

Washington System of Care Statewide FYSPRT

Date: April 1, 2025 **Time:** 3 p.m. – 5 p.m.

Approximately 65 attendees representing the following: Behavioral Health Catalyst, Building Changes, Carelton, Catholic Community Services, A Common Voice, Developmental Disabilities Administration, Department of Children Youth and Families, Department of Health, Educational Services District 112, En Route NW, Family Alliance, Great Rivers Administrative Services Organization, Great Rivers FYSPRT, Health Care Authority (Division of Behavioral Health and Recovery, Medicaid Programs Division and Office of Community Voices and Empowerment), King County, King County Community Collaborative, North Central WA FYSPRT, North Sound Administrative Services Organization, North Sound Youth and Family Coalition, Northeast FYSPRT, Office of the Governor, Office of Superintendent of Public Instruction, Passages Family Support, Salish Behavioral Health Administrative Services Organization, Salish Regional FYSPRT, Southeast FYSPRT, Southwest Regional FYSPRT, Spokane County Behavioral Health Administrative Services Organization, System of Care Partnership, Students Providing and Receiving Knowledge, WA State Children’s Behavioral Health Statewide Family Network, Wellpoint (formerly Amerigroup), plus community members.

Facilitators – Statewide FYSPRT Tri-leads - Michelle Karnath (Family), Gabriel Hamilton (Youth), and Katie Favela (System Partner)

Timekeeper – Tri-Lead Team

Notes – Amanda/Kris

Agenda Item & Lead(s)	Discussion and Notes	Action items	Assigned to	By when
Welcome and introductions Statewide FYSPRT Tri-Leads 3:00 – 3:10	Shared land acknowledgment. Brief Zoom meeting guidelines (mute when not talking, raise hand or put questions in the chat). Attendees introduced themselves through the chat and by phone and identified their role, agency, organization and/or Regional FYSPRT they were representing. Reviewed Full Value Agreement. HCA and the Statewide FYSPRT Tri-leads will not be recording this meeting to be respectful of confidentiality as identified in the Full Value Agreement. FYI – The Statewide FYSPRT Tri-lead team received a recurring gaps and needs form and may be reaching out between now and the next meeting to gather information.	n/a	n/a	n/a
Youth Network updates Students Providing and Receiving Knowledge (SPARK) 3:10 – 3:30	Topic Purpose – Share updates on WA Statewide Youth Network activities The Youth Network empowers youth/young adults with lived experience in behavioral health to lead decisions and shape policies to create a healthier future for themselves and young people in Washington. The Youth Network encourages young people to use their voices to discover their strengths, build resilience, and improve behavioral health outcomes while fostering inclusivity and diversity. In addition, the Youth Network aims to build an exceptional, inclusive, and diverse youth peer workforce in Washington State. The Youth Network, led by young people with experience in behavioral health is focusing on: <ul style="list-style-type: none"> • Creating an Open Community <ul style="list-style-type: none"> ○ Fostering inclusivity and support within the community ○ Groups and partnership building ○ Youth having leadership opportunities throughout the State and US ○ Certified Peer Counselor career exploration programs ○ Mentoring groups 	Contact the Youth Network team at yn@wayouth.us with questions or for more information.	Anyone interested	Anytime

Statewide FYSPRT Goals

1. Improving quality of life for youth and families by reviewing statewide performance and making recommendations through collaborative engagement of youth, families and system partners.
2. To support system improvements by enhancing strengths and eliciting challenges and barriers from the Regional FYSPRTs and state partners and develop collective recommendations to share with Statewide FYSPRT members, Regional FYSPRTs and/or the Youth and Young Adult Continuum of Care Subgroup that include youth, family, and system partner voice.

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Youth Network updates continued. . .	<ul style="list-style-type: none"> Advocacy and Legislation - Wanting to make youth voices heard by talking with state lawmakers, helping shape laws through surveys and discussions and connect young people with lawmakers. Promoting long-lasting vitality by ensuring decision-making is held by youth and young adults within their communities and that the voices of young people are not being tokenized. Tokenism is an approach where youth are present but not heard. The Youth Network is ensuring that young people are present, heard and leading the work of the Youth Network. <p>The Youth Network development team is also focusing on:</p> <ul style="list-style-type: none"> Holding Youth Network meetings two times per month to plan projects and allocate resources. Expanding youth engagement – trying to build online/social media presence to establish youth-led spaces throughout Washington Submitting proposals and attending behavioral health conferences across the US – sharing about issues that are important to youth through proposals created by youth Creating an open, brave space for youth peers that are already in the workforce, for resource and information sharing and data collection on behavioral health use including what can be changed to help. Develop an event, such as a Youth Behavioral Health Summit (summer 2025). Attending FYSPRT meetings – youth are providing input on how these meetings are impacting them and how to improve. 			
Family organization/network updates: supporting children and youth in crisis Jasmine Martinez and A Common Voice 1580 team 3:30 – 3:50	<p>Topic Purpose – share information about support for youth at risk of remaining in hospitals</p> <p>A Common Voice has contracted with the Health Care Authority since 2021 to be the Center of Parent Excellence (also known as the COPE project). Through the COPE Project, one on one and group virtual and phone support is available to parents and caregivers across Washington who are navigating the behavioral health system with their child or youth. Lead Parent Support Specialists for the COPE Project are:</p> <ul style="list-style-type: none"> Highly trained parent leaders with extensive experience Consultants and trainers representing parent voice Certified parent advocates with lived experience Nod-adversarial advocates <p>Legislation (House Bill 1580 from the 2023-2024 legislative session) created a mechanism to support children in crisis (children and youth aged 17 and younger who are at risk of remaining in a hospital without medical necessity), by forming a state-level team. A Common Voice COPE Project is part of this 1580 team alongside representatives from the Office of the Governor, Department of Children Youth and Families, Developmental Disabilities Administration, Health Care Authority, Office of Financial Management, education, providers and other entities as guided by individual needs of the family or youth. See the 1580 Children in Crisis FAQ for more information. A Common Voice has expanded the COPE Project to also provide support to parents and caregivers and their children who meet the criteria for support of the 1580 team. The Office of the Governor has provided funding for this work which is contracted by the Health Care Authority.</p> <p>The 1580 Rapid Response Team strives for an integrated system of care approach with children, youth and families at the core of every decision in their life and care plan based on what the family and youth is needing. The following principles guide the work: Human/person centered, thinking outside of the box, leading with</p>	Contact Jasmine Martinez at jasmine@acommonvoice.org with questions or for more information.	Anyone interested	Anytime

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Family organization/network updates: supporting children and youth in crisis continued. . .	<p>strengths, concurrent planning, collaboration, start from “yes”, solution focused, hold each other accountable, mutual respect, stay curious, stay informed, assume positive intent and nothing about us without us.</p> <p>A Common Voice COPE project participation in the 1580 team has truly embedded and valued family input to the point that system change is happening from the inside out.</p> <p>To make a referral for the COPE Project or for 1580 team support, go to A Common Voice’s website or directly email Jasmine Martinez at jasmine@acommonvoice.org.</p>			
Youth and Young Adult Continuum of Care communication Michelle Karnath 3:50 – 4:00	<p>Topic Purpose – Standing agenda item to share information about the Youth and Young Adult Continuum of Care Subgroup meetings and activities</p> <p>This is a standing agenda item to provide updates regarding topics moved forward from a Regional FYSPRT to the Statewide FYSPRT that the Statewide FYSPRT was not able to address. When this occurs the Statewide FYSPRT moves the topic to legislative groups such as the Youth and Young Adult Continuum of Care (YYACC), a subgroup of the Children and Youth Behavioral Health Work Group (CYBHWG). This communication is on the agenda to keep Statewide FYSPRT members in the loop and to share general priorities from the work of the YYACC.</p> <p>The priorities that were moved forward for 2025 have not been funded so far and include expanding the Bridge Residential (or Housing) Program, post inpatient transitional housing for young adults, recovery high schools, peer support in school settings, funding the administration of CAPS (Centralized Assessment of Psychosis Services) to streamline how they assess for individuals getting into First Episode Psychosis services. You can also go to the HCA website to look up the CYBHWG recommendations sent to the Governor’s office in December 2024 for the 2025 legislative session. The CYBHWG leads are meeting weekly to get updates on where things are at and to partner with others to preserve and sustain what has already been funded.</p> <p>If you are interested in participating in YYACC meeting, reach out cybhwg@hca.wa.gov and request to be added to the distribution list.</p>	Contact Michelle Karnath at Michelle.Karnath@clark.wa.gov with questions or for more information.	Anyone interested	Anytime
Washington Thriving (the effort to develop a statewide Prenatal-through-Age-25 Behavioral Health Strategic Plan) Behavioral Health Catalyst and Health Care Authority 4:00 – 5:00	<p>Topic Purpose – Share information about Washington Thriving and incorporate FYSPRT feedback</p> <p>Washington Thriving is the effort to develop a statewide Prenatal-through-Age-25 (P-25) Behavioral Health Strategic Plan to address the ongoing statewide crisis in behavioral health among pregnant people, babies, children, youth, young adults, and their families and caregivers. The P-25 Strategic Plan will provide an actionable roadmap to increase equitable access to high quality services across all ages and stages of development.</p> <p>In 2025, the Children and Youth Behavioral Health Work Group (CYBHWG) and its subgroups will focus their effort on providing inputs to the Strategic Plan. The CYBHWG expects that its primary recommendation to the Legislature this year will be to adopt and resource the Strategic Plan as the guiding framework for prenatal-through-age-25 behavioral health in Washington.</p> <p>Here is a recap of the four key phases that have occurred so far. The project is currently in the 3rd phase.</p> <ul style="list-style-type: none"> • 1st phase: Developing the ideal vision for the P-25 behavioral health system and what an ideal array of services across the continuum of care would include. 	Contact info@washingtonthriving.org with questions or for more information.	Anyone	Anytime

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<p>Washington Thriving (the effort to develop a statewide Prenatal -through-Age 25 Behavioral Health Strategic Plan) continued. . .</p>	<ul style="list-style-type: none"> • 2nd phase: Assessing what the current behavioral health system looks like. Does Washington have the right services, supports, and offerings in the behavioral health space and do we have the capacity to meet the unique needs of the P-25 population? • 3rd phase: Sifting through data and lived and learning experience to determine what the P-25 Strategic Plan will prioritize. Identifying the gaps in the system, how to fill them, and what recommendations will be most impactful. • 4th Phase: What are short-term and long-term wins we can expect the Strategic Plan to achieve, and how will we know we are on the right track to improve the system. <p>Characteristics of the ideal behavioral health system for pregnant individuals, children, youth, and their parents/caregivers include:</p> <ul style="list-style-type: none"> • No wrong door approach • Available when needed and across developmental stages for diverse languages and cultures across the state • Is in alignment with the system of care approach, values and principles, making sure those who are most impacted by the system and the services are a part of designing it. <p>Final strategic plan is aiming to address all of these areas:</p> <ul style="list-style-type: none"> • What will the system offer and where – Full continuum of care that is culturally and developmentally appropriate. Offerings are comprehensive including education, promotion, prevention, services and supports and will be accessible where people spend their time. • How services and supports are provided will be regionally determined – youth, family and community centered and have tiered service coordination. • What will power the system – looking to recruit, develop, and retain a diverse well-trained workforce with sustainable financing. • What will guide the system - defined leadership and structured coordination, supportive policies, shared resources, and integrated data. • While the P-25 Strategic Plan is focused on behavioral health needs, it will acknowledge and reinforce the fact that vital conditions impact wellbeing (such as economic stability, food security, nutrition, safety/security, education, housing, natural and built environment, civic and social engagement). <p>Washington Thriving Advisory Groups meetings are open to the public. Discussion groups are available to engage deeper discussion. The three discussion groups are each intended for a different set of folks – youth/young adults, parents/caregivers, and system partners. The goal throughout the process is to hear from as many people as possible including those with lived and living experience in the behavioral health system. As you learn of different opportunities, you are invited to join and to share with networks that might be interested in engaging in the process. The CYBHWG will vote in October to approve submitting the strategic plan to the legislature by its November 1 due date.</p> <p>Some emerging recommendations related specifically to youth and young adults that have been identified through the work so far include:</p> <ul style="list-style-type: none"> • Create transition age youth specific services to enable early preparation and smoother transition into adult services. 			

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Washington Thriving (the effort to develop a statewide Prenatal -through-Age 25 Behavioral Health Strategic Plan) continued. . .	<ul style="list-style-type: none"> Strengthen care for crisis and for those with long term support needs. Build recovery and support services by providing sustained, community-based support for individuals after treatment or crisis care to help maintain long term recovery. <p>Participants were put into small groups to dialogue about the following questions:</p> <p>1. Building off the emerging recommendations, what would you like the YYACC to focus on this year to enhance input to the P-25 Strategic Plan for creating a supportive system for youth, 13-17, and transition-aged young adults, 18-25?</p> <p>2. Is there anything else you would like to elevate as a top priority for youth and young adults, ages 13-25, for consideration by the YYACC and/or P-25 Strategic Plan?</p> <p>Here is a summary of the report out from the small groups:</p> <ul style="list-style-type: none"> better support and access for transition age youth how to better incorporate services into academic settings letting kids be kids and teaching real life skills pathways to independent living having services available – no wait list capacity to serve – workforce concerns focus on co-occurring care provide support to youth and families when exiting out of care sustainability – what are the gaps identified including workforce issues and provider training less traditional supports such as the Youth Network, Statewide Family Network, and FYSPRT (outside of traditional care and services) difficult to think ahead and plan with budget concerns from the state/federal levels – want to make sure we are maintaining what we already have education and training on lived experience improving provider accountability <p>See the Washington Thriving Events page for opportunities to provide additional input.</p>			
Evaluations and meeting wrap-up Statewide FYSPRT Tri-Leads	<p>Meeting evaluation link provided in the chat for participants to provide feedback on the meeting including possible agenda items for future meetings.</p> <p>Meeting evaluation link will also be emailed out to the group after the meeting.</p>	Tri-leads to review and consider feedback in planning future meetings.	Tri-lead team	April 2025
Next Statewide FYSPRT Meeting				
Tuesday June 3, 2025 3 p.m.- 5 p.m.				

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