

Washington System of Care Statewide FYSVRT

Date: December 2, 2025 **Time:** 3 p.m. – 5 p.m.

Approximately 53 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 FYSVRT, 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 Sound Administrative Services Organization, North Sound Youth and Family Coalition, Northeast FYSVRT, Office of Superintendent of Public Instruction, Passages Family Support, Salish Behavioral Health Administrative Services Organization, Salish Regional FYSVRT, Southeast FYSVRT, Southwest Regional FYSVRT, 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 FYSVRT 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
<p>Welcome and introductions</p> <p>Statewide FYSVRT Tri-Leads</p> <p>3:00 – 3:10</p>	<p>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 FYSVRT they were representing.</p> <p>Reviewed Full Value Agreement. HCA and the Statewide FYSVRT Tri-leads will not be recording this meeting to be respectful of confidentiality as identified in the Full Value Agreement.</p>	n/a	n/a	n/a
<p>Regional FYSVRT funding dialogue from October 7 meeting</p> <p>Statewide FYSVRT Tri-leads</p> <p>3:10 – 3:20</p>	<p>Topic Purpose – Follow up on dialogue from the October 7 Statewide FYSVRT meeting</p> <p>The Statewide FYSVRT Tri-lead team compiled information, in response to the receiving a recurring gaps and needs form related to Regional FYSVRT funding. This information was received from:</p> <ul style="list-style-type: none"> the email request for information about Regional FYSVRT funding (gathered in preparation for the October 7 Statewide FYSVRT meeting), and themes from the dialogue during the October 7 Statewide FYSVRT meeting. <p>After the initial conversation and information gathering on how each FYSVRT handled funding, some themes identified from the dialogue included:</p> <ul style="list-style-type: none"> There has not been a funding increase since 2015 \$75k per region per state fiscal year or SFY (runs from July – June) regardless of the size of the region inflation and cost of living increases Several regions identified partnering with other agencies or organizations for outreach activities and events Compensation for youth and families to support participation and continued engagement. <p>In consideration of elevating this to the Youth and Young Adult Continuum of Care (YYACC), one of the conversations that comes up for YYACC when a topic comes forward is the question of what the need is.</p>	Move this information forward to HCA and/or YYACC.	Statewide FYSVRT Tri-lead team	2025-2026

Statewide FYSVRT 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 FYSVRTs and state partners and develop collective recommendations to share with Statewide FYSVRT members, Regional FYSVRTs and/or the Youth and Young Adult Continuum of Care Subgroup that include youth, family, and system partner voice.

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Regional FYSPRT funding dialogue from October 7 meeting continued. . .	<p>Opened up the conversation for sharing thoughts on what the need is for additional funding and what it could be used for? Here are some of the themes from the group dialogue:</p> <ul style="list-style-type: none"> Youth and Family Tri-leads compensation – Tri-leads are excellent advocates for promoting the FYSPRT space at outreach activities, separate from Regional FYSPRT meetings, and should be compensated for their time at these events as well as travel/mileage (for in person events). Current funding doesn't support adequate compensation for the level that Tri-leads want to engage in the work (for example speaking at an event). Compensation for youth and families attending Regional FYSPRT meetings – to show the value of their voice and at rates in alignment with others who are being paid to attend, this could help to support more regular attendance. The cost of having snacks or food at meetings or events has increased, taking away money from other parts of the budget or other opportunities to engage youth, families and Tri-leads or address needs outlined in the work plan. Funding to design a promotional campaign and/or to create large scale marketing events that bring in the community. Increase could fund more events and also fund different meeting spaces or event spaces to be able to accommodate attendance of more people. Funding for Tri-leads and/or family and youth attending Regional FYSPRT meetings who are interested in System of Care work, to attend peer network conference, national conferences, and leadership development trainings or fellowships. 			
Youth and Young Adult Continuum of Care Communication Michelle Karnath 3:20 – 3:35	<p>Topic Purpose – Standing agenda item to share information about the Youth and Young Adult Continuum of Care Subgroup meetings and activities</p> <p>No new updates since the Youth and Young Adult Continuum of Care has not met for a while. Items that have moved forward to the Children and Youth Behavioral Health Work Group or CYBHWG (a legislative group) include:</p> <ul style="list-style-type: none"> 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 advocacy, HCA 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. Although FIT did not make the priority list it is still part of the entire package in what is going forward to the Governor's office. <p>Respite is still in the works and we anticipate having additional updates in 2026.</p>	Contact Michelle Karnath with questions or for more information	Anyone interested	Anytime

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<p>Youth and Young Adult Continuum of Care Communication continued. . .</p>	<p>Washington Thriving representatives were not able to join today but sent us some updates and information to share. The CYBHWG voted to move forward with the Strategic Plan to the Governor’s Office. The Strategic Plan:</p> <ul style="list-style-type: none"> - Is a legislatively directed statewide initiative that seeks to ensure every child or young person from before birth to age 25, their families and their caregivers have access to equitable behavioral health education, prevention, treatment, crisis response, and ongoing support for wellbeing. - Envisions a state where access to care is equitable no matter a person’s background, location, or type of insurance. <p>Encourage anyone interested to take time to read the Strategic Plan and check out the Washington Thriving website. If you see something that is missing, reach out to the Washington Thriving team. This is a working document and will continue to accept and seek feedback.</p> <p>Are there plans to design a summary or a couple-page highlight for people to have access to?</p> <ul style="list-style-type: none"> - There is a recognition that the plan is long and there have been conversations around this. Will circle back with additional information. 			
<p>Mobile Response and Stabilization Services (MRSS) – history and where we are now</p> <p>Vashti Langford</p> <p>3:35 – 4:05</p>	<p>Topic Purpose – Update on the implementation of Mobile Response and Stabilization Services in Washington</p> <p>Background - In 2021, Health Care Authority (HCA) partnered with national leaders in Mobile Response and Stabilization Services (MRSS) to present about this model to the Statewide FYSPRT and gather feedback about this approach from the Statewide FYSPRT. MRSS is intended to meet the needs of children, youth, young adults and their parents/caregivers, to de-escalate a crisis to prevent hospitalization and keep children and youth in their communities, and to ensure connection to necessary services and supports. In 2024, the MRSS team shared current information about MRSS implementation and gathered thoughts, feedback and ideas about how MRSS should look as implementation moves forward.</p> <p>HCA has actively worked with family organizations, such as Washington State Community Connectors (WSCC) and A Common Voice, plus youth organizations, such as Students Providing and Receive Knowledge (SPARK), in the development and implementation of MRSS in Washington. MRSS is based on the System of Care (SOC) philosophy and follows 3 core values: 1) family and youth driven, 2) community based and 3) culturally responsive services. MRSS is designed to provide services where families and youth request to receive those services, for example school, home, etc. to support them through a crisis. The system set up to support adults in crisis does not work for youth and families. Children and youth get better when they attend school, do fun activities, see their friends and engage in activities they enjoy doing.</p> <p>HCA and the family and youth organizations have collaborated on developing and providing training. Washington is actively enhancing its MRSS teams through trainings in areas like trauma informed care and deescalation.</p> <p>In 2022, there were four MRSS youth teams in the state covering 5 different counties. Today there are 18 teams covering 23 counties. Most counties have some type of crisis support, however, MRSS teams are not</p>	<p>Contact Vashti Langford with questions or for more information.</p>	<p>Anyone interested</p>	<p>Anytime</p>

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<p>Mobile Response and Stabilization Services (MRSS) – history and where we are now continued. . .</p>	<p>in every county. In the counties where MRSS has been implemented, anyone can make the request for support, including parents, caregivers, family members, and friends.</p> <p>MRSS teams are staffed by clinicians and peers with lived experience either having received behavioral health services as a young person or supporting youth through the behavioral health process. Youth Peer Specialists serve as mentors, advocates, and provide practical assistance to youth going through crisis. Their lived experience helps build trust, hope and resilience and provides support from a strength-based approach focusing on empowerment and self-advocacy to help the youth and family identify their goals for themselves, their family and develop action plans that are achievable. Some of the community partners that teams collaborate with are educational services, community organizations, family and youth ran organizations, tribal nations, medical facilities, pediatrics, and youth serving systems.</p> <p>So what is a crisis? The caller (caregiver, youth or family) identifies the crisis – it is not up to the person answering the call to define a crisis as different families have different needs. The MRSS team supports the youth and family in whatever situation the family or youth identifies as the crisis.</p> <p>MRSS, 988 and WISE - Anyone in Washington State is entitled to use 988 and its related services. While WISE teams should be working with the participating young people and their families to identify individual crisis plans and WISE teams are required to provide crisis response, a youth and family is always welcome to use 988 if they feel like that is a better option at that time based on the current needs of the WISE participant and capacity of the WISE team.</p>			
<p>Regional FYSPRTs updates and activities</p> <p>Statewide FYSPRT Tri-leads</p> <p>4:05 – 4:55</p>	<p>Topic Purpose – Per consistent feedback in meeting evaluations, participants are interested in hearing about what is happening in the Regional FYSPRTs.</p> <p>The Statewide FYSPRT Tri-lead team has received consistent feedback in meeting evaluations that people are interested in hearing about what is happening in the Regional FYSPRTs. Each region had about 3-5 minutes to share information about one or more of the following:</p> <ol style="list-style-type: none"> 1. What the Regional FYSPRT has been working on in 2025 2. Trends, success stories, or challenges experienced in 2025 3. Plans or activities for 2026 4. Tools or resources the Regional FYSPRT has found helpful <p>For more information about Regional FYSPRTs, regions/counties represented and for meeting days and times, see the Find Your Regional FYSPRT document posted on the HCA FYSPRT webpage. The following link show Regional FYSPRT boundaries including counties.</p> <p>Great Rivers Regional FYSPRT</p> <ul style="list-style-type: none"> - During mid-year 2025, there was a change of strategy to try to figure out how to increase local FYSPRT youth and family attendance. Great Rivers Regional FYSPRT is 100% virtual and the Local FYSPRTs are hybrid so there is an in-person element to try and get more participation. 	<p>For more information, see links in the meeting notes to each Regional FYSPRT’s webpage.</p>	<p>Anyone interested</p>	<p>Anytime</p>

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Regional FYSPRTs updates and activities continued. . .	<ul style="list-style-type: none"> - Working on implementing connection over content to put on a more eventful meeting as youth that do attend report being bored with current meetings. Also exploring partnering with existing meetings in the community that already have a presence (for example a public library cohosting a local FYSPRT meeting). - Obtained a lot of really good information from risk assessment and needs assessment – one of the challenges that continues to arise is transportation issues. Trying to address the transportation issues. - Great Rivers FYSPRT and Youth Navigator Program (aka Kids Mental Health WA or KMHWA) are partnering very closely. The Youth Navigator Program comes with a website that is also a resource hub that has been a great tool for the Regional and Local FYSPRTs in the Great Rivers region – very useful and helpful for resource sharing. <p>King County Community Collaborative or KC3</p> <ul style="list-style-type: none"> - Some difficulties with structure as there has been a few transitions, one including going back to King County after a previous subcontractor. King County released an RFP (request for proposals) for a new convener which was awarded in September. The KC3 tri-leads got together, drafted and revised the RFP and also were part of the interview and evaluation process. - Urban Family, part of United Way King County, works with youth in the community. They do a lot of work around mentorship and youth leadership programming. Excited to bolster FYSPRT youth and family voice participation and connect with communities in a much richer way. - Going to be moving towards increasing participation and in-person meetings in 2026. - Trying to create an inviting space and hoping for funding for childcare for in-person events and stipends for travel to help bolster participation. - Planning on providing quarterly training on wellness, leadership, etc. - KMHWA has been great to partner with. - Anticipate an additional RFP for a youth-oriented space <p>Southeast FYSPRT</p> <ul style="list-style-type: none"> - Focused on Tri-lead recruitment in 2025 and doing outreach in some of the more rural areas of the region to get the word out about FYSPRT - Able to fill youth and family Tri-lead roles, so now have 3 Tri-leads - Tri-leads meeting to start planning for 2026 - Trying to continue to be active in the community as it has been helpful. - Will be heavily focusing on increasing youth and family representation and engagement 			

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<p>Regional FYSPRTs updates and activities continued. . .</p>	<p>North Central Washington FYSPRT</p> <ul style="list-style-type: none"> - In 2025, worked on building up partnerships to increase family and youth participation including the FYSPRT partner program where the FYSPRT works out an agreement for cross promotional efforts (currently 3 partners) - Challenges – recurring theme around the need for youth respite (at a greater scale not just in North Central). - Things planned for 2026 include looking for new strategies to recruit youth, family and system partners such as getting involved with more groups that have youth such as the Health District Youth Advisory Board. - Post evaluation surveys have been a consistent source of valuable feedback when planning for FYSPRT meetings and activities. Giving gift cards after the evaluation has been completed has been a helpful approach for receiving feedback. <p>North Sound Youth and Family Coalition</p> <ul style="list-style-type: none"> - Work plan goal related to getting a Behavioral Health Clubs Guidebook published and on the webpage was completed so that any student that is interested in starting a behavioral health club at school has some ideas on steps to get that done and best practices and guidance for finding funding. - Doing a community mapping project (per last year’s needs assessment). Started to collaborate with the Youth Navigator Program for the region who are mapping out the actual resources within the region with the North Sound Youth and Family Coalition gathering qualitative data from youth and families on what looks like recovery or success to families to include family voice. - A current challenge is outreach – the Family Tri-lead is putting together an outreach plan with some amazing ideas for our geographically diverse region. - Plans for 2026, going to turn the mapping project into a full report to inform other projects and activities. Explore what a Youth Leadership Training could look like. - Monthly evaluations are really helpful to identify presenters or topics that are of interest to participants. <p>HI-FYVE (Highlighting Family & Youth Voices for Empowerment)</p> <ul style="list-style-type: none"> - In 2025, worked on consistent participation and engagement. Monthly meetings have had an in-person option and a strong core group attends in person. Partnerships with youth serving providers have brought in youth who regularly attend. 			

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Regional FYSPRTs updates and activities continued. . .	<ul style="list-style-type: none"> - Challenges have been getting youth and family tri-leads – had interest but ultimately unable to find anyone to commit to the role. - Plans for 2026 is to create a one-page newsletter that can be sent out on a quarterly basis to the attendees to share with schools and provide highlights about what has been done in meetings, provide resources to be shared and be able to get the word out to the community - Canva has been a great tool for making creative flyers for meetings and also helps with meeting activities. <p>Salish FYSPRT</p> <ul style="list-style-type: none"> - In 2025, had a lot of feedback that the website wasn't accessible or easy to navigate, so it has been updated and redesigned. - Outreach to WISE teams so families with WISE knew that FYSPRT was there, and that WISE teams can access FYSPRT – Tri-leads have attended all staff WISE meetings and are hoping to do this in 2026 too. - Working on professional development and support for Tri-leads to make sure they feel comfortable going into a space with system partners and don't feel like a token and/or not heard (anticipated to continue in 2026) - For 2026, planning a retreat for the Tri-lead team for building connection and develop plans for training and outreach. Tri-leads are also involved in planning and promoting a youth summit with the Salish ASO. - Success – very active in the zoom meetings and trainings, get a different group of people every time and the learning is wonderful. - Good resources or tools have included connecting with the Statewide Family Network hosted by WSCC. <p>Southwest FYSPRT</p> <ul style="list-style-type: none"> - In 2025, trying to engage with schools more and recruitment for the Youth Advocacy and Empowerment Group. There has been some growth within that group. Tabled a lot of events at community events, providing updated flyers. - Successes – had a field day in June that 80 people attended including youth and family. Partnered with Wellpoint for this event. - Challenge - getting people to the table and virtual meetings can be challenging, especially if they are hybrid meetings – remember to engage those online. 			

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Regional FYSPRTs updates and activities continued. . .	<ul style="list-style-type: none"> - Plan and activities for 2026 is to continue to table at community events. Plans to promote and partner with schools more. Maybe do some standalone events for advocates in the community. Would like to bring more cultural awareness to the group and supporting local businesses more - Some tools or resources that were helpful was working with different community partners. The community has been amazing. <p>Northeast FYSPRT</p> <ul style="list-style-type: none"> - In 2025, worked on a lot of community networking and built partnerships with a lot of different agencies and resources. Also built a stronger family base with fun family events that sometimes included system partners. - Challenges have been in the lack of supports around substance use disorder for youth, such as inpatient beds for mental health needs - For 2026, they established a new venue for the annual self-care fair which will be at the Spokane County Fairgrounds. This event has expanded a lot over the last few years. Continuing to network with resources and community to bring information to the table and answer questions for families. - One Tri-lead, who works for the Office of Behavioral Health Advocacy who is a part of addressing issues or needs that come up in the region. Another Tri-lead was recently a keynote speaker at a local event. - Biggest resource is the relationships built with families, organizations and others in the community. <p>System of Care Partnership or SOCP</p> <ul style="list-style-type: none"> - Continuing with rights discussion (quarterly), per request from participants. Accessing the Office of Behavioral Health Advocacy website as a resource. - Doing outreach to marginalized populations, tribes, LGBTQIA2S+ - Kept education on the monthly meeting agendas as a result of the needs assessment - Increasing awareness of providers in the region by providing a space in monthly meetings to hear about their services. Also hear twice yearly from three WISe programs. - Recruiting for Tri-leads – after 2 transitioned out of their Tri-lead roles. - Parents from the SOCP are also involved with the Youth Navigator Program and go to meetings regularly. There is a behavioral health/developmental disabilities team that is part of the Youth Navigator Program that funded a RUBI training that is helpful when youth have an intellectual or developmental disability diagnosis. - Tri-leads shared a recovery presentation at the WISe Symposium. 			

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Regional FYSPRTs updates and activities continued. . .	<ul style="list-style-type: none"> - Continuing to hold hybrid monthly meetings with three ways to join – in person, virtual and by phone - In 2026, will continue to work on work plan goals until completing a new needs assessment. - Making sure that SOCP participants are aware of the legislative website including how to access what they want and how to reach their own representative. - Tools and resources – the systemofcarehub.com, Youth Navigator Program, and good partnerships. 			
Evaluations and meeting wrap-up Statewide FYSPRT Tri-Leads 4:55 – 5:00	Meeting evaluation link provided in the chat for participants to provide feedback on the meeting including possible agenda items for future meetings. Meeting evaluation link will also be emailed out to the group after the meeting.	Statewide FYSPRT Tri-leads to review and consider feedback in planning future meetings.	Statewide FYSPRT Tri-leads	January 2026
<i>Next Statewide FYSPRT Meeting</i>				
To be determined				

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