana.skagit> . They are working on becoming a nonprofit this year. Meetings the first Wednesday and 3<sup>rd</sup> Wednesday of every month. At the first meeting of the month, they just have parents/guardians of substance using/recovering children; the second meeting of each month, they bring in special guests, such as someone to talk about harm reduction or self-care. Celebrate Recovery is another resource – faith-based 12-step group, Sedro Woolley location. Has teen and children programs.
2. Christine: COSA youth – Family Roles discussion. Hero, Scapegoat, Mascot, Lost Child. Discussion on what these roles look like for youth in school and in the family, how to identify these youth. Discussion around what services are available for these youth: Compass Health has Camp Mariposa for youth ages 9-12, staffed by intensive services, volunteers with master level interns. FREE – 30 campers.
3. James Dixon: Provided the “Treatment for Adolescent Substance Use Disorders, Referral and Resource Guide” for us to review. Contains a plethora of information about different services available for our region, how to refer youth to treatment, age of consent, and a lengthy contractors list by county.

### **Action Item #1:**

## Action Items/Statewide Request

15 min

Alicia Hughes

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

### **Overview:**

Statewide FYSPRT sent a request for information for the August 8<sup>th</sup> meeting.

Requesting information related to respite care – is there respite services in our area, what are these like? If not, why the challenge?

### **Discussion:**

- CHAP – foster care – not funded anymore
- If there are severe behavioral health issues, there is a huge gap for this
- Family visitor reported: there were no services within the state, and had to go to Idaho for services and respite care.
- System visitor reported: severe lack of services for placements of state-dependent kids; having social workers stay in hotel rooms with kids because no places for them. Very few foster homes – the ones we have are full with placements, let alone getting respite services
- Respite is doable, but it's all about the relationship. Some youth feel that it is a negative thing, them being sent away. Connections make the difference.
- HUB homes – foster home hubs – seem to be a great trade-off, it's not formal respite, but the sharing of these services seems to work really well.
- Natural respite is ideal – may look different than the traditional respite – maybe it is where one night a month parents get to go out (rather than sending the kids away) – more individualized services and sustainable in this way.
- For youth with severe challenges in the home, maybe this means sending out the siblings without challenges for a night away
- In any case, make sure that families know what options there are in case of emergency/crisis

### **Action Item #1**

- Alicia to add CPIT info to resources section on website

### Evaluations/Roundtable Updates

- Christine V: SCPH is submitting a new CPWI Grant for the Mount Vernon Community. Focus on substance abuse prevention. Thank you to YFC members who have volunteered to join the coalition.
- Alicia H: Providing Seeking Safety trainings throughout Skagit County for ANYONE who works with youth. Please share with your people!
- DVSAS: Many support groups for sexual assault victims, all ages, contact Helena for more information.
- Heidi from DSHS: Always a need for homes for the little ones, foster parents highly need. Too many Skagit kids being sent to Seattle for foster homes.
- Next meeting is: Monday, August 14<sup>th</sup> from 4-6 p.m. – Helena, Skagit DVSAS presenting

### **Action Item #1**

- Alicia to follow up with future presenters: September: Dee Wilkens to present on Hidden in Plain Sight; November: Heidi Pless to present on foster adoption programs

# North Sound Youth and Family Coalition (YFC)

## MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
8.14.2017	4-6 p.m.	Skagit Community Transit Center
Meeting called by:	Alicia Hughes	
Note taker:	Alicia Hughes	
Attendees:	<p>Members:</p> <p>Alicia Hughes (Skagit County Public Health)</p> <p>Amanda Sloan (Ombuds)</p> <p>Christine Valdez (Skagit County Public Health)</p> <p>Dawn Scott (Catholic Community Services)</p> <p>Georgi Lakey (Family Tri-Lead)</p> <p>Heidi Pless (DSHS, Mount Vernon)</p> <p>Helena Schlegal (Skagit DVSAS)</p> <p>Megan Boyle (Compass Health)</p> <p>Nina Weaver (Catholic Community Services)</p> <p>Visitors:</p> <p>Jodi Howson (Skagit DVSAS)</p> <p>Dasha Kabanova(Compass Health)</p> <p>Laura Wall (Compass Health)</p> <p>Chris Petitt (Oasis)</p> <p>Randi Breuer (YMCA Oasis)</p>	
North Sound BHO Attendees:	Irene Richards (System Tri-Lead)	

<b>Introductions/Housekeeping</b>	
15 min	Alicia Hughes
ACTION: Action/Decision () Discussion () For Information Only (x)	
<b>Overview:</b> Brief introductions from each participant – penny icebreaker game Overview of the 3 goals of the YFC	

<b>Compass Health Homes Overview</b>	
5 min	Laura Wall and Dasha Kabinova
ACTION: Action/Decision () Discussion () For Information Only (x)	
<b>Overview:</b> In the June meeting, a conversation about Health Homes came up, which many YFC members were unaware of. Invited Laura and Dasha to present <ul style="list-style-type: none"> <li>• 4 coordinated care positions in Snohomish – 7 total with Compass’ help. Each CC has a caseload of 15 for about 350 people served per year. Fully staff but still adding clients.</li> <li>• To qualify for Health Homes: eligibility comes from insurance, look at prism score. Medical and or dual diagnosis – determined a “high user” of services.</li> <li>• This is a benefit of Medicaid and Medicare, so there is not wait list, but you have to be eligible HCA will notify the MCO (Molina, etc.) of high-system users or those with dual diagnoses, they will contract Compass.</li> <li>• Long-term program based on goals of clients. Integrated care model.</li> <li>• Can be any person in the family – all ages ranging from 2 to 80 years old. Meet client where they’re at – very person-centered. Relational approach. May see some clients for years.</li> <li>• Dasha is a care coordinator – her experience: meets once per month with her clients, tracks goals on a health action plan. Can be anything that the client is aiming for.</li> <li>• Care coordinators can contract other health providers to help advocate for them. Transition of care plans if admitted to the hospital. Will work with DDA.</li> </ul>	

<b>Presentation: Skagit DVSAS – Healthy Relationships</b>	
30 min	Presentation
ACTION: Action/Decision () Discussion (x) For Information Only ()	

**Overview:**

Invited Helena Schlegel from Skagit DVSAS to present about Healthy Relationships and boundaries.

**Discussion:**

- Overview of DVSAS services: They will meet a person anywhere, as long as it is confidential. Provide legal advocacy, support, immigration/undocumented liaison services to attorney, prevention and education programs with youth and families, parent support groups.
- Brainstorm on what a healthy relationship looks like
- Review on assertive communication styles
- Brainstorm on boundaries – consent – how to set boundaries, how to have this conversation at every age
- Support networks: making sure we all have someone to talk to
- Resiliency: powerful characteristic to recover from trauma. Giving people the space and opportunity to talk about trauma.
- Have parent domestic violence support groups once per year.

**Evaluations/Roundtable Updates**

- Statewide FYSPRT update: One of the conversations that will be elevated to the state is around respite care. Overall, consensus from the statewide meeting is that there is not respite care, or not enough of it. Discussion around informal respite care options that temporarily fill the gap. One YFC member reported: that there is a waiver for DDA for respite, but it is never utilized because it is so difficult to access. No one wants to be a respite provider, large barriers (30 hours of training). Can't this just be a background check? Summer camp is an approved option, but the camp has to be contracted with DDA, which is not a "typical" camp that you want to send your kid to integrate them with their peers.
- Facebook: Reminder to like our new page at [facebook.com/nsyfc](https://facebook.com/nsyfc). If you have resources, trainings, events, please share them with me and Alicia will repost.
- Logo Design contest: Will be launching very soon! Open to all youth under the age of 25. Look out for this announcement and please share out!
- Reimbursements: Reminder that we are able to pay for travel/childcare costs in the form of gift cards to parents or youth participants. Incentive for participants!

# North Sound Youth and Family Coalition (YFC)

## MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
<b>9.11.2017</b>	<b>4-6 p.m.</b>	<b>Skagit Community Transit Center</b>
Meeting called by:	Alicia Hughes	
Note taker:	Alicia Hughes	
Attendees:	<p>Members:</p> <p>Alicia Hughes (Skagit County Public Health)</p> <p>Christine Valdez (Skagit County Public Health)</p> <p>Georgi Lakey (Family Tri-Lead)</p> <p>Heidi Pless (DSHS)</p> <p>Lisset Reyes (Skagit DVSAS)</p> <p>Megan Boyle (Compass Health)</p> <p>Scott Watling (DDA)</p> <p>Visitors:</p> <p>Kate Foster (Parents Matter)</p> <p>Dee Wilkins (Ohana/HIPS)</p> <p>Sharon S. (HIPS)</p> <p>Lisa Mould (Whatcom Family and Community Network)</p>	
North Sound BHO Attendees:	Irene Richards (System Tri-Lead)	



<b>Introductions/Housekeeping</b>	
15 min	Alicia Hughes
ACTION: Action/Decision () Discussion () For Information Only (x)	
<b>Overview:</b> Brief introductions from each participant – Something Unique Icebreakers Overview of the 3 goals of the YFC (Irene) Tri-Lead Role Updates: We have a vacancy in our Youth Tri-Lead role, as well as we are opening up our System Tri-Lead Role to a Co-Lead role with Irene. Contact Alicia for more details.	

<b>Presentation: Hidden in Plain Sight (HIPS)</b>	
30 min	Presentation
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<b>Overview:</b> Dee Wilkins from Hidden in Plain Sight Program started out of Ohio, has continued to expand She brings the parent perspective to this presentation	
<b>Discussion:</b> <ul style="list-style-type: none"> <li>Coalition members took 10 minutes to look through the mock bedroom and think about what items may mean (e.g. the sweatshirt and hat with the brewery on it = idolizing drinking)</li> <li>Identified what we saw as red flags in the teen’s bedroom, discussed what some of these things mean</li> <li>Use this as an opportunity to have conversations with your children and teens</li> <li>Dee would love to see other partners in the community take on HIPS. She would like to see this be a sustainable program in the community</li> <li>Alicia posed the idea of having YFC members take this on. *Continue discussion around this!</li> <li>She will be at the Join the Voices! Recovery event in Mount Vernon on 9/16</li> </ul>	

<b>Strategic Planning – Needs Assessment Prioritizing</b>	
35 min	Alicia Hughes
ACTION: Action/Decision () Discussion (x) For Information Only ()	

**Overview:**

DBHR is requesting that each FYSPRT update their five-year strategic planning process. This includes enhancing or conducting a new needs assessment. In 2016, the YFC conducted the Have Your Say Café Data sessions and some great data was captured from around our region. Rather than conducting a new needs assessment this year, we have pulled out major themes from this data collection process and are presenting it to the YFC to vote on the priority issues that we want to work on over the next five years.

- Group ranked the options based on urgency, community readiness, and ability for the YFC to influence. Those with the highest amount of points will be prioritized as the need to work on over the next five years (one per year).
- Agreed that we will revisit this later in 2018 – priorities may change, systems may change, etc. so will want to update as needed. For now, use these as our five-year strategic plan.
- We also understand that this is a small sample to decide the priorities, but the data did come from the larger community. As a Coalition, we will develop activities to help influence change in these areas.
- See below on what the group identified as highest needs

Critical Issue	Total Points
Care Coordination	12
Limited education, knowledge of services	11
Services for parents	11
Prevention	11
Workforce	8
Services for youth	7
Housing	7
Substance Use Disorders	7
Funding	6

**Evaluations/Roundtable Updates**

- Logo design contest still going
- Tri-Lead updates – Youth and System Co-Lead open
- Next meeting is October 9<sup>th</sup>

# North Sound Youth and Family Coalition (YFC)

## MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
10.9.2017	4-6 p.m.	Skagit Community Transit Center
Meeting called by:	Alicia Hughes	
Note taker:	Alicia Hughes	
Attendees:	<p>Members:</p> <p>Alicia Hughes (Skagit County Public Health)</p> <p>Christine Valdez (Skagit County Public Health)</p> <p>Heidi Pless (DSHS)</p> <p>Lisset Reyes (Skagit DVSAS)</p> <p>Megan Boyle (Compass Health)</p> <p>Carl Taylor</p> <p>Cary Robertson (Coordinated Care)</p> <p>Rachel Handy (NWYS)</p> <p>Kim Baker (Swinomish Wellness Center)</p> <p>Sara Waters (Center for Human Services, WISe)</p> <p>Visitors:</p> <p>Rena Fitzgerald, VOA</p> <p>Chris Hatch, VOA</p>	
North Sound BHO Attendees:	Irene Richards (System Tri-Lead)	

Introductions/Housekeeping	
15 min	Alicia Hughes
ACTION: Action/Decision () Discussion () For Information Only (x)	
<p><b>Overview:</b></p> <p>Brief introductions from each participant – A-Z Challenge led by Irene</p> <p>Tri-Lead Role Updates: We have a vacancy in our Youth Tri-Lead role, as well as we are opening up our System Tri-Lead Role to a Co-Lead role with Irene. Contact Alicia for more details.</p> <p>Youth Logo Design Contest: No entries at this point – try to do again in the future</p>	

## Presentation: Crisis Services – Volunteers of America

30 min

Presentation

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

**Overview:** Chris Hatch and Rena Fitzgerald from Volunteers of America explained about the Crisis Chat line services and 2-1-1 services in the North Sound Region

2-1-1:

- Biggest reason for calling continues to be Housing, Transportation, Rental/Utility Assistance
- 6 call takers at all times – M-F 8-5, S 8-4 (transitioned from 24/7 staffing model)
- Working on a zip code filter because calls are tracked based on the area code of the caller – often callers from out of state if they have moved, but are routed to the correct region
- Working to be a better resource for disaster responses/aid
- Community Resource Advocates: 1 in Everett, 1 in Lynwood – funded by a nonprofit, and some by the County. Goal is to grow this service. The CRAs are navigators > connecting people to other services, making connections in the community for those that need it most.

Crisis Chat: <http://www.imhurting.org/>

- Started in 2012 in suicide prevention work – working on changing the message from “only call when you are suicidal” to calling as soon as they need to talk. Break the stigma that you have to wait to call until things are “bad enough”.
- 1200-1400 callers per month – some duplicated
- Crisis Chat is 24/7
- Just added a texting option, but this is not 24/7 yet
- Volunteers and interns run the calls/chat, and are supervised by mental health professionals
- Variety of resources available on the website, categorized by topic (i.e. LGBTQ+, Bullying, Mental Health, etc.) \*Reach out to Rena at [rfitzgerald@voaww.org](mailto:rfitzgerald@voaww.org) if you would like your agency’s information posted
- There is a non-suicidal self-injury page dedicated to tons of resources, links, and worksheets for people to work through, such as a list of 99 coping skills, lists of OTHER things you can do instead of self-injury, etc.
- Resources for friends and youth, if they know of someone who is feeling suicidal, what they can do. Includes Social media reporting guidelines.

## Strategic Planning – Year 1, Care Coordination

35 min

Alicia Hughes

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

Developing out the YFC's 2018 Strategic Plan – focus on improving Care Coordination

### Factors:

- Time constraints for care coordination
- Hard to navigate
- Lack of!
- Prevent people from falling through gaps
- Families in crisis need support
- More access points for youth and families
- Co-locate behavioral and physical health
- Reduce barriers to access
- Help transition-aged youth navigate

### Inputs and Activities:

- Coordinate resources of agencies for schools
- Streamline communication process
- Funding a Community Resource Advocate (VOA)
- Community Educators via coordinated care
- Health Homes via Compass Health
- Using the YFC's website and social media platforms as a means to get the word out about the CRAs and Community Educators

### Short-Term Outcomes:

- Families are more supported
- Community is aware that these services are available

### Long-Term Outcomes:

- Families are less stressed
- More care coordination utilization

### Data Collection:

- Baseline data from Coordinated Care/WISe
- Analyze in 6 months or later?

#### Evaluations/Roundtable Updates

- Tri-Lead updates – Youth and System Co-Lead open
- Next meeting is November 13<sup>th</sup>
- Swinomish Indian Tribal Community's didgwálic Wellness Center has a soft opening the 2<sup>nd</sup> weekend of November!

# North Sound Youth and Family Coalition (YFC)

## MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
11.13.2017	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) Christine Valdez (Skagit County Public Health) Heidi Pless (DSHS) Lisset Reyes (Skagit DVSAS) Scott Watling (DDA) Dee Wilkins (Ohana/HIPS) Heather Perry (Coordinated Care) Carl Taylor Lisa Helsen (JR)	
North Sound BHO Attendees:	N/A	

Introductions/Housekeeping	
15 min	Alicia Hughes
ACTION: Action/Decision () Discussion () For Information Only (x)	
<b>Overview:</b> Reviewed agenda Icebreaker: Dum-Dum Lollipop Flavors/Answered questions (i.e. Favorite book, Favorite food, How do you practice Self-care, etc.)	

<b>Presentation: National Adoption Day – Foster Care Adoptions</b>	
45 min	Heidi Pless, DSHS
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<b>Overview:</b> <p>Invited Heidi Pless from DSHS to talk about the process of foster care adoptions in the state of WA and her experiences</p> <p>Currently 1,500 children legally free in WA, waiting for adoption</p>	
<b>Discussion:</b> <ul style="list-style-type: none"> <li>• What is adoption/who can adopt?</li> <li>• Why do children enter foster care?</li> <li>• Steps to foster care adoption</li> <li>• Adoption care support and services (during and post-adoption)</li> <li>• Watched video on a youth who is ready to be adoption (but doesn't typically "look good on paper", so these videos are posted to show families what the youth is like)</li> </ul>	

<b>Presentation: Coordinated Care Community Education</b>	
10 min	Heather Perry, Coordinated Care
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<b>Overview:</b> <ul style="list-style-type: none"> <li>• Coordinated Care is the MCO for foster youth</li> <li>• Provides Community Training and Education to providers and organizations throughout WA</li> <li>• These include: <ul style="list-style-type: none"> <li>• Trauma-Informed Care Trainings</li> <li>• Hope for Healing Trainings</li> <li>• Topic Trainings: Apple Health Core Connections Overview, Childhood Development, Resiliency, Substance Use, Abuse, and Addiction, and Suicide Prevention</li> </ul> </li> <li>• Also have a training called "Things I Wish My Therapist Knew" – very good for behavioral health providers and school-based clinicians</li> </ul>	



<b>Statewide FYSPRT Solution Form</b>	
15 min	Alicia Hughes
ACTION: Action/Decision (x) Discussion () For Information Only ()	

In small groups, we answered the following four questions for the Statewide meeting on 11/30 (due 11/16):

How do you individualize resource information to be relevant for youth and families?

- DVSAS: listen to what the community asks for, create them; have lists of food banks and other services; handouts with resources depending on the service you need (i.e. shelter, mental health treatment, etc.)
- Prevention: presentations for middle/high schools – tailor to that audience
- Coordinated Care: staff go through adoption competency training to be able to give out the most current information; have lists of therapists with specialization in foster care training for families; tailored health plans
- DSHS: website, videos on youth available, spread awareness of all of the kids that are waiting for adoption
- Get the info to where people can find it – schools newsletters, faith-based community bulletins, libraries

What are your strategies and funding sources for promoting resources in your region?

- Coordinated Care
- Medicaid \$\$
- Community Education Team
- FYSPR
- PASC – post adopting support coalition
- Public Health grant funding (i.e. tobacco and marijuana prevention)
- Online presence
- County .01%
- Community groups
- Legislative attempts to get funding
- Argus Funds in Skagit County - \$ to help children in foster care with needed items

How do you collaborate with other entities and see what resource banks are already available, to collect and promote resources without duplicating efforts?

- When we gather – share what resources we know about (4people.org, 2-1-1)
- Attend statewide conferences and share out, report back in
- Alicia posts on YFC website and Basecamp
- Take info directly back to agencies
- WISe/wraparound – integrates new information
- Use Coalitions to share info – build relationships

How can or what are your ideas to keep resource information up to date?

- Need a dedicated person to do this, interns, or funding
- The right technology
- 2-1-1 up to day
- 4people.org
- Have a requirement to update information (i.e. every 6 months)
- Community Action has the resource list – it's only current if agencies send that information to them

## Evaluations/Roundtable Updates

- Still in search of a youth tri-lead! Passed out the job description to the members
- Partnership with Parents Matter in Bellingham still coming to fruition – stay tuned!
- Please let me know if you have thoughts on how to have a more regional focus – i.e. meeting locations in other counties, smaller one-off meetings in other counties, etc. All feedback welcome!
- Hidden in Plain Sight will be in Concrete in December
- Mount Vernon Drug Take-Back Day very successful – collected 150 lbs.!
- Juvenile Rehab is trying to partner with WISE – working with the BHOs on this – stay tuned!
- DDA – embarking on a two-year project statewide in WA to a) expand respite services, EPSDT behavioral management service, community engagement

The YFC group then wrote thank-you cards for National Adoption Day so Heidi can distribute them to some of her adoptive families to thank them for helping our kids in need!

Next meeting: Monday, December 11th



## North Sound Youth and Family Coalition (YFC) MEETING SUMMARY

Youth and Family Coalition (YFC) A Regional Family Youth System Partner Roundtable (FYSPRT)		
12.11.2017	4-6 p.m.	Skagit Community Transit Center
Meeting called by:	Alicia Hughes	
Note taker:	Alicia Hughes	
Attendees:	<p>Members:</p> <p>Alicia Hughes (Skagit County Public Health) Christine Valdez (Skagit County Public Health) Dawn Scott (CCS) Heidi Pless (DSHS) Kate Foster (Parents Matter) Lisa Helson (Juvenile Rehabilitation) Megan Boyle (Compass Health)</p> <p>Visitors:</p> <p>Sara Lunford (CCS) Nancye (Parent) Mary (Parent)</p>	
North Sound BHO Attendees:	Irene Richards (System Tri-Lead)	

Introductions/Icebreaker	
15 min	Alicia Hughes
<b>ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )</b>	
<b>Overview:</b> Introductions and completing the sentence: My favorite way to spend a Saturday in December is...	

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

Overview: Irene Richards, BHO, conducted an overview on the WISe Program in the North Sound Region. Guest speakers who were both enrolled in WISe as parents.

Important notes about WISe:

- WISe began as a result of a lawsuit, to keep youth in the community while they were receiving mental health services
- Wraparound was already in the state before the lawsuit, adapted the model to fit WISe
- WISe is in 29 of the 39 counties in the state
- By next year, will be in each county
- Compass Health services Snohomish (130 spots), Island (27 spots), CHS has 10 slots including the school-based WISe in Lynnwood. CCS has 32 spots in Skagit, 52 in Whatcom. Compass is seeking to expand to San Juan.
- Anyone can access or refer to WISe – Medicaid youth only. Eligibility, under 21 and must have a mental health diagnosis (when youth go in for an assessment, receive the CANS assessment.)
- Served 433 youth from 7/1/16 to 6/30/17, average stay of 11 months, 12.5 hours per month, average age was 12.
- Currently has 251 spots in region, but goal is 460.

Guest speakers shared their experience in WISe – what brought them to WISe, how they heard about it, what it was like during/after, and how much it impacted their lives. Primary benefits: home and community based; didn't feel like extra work for the parent, the services came to them; lifesaver for their family unit.

Discussion about referrals:

- How can we improve referrals/knowledge about WISe? Do schools know about WISe? Yes – but there is so much turnover, so much information in and out of the schools, this info needs to continually be given to them.
- Give info out during adoption process
- Conduct presentations to special education departments, counselors, teachers
- Referrals in truancy court would have avoided many years of more problems
- Increase non-Medicaid spots (County)

## Strategic Planning – Action Plan for Subcommittees

**35 min**

**Alicia Hughes**

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

Thank you to all participants who joined one of our four new YFC Subcommittees!

1. Social Media – Facebook posting, website updates, online presence.

**Alicia, Lisa Helsen**

2. Education - Coordinating activities/presentations for YFC meetings. What do we want YFC members to learn/know about?

**Irene, Kate, Christine**

3. Advocacy - Increasing family and youth voice

**Georgi, Dawn, Kate**

4. External Activities – What can we do in the community to raise awareness, increase access to resources, improve systems?

**Alicia, Megan, Lisa**

During meetings in 2018, we will break out into subcommittees and work on action items in our strategic plan. Alicia to follow up with each subcommittee and provide some direction for next steps.

(Note: in future meetings, we will ask YFC members who were unable to make the December meeting to join a subcommittee that is of interest )

## Evaluations/Roundtable Updates

- **Next meeting: Youth Mental Health Matters Event January 8<sup>th</sup> – please share out!**
- **Alicia Hughes went to Camp Mariposa – fantastic experience, highly recommend volunteering! Thanks Megan for sharing the info about Camp Mariposa!**
- **Lisa Helsen is on the WISE Symposium Planning Committee – if anyone is interested, please ask to join too!**
- **CCS Whatcom – Hiring for a Family Support Partner. 37.5 hours per week, paid trainings to become a certified peer counselor.**  
<https://careers-ccsww.icims.com/jobs/2645/family-support-partner-wise-program---whatcom-co./job?mobile=false&width=930&height=500&bga=true&needsRedirect=false&jan1offset=-480&jun1offset=-420>