

Washington System of Care Statewide FYSPRT

Date: February 23, 2023 **Time:** 3:00pm – 5:00pm

Approximately 43 attendees representing the following: Beacon Health Options of Washington (North Central, Pierce, and Southwest WA), A Common Voice, Department of Children Youth and Families, Department of Health, Family Alliance Washington, Great Rivers Regional FYSPRT, Great Rivers Behavioral Health Administrative Services Organization, Greater Columbia Administrative Services Organization, Greater Columbia FYSPRT, Health Care Authority, HI-FYVE (Pierce Regional FYSPRT), North Central WA FYSPRT, North Sound Behavioral Health Administrative Services Organization, Northeast FYSPRT, Office of Superintendent of Public Instruction, Passages Family Support, Salish Administrative Services Organization, Salish Regional FYSPRT, Southwest Regional FYSPRT, Statewide Family Network, Students Providing and Receiving Knowledge (SPARK), System of Care Partnership, United Healthcare and community members.

Facilitators – Michelle Karnath, Gabriel Hamilton, and Katie Favela (Statewide FYSPRT Tri-Leads)

Timekeeper – Tri-Lead Team

Notes – Kris

<u>Agenda Item & Lead(s)</u>	<u>Discussion and Notes</u>	<u>Action Items</u>	<u>Assigned To</u>	<u>By when</u>
<p>Welcome and Introductions</p> <p>Statewide FYSPRT Tri-Leads</p> <p>3:00 – 3:10</p>	<p>Shared land acknowledgment.</p> <p>Brief Zoom meeting guidelines provided (mute when not talking, raise hand or put questions in the chat).</p> <p>Attendees introduced themselves through the chat and by phone and identified their role, agency, organization and/or Regional FYSPRT they were representing.</p> <p>Reviewed Full Value Agreement.</p> <p>Thanked participants for completing a survey in December 2022 to help determine meeting days and times for the 2023 meeting schedule. Most popular meeting dates and times varied with some times working for some roles but not others. Some popular times also conflicted with other meetings. Tri-lead team decided to keep meetings every other month on the fourth Thursday from 3pm-5pm for the first six months of 2023 as it seemed to work for the most number of people across different roles. The meeting schedule for July – December is to be determined later in 2023.</p>	n/a	n/a	n/a
<p>Ice breaker activity</p> <p>Statewide FYSPRT Tri-leads</p> <p>3:10 – 3:25</p>	<p>Topic Purpose – Networking and creating space for people to connect</p> <p>The Statewide FYSPRT Tri-lead team has received feedback from the past few meeting evaluations requesting to create space for participants to connect and network with each other during the Statewide FYSPRT meeting. The group divided up into 4 small groups to get to know each other a little more. The Tri-lead team selected some ice breaker questions for participants to pick from to share what they are comfortable sharing, connect with each other and have some fun!</p> <p>Icebreaker questions to choose from:</p> <ul style="list-style-type: none"> • What is the best advice or guidance you have ever been given? • Who are your heroes? • What is your go-to karaoke song? • What strange food pairings do you love that no one else understands? • What is the worst haircut you have ever had? • What is your favorite app on your phone? • What activity or interest is a huge stress reliever for you? • What are you excited to do after work today? • What is your most used emoji? • Do you like a charity that you wish more people knew about? 	n/a	n/a	n/a

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 the Youth and Young Adult Continuum of Care Subgroup that include youth, family, and system partner voice.

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<p>Youth and Young Adult Continuum of Care Subgroup communication</p> <p>Michelle Karnath</p> <p>3:25 – 3:40</p>	<p>Topic Purpose – Standing agenda item to share information about the Youth and Young Adult Continuum of Care Subgroup meetings and activities</p> <p>The Statewide FYSPRT Tri-lead team dedicates time on every agenda to provide updates regarding topics moved forward by the Statewide FYSPRT to the Youth and Young Adult Continuum of Care (a subgroup of the Children and Youth Behavioral Health Work Group or CYBHWG) to keep the Statewide FYSPRT members in the loop on progress. Information was also provided about CYBHWG recommendations and priorities.</p> <p>In 2020, the Statewide FYSPRT moved forward a challenge around lack of behavioral health respite for youth and families in Washington. In the 2021 legislative session, the CYBHWG directed the Health Care Authority (HCA) to explore Medicaid waiver options for respite care for youth experiencing behavioral health needs. A summary of the work done so far can be found in a document titled Status update: Behavioral Health respite options from September 2022. Funding to continue to explore Medicaid waiver options was a priority identified by the CYBHWG for the 2023 legislative session.</p> <p>Michelle shared some priority and support items for the Children and Youth Behavioral Health Work Group for the 2023 legislative session. Workforce was a topic of dialogue across all recommendations. Some of the priorities of the CYBHWG include a Medicaid rate increase, increase in the Children’s Long Term Inpatient rate, reduce the educational debt burden, culturally affirming behavioral health for children and families, increase access to behavioral health services for students, increase the Early Childhood Education and Assistance Program complex needs fund, increase the Child Care Complex Needs fund, continue to expand supports for behavioral health integration in primary care settings, target investments in behavioral health and suicidality for indigenous youth, designate a lead agency for student’s behavioral health, House Bill 1580 and House Bill 1776 - expand services to support the needs of youth who are stuck in hospitals, House Bill 1069 – reduce workforce barriers/adopting the mental health counselor compact, Senate Bill 5219 – reduce workforce barriers/enacting the interstate counseling compact for licensed mental health counselors, House Bill 1515 – reduce workforce barriers/contracting and procurement requirements for behavioral health services in medical assistance programs, House Bill 1724 – reduce workforce barriers/increasing the trained behavioral health workforce, House Bill 1763 – education debt burdens/ensuring completion of conditional scholarship obligations and reducing penalties for excusable incomplete obligations. House Bill 1134 – implementing the 988 behavioral health crisis response and suicide prevention response which will impact both adult and youth serving crisis systems was also brought up in the chat.</p> <p>Information and status of these bills and priorities changes often. To offer comments on any legislative bill, go to www.leg.wa.gov, click Bill Information, type in the number of the bill you would like to comment on in the “Search by Bill Number” box, look for a box that says “Comment on this bill” and click on the box, then share your comments which will be sent to members in your legislative district.</p> <p>Currently there are no Youth and Young Adult Continuum of Care (YYACC) meetings scheduled. Children and Youth Behavioral Health Work Group meetings will begin again when legislative session ends and will meet regularly May through November. Anyone can attend YYACC or Children and Youth Behavioral Health Work Group (CYBHWG) meetings as a member of the public. If you are interested in attending the YYACC, CYBHWG or Strategic Plan Advisory Committee meetings, please reach out to cybhwg@hca.wa.gov and identify which meetings you are interested in participating in.</p> <p>Has your Regional FYSPRT identified a potential recurring system gap or barrier that is preventing youth with complex needs and their families from achieving their full potential? If your Regional FYSPRT has not been able to address or resolve this recurring system gap or barrier, consider completing the Challenge and Solution Submission Form and sharing this need with the Statewide FYSPRT Tri-lead team. Recurring system gaps or barriers that are not able to be resolved by the Regional FYSPRT or the Statewide FYSPRT may be moved forward to the Youth and Young Adult Continuum of Care Subgroup of the Children and Youth Behavioral Health Work Group to address.</p>	<p>To continue to receive the issues chart shared during the meeting throughout legislative session, provide your name/email address to Michelle Karnath Michelle.Karnath@clark.wa.gov or Kris Royal kristen.royal@hca.wa.gov.</p>	<p>Participants</p> <p>Michelle</p> <p>Kris</p>	<p>Anytime between today and April 23, 2023.</p>

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<p>Breakout sessions</p> <p>Statewide FYSPRT Tri-leads</p> <p>3:40 – 4:55</p>	<p>Topic Purpose – Networking, dialogue and brainstorming about successes and challenges experienced in Regional FYSPRTs</p> <p>The Statewide FYSPRT Tri-lead team has received feedback from the past few meeting evaluations requesting to create space for participants to connect and network with each other during the Statewide FYSPRT meeting. The group divided up into 4 smaller groups and had 30 minutes to dialogue about their Regional FYSPRTs and share about what is going well and what areas there are challenges. Each small group was asked to identify a person to take notes and someone to share the highlights of the small group dialogue with the larger group.</p> <p>Questions for the small group dialogues included:</p> <ul style="list-style-type: none"> • What is going well in your Regional FYSPRT? • What are some challenges your Regional FYSPRT is experiencing? • What do you need from the Statewide FYSPRT? <p>Each small group documented notes from their dialogue and shared them back with the Statewide FYSPRT Tri-lead team - what follows is a summary from the small group dialogues:</p> <p>What is going well in your Regional FYSPRT? – passionate Tri-leads/FYSPRT members, juvenile activity boxes with community resources and FYSPRT information, skill building resources to bring in youth, adulting 101 where youth can learn topics related to transition to adulthood, logo design contest for 988, building a FYSPRT short video discussing the positive impact of FYSPRT, good family involvement, regular family fun events, self-care fairs with vendors from the community, free food and gift cards, zoom has increased attendance and made participation more consistent, schools are asking for information to share with students, excitement around helping students start behavioral health clubs in schools, presentation of WISE data, COPE (Center of Parent Excellence) has a lead parent support specialist in every region and shares information with families about FYSPRT, decision making through membership voting, positive incentives, youth based coalitions and summits, working to engage in healthy community building, and youth and family voice being heard and applied.</p> <p>What are some challenges your Regional FYSPRT is experiencing? – struggling to communicate within schools, reaching out to young people more directly vs thru community partners, always working on youth engagement and doing presentations at clubs and schools, bringing WISE families and WISE staff to the table, some youth and families feel anxious about sharing space with providers and feeling they can be genuine and share their experiences, transportation issues and WIFI participation issues for rural and large regions – how to build up numbers and facilitate in frontier/rural areas, not duplicating things, collaborating and partnering on things, communication, challenges with understanding WISE data and looking at actual data instead of it being more of a WISE 101, turnover of FYSPRT conveners, knowing/sharing the purpose of FYSPRT – family, youth and system partners as equal partners, and having shared language – getting WISE to a stronger place.</p> <p>What do you need from the Statewide FYSPRT? – more advertisement regarding FYSPRT such as billboards and commercials that includes a list of conveners and emails, how to share about WISE data and reports – how to make it less clinical and sharing the true life outcomes – looking at is it working as designed, focus on a strategy to reach out to families and youth who are rural/frontier areas and in large spread out regions – maybe youth in town take a field trip to the rural area, how to support local FYSPRTs, welcome packet for new FYSPRT conveners, being creative with funding and/or more funding, and having time for more of these conversations together (maybe as a larger group).</p>	<p>Note takers from small group dialogues will share notes with Kris to compile for the meeting notes.</p>	<p>Note takers and Kris</p>	<p>At the end of the meeting</p>

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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 agenda items for future meetings. Meeting evaluation link will also be emailed out to the group after the meeting.	Tri-leads to review and consider feedback in planning future meetings.	Tri-lead team	March 2023
<i>Next Statewide FYSPRT Meeting</i>				
Thursday April 27, 2023 3-5pm				

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