

Washington System of Care Statewide FYSPRT

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

Approximately 55 attendees representing the following: Carelon, A Common Voice, Developmental Disabilities Administration, Department of Children Youth and Families, En Route NW, Family Alliance, Great Rivers Administrative Services Organization, Great Rivers FYSPRT, Greater Columbia Administrative Services Organization, Health Care Authority (Division of Behavioral Health and Recovery, and Medicaid Programs Division), King County, King County Community Collaborative, North Central WA FYSPRT, North Sound Administrative Services Organization, North Sound Youth and Family Coalition, Northeast FYSPRT, Passages Family Support, Salish Behavioral Health Administrative Services Organization, Salish Regional FYSPRT, Southwest Regional FYSPRT, Spokane County Behavioral Health Administrative Services Organization, System of Care Partnership, Students Providing and Receiving Knowledge, United Healthcare, WA State Behavioral Health Youth Network, WA State Children's Behavioral Health Statewide Family Network, Wellpoint, 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 – 3:15 | 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 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. | n/a | n/a | n/a |
| Youth Network updates Students Providing and Receiving Knowledge (SPARK) 3:15– 3:30 | <p>Topic Purpose – Share updates on WA Statewide Youth Network activities about youth focused and youth/young adult led work</p> <p>The Washington State Behavioral Health Youth Network (Youth Network) shared about the work they are doing.</p> <p>The main goals of the Youth Network are to bring together a group of young people with lived experience in behavioral health to help improve mental health support. Specifically, to:</p> <ul style="list-style-type: none"> • Give young people the power to lead the project. • Create a support system where young people help each other. • Make changes to improve mental health services for youth by creating an open community. • Create a lasting, structured system that is easy to follow. <p>The Youth Network is currently looking for development team members to lead the work and expand youth engagement. Bi-monthly meetings are currently happening to plan projects and allocate resources and youth members are shaping the direction of the Youth Network through their direct decision making. This is creating real opportunities for young people to lead, connect and advocate for positive change in the behavioral health system. Youth Network members are also currently preparing for local, state, and national training opportunities to enhance youth</p> | 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.

| Agenda Item & Lead(s) | Discussion and Notes | Action items | Assigned to | By when |
|---|--|---|-------------------|---------|
| Youth Network updates continued. . . | <p>leadership, are building a social media presence to engage youth across the state, and are developing outreach materials to spread awareness and increase participation.</p> <p>The Youth Network is building connections with Regional FYSPRTs and are currently focused on:</p> <ul style="list-style-type: none"> • Engaging with FYSPRT meetings to elevate youth perspectives and drive change. • Strengthening ties with Family, Youth, and System Partner Round Tables to foster collaboration. • Creating supportive networks that empower youth and enhance community connections. • Linking youth to local and statewide initiatives for greater impact. • Expanding youth presence in peer-serving communities through outreach and advocacy <p>A video from the Youth Behavioral Health Wellness Summit that the Youth Network hosted in July was shared.</p> | | | |
| Family Network updates WA State Community Connectors 3:30 – 3:40 | <p>Topic Purpose – Share updates from the Statewide Family Network about family focused and family led work</p> <p>WA State Community Connectors (WSCC) shared about the Children's Behavioral Health Statewide Family Network (Statewide Family Network or SFN) work they are doing.</p> <p>As part of WSCC's contract for the Statewide Family Network, WSCC can provide technical assistance to Regional FYSPRTs around family engagement.</p> <p>Nokey Pando was introduced as the newest program coordinator for WSCC.</p> <p>Shared information about the Substance Use Disorder (SUD) Family Education Sessions which have been revamped. The main audience for these sessions is parents and caregivers. This revised training will now also include helpful tips from the CRAFT (Community Reinforcement and Family Training) model. The training has 8 modules that can be taken in any order.</p> <p>Parent and caregiver weekend training will be held September 26-28 in Yakima and is specifically for parents and full-time caregivers of children, youth, young adults with behavioral health needs. The weekend training was designed and created with parents in mind. Space is limited to 40 parents and caregivers and the hope is to have 75% parents/caregivers who have not attended in the past. An email will be going out in the next week or so to apply. Registration is not on a first come first serve basis but is selected based on first time attendees and regions (ideally 4 per region). Attendees must commit to the full event and attend all sessions. It is possible for expenses to be reimbursed.</p> | For more information reach out to Karen Kelly, karenkelly@wscsupport.org . | 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.

| Agenda Item & Lead(s) | Discussion and Notes | Action items | Assigned to | By when |
|---|---|--|-------------------|---------|
| Youth and Young Adult Continuum of Care Communication Michelle Karnath 3:40 – 3:55 | <p>Topic Purpose – Standing agenda item to share information about the Youth and Young Adult Continuum of Care Subgroup meetings and activities</p> <p>Washington Thriving is working towards the submission of the statewide prenatal-through-age-25 behavioral health strategic plan to the legislature in November of this year. Stay connected to the effort as it gets closer to the deadline:</p> <ul style="list-style-type: none"> You can watch a new video on the Washington Thriving website to learn more about what is developing as a part of the strategic plan. The Children and Youth Behavioral Health Work Group (CYBHWG), the subgroups, and the Washington Thriving Advisory Group are all holding meetings between now and the submission date that are open to the public. All of these events are on the website and you are invited to attend and can share your input during public comment periods. To stay up to date about other opportunities to engage, subscribe to the newsletter. <p>All subgroups of the CYBHWG have moved forward briefing documents regarding areas of need to the CYBHWG.</p> <p>The Youth and Young Adult Continuum of Care Subgroup (YYACC) has had several meetings and moved forward five briefing documents:</p> <ol style="list-style-type: none"> Peer support – Information taken from the FYSPRT needs assessment is that peer support needs to be more accessible and be available as a support that is frontloaded vs as a crisis service. Transition age youth - ensuring they have the life skills they need and having programs that would serve individuals ages 18-25 as they do not always fit in adult services even though they are technically adults. Severe mental illness - recognizing that individuals with severe mental illness might need care that is not just community based. Age of consent - Not about taking young people's rights away but ensuring that young people are getting their needs met when they do not realize they are putting themselves in risky situations. For example, we have some things in place that don't get utilized like family-initiated treatment. Crisis services – to have a comprehensive system of care you have to look at the whole continuum. People will still need a higher level of care (intensive care units/ICUs or inpatient mental health facilities) – how to make these more accessible when it is needed. Information gathered by the Statewide FYSPRT regarding inpatient mental health needs was identified in the briefing form. | Contact Michelle Karnath at Michelle.Karnath@clark.wa.gov 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.

| Agenda Item & Lead(s) | Discussion and Notes | Action items | Assigned to | By when |
|--|--|---|----------------------------|--------------|
| Youth and Young Adult Continuum of Care Communication continued. . | Next YYACC meeting will be held August 7 from 3:30-5:30pm. It is an open meeting where families and youth with lived experience can attend and share their voice and perspective and be part of the work and dialogues. | | | |
| Inpatient needs dialogue Statewide FYSPRT Tri-leads 3:55 – 4:55 | <p>Topic Purpose – Dialogue and next steps re: recurring gap/need regarding inpatient mental health needs</p> <p>The Northeast FYSPRT, who submitted a recurring gaps and needs form regarding inpatient mental health needs in their region, described recently losing a children’s psychiatric unit. It was identified that in the Northeast FYSPRT region there is only 1 stabilization unit for children ages 12-17 with 25 beds, 1 intensive outpatient program for children ages 7-12 with space for 7 children, and no emergency support for children under the age of 12 except for 1 mobile crisis team and outpatient services. A lot of feedback has been received from families that there aren’t enough services for children. If youth have to go to the hospital, they may sit there for days, weeks or months and families don’t have resources needed if their child or youth gets shipped to another part of the state. The Northeast FYSPRT held a dinner for Northeast FYSPRT families to discuss challenges in the region. A gaps and needs survey was also disseminated that identified this as a need in the region.</p> <p>In mid-June, the Statewide FYSPRT Tri-lead team sent out a request to the Statewide FYSPRT email group, including Regional FYSPRTs and state partners, to gather information regarding the following questions:</p> <ul style="list-style-type: none"> • Are inpatient behavioral health services in your region adequate? Are beds for children and youth available when needed? Please describe. • How are families and youth being impacted? • If this is a need in your region, what outcome would your Regional FYSPRT/state system like to see? • What would success look like? • Would the proposed solutions be impacted by workforce? <p>The responses received to these questions were compiled and attached to the Statewide FYSPRT meeting calendar invite. The Statewide FYSPRT Tri-lead team also wanted to provide some time in the meeting for participants to have the opportunity to talk about these questions in small groups for further dialogue, information gathering and brainstorming.</p> <p>After having time to dialogue together, each breakout group had some time to report out what they talked about.</p> | Information gathered before and during this meeting about inpatient mental health needs will be moved forward and shared with the Youth and Young Adult Continuum of Care Subgroup. | Statewide FYSPRT Tri-leads | Next meeting |

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.

| Agenda Item & Lead(s) | Discussion and Notes | Action items | Assigned to | By when |
|--|--|--------------|-------------|---------|
| Inpatient needs dialogue continued. . | <p>Here is a summary of the report out from the breakout groups and participants:</p> <ul style="list-style-type: none"> - Young people are getting sent out of state more often than in the past. - Not a lot of inpatient opportunities and often have to cross the border into Oregon or send children to other parts of the state. - Designated Crisis Responders (DCRs) struggle to find placements for youth in need. - Inconsistent implementation of the 988 crisis hotline. - High rate of potential abandonment incidents due to transport issues and community resources disconnect. - Planning processes are not family-centered. - Discharge transitions are poorly managed, with inadequate follow-up services established. - Hospitals have varying criteria for admitting or turning away youth. - Traveling is difficult on the family unit and it affects continuity of care and communication. It negatively impacts the families financially if they don't have the resources to travel and can increase stress for families and providers. Appears to be less effective due to these issues. - Need things to be closer to larger populations and increased number of beds in current treatment facilities. - Success looks like a robust workforce to meet needs when they arise instead of 6 months later. - Proposed solutions – how do we get people to believe the money should be allocated to these things? - Youth end up in the emergency room several times being boarded - Mobile crisis team not available in all counties - Designated crisis responders not doing the evaluation which makes involuntary placement difficult - high rate of abandonment due to safety issues and family not able to safely take a youth back home - criteria that some hospitals have regarding youth – too homicidal or suicidal or violent to admit - Possible solution – are there workarounds such as exchange adult beds where available, discharge support, respite, 23 hour crisis stabilization - Spokane facility closed due to workforce issue. How do we fill in workforce gaps? - Support families to stay in community or supporting families in better ways to engage with youth when out of community - Success looks like focusing on prevention and being proactive – we tend to be more reactive – lets be more proactive or preventative, for example, children living with complex | | | |

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.

| Agenda Item & Lead(s) | Discussion and Notes | Action items | Assigned to | By when |
|---|--|--|---------------|-------------|
| Inpatient needs dialogue continued. . | <p>needs to have summer support and after school programs in a non-clinical setting and respite for parents/caregivers and for youth</p> <ul style="list-style-type: none"> - Complex children often aren't able to be involved in the typical activities like sports, youth groups, and visiting friend's houses so there is a need for respite for both parents/caregivers and youth to focus on their own personal wellness - Really find ways to have parents more involved – how do we do that? Ideas - more connection, more resources to travel if there is a lack of beds in the area, how can community come together and support each other, how parents and youth come together and learn from each other, how to get outside for better health and also natural supports <p>The Statewide FYSPRT expressed interest in moving this topic along with the information gathered before and during this meeting to the Youth and Young Adult Continuum of Care Subgroup.</p> | | | |
| Evaluations and meeting wrap-up Statewide FYSPRT Tri-Lead team 4:55 – 5:00 | <p>Updated FYSPRT FAQ (shared with Statewide FYSPRT for feedback late May/early June) has been posted to the HCA FYSPRT webpage.</p> <p>Overview of the updated HCA FYSPRT webpage with information added about FYSPRTs connections to legislative groups, the difference between Regional FYSPRTs and the Statewide FYSPRT, and a section for updates on topics that the Statewide FYSPRT has moved forward to the Youth and Young Adult Continuum of Care Subgroup.</p> <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 | August 2025 |
| Next Statewide FYSPRT Meeting | | | | |
| Tuesday October 7, 2025, 3 p.m.- 5 p.m. | | | | |

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.