

Washington System of Care Statewide FYSPRT

Date: June 4, 2020 Time: 9:00am – 12:00pm

62 attendees representing the following: Attorney General's Office, Beacon Health Options of Washington, Community Health Plan of WA, Coordinated Care Washington, Department of Children Youth and Families, Developmental Disabilities Administration, Division of Behavioral Health and Recovery, Family Alliance Washington, Great Rivers Regional FYSPRT, Great Rivers Behavioral Health Administrative Services Organization, Greater Columbia FYSPRT, Greater Columbia Behavioral Health Administrative Services Organization, Health Care Authority, HI-FYVE (Pierce Regional FYSPRT), King County Behavioral Health Administrative Services Organization, King County Family and Youth Council (King County Regional FYSPRT), Molina Healthcare of Washington, North Central WA Regional FYSPRT, North Sound Youth and Family Coalition, Northeast FYSPRT, Office of Superintendent of Public Instruction, Passages Family Support, Salish Behavioral Health Administrative Services Organization, Salish Regional FYSPRT, Southwest Regional FYSPRT, SPARK, System of Care Partnership (Thurston Mason Regional FYSPRT), United Healthcare, and Washington State Community Connectors.

Facilitators – Michelle Karnath, Gabriel Hamilton and Nicole Miller (Statewide FYSPRT Tri-Leads)

Timekeeper – Tri-Lead Team

Notes – Kaitlynn/Kris/Kari

<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 9:00 – 9:30	Early discussion about things happening in the world, including protests related to the death of George Floyd and Black Lives Matter, reducing silos and youth engagement. Brief GoTo Meeting guidelines provided for this virtual, online meeting. Attendees introduced themselves and identified their role, agency, organization and/or Regional FYSPRT they were representing. Reviewed and agree on full value agreement.	n/a	n/a	n/a
Respite follow up and dialogue Statewide FYSPRT Tri-Leads 9:30 – 10:30	<p>Topic Purpose – to share information provided by regional FYSPRTs, identify themes and dialogue about next steps</p> <p>Review of themes from compiled information provided by Regional FYSPRTs regarding respite services with dialogue around what situations respite would be helpful and recommendations.</p> <p><u>Is respite available in your region?</u> 82% answered either no or something else. Something else themes included: Respite is extremely limited or very difficult to access, no respite for mental health.</p> <p><u>What does respite look like?</u> Overnight stay at a registered home or facility, activity or camp. Could be home care with qualified staff for eligible youth. Some is available for foster families or through a developmental disabilities waiver. Some through natural supports.</p>	Statewide FYSPRT Tri-leads will review, categorize and send out survey for prioritization.	Statewide FYSPRT Tri-leads	June 2020

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><u>What needs does respite address?</u> Rest for families/parents to promote social and emotional wellbeing (self-care), life skills for those who participate in activity based respite, breaks for child/youth and caregivers, reduce emergency department use.</p> <p><u>How is respite funded?</u> Developmental Disabilities Administration, grant funding, Department of Children Youth and Families, donations.</p> <p><u>Who seems to have the most critical need for respite?</u> Families and youth that experience complex behavioral/medical health needs (or other complex diagnosis), single parent families or families with multiple children in services.</p> <p><u>In what situations or circumstances would respite be helpful?</u></p> <ul style="list-style-type: none"> • To prevent use of emergency departments or higher level of care (such as CLIP, JR involvement) or prevent escalation (police involvement), • to assist with transitions from inpatient or CLIP back home for parents to work with outpatient providers and increase long term success, • assist children/youth having a difficult time with family dynamic/environment to have an opportunity to have space and use other support systems for a different perspective and/or learn skills to improve family functioning, • avoid family conflict, stabilize the household, support safety in the household, prevent running away and youth becoming homeless, • a safe space for the lesser flare ups that can stack up and turn bigger – release stress – manage crisis – get routine breaks, • assist parents with self-care to avoid burnout – getting time away and knowing your child is safe and having intentional/purposeful breaks built into the care plan to attend own medical care/appointments or activities of daily living (grocery shopping, pick up medications). Respite could help caregivers stay healthy and able to better meet the needs of their child 			

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	<p><u>What recommendations do the regional FYSPRTs/state partners have to share with the Statewide FYSPRT around respite services?</u></p> <ul style="list-style-type: none"> • Individualized, flexible respite services options to meet the youth/family need (crisis respite, planned, brief, long term, in home, out of home); • family/youth have the choice to accept respite or not; • need to have intermediate care between hospital stays and home; • funding for respite to keep youth out of emergency rooms, provide cooling off time instead of running away, and provide intermediate care between hospital stays and home; • not just for Medicaid families; • respite in the home because that is where the child is most comfortable as stranger care is not respite; • respite that involves building trust and a positive relationship while practicing new skills; • collaboration with families and respite providers – how to provide respite without it being traumatizing for the youth/family; • providers that are trained in cultural bias/trauma, need a vetting process which should include screening for attitudes/beliefs regarding cultural inclusivity and sensitivity; • dialogue with family and youth present and include them in the decision – not just a system referral; • asking the family/youth what respite looks like for them; • group consensus that respite shouldn't rely solely on foster parents, and that providers have the skill to work with youth with challenging/volatile behaviors • When to bypass respite and go to the ER or look at hospitalization <p>How to prioritize the recommendations from the Statewide FYSPRT to move forward to the Youth and Young Adult Continuum of Care Subgroup?</p> <ul style="list-style-type: none"> • Do a survey and ask people to rank • Suggestion to do some sorting and categorize the recommendations before sending out to the group for ranking • General consensus to identify the top ~5 recommendations 			

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<p>Budget effects of COVID-19</p> <p>Keri Waterland - Division Director, Division of Behavioral Health and Recovery (DBHR)</p> <p>10:30 – 11:30</p>	<p>Topic Purpose – information sharing and time to ask questions</p> <p>Keri Waterland from Division of Behavioral Health and Recovery spoke with the group about the events that happened over the weekend regarding George Floyd and the Black Lives Matter Movement.</p> <p>This was a tragic event and Keri addressed the group and shared how she felt during this time as well as listened to different members on the call on their thoughts. She shared an email that she had sent to the staff of DBHR and led a brief activity, as well as addressed the issues she has seen in her own life and pointed out different things that DBHR could all do better around equity, diversity and inclusion.</p> <p>Keri shared her experience about the failures of the system. She made a verbal promise to do what she can to change the system such as hiring a more diverse workforce. She also acknowledged there are others at HCA/DBHR to coordinate with for next steps. As a starting point, sit down and talk with team(s) at HCA including the diversity, equity and inclusion manager, work to get diversity of voices to create a plan, obtain and look at data and look into if services going to those who need them.</p> <p>The group continued to dialogue regarding the events and how we can be a part of the change. One participant reflected that how you step up and show up makes a difference.</p> <p>Budget effects of COVID-19 were not dialogued about per the lead of the group to focus on the above conversation.</p>	<p>More information on next steps in the coming months.</p>	<p>DBHR team and Statewide FYSPRT Tri-leads.</p>	<p>Summer 2020</p>
<p>Students Providing and Receiving Knowledge or SPARK program</p> <p>Carolyn Cox and the SPARK team</p> <p>11:30 – 12:00</p>	<p>Topic Purpose – presentation about the SPARK program and how the program is impacting youth/students</p> <p>Students Providing and Receiving Knowledge (SPARK), part of the Hope Agency a 501(C3) organization, gives youth resources and also teaches them about certified peer counseling to support other youths receiving services, such as WISE. SPARK's goal is to help youth better their life so they can have a better future. The program currently has a class of 15 that are in the apprenticeship and they will transition to a paid apprenticeship. SPARK is also currently working on a SPARK toolkit to be replicated across the state.</p> <p>Two SPARK members introduced themselves and shared a little about their stories.</p> <p>Maria got connected with SPARK and is now working to help other youth who have similar life situations and is working to become a Certified Peer Counselor Trainer.</p>	<p>For more information about SPARK, or to schedule a presentation for your regional FYSPRT or system, contact Carolyn Cox at spark.ignite2019@gmail.com or (509) 792-9348</p>	<p>Anyone interested</p>	<p>Anytime</p>

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	<p>Elvira learned a few different life skills when she joined SPARK. She learned how to communicate better with others, how to control her anger in public, and not let her past affect her future.</p> <p>SPARK plans to coordinate trips to different FYSPRT's around the state to talk about the program. The SPARK group will also be meeting with youth to make sure they have access to resources during this pandemic.</p>			
<i>Next Statewide FYSPRT Meeting</i>				
Thursday August 13, 2020 9:30am – 3 pm Lacey, WA				

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