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

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<tr>
<th>Agenda Item &amp; Lead(s)</th>
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<tr>
<td>Welcome and Introductions</td>
<td>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.</td>
<td>n/a</td>
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<td>Human-centered approach to system design</td>
<td>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.</td>
<td>Please share the Tiny.cc/6560 survey with your networks.</td>
<td>All attendees, regional FYSPRTs and system partners.</td>
<td>Upon receipt of survey link</td>
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<tr>
<td>From the Office of Homeless Youth: SL Rao, Foster America Fellow Regina McDougall, Stakeholder Facilitator</td>
<td>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 centered designed approach to the work of Substitute Senate Bill 6560 to ensure that no youth exits public systems into homelessness. 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. 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.</td>
<td>For more information contact: SL (Shree Lakshmi) Rao Office of Homeless Youth <a href="mailto:SL.Rao@commerce.wa.gov">SL.Rao@commerce.wa.gov</a> Regina McDougall Office of Homeless Youth <a href="mailto:Regina.McDougall@commerce.wa.gov">Regina.McDougall@commerce.wa.gov</a></td>
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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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CLIP dialogue follow up and community mapping | Topic Purpose – follow up on process to access CLIP dialogue from March meeting. Community mapping activity. 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:

1. **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.

2. **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.

3. **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!

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.

For more information about the programs presented on contact:

For SOC: Ace Bulger
Ace.bulger@hca.wa.gov
360-725-1641

For HTP: Jared Langton
Jared.langton@hca.wa.gov
360-725-1580

For New Journeys: Rebecca Daughtry
Rebecca.daughtry@hca.wa.gov
360-725-5245

Patty King will type up the activity information and email it out to the regions for the regional FYSPRTs to finalize.

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<td><strong>Lunch and Networking</strong> 11:45 – 12:45</td>
<td>Lunch on your own</td>
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| **Kinship Care Resources and Services in Washington State** | **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 FYSRPT regarding kinship caregiver resources | For more information about kinship care resources in Washington, please contact:  
Holly Luna  
Department of Children, Youth, and Families  
Holly.Luna@dcyf.wa.gov  
360-902-8035  
Rosalyn Alber  
Aging and Long-Term Support Administration  
AlberR@dshs.wa.gov  
360-725-3543  
Hilarie Hauptman  
Aging and Long-Term Support Administration  
haupthp@dshs.wa.gov  
360-725-2556  
Sheryl Lowe  
Aging and Long-Term Support Administration  
LoweSJ1@dshs.wa.gov | n/a | n/a |

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.

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](#). For more information go to [www.dshs.wa.gov/kinshipcare](http://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.dcvf.wa.gov/services/foster-parenting](https://www.dcvf.wa.gov/services/foster-parenting).

Additional information and reports include:
1. [Raising the Children of the Opioid Epidemic: Solutions and Supports for Grandfamilies (The State of Grandfamilies in America Annual Report)](#)

**Statewide FYSRPT 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 FYSRPTs and state partners and develop collective recommendations to share with Statewide FYSRPT members, Regional FYSRPTs and/or Children’s Behavioral Health Executive Leadership Team that include youth, family and system partner voice.
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<tr>
<td>2. Grand Resource: Help for Grandfamilies Impacted by Opioids and Other Substance Use</td>
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<td>Email link for feedback on 2020 Healthy Youth Survey questions.</td>
<td>Kris</td>
<td>upon receipt</td>
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<td>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.</td>
<td></td>
<td>For more information contact: Paul Davis <a href="mailto:paul.davis@hca.wa.gov">paul.davis@hca.wa.gov</a> 360-725-1632</td>
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<td>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)</td>
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<td>Healthy Youth Survey: Sarah Mariani at <a href="mailto:sarah.mariani@hca.wa.gov">sarah.mariani@hca.wa.gov</a></td>
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<td>5. For demographic information on grandparents raising their grandchildren</td>
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<td>WA State Suicide Prevention Plan: Neetha Mony <a href="mailto:Neetha.mony@doh.wa.gov">Neetha.mony@doh.wa.gov</a> 360-236-2836</td>
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<td>6. Understanding the Dependency Court Process for Caregivers</td>
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<td>Student Support: Camille Goldy <a href="mailto:Camille.Goldy@k12.wa.us">Camille.Goldy@k12.wa.us</a> 360-725-6071</td>
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<td>7. Kinship Care: Relative and Suitable Other Placement</td>
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Suicide prevention and mental health promotion

Paul Davis, Sarah Mariani, Neetha Mony, Camille Goldy

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 through the 2020 Healthy Youth Survey questions through May 15. This link will be sent out separate from the meeting notes.

Washington also has a Suicide Prevention Plan. To view the plan, click here. What is in the Suicide Prevention Plan?
- 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).

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.

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<td><strong>Suicide</strong></td>
<td>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. <strong>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:</strong> <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>.</td>
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<td><strong>Meeting Evaluation</strong></td>
<td>Evaluations handed out for participants to complete to provide feedback on the meeting including agenda items for future meetings. Also shared options to complete the evaluation through survey monkey.</td>
<td>Tri-Leads to review and consider feedback in planning for future meetings. Kris will email survey monkey link.</td>
<td>Kris</td>
<td>May 2019</td>
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<td><strong>Agenda Items for the Next Meeting</strong></td>
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<td>Statewide FYSPRT Tri-Leads</td>
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**Next Statewide FYSPRT Meeting**
Wednesday, August 14, 2019  
9:30am – 3 pm  
Lacey, WA