


# PN25 Behavioral Health Strategic Plan Parents and Caregivers Discussion Group Notes

Wednesday, July 17, 2024  
10 a.m.-11:30 a.m. Pacific Time



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# PN25 Behavioral Health Strategic Plan Discussion Group Notes

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## Attendees

- 5 parent and caregiver participants attended

## OPENING, PROJECT REVIEW

- Liz Arjun opened by reading the latest draft of the Full Value Agreement; there were no proposed changes.
- For new attendees, Liz reviewed background information on the P-25 plan, including the why, when and how of the Strategic Plan; the slides can be found here ([Prenatal-25 Strategic Plan discussion presentation for parents and caregivers \(July 17, 2024\) \(wa.gov\)](#))
  - A key difference between this strategic planning process and others is the strong emphasis on community input and developing ongoing community engagement in the longer-term work.
  - Someone asked if this would be inclusive of out-patient as well, or just in-patient; Liz clarified that this covers the full scale, full continuum from prevention and things that happen in the community/where people talk about prevention, through full in-patient
  - With respect to timeline, she said we're looking to have the data by early Fall, the discovery sprints late spring and summer, and in the 2025 plan to take that info and come up with how much things are going to cost
  - She mentioned she and her team hear a lot of people say we need to spend more on early-stage engagement in the BH system, with more focus on prevention

## DISCUSSION ON VISION FOR THE FUTURE

- Liz turned the conversation to the proposed vision for the future, to be taken out and verified whether it resonates with people across the state. The proposed vision and principles can be found in the slide deck from the meeting here. (please link).
  - She explained that we've gone through several meetings with discussion groups and the children and youth behavioral health workgroup to establish principles capturing what we want the plan to look like; the principles are
    - Informed by children, youth and families
    - All doors lead to help
    - Offers services to meet everyone's needs
    - Equitable, anti-racist, and culturally and linguistically responsive
    - Changes in response to new info
    - Invests in prevention and well-being
    - Includes families and communities as key contributors to well-being
  - Suggested changes included:
    - That we calculate the available funding before doing community events and sharing the vision so we don't lose trust through overpromising and underdelivering
    - Thinking about setting up the vision as establishing the marathon finish line, with all the work following as the levels we move through to get there
  - Liz asked the group's reactions to the principle/vision. Suggested changes included:
    - Adding behavioral health in parentheses to the bottom green circle quarter in order to define the term for those who don't know it
    - Replacing "need help" with "need support", as the former suggests something is wrong with you
    - Adding an asterisk/star by the principles indicating that they align with the system of care philosophy that the children behavioral health work is based on

- Being aware that the term “trauma informed” hits some people the wrong way
- Replacing “across all geographies” with “across all regions” (or Liz suggested “across the state”)
- Thinking about this opening slide as giving a smidgen/glimpse of the full vision that won’t overwhelm/turn away people who have stigma about the terms mental health/behavioral health, or who might be too young/new to understand much
- Liz showed one sample slide from those that don’t go into greater detail on the information covered in the vision summary slide: these describe what the principles mean in real life, and they got a lot of feedback from this group at the last couple meetings on these; they’ll be sent out and attendees are encouraged to respond with their thoughts

## ENGAGEMENT AND OUTREACH

- Liz moved to the next section, Engagement and Outreach
  - Plan to dive in deeper later this summer
  - Doing engagement in several ways: planning a series of regional in-person meetings in different parts of the state, and will also be doing surveys, to see if this vision is something everyone sees themselves in
  - Liz shared some tentative locations and times:
    - Central WA - week of 8/12
    - Northeast (Spokane/Stevens Counties)- week of 8/9 or 8/26
    - Southeast (Walla Walla/Garfield Counties)- week of 8/19 or 8/26
    - Northwest (Whatcom, Skagit Counties)- late August/early Sept TBD
    - Central West/Southwest TBD
  - She said it will look different everywhere the team goes, and needs to be unique to each region
  - She indicated that, given the locations identified, any people or groups we should contact to set up listening events with would be welcome
  - One attendee shared that there’s a Peer Pathways conference on the 21<sup>st</sup> and 22<sup>nd</sup> of August that a lot of families and youth will be attending, so better to not do something that will go through those dates
  - The attendee asked if Liz had connected with the regional FYSPRTs (she had) because that’s a space that’s good for collaborating; OBHA (Office of Behavioral Health Advocacy) was mentioned as another, that this attendee had success collaborating with
  - One attendee mentioned that the Boys and Girls club in Spokane Washington has flyers in their lobby for Frontier and Passages which are big mental health providers in Spokane; there are community resources that deal with behavioral health for youth and young adults; he also said that if we’re getting into maybe more direct/smaller conversations, they need to be with some of these providers
  - One attendee clarified to another who’d asked that Peer Pathways is funded by HCA, organized by the Rainbow Makers, a well-attended in-person event; she said she could put Lauren Geering’s email in the chat, the head of Rainbow Makers
  - The same attendee mentioned that connecting with En Route could be good, they put WISE together and could perhaps do a shoutout for people to begin to watch for information on P-25 events; they could show a link to the webpage where people could find out where and when things will be happening in their community; she thought this was a great way to advertise the local events

## LOGO AND BRANDING

- Liz told the group that she and the other facilitators took all the feedback discussion group members shared in response to the logos, icons and branding shared at the previous meeting, and developed an icon with three evergreen trees and text reading “Washington Thriving”; when we talk about the vision in the future, it will say “Join the Washington Thriving effort.” She solicited feedback from the group
  - The response was positive; one attendee said she loved it
  - Rep Callan said she liked the color connections/theme related to those in the chart, suggesting the aspects we’re trying to carry through; she found it a visual way to be inviting and connecting in; she really liked it

- Liz said this is being looked at by the strategic planning advisory group; a new website will be created specifically focused on this, as the HCA website isn't the most exciting; the goal is this will be something that parents and youth see and say 'I get what this is about, this isn't off-putting; if I need support this is a place to go and be part of that process'
- It will be used at the meetings in August
- In the chat, someone mentioned that sun could be added
- Someone mentioned they liked that it isn't a perfect circle
- Liz asked group members to please share the dates for events that will be sent to them with others, as well as any ideas members might have on where we should go and who we should talk to

## NEXT STEPS, CLOSING

- Liz told the group that the next discussion group meeting is scheduled for August 21<sup>st</sup>, 10-11:30am, and said hopefully this will be in the middle of the regional visits so more details can be shared on those
  - One attendee said that's during the Peer Pathways conference and asked if the dates for the discussion group meeting are changeable; Liz indicated the facilitator team would factor that in
  - The same attendee said she'd love to start promoting these discussion groups so there are 25 to 30 people here, as this is great work being done; Liz said the parents/provider meetings have been well attended but the last youth one was small, which underscored the importance of also going to where people naturally congregate in addition to holding discussion groups
  - Someone asked if the facilitator team had connected with Spark and Gabe Hamilton who's putting together Youth Network; Liz confirmed she had that morning
  - Another attendee asked who is welcome to attend these meetings, and if he could spread the word to family and friends for whoever want to participate; Liz responded affirmatively, and said that these are supposed to be discussions with very specific perspectives
  - Rep Callan thanked those in attendance for participating

## COMMENTS IN THE CHAT

### P25 Discussion Group with Parents/Caregivers

- We end up "only talking "
- Accountability
- If this is the dream, the ultimate goal, I think this is fantastic!
- Maybe it could say "mental and behavioral health"
- Lisa - yes! Not just substance use!
- Regarding "Equitable", can we include gender affirmative
- Whole Centered Approach and strength Based approaches
- We need to include an understanding of trauma in its different settings
- Trauma-informed?
- I think this is an amazing start and there is good conversation happening. I think this graphic is almost ready to finalize using these conversations from today! I love it!
- Representative Callan, thank you for joining and thank you for ALL the amazing work you do at the high level. I see your name in so many of the bills that are important to me and you are such a wonderful strength for families to represent us well. <3
- I like the thoughts about having something that younger kids/teens can understand as well. There very well may be younger teens who want supports and aren't comfortable discussing with their caregivers. Is there any way to create something that is more child-friendly as well as using this one?
- Appreciate that input on simplifying and making the material easy to absorb

- We can respond to the email when you send it and give our feedback?
- When you get to outreach, please let me know how WA State Community Connectors can collaborate with you as the Statewide Family Network for Parents/Caregivers of Children, Youth, and Young Adults. What an amazing way to model true collaboration between the state, agencies, and the family organizations.
- Does anyone know the organizers of the Peer Pathways Conference? Being at that conference, since parents and caregivers will be there, could be a great space to socialize this and get feedback.
- Peer Pathways is a conference in Yakima that will be attended by a large amount of family and youth peers and leaders. Perhaps a Yakima event could be the day before the conference if it was near the Yakima Convention center.
- Libraries are open to hanging flyers
- Connecting to the FYSPRTs and OBHA would be great spaces to help coordinate regional community discussions.
- Community centers, churches
- The WISE Symposium is a virtual event on August 6 and 7, it looks like you are starting later so that should be fine. Just another scheduling note.
- ReWa refugees and mental health for immigrants
- Peer Pathways contact - [lorrin@therainbowmakers.org](mailto:lorrin@therainbowmakers.org)
- I like the rainbow colors and the trees are a great rep of WA state. I like it!
- Can you add sun?
- I also like how it isn't quite a perfect circle. I don't know if that was intentional, however, I love it!
- We would need some clouds too for those of us on the west side :)
- I like the word "thriving"
- Definitely. I'm in Seattle area...
- I don't know who at En Route would be the person to connect with to see if they can give you some promo time. This is an email for Stephen who would have details or could let you know who to go to. [swilliams@enroutecoaching.com](mailto:swilliams@enroutecoaching.com)
- The swag will be great
- EnRoute has the funding for the WISE Symposium
- Self- Compassion is critical
- Purple is my favorite color! The multi colors are important too because it represents inclusion and such
- I like the font change as well on the two words
- The HCA website is so challenging to use. I have hopes that someday it can be more user friendly. It does have some amazing information on it, however, it is hard to find things.