



# Zoom Technology Moment: Committee Members





# AGENDA

- **Welcome, Intros, Agenda review**
- **Presentations and Discussions:**
  - *YOUR EXPERIENCE ENGAGING IN THE CRISIS PROCESS*
  - *OUR FUNDAMENTAL RIGHTS IN A BEHAVIORAL HEALTH (BH) CRISIS (if time permits)*
- **Open Discussion:** Continue mtg topic + anything else
- **Next meeting:**

**MON AUGUST 14<sup>TH</sup> 1.00 PM - 3.00 PM**



# Washington Speaks

## ARE YOU INTERESTED IN?

- ❖ Sharing your story with the CRIS or CRIS Steering Committee?
- ❖ Receiving support and feedback from others with lived experience in preparing to share your story?
- ❖ Supporting others in preparing to share their story?

To join our CRIS Lived Experience group training let us know in chat or e-mail [bthompson@healthmanagement.com](mailto:bthompson@healthmanagement.com)





# YOUR EXPERIENCE ENGAGING WITH CRISIS

- **WHAT HAS ENGAGING IN THIS PROCESS BEEN LIKE FOR YOU?**
- **WHAT HELPS YOU TO (CONTINUE TO) SHOW UP?**
- **ARE YOU FEELING RESPECTED, HEARD, SEEN WHEN YOU SHARE? \_\_\_\_\_**
- **WHAT ARE YOU HOPING WE WILL ACCOMPLISH THROUGH THESE MEETINGS?**
- **WHAT THEMES HAVE YOU SEEN EMERGE ACROSS THESE MEETINGS THAT AGENCIES SHOULD STRONGLY CONSIDER WHEN BUILDING OUT THE BH CRISIS RESPONSE SYSTEM?**
- **WHAT MIGHT HELP YOU FEEL BETTER ABOUT THIS PROCESS?**



# Examples of how the systems have seen/heard us

- **HB 1477 (2021) includes LE in process**
- **HB 1134 (Implementing the 988 BH crisis response and suicide prevention system)**
  - *The Steering Cmt (decision making body of the CRIS) now officially has a LE representative who can vote on issues.*
  - *Geolocation subcommittee established.*
  - *Training development by Behavioral Health Institute (BHI) for people working in the BH crisis system must include input from persons with LE*
- **SB 5120 (Establishing 23-hr crisis relief centers in WA state)**
  - *A place to go instead of an ED or interaction with law-enforcement*
  - *No refusal policy when dropped off by law-enforcement*
  - *Not required to have medical clearance lowering barriers of entry*







# Examples of how the systems have seen/heard us

- **LE SC presentation on youth BH crisis issues led to robust discussion among CRIS members.**
- **Standardization in terms: e.g., Crisis Triage Center vs Crisis Stabilization Unit.**
- **Standardization of Protocols: e.g., RCLs and NSPLs.**
- **Other examples from agencies?**

(RCL: Regional Crisis Line. NSPLs: National Suicide Prevention Crisis Lines)





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# How to maximize our impact: Ragnar & Relay for Life

In a relay, racers **take turns** running the track and no one person ever runs the full length/time of the race. This allows exceptionally long races like RAGNAR: 200 kilometers & RELAY FOR LIFE: 24 hours to be **completed by a team**





Choirs use staggered breathing when it is impossible for each individual singer to get through the sustained note or phrase without running out of breath. Singers in the same part take short breaths at different times to create the illusion that the overall sound created by the choir is one single unbroken line.

## How we stay hopeful







**#We can apply Ragnar, Relay for Life, Staggered breath singing ideas to the work we do!**

**We Work - we Rest**

**We Take Turns!**

**We do it Together!**





# OUR FUNDAMENTAL RIGHTS IN A BH CRISIS

**(Have this discussion if time permits/pick it back up in August meeting)**

- **OUR RIGHTS WHEN WE ENGAGE A CRISIS CALL-CENTER HUB? (SOMEWHERE TO CALL)**
- **OUR RIGHTS WHEN WE ENGAGE A MOBILE CRISIS RESPONSE (SOMEONE TO COME)**
- **OUR RIGHTS WHEN WE DECIDE TO GO SOMEHWERE FOR CARE (SOMEWHERE TO GO)**





# WHAT WE COVERED

- **To share your lived experience story at the CRIS mtg, let us know in chat or e-mail**  
**[bthompston@healthmanagement.com](mailto:bthompston@healthmanagement.com)**
- **Presentations & Discussion:**
  - *YOUR EXPERIENCE ENGAGING IN THE CRIS PROCESS*
  - *EXAMPLES OF HOW THE SYSTEM HEARD US SO FAR*
  - *OUR FUNDAMENTAL RIGHTS IN A BEHAVIORAL HEALTH (BH) CRISIS (if time permits)*
  - *Open Discussion: Continue mtg topic + anything else*
- **Adjourn Formal Meeting --> Open Discussion**
- **Next meeting: MON August 14<sup>TH</sup> 1.00 PM - 3.00 PM**

# Links and Resources

- [Google form to provide feedback](#)
- **HCA peer support webpage - includes how to become a certified peer counselor**  
<https://www.hca.wa.gov/billers-providers-partners/program-information-providers/peer-support>
- **Jerri Clark wrote an op/ed piece published July 1 in the Seattle Times about fixing the system. Feel free to read and reach back to her with any questions, [jerri.clark@momi-wa.org](mailto:jerri.clark@momi-wa.org).** <https://www-seattletimes-com.cdn.ampproject.org/c/s/www.seattletimes.com/opinion/the-mental-health-system-that-failed-my-son-is-fixable/?amp=1>
- **Link for more information about the CRIS meetings:** <https://www.hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/crisis-response-improvement-strategy-cris-committees>
- **Link to DOH website for 988 information:** <https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/988-suicide-and-crisis-lifeline>
- **Link to crisis lines by county** <https://www.hca.wa.gov/assets/program/county-crisis-line-phone-numbers.pdf>
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