

*Prenatal-25 Strategic Planning Advisory Group*

**Discussion Group with  
Youth & Young Adults**

July 17, 2024

# Welcome & Introductions



- *Name*
- *Where you are from*
- *Window or aisle seat on a plane, train or bus?*

# Meeting Goals

Share updates on the P – 25 Strategic Plan

Review a Draft Vision

Discuss the plan for broader community engagement and gather ideas

# 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

# Why a Prenatal – 25 (P – 25) Strategic Plan?

- The current behavioral health system is one that:
  - Is adult-focused
  - Is funded largely by public dollars
  - Is focused on the most intense needs, not on prevention and early intervention
  - Has waitlists for existing services
  - Does not have a robust continuum of care from prevention – crisis
  - Is not data driven
  - Does not have a **common vision about a behavioral health system for children, youth and families**

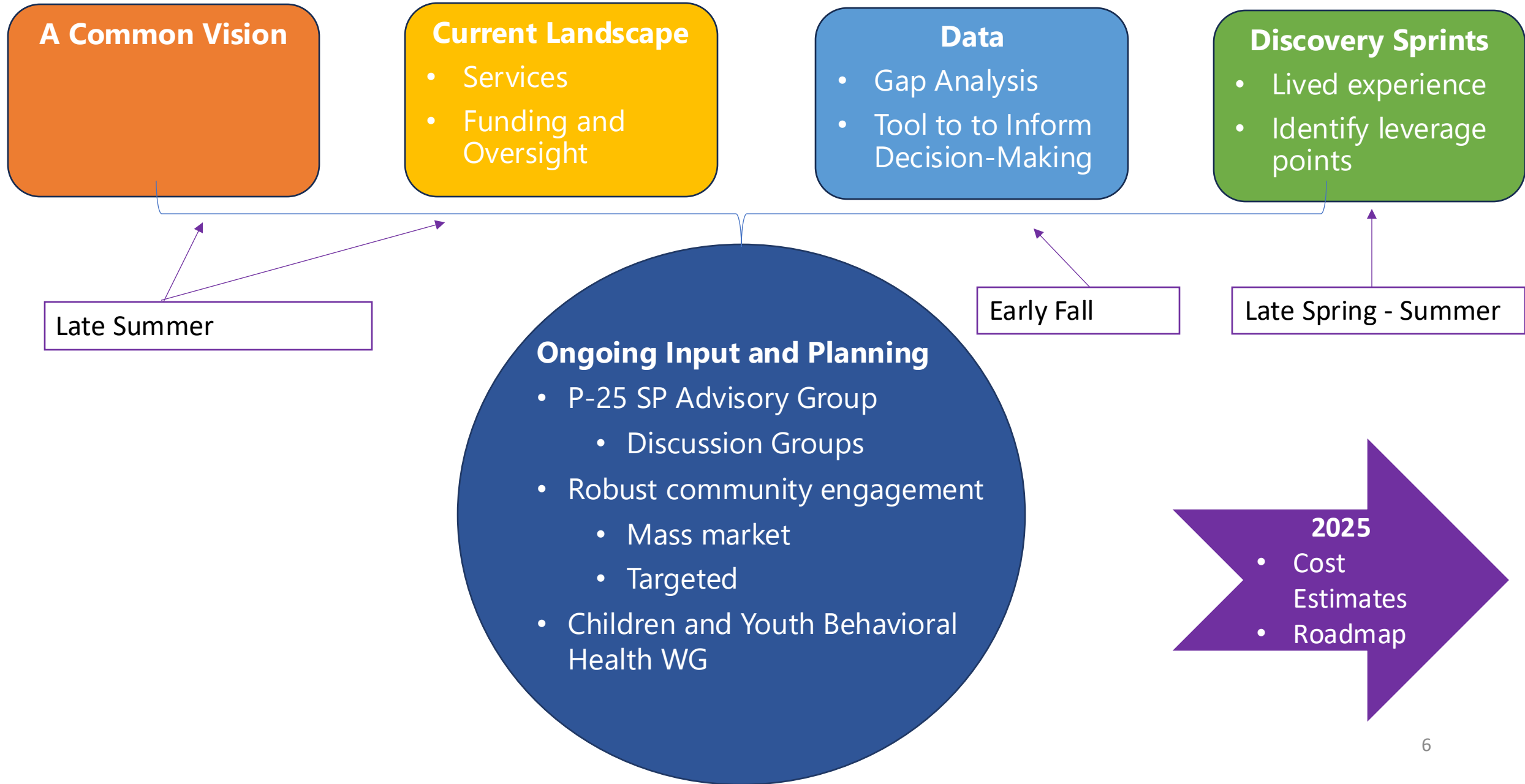
2022: Proposed a strategic planning process

2023: Work began

2024: Deadline extended, broader membership discussion groups, robust community engagement

2025: Strategic Plan due

# Building the Strategic Plan: 2024







**VISION FOR THE FUTURE**



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 information



Invests in prevention and well-being



Includes families and communities as key contributors to well-being



Informed by children, youth, and families



Every Washingtonian understands how behavioral health affects well-being and how to recognize when children and youth need help.



Changes in response to new information

All doors lead to help



Funding and systems work together so that services can be seamless, accessible and adaptable to the individual's changing needs.



Invests in prevention and well-being

Offers services to meet everyone's needs



Children, youth, and caregivers can connect to services in the community settings where they spend time.

Services are available when needed. When needs change, individuals can transition easily to different services that meet their needs.

Equitable, anti-racist, and culturally and linguistically responsive



Services are available for the range of mental health and substance use challenges, and for children and youth with diverse developmental needs.

Services are available for all ages/stages, all cultural and language needs, and across all geographies.



Includes families and communities as key contributors to well-being

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Services are available for all ages/stages, all cultural and language needs, and across all geographies.

## Vision for the Future

Informed by children, youth, and families



All doors lead to help



Offers services to meet everyone's needs



Includes families and communities as key contributors to well-being



Invests in prevention and well-being



Changes in response to new information



Equitable, anti-racist, and culturally and linguistically responsive





# Informed by children, youth, and families

## **Description:**

The support each child, youth, and caregiver receives is based on what they say they need, and they have a voice in directing their care.

All aspects of the system design and operations, from how information is shared to the informal supports and programs available, are informed by input from children, youth, and caregivers. Children, youth, and caregivers are partners in setting policy and in developing and improving programs and services.



# All doors lead to help

## **Description:**

Regardless of where a child, youth, or caregiver first seeks or is identified as needing help, they are connected to services that meet their needs. The adults in the lives of children and youth have the knowledge and tools to recognize concerns early, and screening and care navigation are available in the community settings where children and youth spend time. When a child, youth, or caregiver needs support, it's obvious where to go to get it. If an individual or caregiver doesn't know where to go for help, someone in their support system does.



## Offers services to meet everyone's needs

### **Description:**

Services and supports that fit a child, youth, or caregiver's age, stage, and individual needs are available throughout Washington state, when and where they are needed. Access to care isn't limited by the child, youth, or caregiver's health insurance. When needs change, the type of care an individual or caregiver is receiving can be dialed up (with more frequent or intensive services), dialed down (with less intensive support), or adjusted in other ways to better meet the child, youth, or caregiver's needs.



# Equitable, anti-racist, and culturally and linguistically responsive

## **Description:**

When a child, youth, or caregiver seeks help, there is support to access care in their language—when they make a phone call or walk in the door, and when they are receiving services and support. The people who are offering services and support have respect for the child/youth and family culture and work to ensure that any treatment or plan of action fits within cultural and family values and practices.

Investments are made to develop and retain a workforce that reflects the population served. Workforce strategies reflect an understanding of systemic inequities and historical trauma.





## Changes in response to new information

### **Description:**

Information about how well programs and services are meeting the needs of children, youth, and families is collected to help make decisions about how to change and improve services. This includes numbers-based as well as story-based data, such as the experience of how children, youth, and families access services across Washington.



## Invests in prevention and well-being

### **Description:**

All children, youth, and families can get information and support early. By providing broad access to prevention-oriented education and early intervention services, children, youth, and families can access the tools and supports they need to thrive. Support is accessible when concerns first arise – without a diagnosis.



# Includes families and communities as key contributors to well-being

## **Description:**

Service design and implementation recognizes the critical role that families and communities play in the mental health of children and youth. From screening and assessment to informal supports and treatment services, families are viewed as key partners in promoting the well-being of their child/youth and strengths and challenges are viewed within the context of family and community.

## Draft Common Vision

- Does this vision encompass the values and principles we've discussed?
- Is this something that is understandable and can be used to help bring people together in a common effort?



A high-angle, close-up photograph of a diverse group of children huddled together, smiling warmly at the camera. The children are of various ethnicities and ages, creating a sense of unity and joy. The lighting is bright and natural, suggesting an outdoor setting. The text "Engagement and Outreach" is centered over the image in a clean, black, sans-serif font.

# Engagement and Outreach

# Name & Primary Icon



## Washington **Thriving**

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

### Elements:

- Name – ***Washington Thriving***
- Evergreen Trees
- Multi-colored tree rings
- Bright color scheme



# Secondary Icons



Washington  
**Thriving**



Washington  
**Thriving**



Washington  
**Thriving**



Washington  
**Thriving**

# Summer/Fall Regional Listening Event Updates

## **Goals:**

1. Gather in person, real time input from youth and young adults, parents and caregivers, and members of the workforce, including input on 1) gaps in the current continuum and 2) the proposed vision.
2. Deepen connection with partners across the state, to build networks for ongoing community engagement.

## **Events will include:**

- Focus groups and community conversations with families and youth/youth adults, as well as individual and group interviews (e.g., with members of the behavioral health workforce).
- Activities and settings that are unique to each region. The goal is to design a set of activities that align with community needs and preferences.

## **Tentative locations:**

- Central WA- week of 8/12
- Northeast (Spokane/Stevens Counties)- week of 8/19 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



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Wednesday,  
August 21, 4  
– 5:30 PM

## 2024 SPAG & Discussion Group Meetings

Date	Time	Meeting
Monday, August 5 <sup>th</sup>	2:30 – 5:30 PM PST	P25 SPAG
*Wednesday, August 21 <sup>st</sup>	10 – 11:30 AM PST	Parents/Caregivers Discussion Group
	4 – 5:30 PM PST	Youth/Young Adults Discussion Group
Thursday, August 22 <sup>nd</sup>	1 – 2:30 PM PST	System Partners Discussion Group
Monday, September 9 <sup>th</sup>	2:30 – 5:30 PM PST	P25 SPAG
Wednesday, September 18 <sup>th</sup>	10 – 11:30 AM PST	Parents/Caregivers Discussion Group
	4 – 5:30 PM PST	Youth/Young Adults Discussion Group
Thursday, September 19 <sup>th</sup>	1 – 2:30 PM PST	System Partners Discussion Group
Wednesday, October 16 <sup>th</sup>	10 – 11:30 AM PST	Parents/Caregivers Discussion Group
	4 – 5:30 PM PST	Youth/Young Adults Discussion Group
Thursday, October 17 <sup>th</sup>	1 – 2:30 PM PST	System Partners Discussion Group
October (TBD)	TBD	Prevention Summit

*\*TBD pending reschedule*

**2024 SPAG & Discussion Group Meetings (continued)**

Date	Time	Meeting
Wednesday, November 20 <sup>th</sup>	10 – 11:30 AM PST	Parents/Caregivers Discussion Group
	4 – 5:30 PM PST	Youth/Young Adults Discussion Group
Thursday, November 21 <sup>st</sup>	1 – 2:30 PM PST	System Partners Discussion Group
Monday, December 9 <sup>th</sup>	2:30 – 5:30 PM	P25 SPAG
Wednesday, December 18 <sup>th</sup>	10 – 11:30 AM PST	Parents/Caregivers Discussion Group
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