

Youth and Family Coalition		
12.11.2023	4:00 p.m. – 6:00 p.m.	Starleen
Meeting called by:	Tri Starleen	
Note taker:	Maria Arreola	
Attendees:	Krystina Mortan, Megan Boyle, Dawn Scott, Val Jones, Starleen, Amanda Phung, Christina Jackson, Kaitlynn Wheeler, Andee Martinez, Joseph Orick, Lisa Shoemaker, Deepak Singh, Tonya Bieche, Scott Swan, Cam Callahan	

Introductions, Announcements and Updates
<p>Land Acknowledgement</p> <p>We acknowledge, with humility, that the land of the North Sound region today is the territory of People of the Salish Sea. Their presence is imbued in the waterways, shorelines, valleys, and mountains of the traditional homelands of the Coast Salish People, since time immemorial.</p>

Intros and Announcements	
4:00 – 4:15 p.m.	Starleen
ACTION: Action/Decision () Discussion () For Information Only (X)	
<ul style="list-style-type: none"> – MHTCC are offering a free QPR training. Question, Persuade, Refer training Friday, January 12. Questions and responses when engaging with suicidal ideation and to be able understand and navigate through those conversations. #/registration – CCS WISE full in WISE in counties. Openings are in San Juan County. – Whatcom and Skagit Counties now have Children Youth and Family Crisis Outreach Teams. Call the Crisis Line through VOA and will send trained staff to youth and families to help avoid the needs to take family to hospital or law enforcement. <ul style="list-style-type: none"> o 800-584-2578 – WSCC SUD training feedback was positive. 	

WISE	
4:15-4:45	Dawn Scott, Megan Boyle
ACTION: Action/Decision (X) Discussion () For Information Only ()	
<ul style="list-style-type: none"> – Service intensity in the North Sound has slightly risen. Service Intensity is the amount of hours a client receives. The goal is 10.5. Several factors are not reportable. Non billable services are tracked and notable of non-billable hours. A minimum of 3-5 hours per client per month. CCS is figuring out a system about the extra non billable hours. There are a lot of supportive hours spent with families to help support the WISE model. 	

- Enrollment goal is slightly below.
- Providers in the North Sound that provide WISE services are CCS in the North Sound, Compass Health, Therapeutic Health Service and Center of Human Services.
- <https://www.hca.wa.gov/assets/program/WISE-referral-fee-for-service-provider-list.pdf> Referral list by providers in specific counties.
- What are the barriers to get families to attend the YFC meetings?
 - Time
 - Proposed times 5:00 – 7:00, 6:00 – 8:00,
 - Alternate times one month 4:00 – 6:00 or 5:00-7:00. Lack of consistency can be confusing.
 - Any other evening then Monday or Friday.
 - Having a question on the Survey of the best availability.
 - Notification of social media of meeting times
 - Navigation of website for meeting information.
 - Length of meeting for two hours for youth.
 - Cancellation of in person meetings to plan for childcare.
 - Incentives for childcare and travel.
 - Having a reimbursement option on the survey.
 - When asking presenters to better relate to families.
 - HCA website has the WISE manual.
 - WISE symposium 2023 had helpful data for families to better understand.
 - After surveys are given by college students. Surveys didn't give a range of feedback opportunities.
 - A 6 month follow up to families from providers.

Substance Use Disorder Use Services CCS

4:50 – 5:45

Amanda Phung

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

Overview:

- Amanda is the primary youth counselor for the North Sound.
- Drug and Alcohol Recovery Outpatient
- Treatment locations
 - Whatcom County
 - Bellingham
 - Blaine (In progress)
 - Skagit County
 - Burlington
 - Snohomish County

- Everett
 - Marysville
- Serve youth ages 17 and younger, adults 18 and up, Medicaid clients, private insurance and all backgrounds and religious affiliations.
- Amanda reviewed the DSM 5 substance use disorder definition and criteria.
- During the assessment criteria questions are asked that will help the level of care and treatment options are available.
- Individuals can call the front desk to schedule an appointment.
 - Over the age of 18 is an open access Monday – Thursday starting at 8:30 a.m.
 - Number of spots differ daily and weekly.
 - Recommend individuals show up at 8:00 a.m.
 - Offer a telehealth model.
- When to get an assessment
 - Physical Warning signs
 - Change in sleep.
 - Change in appetite.
 - Lack of personal hygiene
 - Tremors
 - Slurred speech
 - Behavioral Warning Signs
 - Stopped going to work or school.
 - Isolating
 - Being secretive
 - Changes in friends
 - Not doing things you/they love
 - Psychological Warning Signs
 - Changes in attitude
 - Mood swings (irritability, space out)
 - Fearful
 - Anxious
 - Depressed
 - Paranoid
- Youth Eastside Services located in Kirkland do a free one-time online education class.
- Treatment Recommendations
 - Youth referred to Eastside services one-time class
 - Educations outpatient group – 1 day a week
 - Relapse awareness/outpatient – 1 day a week
 - Intensive outpatient – 3 days a week
 - CCS coordination inpatient bed dates and aftercare
 - Sundown in Yakima

- Healing lodge - Spokane
- SeaMar in Bellingham and Seattle
- Newport Academy for individuals that have private insurance.
- It is common for families with private insurance to seek inpatient treatment out of state.
- None of the inpatient facilities have a detox facility attached.
- Specialty Programs
 - Youth are separate from adults
 - Parent and Parenting Women
 - Adult Co-Occurring Disorders. No Co-Occurring programs for youth.
 - Individual Behavioral Health sessions
 - Deferred Prosecution (not applied to youth)
- Length of Treatment – Progressed Based no set amount of time.
 - Engagement in services
 - Negative UA screens
 - Completion of treatment plans
- Treatment Modalities
 - Cognitive Behavioral Therapy
 - Type of talking therapy
 - Teaches coping skills to deal with a variety of problems
 - Working to identify and challenge negative thought patterns and behaviors.
 - Motivational Interviewing
 - A collaborative conversation to strengthen a person’s own motivation and commitment to change.
 - Contingency Management
 - A type of behavioral therapy which reinforces positive behaviors completing treatment plans, showing to group, and participation.
 - Incentive for youth that participate in treatment plans and the hope is to show the youth a consistency to participate in recovery.
- Other Programs
 - Snohomish School
 - Contract with the county that funds this program.
 - Presentations in Middle and High Schools.
 - Discussing information about substance use disorders and resources.
 - Blaine School
 - A counselor will be at the Middle and High School 1 day a week to engage with students.
 - DCYF
 - Work with DCYF to connect with youth getting out of JRA to engage in services.
 - Partner with the Youth Enhancement Services program for low-risk youth.

- CCS is working on ways to engage with families more to better serve families. Ways families can work with youth when they return from groups and bridge the gaps in communication.
- Val spoke of discharge from inpatient treatment youth that are WA Apple Health enrolled should have access with their Manage Care Organization for care coordination. Youth that have complex needs the Managed Care Organization can manage the coordination for the complex needs.
- Contact Information
 - Bellingham
 - 515 Lakeway Drive, Bellingham, WA 98225
 - 360-676-2187
 - Burlington
 - 614 Peterson Rd., Burlington, WA 98233
 - 360-757-0131
 - Marysville
 - 1227 2nd Street, Marysville, WA 98270
 - 360-651-2366
 - Everett
 - 2610 Wetmore Ave., Everett, WA 98201
 - 425-258-5270
 - Amanda’s Contact
 - AmandaP@ccsww.org
 - 425-595-6800
 -

Conclusion/Outcomes

RUBI Training for WISE Staff

5:45 – 6:00 p.m.

WISE Staff

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

Overview:

- WISE leadership meetings MCO and HCA meet every other month. During this meeting training wasn’t offered to all WISE staff. HCA requested to bring this topic to this meeting.
- Training for WISE staff specialized behavioral intervention for youth that are on the autism spectrum. This training teaches caregivers and parents ways to reduce child’s behaviors and improve daily living skills such as self-care and helping around the house.
- This training is needed for newly hired staff and ongoing training for staff to keep staff trained in this area.
- This committee agreed to support this training for the WISE staff. It was suggested to use YFC funds to host this training for families and WISE staff.
- This is a two-day training and a weekly consultation afterward.

- It was suggested to have train the trainer in this area. Having multiple agencies be trained in this area and have them train in this area.

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

Next meeting is - Monday, February 12, 2024, from 4:00 pm – 6:00 pm