

# Parent/Caregiver Discussion Group

August 28<sup>th</sup>



Washington  
**Thriving**

Developing a strategic plan  
for prenatal through age 25  
behavioral health.



- *Name*
- *Where you are joining from today*
- *Where are you finding joy this week?*



# Meeting Goals

Share project updates

See how the proposed vision has changed since we met

Talk about what behavioral health services look like in our state and community

Community engagement: what's coming up

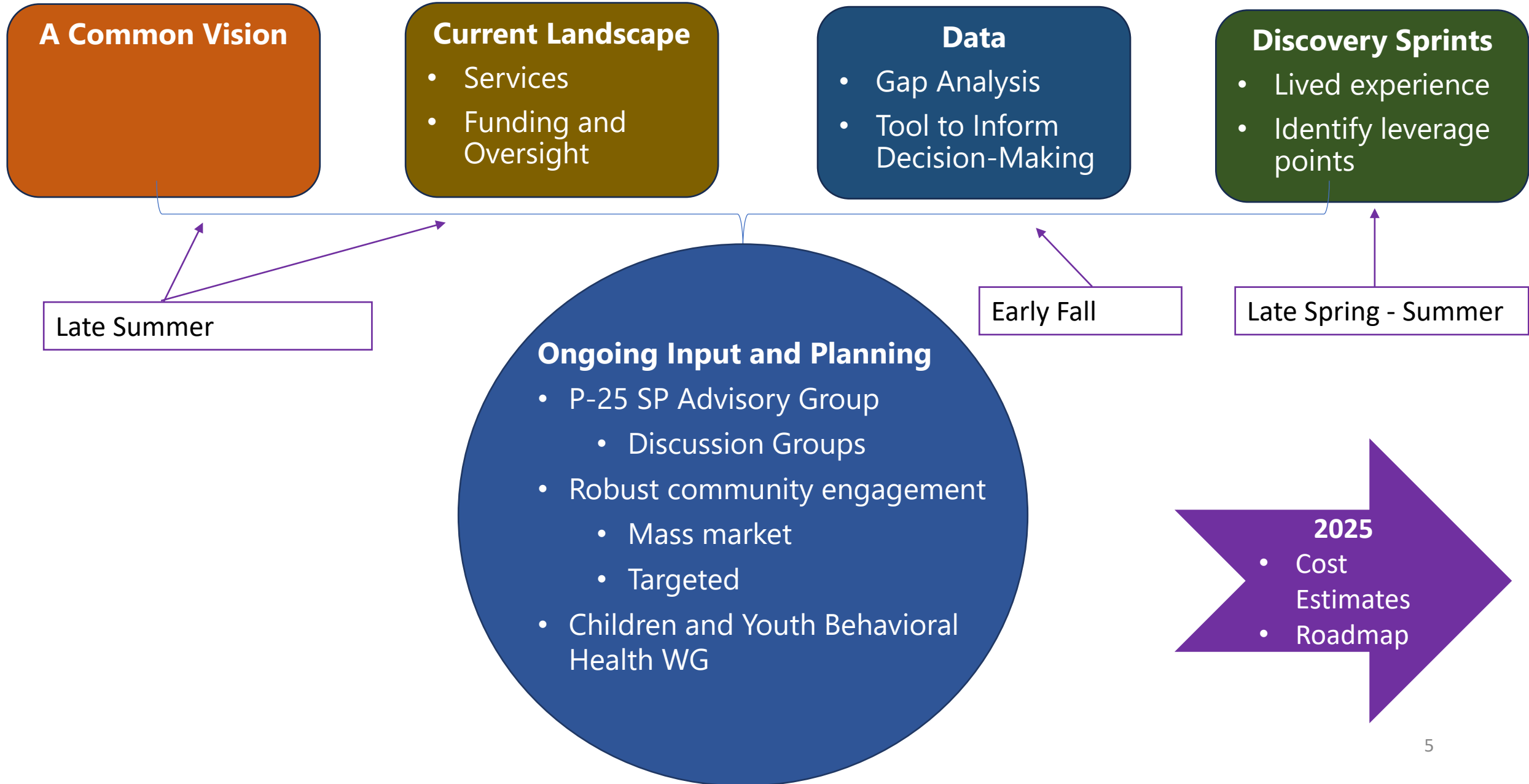


# Full Value Agreement (Living Agreement to Reflect Ongoing Input)

- Use plain language (explain acronyms, if used)
- Use first names
- Encourage grace, respect, compassion, patience and kindness for self and others
- Be open, be brave
- Embrace uncertainty, sit with discomfort
- Step up then step back so that everyone has a chance to be heard – one at a time when speaking & give attention to facilitators/speakers
- Honor this time as a space for you and others to share perspectives across differences without judgment while acknowledging your own lenses
- Assume best intentions and that everyone is doing the best they can with the tools they have. Keep an open mind and listen actively to understand.
- Speak your truth, from your own experience- your story matters; so does your knowledge and experience
- Stories stay private, but lessons carry forward
- Affirm and validate one another
- Everyone is a teacher, everyone is a learner
- Be mindful of trauma and recognize the impact of that trauma
- Take accountability
- Receive feedback without defensiveness, show humility
- Address issues collectively and repair early



# Building the Strategic Plan: 2024



# Updates

- New name and logo – Washington Thriving
- New website & blog: <https://www.washingtonthriving.org/>
- First two Discovery Sprints completed – see the materials (summary slides, recorded walkthrough, written report with findings and recommendations) in these folders:
  - [K-12 school-based behavioral health deliverables](#)
  - [Behavioral health during pregnancy deliverables](#)
  - **Next Steps:** organizing recommendations short-term, longer-term and incorporating into landscape



# What We Heard: Proposed Vision

Comment	Addressed
Define Behavioral Health	Added definition of behavioral health to proposed vision materials
Don't say need "help"	Changed to "support"
Replace "all geographies"	Changed to "across the state"
Need to focus more on developmental stages vs. ages	Changed language to "developmental stages"
Need to talk about infants/young children	Need to address
Add families: "funding systems and families work together so services can be seamless"	Families has been added throughout
Parents need touch points they can go to in this without knowing the lingo	Changed the language to be more community-member friendly
Substitute "systems" with "care providers" or "those who provide the services"	Changed to funders and providers



# Project Elements

Every Washingtonian understands how behavioral health affects well-being and recognizes when young people need

**Funding and systems work together so that services are seamless, accessible, and adapt to changing needs.**

Behavioral health services and supports:

- Address mental health, substance use, developmental, and co-occurring needs.
- Connect into people's communities where they spend time.
- Are available when needed.
- Are available for all developmental stages, all cultures and languages, in all parts of the state.



Informed by children, youth, caregivers and families



All doors lead to support



Offers services to meet everyone's needs



Equitable, anti-racist, and culturally and linguistically responsive



Changes in response to new information



Invests in prevention and well-being



Includes families and communities as key contributors to well-being



# Behavioral Health: Proposed Definition

Behavioral health includes the **emotions and behaviors that affect one's overall well-being**, including mental health and substance use, life stressors and crises, relational health and physical symptoms of stress and trauma. Behavioral health involves the interaction between **biological, psychological, social, and environmental factors**.

- **Mental health** encompasses a broad spectrum of conditions ranging from anxiety and depression to schizophrenia and bipolar disorder
- **Substance use** includes alcohol and drug use and recovery

Children, youth, and young adults experiencing behavioral health challenges may **struggle to navigate life, maintain positive relationships, and adapt to change**. Intellectual and developmental disabilities can intersect with and compound behavioral health challenges.

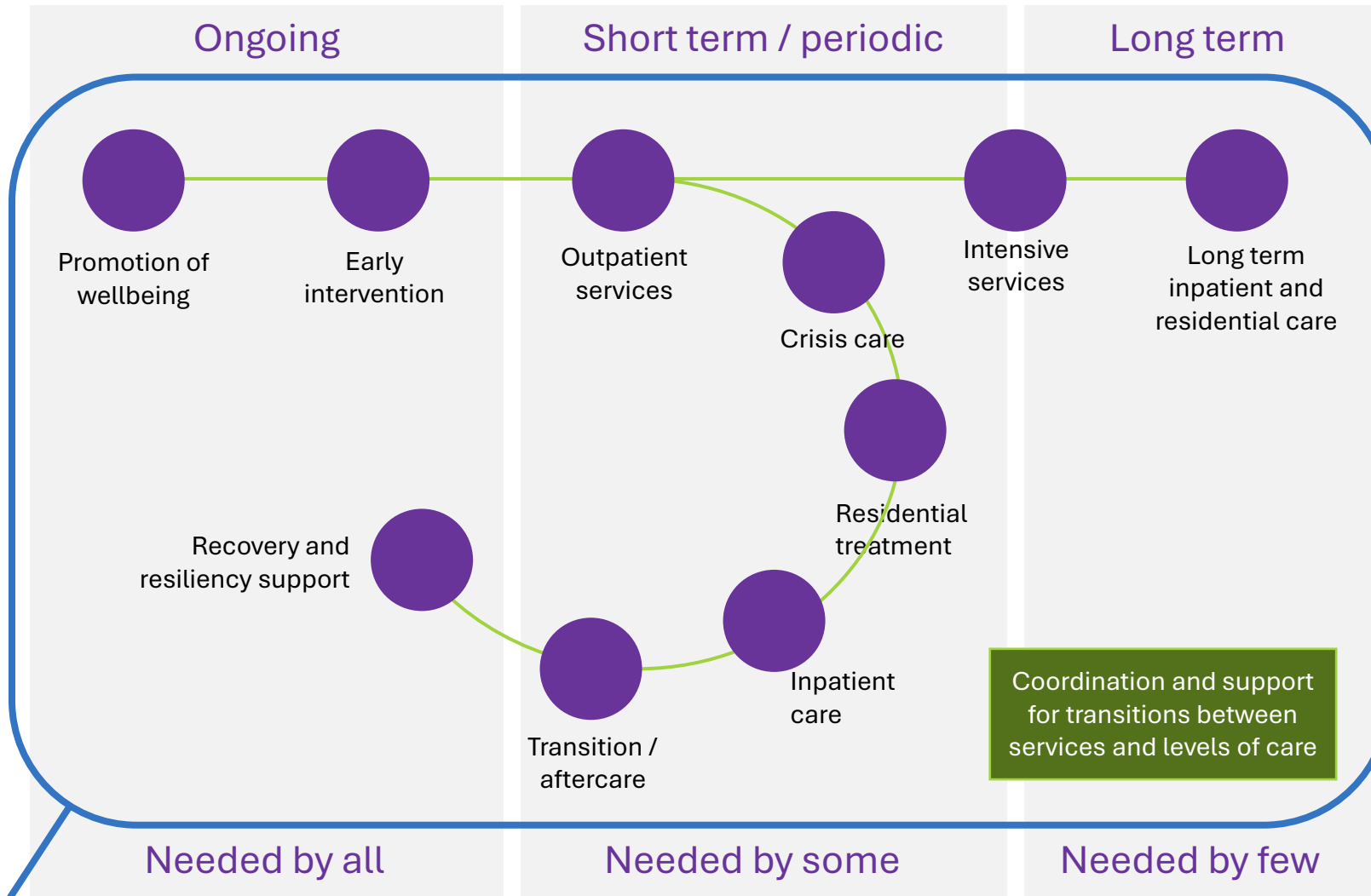
Behavioral health challenges often **coincide with other stressors**, including the impacts of communities' being under-resourced, homelessness, disruption of schooling, challenges finding employment, and youth being at risk of incarceration.



# Group Discussion



# Proposed pieces of a robust continuum



**Community**  
Community-wide and school- and work-based interventions that address social conditions and build emotional wellbeing.

**Adjacent services:** Housing assistance, parenting support, childcare services, nutrition programs

**Promotion, Prevention & Early Intervention**  
All children, youth, and young adults benefit from school-, community-, and work-based social and emotional learning, behavioral health screening, and early intervention.

**Outpatient & Integrated Care**  
Children, youth, and young adults with emerging or identified behavioral health needs benefit from integrated physical and behavioral health outpatient counseling and medication management, tiered school-based services, psychiatric consultation, and care coordination.

**Intensive Services**  
Children, youth, and young adults with moderate to intensive needs who are at risk of out-of-home placement or transitioning from a residential or inpatient setting benefit from time-intensive, skills-building services, family and caregiver support, targeted case management, or Wraparound.

**Comprehensive Crisis Care**  
Those experiencing a crisis have access to crisis hotlines, mobile response, crisis observation, crisis stabilization, respite, and peer services.

**Inpatient Care**  
Children, youth, and young adults with acute behavioral health needs benefit from emergency psychiatric consultation and inpatient care.

**Residential Treatment**  
Children, youth, and young adults who require stabilization but not inpatient care, benefit from short-term, community-based psychiatric residential treatment and therapeutic group homes.

# Discussion

- How does this do or do not reflect your experience of the continuum?
- What's missing?
- What questions come up for you when looking at the continuum?



# Engagement and Outreach



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**Thriving**

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for prenatal through age 25  
behavioral health.



Next Discussion  
Group:

Wednesday,  
September 18

10:00 AM – 11:30 AM



# 2024 Washington Thriving AG & Discussion Group Meetings

Date	Time	Meeting
<b>Monday, September 9<sup>th</sup></b>	2:30 - 5:30 PM PST	P25 SPAG
<b>Wednesday, September 18<sup>th</sup></b>	10 - 11:30 AM PST	Parent/Caregiver Discussion Group
	4 – 5:30 PM PST	Youth/Young Adult Discussion Group
<b>Thursday, September 19<sup>th</sup></b>	1 – 2:30 PM PST	Provider/System Partner Discussion Group
<b>Wednesday, October 16<sup>th</sup></b>	10 – 11:30 AM PST	Parent/Caregiver Discussion Group
	4 – 5:30 PM PST	Youth/Young Adult Discussion Group
<b>Thursday, October 17<sup>th</sup></b>	1 – 2:30 PM PST	Provider/System Partner Discussion Group
<b>Wednesday, November 20<sup>th</sup></b>	10 – 11:30 AM PST	Parent/Caregiver Discussion Group
	4 – 5:30 PM PST	Youth/Young Adult Discussion Group
<b>Thursday, November 21<sup>st</sup></b>	1 – 2:30 PM PST	Provider/System Partner Discussion Group
<b>Monday, December 9<sup>th</sup></b>	2:30 – 5:30 PM	P25 SPAG
<b>Monday, December 18<sup>th</sup></b>	10 – 11:30 AM PST	Parent/Caregiver Discussion Group
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