

Washington System of Care Statewide FYSPRT

Date: May 2, 2019 **Time:** 9:30am – 3:00pm **Location:** Lacey, WA 98503

54 attendees representing the following: Amerigroup, Attorney General Office, Beacon Health Options of Washington, Coordinated Care Washington, Department of Children Youth and Families, Department of Commerce/Office of Homeless Youth, Developmental Disabilities Administration, Division of Behavioral Health and Recovery, Family Alliance Washington, Great Rivers Behavioral Health Organization, Great Rivers Regional FYSPRT, Greater Columbia Behavioral Health, Health Care Authority, HI-FYVE (Pierce Regional FYSPRT), King County, King County Family and Youth Council (King County Regional FYSPRT), Molina Healthcare, North Sound Behavioral Health Organization, North Sound Family and Youth Coalition, Northeast FYSPRT, Office of Superintendent of Public Instruction, Passages Family Support, Rehabilitation Administration – Juvenile Rehabilitation, Salish Behavioral Health Organization, Salish Regional FYSPRT, South East WA Regional FYSPRT, Southwest Regional FYSPRT, Statewide Family Network, System of Care Partnership (Thurston Mason Regional FYSPRT), United Healthcare, and Washington PAVE.

Facilitators – Michelle Karnath, McKenzie Madland, and Nicole Miller (Statewide FYSPRT Tri-Leads) **Timekeeper** – Tri-Lead Team **Notes** – Kaitlynn/Kris

| <u>Agenda Item & Lead(s)</u> | <u>Discussion and Notes</u> | <u>Action Items</u> | <u>Assigned To</u> | <u>By when</u> |
|---|--|---|--|-----------------------------|
| Welcome and Introductions Statewide FYSPRT Tri-Leads | Attendees introduced themselves, identified their role, agency, organization and/or Regional FYSPRT they were representing. Each participant had the opportunity to share a brief 30 second announcement with the group. Nicole shared/read the full value agreement and the group agreed to it. | n/a | n/a | n/a |
| Human-centered approach to system design From the Office of Homeless Youth: SL Rao, Foster America Fellow Regina McDougall, Stakeholder Facilitator | <p>Topic Purpose – information sharing regarding the human centered approach to system design as connected to Substitute Senate Bill 6560 – ensuring that no youth is discharged from a public system of care into homelessness.</p> <p>Human Centered Design is a mind set and creative problem solving approach that places the user, their perception, beliefs, and norms at the center of the process, understanding their unmet need and developing innovations with them. This project is focused on applying the human center designed approach to the work of Substitute Senate Bill 6560 to ensure that no youth exits public systems into homelessness.</p> <p>The goal of Substitute Senate Bill (SSB) 6560 is to analyze data regarding experience, risk and protective factors with youth experiencing homelessness to better understand how to help them. We need to identify the unmet needs of youth as well as make the public systems of care more well-known and educate more people about them.</p> <p>Five workgroups have met over the last several months to develop recommendations to share with the public via a survey to gather feedback. The survey link is Tiny.cc/6560. The survey will remain open until June 30, 2019.</p> | Please share the Tiny.cc/6560 survey with your networks. For more information contact: SL (Shree Lakshmi) Rao <i>Office of Homeless Youth</i> SL.Rao@commerce.wa.gov Regina McDougall <i>Office of Homeless Youth</i> Regina.Mcdougall@commerce.wa.gov | All attendees, regional FYSPRTs and system partners. | Upon receipt of survey link |

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 Children’s Behavioral Health Executive Leadership Team that include youth, family and system partner voice.

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| <p>CLIP dialogue follow up and community mapping</p> <p>Patty King and DBHR Child, Youth, and Family Team</p> | <p>Topic Purpose – follow up on process to access CLIP dialogue from March meeting. Community mapping activity.</p> <p>This topic is a follow up to the Children’s Long-term Inpatient Program (CLIP) dialogue at the March 2019 meeting. Feedback gathered in March seemed to cover two areas: community based services and CLIP access/process. The feedback around the CLIP access/process will be reviewed at the June 4 CLIP – Improvement Team (CLIP-IT) meeting. This dialogue and activity focused on community based services, sharing information about new grant services/programs, expanding programs and time for regions to do regional mapping around services available in their region/community. Information was shared about the:</p> <ol style="list-style-type: none"> System of Care Grant (SOC) awarded September 2018. The primary goals of this grant are to increase school based screening and engagement of youth, increase the number of youth receiving day support services, address the needs of children and youth in foster care by increasing access to therapeutic foster care, continue to promote and sustain youth and family participation in the Children’s Behavioral Health Governance Structure and increase the number of people exposed to positive messages about mental health through a social media campaign. Catchment area for this work includes the following counties: Grays Harbor, Lewis, Mason, Pacific and Thurston. Therapeutic foster care sites still to be determined. Healthy Transitions Project (HTP) for Transition Age Youth (TAY), grant awarded September 2018. The goal of this project is to support targeted, effective services statewide through infrastructure development starting with two sites, one in Yakima and one in Vancouver. Supports and services could include employment, education, living situation, personal effectiveness, wellbeing, legal and community-life functioning. New Journeys program (First Episode Psychosis), currently in the process of expansion. The goals of this project are early identification and intervention, increase awareness of schizophrenia and psychosis and reduce stigma. There are currently five sites for the New Journeys program in the following counties: Grays Harbor, King, Clark, Thurston Mason, and Yakima. Several more sites throughout the state are in the works for startup before the end of the 2019! <p>After the presentations, the group organized by region for an activity in which they mapped out services and programs currently available in their regions/communities.</p> | <p>For more information about the programs presented on contact:</p> <p>For SOC: Ace Bulger Ace.bulger@hca.wa.gov 360-725-1641</p> <p>For HTP: Jared Langton Jared.langton@hca.wa.gov 360-725-1580</p> <p>For New Journeys: Rebecca Daughtry Rebecca.daughtry@hca.wa.gov 360-725-5245</p> <p>Patty King will type up the activity information and email it out to the regions for the regional FYSPRTs to finalize.</p> | <p>n/a</p> <p>Patty King</p> | <p>n/a</p> <p>May 2019</p> |

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| Lunch and Networking 11:45 – 12:45 | Lunch on your own | | | |
| Kinship Care Resources and Services in Washington State Hilarie Hauptman, Rosalyn Alber, Holly Luna and Taku Mineshita | <p>Topic Purpose – presentation from representatives from the Aging and Long-Term Support Administration and the Department of Children Youth and Families to respond to the desired outcomes of the Challenge and Solution Submission form submitted by the Northeast FYSPRT regarding kinship caregiver resources</p> <p>Kinship care refers to the formal or informal living arrangement of a child/youth with a relative or suitable other for care. A total of 51,000 children in WA State live with kinship caregivers. About ten percent of these children are involved with the child welfare system. In Washington, caseworkers place 45% of children who enter out-of-home care through the child welfare system with kinship caregivers. Kinship care improves the likelihood of placement stability, better behavioral and mental health outcomes, higher levels of permanency, preservation of culture and greater outcome of sibling connection and community connection. The system is not streamlined and families have professed concerns on the barriers of navigating the system as well as the lack of resources or the lack of knowledge of resources. The Kinship Navigator Program (through ALTSA, Aging and Long-Term Support Administration) offers support, information and referrals in thirty counties and within seven Tribal communities. In addition, the state funded Kinship Caregivers Support Services provides urgent need finds for caregivers who are not receiving services through DCYF, the Department of Children, Youth, and Families.</p> <p>Some financial and additional supports and resources include: non-needy child only TANF grants, monthly foster care reimbursement, relative support services funds, concrete goods, Fostering Together and Fostering Washington support groups and Facebook pages, clothing vouchers, mileage reimbursement, respite availability to licensed and unlicensed caregivers (accessed through the kinship child’s DCYF caseworker), relative guardianship assistance program subsidy (for eligible children and relatives who establish guardianship), adoption support (for kinship caregivers who adopt) and Kinship 101: Information for Relatives and Suitable Others and more.</p> <p>For more information go to www.dshs.wa.gov/kinshipcare. To access the list of kinship navigators in each county, click the link and then select the county you are interested in seeing resources for. Additional information for families involved in the child welfare system can be found at https://www.dcyf.wa.gov/services/foster-parenting.</p> <p>Additional information and reports include:</p> <ol style="list-style-type: none"> Raising the Children of the Opioid Epidemic: Solutions and Supports for Grandfamilies (The State of Grandfamilies in America Annual Report) | <p>For more information about kinship care resources in Washington, please contact:</p> <p>Holly Luna <i>Department of Children, Youth, and Families</i> Holly.Luna@dcyf.wa.gov 360-902-8035</p> <p>Rosalyn Alber <i>Aging and Long-Term Support Administration</i> AlberR@dshs.wa.gov 360-725-3543</p> <p>Hilarie Hauptman <i>Aging and Long-Term Support Administration</i> haupthp@dshs.wa.gov 360-725-2556</p> <p>Sheryl Lowe <i>Aging and Long-Term Support Administration</i> LoweSJ1@dshs.wa.gov</p> | n/a | n/a |

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| | <ol style="list-style-type: none"> 2. Grand Resource: Help for Grandfamilies Impacted by Opioids and Other Substance Use 3. Risk Factors Associated with Different Living Arrangements: Youth in Kinship Care, Foster Care, Unstable Housing, and Homelessness. Findings from the 2016 Healthy Youth Survey. 4. Grandparents and Relatives Do you know about the services and supports for you and the children in your care? (also available in other languages) 5. For demographic information on grandparents raising their grandchildren 6. Understanding the Dependency Court Process for Caregivers 7. Kinship Care: Relative and Suitable Other Placement | | | |
| <p>Suicide prevention and mental health promotion</p> <p>Paul Davis, Sarah Mariani, Neetha Mony, Camille Goldy</p> | <p>Topic Purpose – May is National Mental Health Awareness Month. This presentation team will share information about what is happening at the state level around this work and provide an opportunity for Regional FYSPRTs to dialogue about what is happening locally.</p> <p>Representatives from the Suicide Prevention and Mental Health Promotion Workgroup attended to share information around what is happening in Washington State around suicide prevention and mental health promotion. Information gathered through the Healthy Youth Survey 2018 was shared. Every other year, the Healthy Youth Survey is given to students in the 6th, 8th, 10th and 12th grades to get a sense of their experience of mental health symptoms and substance use. To view details of the Healthy Youth Survey results in your region/county, go to the following link www.askhys.net. Feedback is currently being gathered around the 2020 Healthy Youth Survey questions through May 15. This link will be sent out separate from the meeting notes.</p> <p>Washington also has a Suicide Prevention Plan. To view the plan, click here. What is in the Suicide Prevention Plan?</p> <ul style="list-style-type: none"> • Information around understanding suicide with background on what we know about suicide risk, protective factors and prevention strategies. • Information about what suicide and suicide risk look like in Washington. • Goals and recommendations around what individuals, institutions and systems can do to prevent suicide in Washington. • Extra information including resources, legislative history, contributors, and action planning tool (action planning tool on page 60 of the Suicide Prevention Plan). <p>The Office of Superintendent of Public Instruction (OSPI) has a website that provides information on legislation related to suicide prevention requirements for schools as well as resources for prevention, intervention, and postvention. For more information, go to OSPI's suicide prevention page.</p> | <p>Email link for feedback on 2020 Healthy Youth Survey questions.</p> <p>For more information contact:</p> <p>Paul Davis paul.davis@hca.wa.gov 360-725-1632</p> <p>Healthy Youth Survey: Sarah Mariani at sarah.mariani@hca.wa.gov</p> <p>WA State Suicide Prevention Plan: Neetha Mony Neetha.mony@doh.wa.gov 360-236-2836</p> <p>Student Support: Camille Goldy Camille.Goldy@k12.wa.us 360-725-6071</p> | Kris | upon receipt |

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| | <p>Suicide is a public health concern that requires community engagement to prevent suicide. As a community we need to work on improving holistic care for all. By increasing suicide awareness and actionable steps in communities and schools across the state, it will help save lives. We can support those needs by teaching resiliency and problem solving skills, openly asking about suicide, connecting to appropriate care, identifying and ensuring effective crisis services, and providing support for those who have made a suicide attempt or lost someone to suicide.</p> <p>For free, 24/7 crisis support in the United States, call 1-800-273-8255 to connect to a Washington crisis center or text HEAL to 741741 to chat with a trained crisis counselor. More information about this can be found at the following website: https://www.crisistextline.org/.</p> <div data-bbox="489 592 877 711" style="background-color: red; color: white; padding: 5px; text-align: center; margin: 10px 0;"> CRISIS TEXT LINE </div> <p>Text HEAL to 741741.</p> | | | |
| <p>Meeting Evaluation</p> <p>Agenda Items for the Next Meeting</p> <p>Statewide FYSPRT Tri-Leads</p> | <p>Evaluations handed out for participants to complete to provide feedback on the meeting including agenda items for future meetings.</p> <p>Also shared options to complete the evaluation through survey monkey.</p> | <p>Tri-Leads to review and consider feedback in planning for future meetings.</p> <p>Kris will email survey monkey link.</p> | <p>Kris</p> | <p>May 2019</p> |
| Next Statewide FYSPRT Meeting | | | | |
| <p>Wednesday, August 14, 2019 9:30am – 3 pm Lacey, WA</p> | | | | |

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