

Washington System of Care Statewide FYSPRT

Date: October 7, 2025 **Time:** 3 p.m. – 5 p.m.

Approximately 52 attendees representing the following: Carelon, A Common Voice, Department of Children Youth and Families, Department of Health, Family Alliance, Great Rivers Administrative Services Organization, Great Rivers FYSPRT, Greater Columbia Administrative Services Organization, Health Care Authority (Division of Behavioral Health and Recovery, Medicaid Programs Division, and Office of Community Voices and Empowerment), King County Community Collaborative, North Central WA FYSPRT, North Sound Administrative Services Organization, North Sound Youth and Family Coalition, Northeast FYSPRT, Office of Behavioral Health Advocacy, Passages Family Support, Salish Behavioral Health Administrative Services Organization, Salish Regional FYSPRT, Southeast FYSPRT, Southwest Regional FYSPRT, Spokane County Behavioral Health Administrative Services Organization, Students Providing and Receiving Knowledge, United Healthcare, WA State Behavioral Health Youth Network, WA State Children’s Behavioral Health Statewide Family Network, 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 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) 3:10– 3:25	<p>Topic Purpose – Share updates on WA Statewide Youth Network activities about youth focused and youth/young adult led work</p> <p>Evaluations from the August Statewide FYSPRT meeting shared excitement about hearing from the Youth Network about their events and activities with a request to hear more. The Washington State Behavioral Health Youth Network (Youth Network) shared more about their work and activities. The Youth Network is a group of young people from Washington working to improve behavioral health and programs for youth and young adults in WA and are aiming to build an inclusive, diverse youth peer workforce.</p> <p>The development team made up of youth and young adults, have been meeting regularly and recently welcomed new members. The Youth Network has provided two presentations this year, one at Peer Pathways and another at the Trauma Informed Care Conference in Yakima. Both presentations focused on sharing lived experiences of young people. This presentation was also shared at the Youth Network Wellness Summit in July. The Summit and speakers at the Summit encouraged and focused on bringing a trauma and healing informed space for young people. The Youth Network wants to create a space that is inclusive of youth and young people and what they have to say.</p> <p>Currently working on:</p> <ul style="list-style-type: none"> • Growing social media – development team members will be partnering to help build engagement • Sparkpeerlearningcenter.org gives options to go to the SPARK site or Youth Network site for information. You are able to schedule meetings on this website as well. • Connecting with youth led and youth-serving organizations like Washington Youth Alliance 	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"> • Bringing on new development team members • Looking for ways to bring the Youth Network into schools • Planning for next year’s Wellness Summit <p>Goals for 2025-2026:</p> <ul style="list-style-type: none"> • Continue networking with youth led and youth serving organizations – being intentional with connecting with rural and underserved communities • Begin partnering with community-based programs for some youth wellness centered groups • Hold brave spaces and build stronger connections with the youth peer workforce and prevent burnout • Connecting with regional youth tri-leads. If you are a regional youth tri-lead, reach out to the team to meet and start building this network and collaborate. Hoping to plan a meeting with all of the youth tri-leads to collaborate on ideas to build youth engagement. <p>What is the role of a development team member? This team meets twice a month to provide direction and develop ideas and activities they are contracted to complete. The team is made up of young people age 18-35 from across the state. The team serves as an advisory board and plans events. The goal is that they will host community brave spaces in their communities as the work moves forward.</p>			
Family Network updates WA State Community Connectors 3:25 – 3:35	<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>The Annual Parent Weekend Training was last weekend. This event brings parents and caregivers of children with behavioral health challenges together to offer support, training, and a space that is specifically for them to network and build connections. Be on the lookout for announcements of the annual Children’s Behavioral Health Summit in May of 2026. In early January a request will be sent out for applications to be a part of the planning committee.</p> <p>WSCC also offers substance use disorder (SUD) Family Education Sessions that are an 8-module training. These are standalone trainings, so they do not need to be taken in order. There are multiple options available for each session, allowing you to select a day or time that best fits with your schedule.</p> <p>For more information about WSCC, the Statewide Family Network work and other projects they are working on, visit WSCC’s website. General information about the Statewide Family Network work is also being shared on social media and includes quotes from individuals to make it more interactive.</p>	For more information reach out to Nokey Pando or Karen Kelly	Anyone interested	Anytime

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<p>Youth and Young Adult Continuum of Care Communication</p> <p>Michelle Karnath</p> <p>3:35 – 3:50</p>	<p>Topic Purpose – Standing agenda item to share information about the Youth and Young Adult Continuum of Care Subgroup meetings and activities</p> <p>A Youth and Young Adult Continuum of Care (YYACC) meeting was held last week. The YYACC is currently working on four recommendations and will select three to move forward to the Children and Youth Behavioral Health Work Group to vote on to create their prioritized list of recommendations for the 2026 legislative session.</p> <p>In addition to WA Thriving, the development of a Strategic Plan for prenatal to age 25 behavioral health, there are four recommendations that the YYACC has identified:</p> <ul style="list-style-type: none"> • Central Assessment for Psychosis Services (a legacy item) – purpose is to have a centralized gold standard assessment to get young people experiencing psychosis to the care that they need. • Wraparound with Intensive Services (WISe) – Needing training for WISe providers on working with children and youth with intellectual or developmental disabilities (IDD), autism spectrum disorders (ASD) or who have externalizing behaviors. • Bridge Housing – through North Star Advocates where they opened two homes for young people to go when they exit treatment facilities for mental health and/or substance use. Requesting to protect and preserve the funding on this to sustain the program. • Family Initiated Treatment (FIT) and Involuntary Treatment Act (ITA) – ensuring that young people, age 13-17 that are not in a place to make decisions for care can get the care they need including substance use disorder and mental health treatment when it is deemed medically necessary and they are a harm to themselves or others. <p>Although the YYACC can only move 3 of these forward, the one that does not move forward is likely to be added to a statement of support. Next YYACC meeting is Tuesday, October 21st to discuss statements of support.</p> <p>WA Thriving updates:</p> <ul style="list-style-type: none"> • The Washington Thriving Strategic Plan is in the final stages of development and is on track to be submitted to the legislature by November 1st by the Children and Youth Behavioral Health Work Group. • In addition to what is submitted to the legislature, the website is currently under construction to soon be able to house additional information and resources to support the Strategic Plan. • To stay up to date as the project moves into the implementation phase, make sure you are subscribed to the Washington Thriving newsletter! 	<p>Contact Michelle Karnath with questions or for more information</p>	<p>Anyone interested</p>	<p>Anytime</p>
<p>Respite update</p> <p>Liz Venuto</p> <p>3:50 – 4:05</p>	<p>Topic Purpose – Follow up on progress made regarding respite as brought forward by the Statewide FYSPT to the Youth and Young Adult Continuum of Care, a legislative group.</p> <p>The last update on behavioral health respite was provided to the Statewide FYSPT at the December 10, 2024, meeting. For more information, click to view the December 2024 meeting notes.</p> <ul style="list-style-type: none"> • In 2021, the Health Care Authority (HCA) was directed by the legislature to contract for a report which would review the options for providing behavioral health respite in Washington. This 	<p>For more information contact Liz</p>	<p>Anyone interested</p>	<p>Anytime</p>

Statewide FYSPT Goals

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Respite update continued	<p>report was completed in June 2022 and is titled Behavioral Health Respite Implementation – Authority Options. As an alternate, there is also a one page summary available titled Status update: Behavioral Health respite options.</p> <ul style="list-style-type: none"> HCA reviewed the options which included the Medicaid Transformation Project (MTP) which is Washington’s Section 1115 Medicaid demonstration waiver between HCA and the Centers for Medicare and Medicaid (CMS). MTP allows HCA to create and continue to develop projects, activities and services that improve Washington’s health care system for those enrolled in Apple Health/Medicaid. HCA included caregiver respite in the MTP/1115 waiver application to CMS. This application was approved in Health-Related Social Needs (HRSN). HRSN are defined as social and economic needs that can affect a person’s ability to maintain their health and well-being. New services included as part of the waiver include caregiver respite, housing transition navigation services, rental assistance, nutrition supports, transportation and others. Proposed services for caregiver respite include intermittent and temporary supervision on a short-term basis. Services are primarily non-medical and may include attending to an individual’s basic self-help needs and other activities of daily living. Respite should be made available when it is useful and necessary to maintain a person in their own home and prevent caregiver burnout and/or to avoid institutional placement. As part of HRSN, caregiver respite has entered the rulemaking process. CR 101 for caregiver respite gives notice to the public that HCA is developing rules for the HRSN services program, including caregiver respite. The Health Care Authority welcomes the public to take part in developing this rule. If interested, contact Melinda Froud or Cassidy Farrow to receive an early rule draft to review. After early review, HCA will send out a notice of proposed rulemaking (CR 102) to anyone who requests a copy. CR 102 describes which rule amendments HCA proposes including the text of the proposed rule. During this period, a public hearing date and written comment deadline will also be assigned. Public hearings are virtual. The CR 103 phase involves filing a rule making order or permanent rule filing. Once filed, it takes at least 30 days for the rules to take effect. <p>For more information about rulemaking, visit HCA’s rulemaking website.</p>	Venuto or Matt Christie		
Regional FYSPRT funding dialogue Statewide FYSPRT Tri-leads 4:05 – 4:55	<p>Topic Purpose – Dialogue and next steps re: recurring gap/need regarding Regional FYSPRT funding</p> <p>The Statewide FYSPRT received a recurring gaps and needs form related to Regional FYSPRT funding. The Statewide FYSPRT Tri-lead team sent out a request for information to the Statewide FYSPRT to gather information about Regional FYSPRT funding in their area or region.</p> <p>The Great Rivers FYSPRT brought this topic forward as a recurring need in their region to see if there are other regions that may be experiencing similar challenges around regional FYSPRT budgets. The funding in the contracts between the Health Care Authority and the Behavioral Health Administrative Services</p>	Statewide FYSPRT Tri-lead Team will look into getting additional information and	Statewide FYSPRT Tri-lead Team	Before next meeting

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<p>Regional FYSPRT funding dialogue continued. . .</p>	<p>Organizations (ASOs) has not changed since 2015. Inflation over the last few years has increased the cost of doing the work. Trying to expand the program regionally is difficult due to limited funding.</p> <p>The questions that were sent out for information gathering from the Statewide FYSPRT Tri-leads included:</p> <ul style="list-style-type: none"> • How are Regional FYSPRT Tri-leads included in the budgeting for the Regional FYSPRT work? • What percentage of the funding is for administrative support and for meeting support, including compensation for Tri-leads? Family and youth participants? • Is your Regional FYSPRT partnering with other organizations/entities for additional funding to hold events etc.? <p>There is an ASO model contract that is posted on the HCA website for those who may be interested in looking at the deliverables for the Regional FYSPRT. Regional FYSPRT deliverables can be found starting on page 192 of the model ASO contract.</p> <p>Does each region get the same amount of money?</p> <ul style="list-style-type: none"> - Yes, every region gets the same amount of money, \$75,000 per region per year (a total of \$750,000 for all 10 regions) for Regional FYSPRT work. For more information, view the Family Youth System Partner Round Table (FYSPRT) fact sheet. <p>Does your region feel like it has sufficient funding? Are regions partnering with other agencies for additional funding?</p> <ul style="list-style-type: none"> - Feedback from multiple regions that Regional FYSPRTs that could benefit from additional funding - Since the FYSPRT budget has not increased since 2015, especially with the cost-of-living increases – this alone would necessitate a consideration in an increase of the budget - One region shared the ASO contract is posted on their website and shows \$75,000 total is allocated to their Regional FYSPRT - \$15,000 is allocated for meeting support and activities or support for folks to get to and from meetings and conferences connected to their work plan. The rest of the money has been connected to program deliverables (administrative support for deliverables). - Multiple regions identified getting support from other agencies to have enough money to run events and activities or projects - The increase in cost of living and inflation affects everyone. Especially those with lived experience that rely on stipends. There is a need to add more to the budget to compensate Tri-leads, youth and families appropriately. It has been hard to get engagement from the community, and without the funding it makes it harder to get that engagement. - There is language in the ASO contracts that identifies a percentage for administrative costs. This may be separate from FYSPRT program and deliverable costs. 	<p>clarification regarding administrative fees and how the ASOs got the contract for the Regional FYSPRT work.</p>		

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<p>Regional FYSPRT funding dialogue continued. . .</p>	<ul style="list-style-type: none"> - The language in the ASO contract related to FYSPRT funding was meant to be flexible for Regional FYSPRTs to meet deliverables while also having money to support the Regional FYSPRT work, youth and family participation and projects or work outlined in the Regional FYSPRT work plans. - FTE (full time employee) allocation may vary due to how much of that person’s role might be taken up by Regional FYSPRT deliverables. Cost for FTE is also included in the amount which impacts available money for the Regional FYSPRT meetings, activities and events support. - At least one region has local FYSPRTs as well. <p>How does HCA determine who gets the Regional FYSPRT contracts? Do they get renewed each year or is there an application process each year?</p> <ul style="list-style-type: none"> - HCA has a contract with ASOs that includes Regional FYSPRT work. There is interest in having more information about how these were put in place. <p>Need to be realistic with the status of Washington state’s budget – likely will not be any additional funding at this time. What should the next steps be? Ideas included:</p> <ul style="list-style-type: none"> - Budget needs or gaps may be different or unique in each region - General agreement that being able to increase the budget in near future would be ideal, but not sure that each one of the 10 regions feels the same. Possibly send poll to assess the need. Identify areas where the funding increase could benefit or be used for. - Try to find out what each region needs or requests related to funding for the Regional FYSPRT program. - Identify what the money could be used for. - Accessibility for other languages – how do we provide these services without the funding? 			
<p>Evaluations and meeting wrap-up</p> <p>Statewide FYSPRT Tri-Leads</p> <p>4:55 – 5:00</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>	<p>Statewide FYSPRT Tri-leads to review and consider feedback in planning future meetings.</p>	<p>Statewide FYSPRT Tri-leads</p>	<p>Nov 2025</p>
<p>Next Statewide FYSPRT Meeting Tuesday December 2, 2025, 3 p.m.- 5 p.m.</p>				

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